

CURRICULUM VITAE

Cara L. Sidman, PhD

College of Health Solutions
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EDUCATION

- 1999-2002 **Doctor of Philosophy, Curriculum & Instruction, Exercise & Wellness**
Arizona State University, Tempe & Mesa, AZ
Dissertation: *Promoting physical activity among sedentary women using pedometers*
Advisor: Dr. Charles B. Corbin, Professor Emeritus, Arizona State University
- 1994-96 **Master of Science, Exercise Science**
Appalachian State University, Boone, NC
Thesis: *The relationship of eating behavior, nutrient intake, and body image to level and type of physical activity in adolescent females*: Thesis Chairperson: Dr. Beverly J. Warren
- 1990-94 **Bachelor of Arts, Physical Education, Magna Cum Laude**
University of North Carolina Wilmington, Wilmington, NC

ACADEMIC FACULTY POSITIONS

- Aug 2022-
present **Clinical Associate Professor**
Arizona State University, College of Health Solutions
- 2017-22 Clinical Assistant Professor
Arizona State University, College of Health Solutions
- 2016-17 Lecturer (FSC) & College Core Program Coordinator
Arizona State University, College of Health Solutions
- 2011-16 Associate Professor (Awarded *Tenure*: Fall 2011)
University of North Carolina Wilmington, School of Health & Applied Human Sciences
- 2007-11 Assistant Professor & Physical Activity & Wellness Coordinator
University of North Carolina Wilmington, School of Health & Applied Human Sciences
- 2005-07 Assistant Professor & Personal Health & Fitness for Life Coordinator (Gen Ed) University of
Wisconsin Whitewater, Department of Health, PE, Recreation & Coaching
- 2002-05 Assistant Professor & Lifetime Fitness & Wellness Coordinator (Gen Ed)
James Madison University, Department of Kinesiology
- 1999-2002 Graduate Teaching Assistant
Arizona State University East, Department of Exercise & Wellness
- 1994-96 Graduate Teaching Assistant
Appalachian State University, Department of Health, Leisure, & Exercise Science

EXPERIENTIAL SUMMARY & AREAS OF EXPERTISE

- 25 yrs in Acaemic Faculty positions teaching health and well-being.
- Promoted to Clinical Associate Professor in 2022 at Arizona State University
- Earned *tenure* & promotion to Associate Professor in 2011 at UNC-Wilmington
- Highly experienced and innovative curriculum creator, developer, & designer
- Certified by the Association of College & University Educators (ACUE) in *Effective Teaching Practices, Creating Inclusive & Supporting Online Environments, & Promoting Active Learning Online.*
- Mentor for graduate & undergraduate teaching assistants
- College academic core health and well-being program lead at three universities
- Gained approval for general studies social-behavioral sciences fulfillment for four courses at three universities.
- Curriculum developer & faculty lead of Ikaria Greece *Blue Zone* study abroad program
- Teaching focus on inspiring & facilitating awareness and lifelong practice of well-being and professional skills, and promoting curiosity and a growth mindset
- Leader in cultivating social & emotional learning & intelligence among faculty, staff, & students

TEACHING

ACADEMIC CAREER COURSEWORK [1994-Present]

Institution	Format	Course Title	Developed	Taught	Coordinated
Arizona State University 2022-present	Online	1. CHS 300 (3) <i>An Exploration of Well-Being</i>	*	*	*
	Online Experiential	2. CHS 280/484 (3) Experiential Community Health & Research: <i>Designing Restorative Communities</i>	*	*	*
Arizona State University 2016-2022	Online	3. CHS 300 (3) An Exploration of Well-Being	*	*	*
	Online Experiential	4. CHS 280/484 (3) Experiential Community Health & Research: A Well-Being Project	*	*	
	Online	5. CHS 100 (3) Optimizing Health & Performance		*	
	Hybrid Online	6. CHS 100 (3) Intro to Health Solutions, Foundations of Health & Well-Being, Designing Your Well-Being	*	*	*
	Student Mentoring/Experiential	7. CHS 394/494 (3) Peer Instructional Facilitator	*	*	*
	Online	8. NTR 302 (3) Digital Technologies in Nutrition Communication		*	
	Student Mentoring/Experiential	9. EXW 499 (3) Individualized Instruction	*	*	
	Online	10. EXW 340 (3) Health Behavior Theory		*	
	Study Abroad	11. HCD 498 (3) Happiness in the Blue Zones	*		

	Online	12. EXW 302 (3) Fundamentals of Wellness		*	
University of North Carolina Wilmington 2007-2016	Online, Hybrid, & In-Person	13. CHHS 210 (3) Creating Happiness & Well-Being	*	*	*
	Graduate Online	14. GLS 594 (3) Creating Happiness & Well-Being	*	*	
	In-Person	15. PED 101 (2) Physical Activity & Wellness	*	*	*
	Hybrid	16. HON 120 (1) High Level Wellness (Honors Enrichment Seminar)	*	*	
	In-Person	17. EXS 460 (3) Facilitating Health Behaviors	*	*	
	Hybrid	18. HEA/PED 266 (3) Computer Applications in Health & Physical Education	*	*	
	In-Person	19. EXS 355 (3) 20. Measurement & Evaluation in Exercise Science	*	*	
	Study Abroad	21. EXS 494 (3) From Danger Zone to Blue Zone		*	*
	Student Mentoring	22. EXS 497 (3) Advanced Field Experience in Exercise Science	*	*	
	In-Person	23. HON 110 (3) Creating Life Balance: The Happy Student (First Year Interdisciplinary Seminar)	*	*	
University of Wisconsin Whitewater 2005-2007	Online & Hybrid	24. PEGNRL 192 (1) Personal Health & Fitness for Life	*	*	*
	Undergrad/Grad Hybrid	25. HEALTHED 470/670 (3) Facilitating Health Behaviors		*	
	Undergrad/Grad Hybrid	26. HEALTHED 360/560 (3) High Level Wellness		*	
	Undergrad/Grad Hybrid	27. HEALTHED 362/562 (3) Stress Management		*	
	In-Person	28. HEALTHED 280 (3) Intro to Health Education & Promotion		*	
	In-Person	29. HEALTHED 181 (3) Contemporary Health		*	
James Madison University 2002-2005	Study Abroad	30. KIN 492 (3) Environmental & Cultural Influences on Obesity (England, Belgium, & France)	*	*	*
	Hybrid	31. KIN 426 (3) Physical Activity Behaviors		*	
	In-Person Lecture/Lab	32. KIN 422 (3) Fitness/Wellness Programming	*	*	
	In-Person Lecture/Lab	33. GKIN 100 (3) Lifetime Fitness & Wellness	*	*	*

	Graduate In-Person	34. KIN 547 (3) Principles & Strategies of Strength & Flexibility Development	*	*	
	In-Person	35. KIN/NUTR 424 (3) Theories & Practices of Weight Management		*	
	In-Person	36. KIN 427 (3) Fitness/Wellness Management		*	
Arizona State University PhD Program	Online	37. EPE 325 (3) Fitness for Life		*	
	Online	38. EXW 300 (3) Foundations of Exercise & Wellness		*	
	In-Person	39. EXW 215 (3) Physical Activity & Healthy Lifestyles		*	
	In-Person	40. PPE 294 (1) Aerobics		*	
	In-Person	41. PPE 294 (1) Swimming I		*	
Appalachian State University Master's Program	In-Person	42. PE 1013 (1) Jogging & Conditioning		*	

Online Educational Modules

- Sidman, C.L. (2017). Happiness and Well-Being: Part 1. Starbucks Global Academy, Learning Track: Personal Growth & Development: ASU Online.
- Sidman, C.L. (2017). Happiness and Well-Being: Part 2. Starbucks Global Academy, Learning Track: Personal Growth & Development: ASU Online.
- Sidman, C.L. (2010). Contributing Author: PowerPoint Ancillaries & Video Activities. Corbin, Welk, Corbin, & Welk’s Concepts of Fitness & Wellness (9th Ed). McGraw-Hill, Boston, MA.
- Sidman, C.L. (2009). Contributing Author: PowerPoint Ancillaries & Video Activities. Corbin, Welk, Corbin, & Welk’s Concepts of Fitness & Wellness (8th Ed). McGraw-Hill, Boston, MA.
- Sidman, C.L. (2007). PowerPoint Ancillaries. Corbin, Welk, Corbin, & Welk’s Concepts of Fitness & Wellness (7th Ed). McGraw-Hill, Boston, MA.
- Sidman, C.L. & Jefson, C.A. (2007). Video Activities. Corbin, Welk, Corbin, & Welk’s Concepts of Fitness & Wellness (7th Ed). McGraw-Hill, Boston, MA.

MENTORING

2022-present **Arizona State University, Phoenix, AZ**
 College of Health Solutions

STUDENT MENTORING

- > 50 Undergraduate Teaching Assistants (UGTAs) every year (Supervisor)
- 2 Honors Students Thesis Committee (Faculty Member)
- 3 Graduate Service Assistants (GSAs) every year (Supervisor)

FACULTY MENTORING

Informal Faculty Mentoring on Innovations in Well-Being Education & SEL Teaching Strategies

2016-2021 **Arizona State University, Phoenix, AZ**
College of Health Solutions

STUDENT MENTORING

- (71) Undergraduate Teaching Assistants (Supervisor)
- (04) Honors Students Thesis Committee (Faculty Member)
- (12) Graduate Service Assistants (Supervisor)

FACULTY MENTORING

- (12) Faculty Associates (Coordinator)

2007-2016 **University of North Carolina Wilmington, Wilmington, NC**
School of Health & Applied Human Sciences

STUDENT MENTORING

Master’s Thesis Committee Member

- Jarrett Piner Yoga in Style 2014-2015
- Justin D. McNeil 2014-2015

Honors Thesis Committee Member/Chair

- Michelle Dy Member 2015-2016
- Kelsey Ross Chair: Kids in Parks 2014-2015
- Matthew Eckard Member 2014-2015
- Hana Kuwabara Member 2014-2015

Undergraduate Independent Studies

- Victoria Hedrick Happiness among College Students 2015-2016
- Casey Murdoch Happiness among College Students 2015-2016
- Diana Venezia Co-Chair: Directed Independent Study 2013-2014

Research Mentor

- Jonathan Ruiz 2013-2014
- Grace Kelly 2013-2014

Academic Advisor - (40) undergraduate students

Graduate Intern Supervisor - (2) Graduate Students

Faculty Advisor - UNCW Women’s Club Soccer

FACULTY MENTORING

- (17) PED 101 Instructors

2005-2007 **University of Wisconsin Whitewater, Whitewater, WI**
Department of Health, PE, Recreation & Coaching

STUDENT MENTORING

- **Academic Advisor**- (33) Graduate & Undergraduate students
- **Mentor** -(4) Undergraduate Independent Study students

FACULTY MENTORING

- (15) Personal Health & Fitness for Life Instructors

2002-2005 **James Madison University, Harrisonburg, VA**
Department of Kinesiology

STUDENT MENTORING

- **Graduate Teaching Assistants** - Trained, managed, observed, & evaluated 15 TAs
- **Directed Research Chair** - 1 graduate student
- **Master's Thesis Committee Member** - 3 graduate students
- **Undergraduate Thesis Reader** - 1 undergraduate student
- **Student Workers** - Managed 6 student workers in the Faculty/Staff Wellness Center

FACULTY/STAFF MENTORING

- (30) Faculty/Staff

PROFESSIONAL DEVELOPMENT*

*Indicates service-related

1. 2022-present Over 235 hrs of professional development per year through virtual summits & workshops, webinars, in-person national conferences, and self-studies focused on online teaching and learning,
2. 2023-Dec AI & SEL Mental Health (AI for Education)
3. 2023-Dec AI & Differentiated Instruction
4. 2023-Nov The World We Make Live Event, Center for Healthy Minds
5. 2023-Nov AI & Your Life: The Essential Summit
6. 2023-Oct ASU Online Faculty Showcase for Teaching Excellence Online
7. 2023-Sept ASU Online Best Practices in Online Teaching (Equity & Inclusion)
8. 2023 Seeds of Sustainability – ASU Workshop
9. 2023 Arizona Public Service Orientation
10. 2023-Oct OLC Accelerate Conference
11. 2023-Oct Descript
12. 2023-Sept The Five Hows of Podcasting, Descript
13. 2023-Aug Descript
14. 2023-Apr Building Healthy Academic Communities National Summit: *Riding the Waves of Wellbeing*
15. 2023-Jan HICE 21st Annual Conference
16. 2022-Dec 2-hr Podcast: Tim Ferriss & Mark Manson. *The Path to 'The Subtle Art of Not Giving a F*ck,' The Ups (and Downs) of Success, The Craft of Writing, Personal Reinvention, How to Build a Lean Team, Protecting Boundaries, Decompressing with Fiction, and More (#647)*
17. 2022-Dec Article: Evernote for Project Planning: 6 ways Evernote makes project planning a breeze
18. 2022-Dec Article: General Education: Linton, G.L. (XXXX). Developing Core Competencies
19. 2022-Dec Article: General Education: Voorhees, R.A. (2001). Competency-Based Learning Models: A Necessary Future. *New Directions for Institutional Research*, Publisher: Wiley Online Library
20. 2022-Dec Book: Bailey, C. (2022). *How to Calm Your Mind*
21. 2022-Nov Book: Gilbert, D. (2007). *Stumbling on Happiness*. Vintage Publisher.
22. 2022-Oct-Dec Online course: *The Science of Well-Being*, Yale University
23. 2022-Oct Website: Assessment Options for Online Learning.
<https://teachanywhere.byu.edu/resources-support/assessment-options-for-online-learning>
24. 2022-Oct Creating Virtual Activities that can Improve Student Mental Health | Education World
25. 2022-Oct 5 Virtual Learning Resources: Free Templates to Promote Student Belonging
26. 2022-Oct Book: Begley, S. (2007). *Train Your Mind Change Your Brain*.
27. 2022-Oct Book: McLaren, K. (2010). *The Language of Emotions: What your feelings are trying to tell you*.
28. 2022-Oct Article: Assessment options for online learning.
29. 2022-Oct Article: *Digital storytelling: Benefits, examples, tools & tips* | Research.com

30. 2022-Sept Website: Brown, B. A (retrieved Sept 2022). Courageous Approach to Feedback.
<https://brenebrown.com/collections/a-courageous-approach-to-feedback/>
31. 2022-Sept Book: Kishimi, I. & Koga, F. (2018). *The Courage to be Disliked*
32. 2022-Sept Book: Gilbert, E. (2016). *Big Magic: Creative Living Beyond Fear*
33. 2022-Sept Article: Weir, K. (2022). *The science behind creativity. Psychologists and neuroscientists are exploring where creativity comes from and how to increase your own, Vol. 53 No. 3*
34. 2022-Aug Leadership Mentoring w/ Associate Dean Julie Liss
35. 2022-Aug Article: Atkinson, S., Bagnall, AM., Corcoran, R. et al. (2020). Being well together: Individual subjective and community wellbeing. *Journal of Happiness Studies*, 21, 1903–1921.
<https://doi.org/10.1007/s10902-019-00146-2>
36. 2022-July Virtual Consultation/Meeting: Healthy Minds Innovations. Healthy Minds @Work
37. 2022-Aug Webinar: *Reignite Your Motivation: Reconnect with Your Purpose*. Healthy Minds @Work.
38. 2022-June Webinars: *At Home Live with Byron Katie* (Author)
39. 2022-May Article: The Healthy Minds Team (2022). How we can cultivate collective well-being: Scaling human flourishing.
40. 2022-April Video: *How to Use Trello: A Beginner's Guide to Trello*
41. 2022-Mar Article: VanderWeele, T.J. (2017). On the promotion of human flourishing | PNAS , 114 (31) 8148-8156
42. 2022-Feb Article: *General Tips for Academic Reflections*
43. 2022-Jan Webinar: *Well-Being Skills with Professor Richard Davidson*.
44. 2022-Jan Research Article: *The plasticity of well-being: A training-based framework for the cultivation of human flourishing | PNAS Cortland J. Dahl* <https://orcid.org/0000-0002-2994-115X>
cortland.dahl@wisc.edu, *Christine D. Wilson-Mendenhall* <https://orcid.org/0000-0002-6081-1636>, and *Richard J. Davidson* cortland.dahl@wisc.edu Authors Info & Affiliations
45. Edited by Michael I. Posner, University of Oregon, Eugene, OR, and approved October 29, 2020 (received for review August 19, 2020) December 7, 2020. 117 (51) 32197-32206.
<https://doi.org/10.1073/pnas.2014859117>
46. 2022-Jan Website: <https://centerhealthyminds.org/>
47. 2022-Jan Website: The Healthy Minds Framework. The Center for Healthy Minds. University of Wisconsin-Madison.
48. 2021-Oct ASU Online Workshop
49. 2021-Apr CHS Experiential Learning Affinity Network Workshop
50. 2021-Feb ASU Online - Improving Course Quality with Backward Design (Online)
51. 2021-Spring Peer Reviewee (by Meg Bruening) for *CHS 300 An Exploration of Well-Being* (Online)
52. 2020-Nov Creating Community, LLC -[Virtual Experience Design Workshop](#) (3-wk series; Certificate)
53. 2020-Oct College of Health Solutions -Affinity Networks & Translational Teams Fall 2020 Retreat
54. 2020-July [Association of College & University Educators \(ACUE\) Effective Online Teaching Practices: Creating an Inclusive & Supportive \[Online\] Learning Environment](#) (Microcredential)
55. 2020-June ACUE-[Effective Online Teaching Practices: Promoting Active Learning](#) [Online] (Microcredential)
56. 2020-June ASU COVID-19 Return to Campus Training for Supervisors
57. 2020-June ASU Community of Care Training for Employees
58. 2020-Apr Dr. Aziz Gazipura (Online) - Confident Conversations (virtual event)
59. 2020-Jan-Feb Dr. Aziz Gazipura (Portland, OR) - [Career Confidence](#) (immersion event)
60. 2020-Jan-Feb The Focused Path (Chandler) - Compassion-Based Resilience Training (series)
61. 2019-present College of Health Solutions-Faculty Mentoring Program
62. 2019-Oct Aziz Gazipura (Portland, OR) -Confidence & Social Wellbeing (immersion)
63. 2019-Sept ASU Webinar - Community Building in Online Courses through Slack
64. 2019-Sept CHS Online Workshop - Mentoring
65. 2019-Aug OLC Online Workshop -Fundamentals: Giving Effective Feedback
66. 2019-June Dr. Aziz Gazipura (Portland, OR) - Confidence Unleashed (immersion event)
67. 2019-May Online Training- OLC Accelerate 2019 Reviewer Training
68. 2019-Apr 2019 National Summit (BHAC) -Building Cultures of Well-being (Columbus)
69. 2019-Apr CHS Learning Group - Panopto Training

70. 2019-Apr ASU Online Workshop - Slack Champions Training
71. 2019-Apr OLC Streamed Sessions - OLC Innovate 2019: Education Reimagined
72. 2019-Feb The Focused Path (Chandler) - Mindfulness Self-Compassion
73. 2019-Jan ASU Workshop - Supporting Students with Disabilities
74. 2018-Sept ASU Frank Rhodes Lecture - Revolutionizing the University
75. 2018-Aug CHS Richard Miller Talk: Reimagining Undergrad Ed: Lessons Learned-Olin School of Engineering
76. 2018-April CHS Teaching Workshop - Everything You Need to Know about Rubrics
77. 2018-April ASU Online Teaching Workshop -Strategies for large-enrollment courses
78. 2018-Spring ACUE Online Course Audit - Effective Teaching Practices - CHS 100/300 Dev
79. 2018-Jan 29 CHS Retreat CHS 100 Planning
80. 2017-Nov 07 CHS Visioning Meeting
81. 2017-Nov ASU Online Training - Preventing Discrimination and Harassment
82. 2017-Sept ASU Mini-Conference - Faculty Study Abroad - Program Leaders
83. 2016-Nov International Online Learning Consortium Accelerate Conference (Orlando, FL)
84. 2016-Oct McGraw-Hill Webinar - Supporting Institutional Effectiveness: Competency-Based Education
85. 2016-Oct McGraw-Hill Online Keynote - Introducing a Holistic Framework for Retention
86. 2016-Sept ASU Provost Teaching Academy Workshop: Flipped Classroom
87. 2016-Sept ASU Provost Teaching Academy Meeting: Individual Peer Mentor
88. 2016-Aug ASU Provost Teaching Academy Workshop: Mentoring Non-Traditional Students
89. 2016-Aug ASU Provost Teaching Academy Workshop: Getting to Know your (Non-Traditional) Student Demographic
90. 2016-Aug ASU Master Online Teaching 2-wk training course

AWARDS

- 2024 – Sun Award for Supporting Student Success – Teaching – College of Health Solutions (CHS)
- 2024 – Sun Award for Exemplary Service & Supporting Student Success – Service - CHS
- 2024 – Sun Award for Innovation & Social Embeddedness – Service - EdPlus at ASU
- 2024 – Sun Award for Innovation – Service – College of Health Solutions
- 2023 – Professor of Impact Award for CHS 300 & CHS 280/484 – CHS Student
- 2022 - Sun Award (1) – Supporting student success – CHS – (David Larson, CHS 100/300 Coordinator)
- 2021 - Sun Award (2) – Supporting student success, leadership, exemplary service - CHS
- 2020 - Nomination for Excellence in Service - College of Health Solutions
- 2020 - Sun Award - Supporting student success, exemplary service - CHS Academic Success
- 2019 - Sun Award - Supporting student success, leadership, exemplary service – SELI AN - CHS
- 2019 - Nomination for Excellence in Teaching - College of Health Solutions

SERVICE

ACADEMIC SERVICE

COMMITTEES/OTHER

2016-present

Arizona State University. College of Health Solutions

University

- 2022-present **Member:** Barrett Honors College Faculty
- 2024-Spring **ASU Innovation Group:** AI Course Facilitator Bot
- 2023-Jan **Gen Ed CHS 300 Lead:** Updated & submitted the 5-yr Social-Behavioral Sciences proposal
- 2022-July **Interviewee:** ASU Learning Experience Story

- 2022-Feb **Participant:** Gen Ed Global Communities, Societies, & Individuals (Virtual)
- 2017-2019 **Committee Member:** University Undergraduate Standards – advisory committee appointed by, and responsible to, the university provost, reviewing 20-50 student petitions per month concerning university-wide academic requirements

College

- 2022-2024 **Affinity Network Co-Chair:** Social & Emotional Learning & Intelligence (SELI)
- 2022-2024 **Committee Co-Chair:** Online Instructor Support Group (SELI Edition): *Connections & Collaborations*
- 2022-2023 ***Study Abroad Program Faculty Co-Lead:** Wellness & Longevity in the Blue Zones (*ASU Global Education Office Study Abroad selected for Flinn Scholars program)
- 2022-Aug **Panelist:** Blue Zone Study Abroad Talks – Dr. Sandra Mayol-Kreiser
- 2022 **Consultant:** Activate Blue Zone Initiative
- 2019-2021 **Director & Member:** Barrett Honors College Faculty
- 2019-2021 **Affinity Network Co-Founder/Co-Chair:** Social & Emotional Learning & Intelligence (SELI)
- 2020-2021 **Committee Member:** Teaching & Learning Cluster
- 2019-2021 **Committee Member:** Online Instructor Support Group
- 2019-2020 **Member:** Teaching & Learning Community of Practice
- 2020-Sept **Peer Reviewer:** (HEP 448: Foundations of School HED, Online)
- 2020-Mar-Jun **Subcommittee Lead:** COVID-19 Random Acts of Kindness - created the College's first RAK Challenge, including a video recruiting faculty, staff, and students to perform random acts of kindness and post to social media, and spread kindness during COVID.
- 2020-Spring **Invited Co-Lead:** COVID-19 Student Vitality Team
- 2019-2020 **Committee Member:** Faculty Vitality & Wellness - met monthly; surveyed CHS faculty, compiled results, and presented at a Faculty Forum
- 2019-2020 **Member:** Faculty Service Committee – met monthly; revamped annual review guidelines & criteria for Service.
- 2020-Fall **Study Abroad Program Faculty Consultant & Recruiter:** Wellbeing & Longevity Study Abroad – Further developed the Blue Zone Study abroad program and assisted with recruitment
- 2019-2020 **Committee Member:** Healthy Lifestyles Coaching Curriculum– met monthly representing the College core curriculum, specifically CHS 300.
- 2019-Fall **Study Abroad Program Faculty Lead:** Submitted proposal & led recruitment for Summer Blue Zone Study abroad program
- 2018-2019 **Committee Member:** Academic Success Hub – met monthly with leadership
- 2018-Fall **Study Abroad Program Faculty Lead:** Submitted proposal & led recruitment for Summer Blue Zone Study abroad program
- 2017-2018 **Committee Chair: CHS Core Curriculum** – Led bimonthly meetings & the development of a core course submission process
- 2017-2018 **Committee Member: Core Marketing** – Met at least twice per month to build website, logos, and digital badges for the CHS *Core Advantage* program.
- 2017-2018 **Academic Lead: Core Curriculum** – led the academic side of the College core curriculum, with the development of the competency-based *Core Advantage* program.
- 2017-2018 **Ad Hoc Committee Member: CHS Curriculum**– attended meetings as the Academic Lead for the Core Curriculum to collaborate on core course submissions across the college for each competency
- 2017-Fall **Study Abroad Program Faculty Lead:** Created, proposed, & led recruitment for the College's first ever Blue Zone Study abroad program
- 2016-2018 **Committee Member:** Student Affairs/Core Curriculum Leadership– Met monthly; made a presentation to the new Dean about the *Core Advantage* program.
- 2016-2018 **Task Force Member:** 4-yr Graduation Rate Task Force– met monthly with leadership to improve student retention, engagement, and graduation rates.

2016-2017

College

- 2016-2017 **Committee Member:** Student Retention & Wellness
- 2016-2017 **Task Force Chair:** CHS Core Curriculum

Program

- 2016-2017 **Committee Member:** ESHP Online Health/Wellness Committee

STUDENT ENGAGEMENT & RETENTION ACTIVITIES

- 2022-present **Student Retention Initiatives**
Handwritten postcards to incoming CHS students.
Gratitude Graduation Gratitude Emails to graduates.
- 2022-Fall Created & Disseminated a UGTA Recruitment Video
- 2022-Sum Created & Disseminated a Blue Zone Highlight Video
- 2022-Sum Created & Disseminated 7 Social Connection & Well-Being Videos
- 2022 Led CHS UGTA Intersession Check-Ins every semester
- 2022 (10) Student Letters of Recommendation
- 2021-Fall Student “Jam” Sessions (Thursdays)
- 2021 (18) Student Letters of Recommendation
- 2020-May RAK (Random Acts of Kindness) Challenge
- 2020-Dec Feature Friday Series (CHS Instagram)
- 2020-July CHS Faculty Meet and Greet (Virtual)
- 2020 (6) Student Letters of Recommendation
- 2019-Nov 09 ASU Family Weekend: CHS Rooftop Yoga
- 2019-March CHS Student Recruitment – Calls to Prospective Students
- 2019-Summer Developed CHS Blue Zone Study Abroad Program approved for implementation
- 2019 (7) Student Letters of Recommendation
- 2018-Sept CHS Family Weekend Cooldown
- 2018-Sept Creator & Coordinator: CHS 100 Team Challenge Event
- 2017-2018 “Failing Strong” Student Retention Initiative
- 2017-Nov ASU Study Abroad Showcase (Downtown)

ASU PRESENTATIONS/WORKSHOPS/EVENTS

University

- Burhman, Y., Macchi, C.R., **Sidman, C.L.**, Wolski, L. (2018-Feb). Student perceptions of digital credentials and portfolios. *Poster presentation, ASU Learning Innovation Showcase, Arizona State University, Tempe, AZ.*
- **Sidman, C.L.** (2018-Jan-24). *ASU Study Abroad Virtual Event*. Oral presentation. Blue Zone Study Abroad Program, Tempe, AZ

College

- **Sidman, C.** (2022-Oct-28). *Training Your Mind: Well-Being as SEL Skills*. CHS Translational Science Conference.
- **Sidman, C.** (2022-Oct). *Slack Basic Training*. Online Instructor Support Group Meeting.
- Hrnrcir, S., **Sidman, C.**, Sebren, A., & Barth, C. (2021-Nov). *SELI Splash Talk*. CHS First Annual Translational Science: Optimizing Teams for Better Health Outcomes Conference, College of Health Solutions, Downtown Campus, ASU, Phoenix, Arizona.
- Hrnrcir, S. & **Sidman, C.L.** (2021-Nov). *SELI AN: A Sneak Preview*. CHS First Annual Translational Science: Optimizing Teams for Better Health Outcomes Conference, College of Health Solutions, Downtown Campus, ASU, Phoenix, Arizona.
- **Sidman, C.L.** (2021-Feb-26). *Empathic Communication Strategies in Education*. College of Health Solutions, SELI Affinity Network Workshop. (Virtual presentation delivered 3x).
- **Sidman, C.L.** (2020-Nov-20). *Growing Gratitude*. CHS Science Distilled Event on Gratitude & Health. Panel (virtual) Presentation, ASU.
- **Sidman, C.L.** (2017-Aug-14). *CHS Core Curriculum*. Oral presentation, ASU New Faculty Orientation & Workshop, Downtown, Phoenix, AZ

COMMITTEES ~Prior to ASU~**2007-2016****University of North Carolina Wilmington****University**

- 2015-2016 UNCW Faculty Senate Budget Committee
- 2014-2016 Blackboard Advisory Committee
- 2013-2016 University College Advisory Committee
- 2013-2015 University Faculty Professional Relations Committee
- 2012-2013 University Calendar Committee
- 2011-2012 Chair: University Calendar Committee
- 2009-2011 University Curriculum Committee
- 2008-2010 Faculty Senator

College

- 2012-2013 College of Health & Human Services Strategic Planning Group

Department

- 2015-2016 SHAHS Appeals Committee
- 2015-2016 PED 101 Lecturer/Coordinator Search Committee Member
- 2013-2014 School of Health & Applied Human Sciences Policies & Procedures Committee
- 2012-2013 SHAHS Teaching Evaluation Committee
- 2012-2013 SHAHS RTP Committee
- 2011-2013 SHAHS Curriculum Committee
- 2010-2011 Chair: PED 101 Advisory Council
- 2009-2010 SHAHS Policies & Procedures Manual Committee
- 2009-2010 Earl Allen Scholarship Committee

Professional

- 2007-2011 Technology Committee - National Association for Kinesiology & Physical Education in Higher Education
- 2007-2011 Multicultural Involvement Committee - American Association for Health Education

2005-2007**University of Wisconsin Whitewater****University**

- Diversity Committee
- Health Fair Committee
- Roseman Committee
- Who's Who Committee

College

- Assistant Volleyball Coach Search & Screen Committee
- Head Swimming Coach Search & Screen Committee
- Teacher Education Committee
- Wellness Coalition

Program

- HPERC Web Site Committee
- Teaching Evaluations of HPERC Faculty

2002-2005**James Madison University**

University

- Healthy Campus Initiative General Education Cluster V Committee
- University Common Health Advisory Committee

College

- College Teaching & Learning Group

Program

- Search Committee Chair: Dept of Kinesiology
- Search Committee Member: Dept of Kinesiology
- Search Committee Member: Dept of Psychology Technology Task Force for College

PROFESSIONAL SERVICE

Refereed International Conference Presentation

- Hrcncir, S. **Sidman, C.L.** (03-January-23). Social emotional learning strategies in the post-secondary education setting. Roundtable Discussion, *Hawaii International Conference on Education (HICE) 21st Annual Conference*. Honolulu, HI.

Refereed National Conference Presentations

1. **Sidman, C.L.** & Morris, L. (10-April-25). Science Meets Play: Engaging and Empowering Students with Well-Being Experiment Cards. Oral presentation, *2025 National Summit for Building Healthy Academic Communities: Promoting Belonging and Connection*, Charlottesville, VA.
2. Morris, L. & Sidman, C. (2019-May-1). Building cultures of well-being: The happiness approach. Oral presentation, *National Consortium for Building Healthy Academic Communities Summit*, Columbus, OH.
3. Morris, L. & Sidman, C. (2019-Jan-18). Mental health strategies: The happiness approach. Oral presentation, *NASPA Strategies Conference*, Well-being and Health Promotion Leadership, Washington D.C
4. Buhrman, Y., Sidman, C., & Macchi, CR. (2018-Feb-15). Communicating skill acquisition and providing transparent evidence of learning using badges and ePortfolios. Oral presentation, Association of American Colleges and Universities, *General Education and Assessment Conference*, Philadelphia, PA.
5. Sidman, C. & Frisoli, A. (2017-June-19). Cultivating a culture of happiness. Oral presentation, *Annual National Wellness Conference*, Minneapolis, MN.
6. Sprod, L., Edinboro L.C., Nanney, L., Sidman, C., & Spivey, L. (2017). Comparison of quality of life among students, faculty, and staff. Poster presentation. National Consortium for Building Healthy Academic Communities Summit. University of Florida, Gainesville, FL.
7. Ransdell, L., & **Sidman, C.L.** (2017-Jan). Competency-based college-level core curriculum: Development and challenges. Oral presentation, National Association for Kinesiology in Higher Education, Orlando, FL.
8. **Sidman, C.L.** (2016-Jan). A happiness approach to stewardship in higher education. Oral presentation, National Association for Kinesiology in Higher Education, San Diego, CA.

Invited Presentations

1. **Sidman, C.** (2022-Oct-18). Training Your Mind: Well-Being as a Skill. Oral Presentation. *International Association for Lighting Management Companies (NALMCO) Annual Conference*. Glendale, AZ.
2. Morris, L. M., & **Sidman, C.** (2020-Oct-21). "The "How" of Happiness Course Development, *Building Healthy Academic Communities*, Webinar Series.
3. Buhrman, Y., **Sidman, C.**, Yang, H., & Perea, B. (Sept 2017). The evidence of learning. Panel presentation, *Competency-Based Education Network's CBExchange 2017 Conference*, Phoenix, AZ.

4. Dorgan, T., Anderson, S., & **Sidman, C.L.** (2015). Applied Learning in Online, Hybrid, and Distance Learning. *The 2015 ETEAL Applied Learning Summer Institute*, University of North Carolina Wilmington.
5. Spivey, L., D'Abundo, M., & **Sidman, C.L.** (2013). *Workplace productivity: A happiness approach*. Guest speaker, HEA class, University of North Carolina Wilmington.
6. **Sidman, C.L.** (2011). Lifetime wellness. Guest speaker, *New Hanover Regional Medical Center*, Wilmington, NC.
7. **Sidman, C.L.** (2008). Finding credible resources. Guest lecturer, *PED 266: Computer Applications in Health & PE*, University of North Carolina Wilmington.
8. **Sidman, C.L.** (2007). UNCW: Campus & curriculum. Oral presentation, *Cape Fear Community College*, Wilmington, NC.
9. **Sidman, C.L.** (2006). Wellness for life. Oral presentation, *Jefferson County Rotary Club*, Jefferson, WI.
10. **Sidman, C.L.** (2006). Pedometer power. Oral presentation, *Lands End Ambassador Meeting*, Dodgeville, WI.
11. **Sidman, C.L.** (2006). Health/Fitness careers. Guest lecturer, *Introduction to PE course*, University of Wisconsin Whitewater.
12. **Sidman, C.L.** (2006). A new year, a new perspective. Oral presentation, *Lands End Wellness Ambassador Meeting Presentation*, Dodgeville, WI.
13. **Sidman, C.L.** (2005). Health/Fitness careers. Guest lecturer, *Introduction to PE course*, University of Wisconsin Whitewater.
14. **Sidman, C.L.** (2004). Physical activity: The biggest cog in the wellness wheel. Oral presentation, *Center for the Promotion of Physical Activity in Girls & Women Alumnae Weekend*, Department of Kinesiology, James Madison University.
15. **Sidman, C.L.** (2004). Creating physically active cultures using pedometers. Oral presentation, *Albermarle County School District*, Charlottesville, VA.
16. **Sidman, C.L.**, Wildeman, K.A., & Williams, C. (2004). Office ergonomics. Oral presentation, *James Madison University*, Harrisonburg, VA.

Reviews

- 2019 Reviewer: *Online Learning Consortium Accelerate 2019 Conference*.
- 2016 Health & Wellness Online Module Review, *Kale Well-being for College Students & 21st Century Wellness: The Science of the Whole Individual*. Perceivant Publishing
- 2016 Journal Reviewer, *Pedagogy in Health Promotion*. Popular culture and public health: A fresh approach to transdisciplinary public health education.
- 2016 Journal Review, *Health Education Journal*. Factors contributing to the uptake and maintenance of regular exercise behavior in emerging adults.
- 2015 Journal Review, *Pedagogy in Health Promotion*. Development and assessment of signature assignments to increase student engagement in undergraduate public health.
- 2012 Proposal Review, *AAPHERD College/University Instructional Physical Activity Program & Wellness Half-Day Conference Proposals*.
- 2012 Journal Review, *Journal of Physical Activity & Aging*. Comparison of older adults' steps/day using NL-1000 pedometer and two GT3X+ accelerometer filters.
- 2011 Book Review, *Experience Wellness* - McGraw-Hill, Inc.
- 2010 Journal Review, *Journal of Physical Activity & Aging*. Application of the transtheoretical model among diverse older adults using a modified stages-of-change scale.
- 2008 Journal Review, *Journal of Physical Activity & Health*. The effect of physical activity homework on physical activity among college students.
- 2007 Journal Review, *Journal of Sport & Exercise Psychology*. An examination of the six-month time frame in the transtheoretical model.

- 2007 Journal Review, *British Journal of Sports Medicine*. Using pedometers as motivational tools: Are goals set in steps more effective than goals set in minutes for increasing walking?
- 2007 Web Course Review, *HealthNow* online web course.
- 2006 Lifetime Fitness Course Study. *Fitness for Life Research Study*, Arizona State University
- 2006 Journal Review, *Research Quarterly in Exercise & Sport*. Perceptions of fitness in volunteer and career firefighters.

Professional Abstracts

1. Sidman, C. (7 November 2008). Online PED 101: Facilitating independence and self-management skills. *UNCW Conference on Health & Related Sciences*. p. 35.
2. Sidman, C. & Todd, M. (7 November 2008). PED 101: From “Run-o-Run” to all dimensions of wellness. *UNCW Conference on Health & Related Sciences*. p. 35.
3. Sidman, C., D’Abundo, M., & Hritz, N. (7 November 2008). Self-efficacy & perceived wellness among college students in a basic studies course. *UNCW Conference on Health & Related Sciences*. p. 36.
4. Hritz, N., Sidman, C., & D’Abundo, M. (7 November 2008). Perceived wellness and travel behaviors. *UNCW Conference on Health & Related Sciences*. p. 24.

PROFESSIONAL COMMITTEES

- 2019-2020 Member: Online Learning Consortium Proposal Review Committee
- 2016-2017 Member: Tech Task Force - National Assoc for Kinesiology in Higher Education

PROFESSIONAL AFFILIATIONS

- 2019-present Building Healthy Academic Communities (BHAC)
- 2016-present Online Learning Consortium (OLC)
- 2004-2018 National Wellness Institute (NWI)
- 2006-2018 National Association for Kinesiology in Higher Education (NAKHE)
- 2013-2016 The International Society for Technology in Education (ISTE)
- 2013-2014 American Public Health Association (APHA)
- 2007-2013 North Carolina Alliance for Athletics, Health, Physical Education, Recreation & Dance
- 1999-2013 American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD)
- 2002-2012 American Association for Health Education (AAHE)
- 2006-2012 Society of Behavioral Medicine (SBM)

COMMUNITY SERVICE

- 2024 SEL Consultation, Marker Learning
- 2023 Christian Pre-School Community Service Event: Service Dog Show n Tell
- 2022 Arizona Goldens, LLC: The Service Dog School
- 2021 ASU Donor Consultation, Leo R. Beus, Beus Gilbert McGroder PLLC
- 2019-Mar 15 *Arizona Humane Society*. A Day of Social Outreach
- 2015-Feb 4-18 Course: *Pursuit of Lifetime Happiness* (3 sessions) (Spivey, L. & Sidman, C.). Osher Lifelong Learning Institute, UNC- Wilmington (Spring 2015) (p. 32)

SCHOLARSHIP

Peer-Reviewed Publications

Journal Articles

1. Morris, L.M., Foster, J.W., **Sidman, C.L.**, & Henyecz, A. (2021). Campus recreation sport club participants: Exploring subjective wellbeing. *Recreational Sports Journal*. <https://thesportjournal.org/article/campus-recreation-sport-club-participants-exploring-subjective-wellbeing/>
2. Morris, L.M., Twilley, D., **Sidman, C.L.**, Adamczyk, H., Gasell, Z., & Plemmons, K. (2020). Student-Athletes: An exploration of subjective wellbeing. *The Sport Journal*, 21, 11. <https://thesportjournal.org/article/student-athletes-an-exploration-of-subjective-wellbeing/>
3. Murdoch Rodowicz, C., Morris, L., **Sidman, C.L.**, & Beyer, K. (2020). The impact of an online happiness course on subjective happiness among college students. *Building Healthy Academic Communities Journal*, 4(1), 69-81. <http://dx.doi.org/10.18061/bhac.v4i1.7086>
4. D'Abundo, M.L., **Sidman, C.L.**, & Fiala, K. (2016). The potential of promoting mindfulness in a university physical activity and wellness course. *International Journal of Adult Vocational Education and Technology (IJAVET)*, 7(1), 39-49. <https://doi.org/10.4018/IJAVET.2016010103>

Published Abstract

- Morris, L., **Sidman, C.**, & *Twilley, D. (2019). Building cultures of well-being: The happiness approach. *Building Healthy Academic Communities Journal*, 3(2), 109. <https://doi.org/10.18061/bhac.v3i2.7286>
*Authorship correction is published in Building Healthy Academic Communities Journal, Vol. 4, No. 1, 2020, <https://doi.org/10.18061/bhac.v4i1.7629>

Published Conference Proceeding

- Morris, L. M., & **Sidman, C.** (May 1, 2019). Building Healthy Academic Communities Summit, "Building Cultures of Well-Being: The Happiness Approach," Building Healthy Academic Communities (BHAC), Columbus, OH.

SCHOLARSHIP ~Prior to ASU~

Peer-Reviewed Publications

Published

1. Milroy J. J., Orsini M.M., D'Abundo M.L., Sidman C.L., & Venezia, D. (2015). Physical activity promotion on campus: Using empirical evidence to recommend strategic approaches to target female college students. *College Student Journal*, 49(4), 517-526.
2. D'Abundo, M.L., Sidman C.L., & Fiala, K.A. (2015). Sitting behavior and physical activity among college students. *International Journal of Adult Vocational Education and Technology (IJAVET)*, 6(3), 61-78. <https://doi.org/10.4018/IJAVET.2015070105>
3. Sidman C.L., D'Abundo, M.L, & Bullard, L. (2014). Comparison of college students' knowledge across delivery formats in a required physical activity and wellness course. *MERLOT Journal of Online Learning and Teaching*, 10(4), 590-597. http://jolt.merlot.org/vol10no4/Sidman_1214.pdf
4. D'Abundo, M.L., Sidman C.L., & Fiala, K.A. (2014). Perceived wellness, exercise motivation, and relative autonomy among college students, *Health Behavior & Policy Review*, 1(5), 373-380.
5. D'Abundo, M.L., Orsini, M., Milroy, J., Sidman C.L., & Fiala, K.A. (2014). Construct validity of college students' responses to the Behavioral Regulation in Exercise Questionnaire (BREQ-2). *Recreational Sports Journal*, 38, 40-49.
6. Hritz, N., Sidman C.L., & D'Abundo, M.L. (2014). Segmenting the Generation Y wellness traveler. *Journal of Travel & Tourism Marketing*, 31(1), 132-145.
7. Milroy, J.J., Orsini, M.M., D'Abundo, M.L. & Sidman, C.L. (2013). College students perceived wellness among online, face-to-face, and hybrid formats of a lifetime physical activity and wellness course. *American Journal of*

Health Education, 44(5), 252-258.

<http://www.tandfonline.com/doi/full/10.1080/19325037.2013.807754#UhyVVxssl9U>

8. D'Abundo, M.L., Orsini, M., Milroy, J., & Sidman, C.L. (2011). The reliability and construct validity of American college students' responses to the WHOQOL-BREF. *International Electronic Journal of Health Education*, 14(1), 101-108.
9. Sidman, C.L., Fiala, K.A., & D'Abundo, M. L. (2011). Exercise motivation of college students in online, face-to-face, and blended basic studies physical activity and wellness course delivery formats. *Journal of American College Health*, 59(7), 662-664. <http://www.ncbi.nlm.nih.gov/pubmed/21823963>
10. Sidman, C.L., Huberty, J.L., & Gao, Y. (2011). Observation of step-count patterns of women participating in a healthy lifestyle book club intervention. *Women in Sport & Physical Activity Journal*, 20(2), 51-64.
11. Sidman, C.L. (2011). Meeting physical activity goals: A case study of an active older adult. *International Journal of Health Promotion & Education*, 49(1), 27-32.
12. Sidman, C.L., D'Abundo, M.L., & Hritz, N. (2009). Exercise self-efficacy and perceived wellness among college students in a basic studies course. *International Electronic Journal of Health Education*, 12(1), 163-174. <http://js.sagamorepub.com/gihep/article/download/4174/3650>
13. Lynch, K.B., Corbin, C.B., & Sidman, C.L. (2009). Testing compensation: Does recreational basketball impact adult activity levels? *Journal of Physical Activity & Health*, 6(3), 321-326.
14. Huberty, J.L., Vener, J., **Sidman, C.**, Meendering, J., Blissmer, B., Schulte, L., Flohr, J.A., & Ransdell, L.B. (2008). Women Bound to be Active: A pilot study to explore the feasibility of an intervention to increase physical activity and self-worth in women. *Women & Health*, 48(1), 83-101.
15. Huberty, J.L., Ransdell, L., **Sidman, C.L.**, Flohr, J., Shultz, B., Grosshans, O., & Durrant, L. (2008). Explaining long-term exercise adherence in women who complete a structured exercise program. *Research Quarterly for Exercise & Sport*, 79(3), 374-384.
16. Todd, K., Reis-Bergan, M.J., **Sidman, C.L.**, Flohr, J.A., Jameson-Walker, K., Spicer-Bartolau, T., Wildeman, K. (2008). Effect of a family-based intervention on electronic media use and body composition among boys 8-11 years: a pilot study. *Journal of Child Health Care*, 12(4), 344-358.
17. **Sidman, C.L.** & Jones, D. (2007). Addressing students' learning styles through skeletal PowerPoint slides: A case study. *MERLOT Journal of Online Learning & Teaching*, 3(4), 1-12.
18. **Sidman, C.L.** & Jones, D. (2006). Using a scavenger hunt game to train instructors to use Desire2Learn (D2L) course management system. In C. Crawford et al. (Eds.), *Proceedings of Society for Information Technology & Teacher Education International Conference 2006* (pp. 1404-1408). Chesapeake, VA: AACE.
19. Hart, Jan E.; Flohr, Judith A.; Todd, M. Kent; Sidman, **Cara L. Sidman.** (2006). [Vigorous physical activity in college alumnae and risk of coronary artery disease](#). *Medicine & Science in Sports & Exercise*. 38(5):S426-S427, May 2006. 2336: Board #68 9:30 AM – 10:30 AM.
20. **Sidman, C.L.**, Corbin, C.B., & LeMasurier, G.C. (2004). Promoting physical activity among sedentary women using pedometers. *Research Quarterly for Exercise & Sport*, 75(2), 122-129.
21. Etnier, J.L., Sidman, C.L., & Hancock, L.C. (2004). An examination of goal orientation profiles and motivation in adult team sport. *International Journal of Sport Psychology*, 35, 1-16.
22. Sidman, C.L., Corbin, C.B., & Rhea, M. (2003). An examination of the 10,000-step goal in sedentary women with different baseline step counts. *Women in Sports & Physical Activity Journal*, 12(2), 111-126.
23. LeMasurier, G.C., Sidman, C.L., & Corbin, C.B. (2003). Accumulating 10,000 steps: Does this target meet the current physical activity guidelines? *Research Quarterly for Exercise & Sport*, 74(4), 389-394.
24. Vincent, S.D. & Sidman, C.L. (2003). Determining measurement error in digital pedometers. *Measurement in Physical Education and Exercise Science*, 7(1), 19-24.

25. Sidman, C.L. (2002). Count your steps to health & fitness. *ACSM's Health & Fitness Journal*, 6(1), 13-17.
26. Wilde, B., Sidman, C.L., & Corbin, C.B. (2001). A 10,000-step count as a physical activity target for sedentary women. *Research Quarterly for Exercise & Sport*, 72(4), 411-414.

Abstracts

1. Barreira, T. V., Bennett, J. P., Sidman, C., & Kang, M. (March, 2010). Validity of pedometers to measure step counts during dance. Paper presented at the AAHPERD national conference, Indianapolis, IN. *Research Quarterly for Exercise and Sport*, 81(Suppl 1), 32.
2. Wertz Garvin, A., Damson, C., Jefson, C., & Sidman, C.L. (2007). The effects of fitness media exposure on post-exercise affect in college age females. *Medicine & Science in Sports & Exercise*, 39(5), suppl. S48.
3. Todd, M., Sidman, C., Ruit, R., Spaid, J., Czyszczonek, G., & Thomas, C. (2006). A cross sectional comparison of electronic media use, step counts and BMI among college students. *Medicine & Science in Sports & Exercise*, 38(5), suppl. S249.
4. Sidman, C.L., Vincent, S.D., Corbin, C. B., Pangrazi, R.P., & Vincent, W.J. (2001). Digital pedometers: Checking calibration prior to use in research. *Medicine & Science in Sports & Exercise*, 33(5), suppl. S299.

Books (Co-Author, Editor, or Chapter Co-Author)

1. D'Abundo, M.L, Sidman, C.L., & Heller, D. (2014). Mindfulness in adult and community health education. In Wang, V.C.X. (ed.), *Adult and Community Health Education: Tools, Trends, and Methodologies*. Hershey, PA: IGI Global.
2. D'Abundo, M.L., Firsing, S.L., & Sidman, C.L. (2014). Online well-being focused curriculums: A new approach to teaching and learning for K-20 health education. In Wang, V. (Ed.), *Handbook of Research on Education and Technology in a Changing Society*. New York: IGI Global.
3. D'Abundo, M.L. & Sidman, C.L. (2011). Online learning and instruction in health: Addressing the demands for education and training through computer-based technologies. In Wang, V. (Ed.), *Encyclopedia of Information Communication Technologies and Adult Education Integration* (pp. 942-957). IGI Global. Web. 1 Oct. 2011. doi:10.4018/978-1-61692-906-0. <http://www.igi-global.com/chapter/online-learning-instruction-health/46619>
4. Sidman, C.L. (2010). Editor. *Physical Activity & Wellness*. (2nd Ed). Pearson Custom Publishing.
5. Sidman, C.L. (2010). Chapter 1: Introduction to Health & Wellness. In *Physical Activity & Wellness*. (2nd Ed). Pearson Custom Publishing.
6. Pangrazi, R.P., Beighle, A., & Sidman, C.L. (2nd Ed, 2007). *Pedometer Power: Using Pedometers in School and Community*. Human Kinetics: Champaign, IL.
7. Pangrazi, R.P., Beighle, A., & Sidman, C.L. (1st Edition, 2003). *Pedometer Power: 67 Lessons for K-12*. Human Kinetics: Champaign, IL.
8. Sidman, C.L. (2003). Test Bank. *Corbin, Welk, Lindsey, & Corbin's Concepts of Fitness & Wellness* (6th Edition). McGraw-Hill: Boston, MA.

Professional Publication

- Todd, M.K., Sidman, C.L., & Flohr, J.A. (2002). Using pedometers to assess physical activity in children. *Virginia Association for Health, Physical Education, Recreation, & Dance Journal*, Fall, 6-8.

RESEARCH PRESENTATIONS

National Research Presentations

1. D'Abundo, M.L., Sidman, C.L., & Fiala, K.A. (November, 2014). Pre and post mindfulness of college students in a physical activity and wellness course. *American Public Health Association Annual Meeting*, New Orleans, LA.
2. Menickelli, J., Sidman, C.L., Claxton, D., Grube, D., Leonard, E., & Lowell, S. (2013). Convergent validity of an activity monitor with a research-grade accelerometer. Poster presentation, *AAHPERD National Convention & Exposition*, Charlotte, NC.
3. Milroy, J., Orsini, M., Sidman, C.L., & D'Abundo, M. (2013). Motivational predictors of physical activity among college females. Poster presentation, *AAHPERD National Convention & Exposition*, Charlotte, NC.
4. Sidman, C.L., D'Abundo, M.L., Spivey, L., Nix, J., & Fiala, K.A. (2013). Exercise motivation and leisure-time physical activity of college students. Poster presentation, *ACPA/NIRSA*, Las Vegas, NV.
5. D'Abundo, M.L., Sidman, C.L., Spivey, L. & Nix, J. & Fiala, K.A (2013). Sedentary behaviors of college students by gender. Poster presentation, *ACPA/NIRSA*, Las Vegas, NV.
6. Spivey, L., D'Abundo, M.L, Sidman, C.L., Nix, J. & Fiala, K.A. (2013). Leisure-time physical activity behavior of college students. Poster presentation, *ACPA/NIRSA*, Las Vegas, NV.
7. Spivey, L., Sidman, C.L., & D'Abundo, M.L. (2013). Workplace productivity: A happiness approach. Webinar, *National Intramural Recreational Sports Association*.
8. D'Abundo, M. L., Sidman, C.L., Milroy, J., & Orsini, M. (2011). Perceived wellness of college students in online, face-to-face, and blended basic studies physical activity and wellness course delivery formats. Poster presentation, *American Public Health Association Annual Meeting*, Washington, D.C.
9. D'Abundo, M.L., Orsini, M., Milroy, J., & Sidman, C.L. (2011). Reliability and construct validity of the World Health Organization Quality of Life (WHOQOL-BREF) among English-speaking, American college students. Oral Presentation, *American Public Health Association Annual Meeting*, Washington, D.C.
10. Hritz, N., Sidman, C., & D'Abundo, M.L. (2011). The Generation Y wellness traveler: Marketing implications. *Southeastern Travel and Tourism Research Association's Annual Conference*, Sandestin, FL.
11. Barreira, T., Bennett, J.P., Sidman, C., & Kang, M. (2010). Validity of pedometers to measure step counts during dance, Poster presentation, *AAHPERD National Convention and Exposition*, Indianapolis, IN.
12. D'Abundo, M.L, Fiala, K. & Sidman, C. (2010). Perceived wellness and exercise of students in a university physical activity and wellness course. Poster presentation, *American Public Health Association Annual Meeting*, Denver, CO.
13. D'Abundo, M.L, Fiala, K. & Sidman, C. (2010). Validity and reliability of college students' responses to the Behavioral Regulation in Exercise Questionnaire (BREQ-2) in a basic studies physical activity and wellness course. Poster presentation, *American Public Health Association Annual Meeting*, Denver, CO.
14. D'Abundo, M., Sidman, C., & Hritz, N. (2009). Exercise self-efficacy in college students enrolled in a basic studies wellness course. Poster presentation, *American Public Health Association Annual Meeting*, Philadelphia, PA.
15. D'Abundo, M., Sidman, C., & Hritz, N. (2009). Perceived wellness of college students in a basic studies course. Poster presentation, *American Public Health Association Annual Meeting*, Philadelphia, PA.
16. White, J.L., Sidman, C.L., & Schulte, L. (2008). An innovative group-based approach to regular physical activity participation among women: Preliminary findings. Poster presentation, *Society of Behavioral Medicine Annual Meeting*, San Diego, CA.
17. Sidman, C.L. (2008). Leadership in technology: Coordinating a fitness & wellness basic studies course. Oral presentation, *National Association for Kinesiology & Physical Education in Higher Education (NAKPEHE) Conference*, Albuquerque, NM.
18. Sidman, C.L., Todd, M.K., Ruit, R., Spaid, J., Czynszczon, G., & Thomas, C. (2007). The relationship among electronic media use, step counts, and BMI in a college population. Poster presentation, *Society of Behavioral Medicine Annual Meeting*, Washington, D.C.

19. Welk, G. & Sidman, C. (2007). Want help with web-based fitness and wellness classes? User friendly modules now ready for use. Oral presentation, *AAHPERD National Convention*, Baltimore, MD.
20. Sidman, C.L. & White, J. (2005). Revisiting 10,000 steps: Pedometer goal-setting strategies for behavior change. Oral presentation, *National Wellness Conference*, Stevens Point, WI.
21. White, J. & Sidman, C.L. (2005). Physical activity in women: Keeping the wellness wheel moving. Oral presentation, *National Wellness Conference*, Stevens Point, WI.
22. Sidman, C.L. & Keup, S.M. (2004). Welcome to the present: The role of mindfulness in health and wellness. Oral presentation, *AAHPERD National Convention & Exposition*, New Orleans, LA.
23. Sidman, C.L. & Keup, S.M. (2003). The journey to spiritual wellness. Oral presentation, *AAHPERD National Convention & Exposition*, Philadelphia, PA.
24. Sidman, C.L. & Corbin, C.B. (2003). Promoting physical activity among sedentary women using pedometers. Poster presentation, *AAHPERD National Convention and Exposition*, Philadelphia, PA.
25. LeMasurier, G.C., Sidman, C.L., & Corbin, C.B. (2003). Accumulating 10,000 steps: Does this target meet the current physical activity guidelines? Poster presentation, *AAHPERD National Convention and Exposition*, Philadelphia, PA.
26. Etnier, J. L., & Sidman, C.L. (2002). An examination of goal orientation profiles, motivation, attribution, and athletic identity in adult competitive team sport. Oral presentation, *Association for the Advancement of Applied Sport Psychology*, Tucson, AZ.
27. Sidman, C.L., Vincent, S.D., Corbin, C. B., Pangrazi, R.P., & Vincent, W.J. (2001). Digital pedometers: Determining measurement error prior to use in research. Poster presentation, *ACSM National Meeting*, Baltimore, MD.
28. Pepin, V., Swan, P.D., McMahan, S., & Sidman, C.L. (2001). The social ecological approach to understand physical activity adherence: A preliminary study. Poster presentation, *ACSM National Meeting*, Baltimore, MD.
29. Warren, B.J., Sidman, C.L., Wyatt, T.J., & Johnson, R.L. (1996). Differences in nutritional intake, body composition, and eating behaviors between active and inactive adolescent females. Poster presentation, *ACSM National Meeting*, Cincinnati, OH.
30. Warren, B.J., Wyatt, T.J., Brindell, G.P., Sidman, C.L., McCollough, L., & Johnson, R.L. (1996). Differences in body composition, body image, and eating behavior in African-American and White adolescent females. Poster presentation, *AAHPERD National Convention and Exposition*, Atlanta, GA.

International Research Presentations

1. Sidman, C.L., Jefson, C., & Jones, D. (2006). Using a scavenger hunt game to train instructors to use Desire2Learn (D2L) course management system. Oral presentation, *SITE 2006-Society for Information Technology & Teacher Education International Conference*, Orlando, Florida, USA.
2. Jefson, C.A. & Sidman, C.L. (2006). Using learning objects in D2L. Oral presentation, *Desire2Learn Users Conference*, Guelph, Ontario.
3. Pfeifer-Luckett, R., Jefson, C.A., Sidman, C.L., & Wong, L. (2006). Get organized! Effectively structuring your course in D2L. Oral presentation, *Desire2Learn Users Conference*, Guelph, Ontario.

Regional Research Presentations

1. Spivey, L., **Sidman, C.L.**, & D'Abundo, M.L. (September 23, 2014). Workplace Productivity: A Happiness Approach. Oral presentation, *North Carolina Recreation & Park Association Conference*, Wilmington, NC.
2. Spivey, L., **Sidman, C.L.**, & D'Abundo, M.L. (2013). Workplace Productivity: A Happiness Approach. Oral presentation, *North Carolina Intramural Recreational Sports Association*, Wilmington, NC.

3. **Sidman, C.L.** (2006). Using digitized video clips to engage students. Oral presentation, *Wisconsin Education Association Council Convention*, Madison, WI.
4. **Sidman, C.L.** & White, J.R. (2006). Empowering women to be well. Oral presentation, *Reaching Up Conference*, Omaha, Nebraska.
5. **Sidman, C.L.** (2004). Creating physically active cultures using pedometers. Walk4Life™ Oral presentation, *Eastern District Association AHPERD Conference*, Burlington, VT.
6. Warren, B.J. & **Sidman, C.L.** (2003). Increasing daily physical activity: Emphasizing lifestyle and environmental influences to effect change. Oral presentation, *Virginia AHPERD*, Reston, VA.
7. **Sidman, C.L.** (October 2003). Promoting physical activity among sedentary women using pedometers. Poster presentation, James Madison University, *College of Integrated Science and Technology Faculty Research Day*, Harrisonburg, VA.
8. **Sidman, C.L.** & Vincent, S. (2001). A comparison of three methods for conducting reliability tests on digital pedometers. Poster presentation, *Life and Earth Science Graduate Research Symposium*, Arizona State University.
9. **Sidman, C.L.**, Wilde, B., & Corbin, C.B. (2000). The optimal number of steps necessary to achieve health benefits. Poster presentation, *SWACSM Meeting*, San Diego, CA.
10. **Sidman, C.L.**, Wilde, B., & Corbin, C.B. (2000). Validation of the Digi-Walker pedometer against the CSA monitor in adult sedentary women. Poster presentation, *Life & Earth Science Graduate Research Symposium*, Arizona State University, Tempe, AZ.
11. Warren, B.J., Wyatt, T.J., **Sidman, C.L.**, Brindell, G.P., Johnson, R.L. (1996). The relationship of body image, eating behavior, and level of physical activity in adolescent females. Poster presentation, *SEACSM Regional Meeting*, Chattanooga, TN.

GRANTS

- 2016 - National Consortium for Building Healthy Academic Communities. (Sidman, Spivey, Chen-Edinboro, & Sprod). UNCW Blue Zone Wellness Assessment. *\$2,500 Awarded.*
- 2016 - UNCW School of Health & Applied Human Sciences Research & External Support Grant. (Chen-Edinboro, Sidman, Spivey, & Sprod). UNCW as a Future Blue Zone: An Interdisciplinary Approach to Implementing a Well-Being Initiative on Campus. *\$3,750 Awarded.*
- 2015 - Happiness and Well-Being: Integrating Research Across the Disciplines. (Sidman, Spivey, Sprod, & Edinboro). A Blue Zone Approach to Happiness & Well-Being. Letter of Intent. *\$310,000. Not Awarded.*
- 2015 - UNCW E-TEAL Pedagogy Initiative Grant. (Sidman & Sprod). From Danger Zone to Blue Zone Study Abroad in Ikaria Greece. *\$3,200 Awarded.*
- 2015 - University of North Carolina-Asheville Research Grant. (Shields & Sidman). Kids in Parks Evaluation Project. *\$10,000 Awarded.*
- 2014 - Academic Partnerships Faculty Research Grant. (Sidman, Long, & Tseh). Efficacy of an online physical activity course. *\$5,000. Not Awarded.*
- 2014 - UNCW College of Health & Human Services Cultural Activity Grant. (Long & Sidman). The Biggest ? : Sociocultural Influences on Weight & Wellness. *\$3,500 Awarded.*
- 2013 - UNCW Online Accelerated Program Online Course Development Stipend. (Sidman). PED 101 Physical Activity & Wellness. *\$2,500 Awarded.*
- 2013 - UNCW School of Health & Applied Human Sciences Faculty Travel Grant. (Sidman). American Public Health Association Annual Meeting, Boston, MA. *\$1,100 Awarded*

- 2008 - UNCW Center for Teaching Excellence Summer Pedagogy Development Stipend. (Sidman). PED 101 Physical Activity & Wellness curriculum redesign. *\$3,000 Awarded*
 - 2007 - University Committee on Research Technology Grant. (White-Huberty & Sidman). Women Bound to Be Active: Using the Internet to teach cognitive behavior strategies in sedentary women. *\$4,500 Awarded*
 - 2006 - ICoP - Intercampus Community of Practice Learning Technology Grant. (Sidman). Attended two full-day technology workshops, Stevens Point, WI. *\$1,000 Awarded*
 - 2004 - JMU General Education Seed Grant. (Sidman). Start-up funds for the production of Wellness Live! Video. *\$1,700 Awarded.*
 - 2004 - The Real World: A Wellness Video Series for GKIN 100 (Sidman). General Education Program, James Madison University, Harrisonburg, VA. (Approved, not funded)
 - 2001 - Michael L. Pollock Life Fitness Research Grant. (Sidman). Is the 10,000-step target appropriate for sedentary women? *\$2,500 Awarded*
 - 2000 - AAHPERD Research Grant Finalist. (Sidman). The use of the pedometer as a motivational tool in sedentary adults. *Not Awarded*
 - 2000 - Douglas L. Conley Memorial Scholarship Recipient. (Sidman). Self-determination theory and the use of the pedometer. *\$300 Awarded.*
 - 2000 - Michael L. Pollock Life Fitness Research Grant Finalist. (Sidman). Determining the reliability and validity of the Digi-Walker pedometer and the CSA acceleromometer. *Not Awarded.*
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