

Cara L. Sidman, PhD

CLINICAL ASSISTANT PROFESSOR

College of Health Solutions
Arizona State University | Phoenix, AZ 85004

EDUCATION

- 2002** **PhD, Curriculum & Instruction, Exercise & Wellness**
Arizona State University
 Dissertation: Promoting physical activity among sedentary women using pedometers
 Advisor: Dr. Charles Corbin, Professor Emeritus, Arizona State University
- 1996** **Master of Science, Exercise Science**
 Appalachian State University
- 1994** **Bachelor of Arts, Physical Education, Magna Cum Laude**
 University of North Carolina Wilmington

TEACHING

2017-present **CLINICAL ASSISTANT PROFESSOR**
Arizona State University - Downtown | College of Health Solutions

2020 TEACHING EVALUATIONS

COURSES	SESSION	EFFECTIVENESS		RESPONSE RATE
		COURSE	INSTRUCTOR	
Online Courses Taught CHS 300 (3) The Science of Well-Being		AVG = 4.5	AVG = 4.6	AVG = 53%
	SP-A	4.4	4.7	46%
	SP-B	4.6	4.7	44%
	SUM-A	4.5	4.7	47%
	SUM-B	4.5	4.7	48%
	FALL-A	4.4	4.6	73%
	FALL-B	4.4	4.5	86%
CHS 100 (3) Optimizing Health & Performance	SP-A	4.3	4.7	47%
	SP-B	4.7	4.8	37%
	FALL-A	4.4	4.6	60%
	FALL-B	4.7	4.8	53%
NTR 302 (3) Digital Technologies in Nutrition Communication	SP-A	4.6	4.8	43%
	SUM-A	4.7	4.7	36%
	FALL-B	4.0	4.1	71%

Student Mentoring Courses/Activities Taught

CHS 394 (3) CHS Peer Instructional Facilitator
 CHS 494 (3) CHS Advanced Undergraduate Teaching Assistant
 Live Zoom "Circles of Support/Wellbeing"

Major Course Revision

CHS 300 (3) The Science of Well-Being →
 CHS 300 (3) An Exploration of Wellbeing

2019 TEACHING EVALUATIONS

COURSES	SESSION	EFFECTIVENESS		RESPONSE RATE
		COURSE	INSTRUCTOR	
New Online Core Courses Taught		AVG = 4.4	AVG = 4.6	AVG = 45%
CHS 300 (3) The Science of Well-Being	SP-A	4.4	4.7	49%
	SP-B	4.5	4.8	45%
	SUM-A	4.8	4.7	47%
	SUM-B	4.6	4.6	40%
	FALL-A	4.4	4.7	51%
	FALL-B	4.6	4.8	56%
CHS 100 (3) Designing Your Well-Being	SP-A	3.9	4.3	44%
CHS 100 (3) Designing Your Well-Being	SP-B	4.4	4.7	40%
CHS 100 (3) Optimizing Health & Performance	FALL-A	4.3	4.8	27%
New Online Courses Taught				
EXW 340 (3) Health Behavior Theory	SUM-A	4.4	4.5	44%
NTR 302 (3) Digital Technologies in Nutrition Communication	FALL-B	4.3	4.5	55%

New Online Core Course Development

CHS 280 (3) Experiential Community Health & Research

Study Abroad Core Course Revised

CHS 300 (3) The Science of Well-Being

Student Mentoring Courses Taught

EXW 499 (3) Individualized Instruction

CHS 394 (3) CHS Peer Instructional Facilitator

**FALL 2017-
SUM 2018**

CLINICAL ASSISTANT PROFESSOR/Administrative Appointment, CHS Core

Arizona State University - Downtown | College of Health Solutions

- ASU University Studies proposals for CHS 100 and CHS 300 accepted to meet Social-Behavioral Sciences requirement
- Redesigned hybrid and online CHS 100 curriculum using ACUE's Effective Teaching Practices (2017-2018)
- Developed new CHS 100 curriculum with no textbook for online and hybrid formats (2016-2018)
- Developed entire ASU study abroad program and itinerary on well-being and longevity in the Greek Blue Zone

COURSES

New Online Core Courses Developed & Taught

CHS 300 (3) The Science of Happiness (Developed, Fall A 2018)

CHS 100 (3) *Designing Your Well-Being (2nd major revision, Fall 2018)

*Note: *CHS 100 Core course developed in two formats, with two major revisions (2016-2019), due to changes in core.*

New Study Abroad Course Developed

HCD 498 (3) *Happiness in the Blue Zones (Summer 2018; **Note: Insufficient enrollment for course to be taught*)

Student Mentoring Course Taught

CHS 394 (3) Facilitator Seminar (Fall 2017-present)

SUM 2016-
SUM 2017

LECTURER/Administrative Appointment, CHS Core

Arizona State University - Downtown | College of Health Solutions | Exercise Science & Health Promotion

- Co-developed competency-based core curriculum model and course submission process
- Provided strategic guidance for student retention, wellness, and well-being in the College.
- Implemented, managed, planned, communicated, and assessed the College's core curriculum.

COURSES

New Online Core Courses Developed & Taught

CHS 100 (3) *Foundations Your Well-being (1st major revision-Hybrid & Initial Development-Online, Spring 2017)

*Note: *CHS 100 Core course developed in two formats, with two major revisions (2016-2019), due to changes in CHS*

core.

New Online & Hybrid Core Courses Developed & Taught

CHS 100 (3) *Foundations of Health & Well-Being (Initial Development-Online & 1st major revision-Hybrid,

Spring 17)

CHS 100 (3) *Introduction to Health Solutions (Initial Development-Hybrid only, Fall 2016)

*Note: *CHS 100 Core course developed in two formats, with two major revisions (2016-2019), due to changes in CHS*

core.

New Online Course Taught

EXW 302 (3) Fundamentals of Wellness (New Prep, Spring 2017)

Student Mentoring Courses Taught

EXW 499 (3) Individualized Instruction

CHS 394 (3) Facilitator Seminar (Spring 2017-present)

2011-2016

ASSOCIATE PROFESSOR (Awarded Tenure: Fall 2011)

University of North Carolina Wilmington, Wilmington, NC | School of Health & Applied Human Sciences

- Submitted inaugural undergraduate college-wide happiness course to meet a university studies requirement (accepted).

COURSES

New Online Graduate Course Taught

GLS 594 (3) Creating Happiness & Well-Being (*Note: New course for Master's Degree in Liberal Studies*)

Online, Hybrid, & In-Person Courses Developed & Taught

CHHS 210 (3) Creating Happiness & Well-Being

PED 101 (2) Physical Activity & Wellness

HON 110 (3) Creating Life Balance: The Happy Student (1st Yr Interdisciplinary Seminar)

HON 120 (1) High Level Wellness (Honors Enrichment Seminar)

EXS 460 (3) Facilitating Health Behaviors

Courses Revised & Taught

HEA/PED 266 (3) Computer Applications in Health & Physical Education (Major Revisions)

EXS 355 (3) Measurement & Evaluation in Exercise Science (Major Revisions)

New Study Abroad Course Developed, Taught, & Co-Led

EXS 494 (3) From Danger Zone to Blue Zone (Greece) (Summer 2015, Summer 2016)

Student Mentoring Courses Taught

EXS 497 (3) Advanced Field Experience in Exercise Science

2007-2011 ASSISTANT PROFESSOR/Physical Activity & Wellness Coordinator | Univ Studies Lifespan Wellness Program

University of North Carolina Wilmington, Wilmington, NC | School of Health & Applied Human Sciences

- Developed and revised curriculum for fully online, hybrid, and face-to-face course formats for the multiple-section university studies PED 101 course serving approximately 2,800 students per year.
- Sole author of three online learning modules and editor of 11 interactive online modules for PED 101.
- Collaborated with campus leadership to improve curriculum and expand course offerings.
- Served as PED 101 program liaison with administrators.
- Developed, administered, and interpreted student learning outcomes assessment.
- Established a research agenda on PED 101 curriculum, assessment, course format, and psychological variables.

COURSES

New Online Graduate Course Taught

GLS 594 (3) Creating Happiness & Well-Being (*Note: New course for Master's Degree in Liberal Studies*)

Online, Hybrid, & In-Person Courses Developed & Taught

CHHS 210 (3) Creating Happiness & Well-Being

PED 101 (2) Physical Activity & Wellness

HON 110 (3) Creating Life Balance: The Happy Student (1st Yr Interdisciplinary Seminar)

HON 120 (1) High Level Wellness (Honors Enrichment Seminar)

EXS 460 (3) Facilitating Health Behaviors

Courses Revised & Taught

HEA/PED 266 (3) Computer Applications in Health & Physical Education (Major Revisions)

EXS 355 (3) Measurement & Evaluation in Exercise Science (Major Revisions)

New Study Abroad Course Developed, Taught, & Co-Led

EXS 494 (3) From Danger Zone to Blue Zone (Greece) (Summer 2015, Summer 2016)

Student Mentoring Courses Taught

EXS 497 (3) Advanced Field Experience in Exercise Science

2005-2007 ASSISTANT PROFESSOR/Personal Health & Fitness for Life Coordinator (Gen Ed Program)

University of Wisconsin Whitewater, Whitewater, WI | Department of Health, PE, Recreation & Coaching

- Designed curriculum for hybrid course format for this multiple-section general education PEGNRL 192, Personal Health & Fitness course serving approximately 2,000 students per year.

COURSES

New Online & Hybrid Courses Developed & Taught

PEGNRL 192 (1) Personal Health & Fitness for Life

HEALTHED 470/670 (3) Facilitating Health Behaviors

Online, Hybrid, & In-Person Undergraduate/Graduate Courses Revised & Taught

HEALTHED 360/560 (3) High Level Wellness

HEALTHED 362/562 (3) Stress Management

HEALTHED 280 (3) Intro to Health Ed & Promotion

HEALTHED 181 (3) Contemporary Health

2002-2005 ASSISTANT PROFESSOR/Lifetime Fitness & Wellness Coordinator (Gen Ed)

James Madison University, Harrisonburg, VA | Department of Kinesiology

-Designed curriculum for online and face-to-face course format for this multiple-section general education GKIN 100, Lifetime Fitness & Wellness course serving approximately 2,500 students/year.

COURSES

Online & Lecture/Lab Undergraduate Courses Developed & Taught

- KIN 426 (3) Physical Activity Behaviors
- KIN 422 (3) Fitness/Wellness Programming & Leadership (Lecture/Lab)
- GKIN 100 (3) Lifetime Fitness & Wellness (Lecture/Lab)

Graduate Course Developed & Taught

- KIN 547 (3) Principles & Strategies of Strength & Flexibility Development (Spring 2003-Spring 2005)

Courses Revised & Taught

- KIN/NUTR 424 (3) Theories & Practices of Weight Management
- KIN 427 (3) Fitness/Wellness Management

Study Abroad Course Developed, Taught, & Co-Led

- KIN 492 (3) Environmental & Cultural Influences on Obesity (England, Belgium, & France, Summer 2005)

1999-2002

GRADUATE TEACHING ASSISTANT

Arizona State University East, Mesa, AZ | Dept of Exercise & Wellness

COURSES

Online, In-Person, & Activity Undergraduate Courses Taught

- EPE 325 (3) Fitness for Life
- EXW 300 (3) Foundations of Exercise & Wellness
- EXW 215 (3) Physical Activity & Healthy Lifestyles
- PPE 294 (1) Aerobics
- PPE 294 (1) Swimming I

1994-1996

GRADUATE TEACHING ASSISTANT

Appalachian State University, Boone, NC
Department of Health, Leisure, & Exercise Science

COURSE

Activity Undergraduate Course Taught

- PE 1013 (1) Jogging & Conditioning

MENTORING

2020-present Arizona State University, Downtown, Phoenix, AZ | College of Health Solutions

FACULTY MENTORING (Academic Associate)

Academic Associate (CHS)

- 1. Jeffrey Patterson Spring 2021-present

STUDENT MENTORING

Barrett, The Honors College Students

- 1. Brittney Fulop Sum 2020-present (**Director**)
- 2. Kaeli Lugo Fall 2020-present (Committee Member)

Graduate Service Assistants (GSAs)

1. Jeffrey Patterson Spring 2020-Fall 2020
2. Ipsha Banerjee Fall 2020-present
3. Jennifer Moore Fall 2020
4. Megan Hoovler Fall 2020
5. Carson Gantzer Summer 2020-Fall 2020
6. Heather Vincil Spring 2020-Summer 2020
7. Martina Enriquez Fall 2019-Spring 2020
8. Bethany Weigand Spring 2020

UGTAs (CHS 394-494 Enrolled Students & Volunteers)

- | | | |
|---|--|-----------------------|
| 1. Alejandra Gomez
Aguilar | 13. Carson Gantzer
(Student Worker) | 27. Bobbi Lackey |
| 2. Andrea Arey | 14. Monica Gonzalez | 28. Bethany Liedike |
| 3. Stephanie Becton | 15. Heather Goodman | 29. Daniel Longfellow |
| 4. Jason Bowersmith | 16. Latamara Green | 30. Kayla Lundy |
| 5. Samantha Burgess
(CHS 394 & 494) | 17. Kelli Greaney | 31. Ashley Malovoz |
| 6. Jordan Caballero | 18. Chanel Haifley | 32. Victoria Martinez |
| 7. Jennifer Castro | 19. Susana Hall | 33. Nicole Mathurin |
| 8. Dannielle Core-
Johnson | 20. Kenda Hettinger | 34. Erika Peterson |
| 9. Tracy Crawford | 21. Megan Hoovler | 35. Sydney Rosas |
| 10. Skylar De La Garza
(CHS 394 & 494) | 22. Rachael Holp | 36. Taylor Ruiz |
| 11. Brooklyn Ferguson | 23. Chrystal Huber | 37. Josiah Sandoval |
| 12. Brittney Fulop | 24. Briana Huls | 38. Tabitha Siclovan |
| | 25. Michaela Kerner | 39. Lauren Snyder |
| | 26. Maureen Kessler | 40. Siena Ulrich |
| | | 41. Jessica Warner |

2016-2019 STUDENT MENTORING

Barrett, The Honors College Students

- Terrell Brown Fall 2019

Graduate Service Assistants

- Angelica Lopez Fall 2017-Fall 2019

Undergraduate Teaching Assistants & Student Workers

- 21 students total enrolled in CHS 394 & EXW 499 Fall 2016-Fall 2019
- 3 student workers/semester Fall 2016-Fall 2017

FACULTY MENTORING

- 6 CHS 100 Instructors (Downtown, Tempe, & West) Fall 2016-Fall 2018

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

STUDENT MENTORING

Master's Thesis Committee Member

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

Honors Thesis Committee Member/Chair

1. Michelle Dy Member 2015-2016
2. Kelsey Ross **Chair:** Kids in Parks 2014-2015
3. Matthew Eckard Member 2014-2015
4. Hana Kuwabara Member 2014-2015

Undergraduate Independent Studies

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

Research Mentor

1. Jonathan Ruiz 2013-2014
2. Grace Kelly 2013-2014

Academic Advisor

- 40 undergraduate students

Graduate Intern Supervisor

- 2 Graduate Students

Faculty Advisor

1. UNCW Women's Club Soccer

FACULTY MENTORING

- Trained, observed, managed, and evaluated 17 PED 101 Instructors

2005-2007

University of Wisconsin Whitewater, Whitewater, WI | Department of Health, PE, Recreation & Coaching

STUDENT MENTORING

Academic Advisor

- 1 graduate student
- 32 undergraduate students

Undergraduate Independent Studies

1. Jamie Rusch Health Promotion (3 credits, Fall 2006)
2. Jeff Grant Nutrition Unit Plan (1 credit, Spring 2006)
3. Katie Hegemann Health & Fitness (1 credit, Spring 2006)
4. Shaya Stettler Intro to Health Promotion & Education (2 credits, Spring 2006)

FACULTY MENTORING

- .Trained, observed, managed, and evaluated 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, and evaluated 15 graduate assistants

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 MENTORING

- Assisted over 30 Faculty/Staff with their fitness and wellness programs

ONLINE CURRICULUM DEVELOPMENT

1. **Sidman, C.L.**, Hoovler, M., Gantzer, C., & Bachman, R. (2020). CHS 300: An Exploration of Wellbeing, Designing for Student Engagement, Inclusivity, & Diversity. ASU
2. **Sidman, C.L.** (2020). CHS 100: Optimizing Health & Performance (online). Designing for Student Engagement, Inclusivity, & Diversity. ASU
3. **Sidman, C.L.**, Patterson, J., & Crawford, T. (2020). NTR Digital Technologies in Nutrition Communication. Designing for Student Engagement, Inclusivity, & Diversity. ASU
4. **Sidman, C.L.** (2017). Happiness and Well-Being: Part 1. Starbucks Global Academy, Learning Track: Personal Growth & Development: ASU Online.
5. **Sidman, C.L.** (2017). Happiness and Well-Being: Part 2. Starbucks Global Academy, Learning Track: Personal Growth & Development: ASU Online.
6. **Sidman, C.L.** (2013). Course Overview. Online Lecture Modules: PED 101 (3rd Ed). McGraw-Hill, Boston, MA.
7. **Sidman, C.L.** (2013). Physical Activity Introduction. Online Lecture Modules: PED 101 (3rd Ed). McGraw-Hill, Boston, MA.
8. **Sidman, C.L.** (2013). Wellness Introduction. Online Lecture Modules: PED 101 (3rd Ed). McGraw-Hill, Boston, MA.
9. **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.
10. **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.
11. **Sidman, C.L.** (2007). PowerPoint Ancillaries. Corbin, Welk, Corbin, & Welk's Concepts of Fitness & Wellness (7th Ed). McGraw-Hill, Boston, MA.
12. **Sidman, C.L.** & Jefson, C.A. (2007). Video Activities. Corbin, Welk, Corbin, & Welk's Concepts of Fitness & Wellness (7th Ed). McGraw-Hill, Boston, MA.

TEACHING PRESENTATIONS

Refereed National Conference Teaching Presentations

1. 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.
2. 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
3. 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.
4. **Sidman, C.** & Frisoli, A. (2017-June-19). Cultivating a culture of happiness. Oral presentation, Annual National Wellness Conference, Minneapolis, MN.
5. 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.
6. 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.
7. **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.

University Teaching Presentations

1. 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.
2. **Sidman, C.L.** (2018-Jan-24). ASU Study Abroad Virtual Event. Oral presentation. Blue Zone Study Abroad Program, Tempe, AZ

College Teaching Presentation

1. **Sidman, C.L.** (2017-Aug-14). CHS Core Curriculum. Oral presentation, ASU New Faculty Orientation & Workshop, Downtown, Phoenix, AZ

PROFESSIONAL DEVELOPMENT

DATES	SPONSOR/ORGANIZER	TITLE/TYPE
1. Fall 2019-present	College of Health Solutions (ASU)	Faculty Mentoring Program - Dr. Shawn Hrcir (mentor)
2. 2020-November	Creating Community, LLC (AZ)	Virtual Experience Design Workshop (3-wk series; Certificate of Completion)
3. 2020-Oct-30	College of Health Solutions (ASU)	Affinity Networks & Translational Teams Fall 2020 Retreat
4. 2020-July-Sept	Association of College & University Educators (ACUE)	Effective Online Teaching Practices: Creating an Inclusive & Supportive [Online] Learning Environment (Microcredential course)
5. 2020-June-Aug	ACUE	Effective Online Teaching Practices: Promoting Active Learning [Online] (Microcredential course)
6. 2020-June	Arizona State University	COVID-19 Return to Campus Training for Supervisors
7. 2020-June	Arizona State University	Community of Care Training for Employees
8. 2020-Apr-16-20	Dr. Aziz Gazipura (Online)	Confident Conversations (4-day virtual event)
9. 2020-Jan-Feb	Dr. Aziz Gazipura (Portland, OR)	Career Confidence (4-day immersion event)
10. 2020-Jan-Feb	The Focused Path (Chandler, AZ)	Compassion-Based Resilience Training (4-week series)
11. 2017-2020	Annual Online Training (ASU)	Information Security
12. 2019-Oct 10-13	Dr. Aziz Gazipura (Portland, OR)	Confidence & Social Wellbeing (4-day immersion event)
13. 2019-Sept 18	Webinar (ASU)	Community Building in Online Courses through Slack
14. 2019-Sept 06	Online Workshop (CHS)	Mentoring Workshop
15. 2019-Aug 19-25	Online Workshop (OLC)	Fundamentals: Giving Effective Feedback (1-week)
16. 2019-June 20-3	Dr. Aziz Gazipura (Portland, OR)	Confidence Unleashed (3-day immersion event)
17. 2019-May 23	Online Training (OLC)	OLC Accelerate 2019 Reviewer Training
18. 2019-Apr-May 1	2019 National Summit (BHAC)	Building Cultures of Well-being (2-days; Columbus, Ohio)
19. 2019-Apr 29	CHS Learning Group	Panopto Training
20. 2019-Apr 15	Workshop (ASU Online)	Slack Champions Training
21. 2019-Apr 3-5	Streamed Sessions (OLC)	OLC Innovate 2019: Education Reimagined (3 days-Attended 7 sessions)
22. 2019-Feb-Apr	The Focused Path (Chandler, AZ)	Mindfulness Self-Compassion (Weekly series-8 sessions)
23. 2019-Jan 28	Workshop (ASU)	Supporting Students with Disabilities
24. 2018-Sept	Frank Rhodes Lecture (ASU)	Revolutionizing the University
25. 2018-Aug	Richard Miller Talk (CHS)	Reimagining Undergrad Ed: Lessons Learned-Olin School of Engineering
26. 2018-April	Teaching Workshop (CHS)	Everything You Need to Know about Rubrics
27. 2018-April	Teaching Workshop (ASU Online)	Strategies for large-enrollment courses
28. 2018-Spring	Online Course Audit (ACUE)	Effective Teaching Practices - reviewed for CHS 100/300
29. 2018-Jan 29	Retreat (CHS)	CHS 100 Planning
30. 2017-Nov 07	Meeting (CHS)	CHS Visioning
31. 2017-Nov	Online Training (ASU)	Preventing Discrimination and Harassment
32. 2017-Sept	Mini-Conference (ASU)	Faculty Study Abroad - Program Leaders
33. 2016-Nov	International Conference (OLC)	International Online Learning Consortium Accelerate Conference (Orlando, FL)

34. 2016-Oct	Online Webinar (McGraw-Hill)	Supporting Institutional Effectiveness: Competency Based Education
35. 2016-Oct	Online Keynote (McGraw-Hill)	Introducing a Holistic Framework for Retention
36. 2016-Sept	Provost Teaching Academy (ASU)	Workshop: Flipped Classroom
37. 2016-Sept	Provost Teaching Academy (ASU)	Meeting: Individual Peer Mentor
38. 2016-Aug	Provost Teaching Academy (ASU)	Workshop: Mentoring Non-Traditional Students
39. 2016-Aug	Provost Teaching Academy (ASU)	Workshop: Getting to Know your (Non-Traditional) Student Demographic
40. 2016-Aug	Online Course (ASU Online)	2-week training course: Master Online Teaching

AWARDS

2020	Sun Awards (3)	Arizona State University
------	----------------	--------------------------

SERVICE

2019-2020 Arizona State University

COMMITTEES/AFFINITY NETWORK/OTHER

College

1. July 2019-present Social & Emotional Learning & Intelligence Affinity Network (**Co-Founder & Co-Lead**)
2. 2019-present Barrett Honors College Faculty (**Director** & Member)
3. 2019-present Online Instructor Support Committee (Member)
4. 2020-present Teaching and Learning Cluster (Member)
5. 2020-Sept Peer Teaching Review (HEP 448: Foundations of School HED, Online, Shawn Hrcir)
6. 2020-Spring Random Acts of Kindness (RAK) Challenge (**Co-Founder & Co-Lead**)
7. 2020-Spring COVID-19 Student Vitality Team (**Co-Lead**)
8. 2019-2020 Faculty Vitality & Wellness Committee (Member)
9. 2019-2020 Faculty Service Committee (Member)

Program

1. 2020-Fall Wellbeing & Longevity Study Abroad (Consultant)
2. 2019-2020 Member: Healthy Lifestyles Coaching Curriculum Committee

STUDENT ENGAGEMENT & RETENTION ACTIVITIES

1. 2020-Dec Feature Friday Series (CHS Instagram)
2. 2020-July CHS Faculty Meet and Greet (Virtual)
3. 2020 Student Letters of Recommendation (6)

2016-2019 Arizona State University

COMMITTEES

University

1. 2017-2019 University Undergraduate Standards

College

1. 2019-2020 Member: Teaching and Learning Community of Practice
2. 2019-2020 Member: Faculty Wellness and Vitality Committee
3. 2019-2020 Member: Faculty Service Committee
4. 2018-2019 Member: Academic Success Hub
5. 2017-2018 **Chair:** Core Subcommittee
6. 2017-2018 Member: Core Marketing

- 7. 2017-2018 **Academic Lead:** Core Curriculum
- 8. 2017-2018 Ad Hoc: CHS Curriculum Committee
- 9. 2016-2018 Member: Student Affairs/Core Curriculum Leadership Committee
- 10. 2016-2018 Member: 4-yr Graduation Rate Task Force
- 11. 2016-2017 Member: Student Retention & Wellness Committee
- 12. 2016-2017 **Chair:** Core Task Force

Program

- 1. 2016-2017 Member: ESHP Online Health/Wellness Committee

STUDENT ENGAGEMENT & RETENTION ACTIVITIES

- 4. 2019-Nov 09 ASU Family Weekend: CHS Rooftop Yoga
- 5. 2019-March CHS Student Recruitment – Calls to Prospective Students
- 6. 2019-Summer Developed/Summited CHS Blue Zone Study Abroad Proposal
- 7. 2017-Nov-16 ASU Study Abroad Showcase (Downtown, table)
- 8. 2018-Sept-28 CHS Family Weekend Cooldown
- 9. 2018-Sept 08 **Coordinator:** CHS 100 Team Challenge Event
- 10. 2017-2018 “Failing Strong” Committee (Student Retention Initiative)

2007-2016 University of North Carolina Wilmington

COMMITTEES

University

- 1. 2015-2016 UNCW Faculty Senate Budget Committee
- 2. 2014-2016 Blackboard Advisory Committee
- 3. 2013-2016 University College Advisory Committee
- 4. 2013-2015 University Faculty Professional Relations Committee
- 5. 2012-2013 University Calendar Committee
- 6. 2011-2012 **Chair:** University Calendar Committee
- 7. 2009-2011 University Curriculum Committee
- 8. 2008-2010 **Faculty Senator**

College

- 1. 2012-2013 College of Health & Human Services Strategic Planning Group

Department

- 1. 2015-2016 SHAHS Appeals Committee
- 2. 2015-2016 PED 101 Lecturer/Coordinator Search Committee Member
- 3. 2013-2014 School of Health & Applied Human Sciences Policies & Procedures Committee
- 4. 2012-2013 SHAHS Teaching Evaluation Committee
- 5. 2012-2013 SHAHS RTP Committee
- 6. 2011-2013 SHAHS Curriculum Committee
- 7. 2010-2011 **Chair:** PED 101 Advisory Council
- 8. 2009-2010 SHAHS Policies & Procedures Manual Committee
- 9. 2009-2010 Earl Allen Scholarship Committee

2005-2007 University of Wisconsin Whitewater

COMMITTEES

University

- 1. Diversity Committee
- 2. Health Fair Committee

3. Roseman Committee
4. Who's Who Committee

College

1. Assistant Volleyball Coach Search & Screen Committee
2. Head Swimming Coach Search & Screen Committee
3. Teacher Education Committee
4. Wellness Coalition

Program

1. HPERC Web Site Committee
2. Teaching Evaluations of HPERC Faculty

2002-2005 James Madison University

COMMITTEES

University

1. Healthy Campus Initiative General Education Cluster V Committee
2. University Common Health Advisory Committee

College

1. College Teaching & Learning Group

Program

1. Search Committee Chair: Dept of Kinesiology
2. Search Committee Member: Dept of Kinesiology
3. Search Committee Member: Dept of Psychology Technology Task Force for College

Professional Committees

1. 2019-2020 Online Learning Consortium Proposal Review Committee
2. 2016-2017 Technology Task Force - National Association for Kinesiology in Higher Education
3. 2007-2011 Technology Committee - National Association for Kinesiology & Physical Education in Higher Education
4. 2007-2011 Multicultural Involvement Committee - American Association for Health Education

Community Service

1. 2019-Mar 15 Arizona Humane Society. A Day of Social Outreach
2. 2015-Feb 4-18 Course: Pursuit of Lifetime Happiness (3 sessions) (Spivey, L. & Sidman, C.)
Osher Lifelong Learning Institute, University of North Carolina Wilmington (Spring 2015) (p. 32)

Reviews

1. 2019 Reviewer: Online Learning Consortium Accelerate 2019 Conference. Presentation Proposals.
2. 2016 Health and Wellness Online Module Review, Kale Well-being for College Students and 21st Century Wellness: The Science of the Whole Individual. Perceivant Publishing
3. 2016 Journal Review, Pedagogy in Health Promotion. Popular culture and public health: A fresh approach to transdisciplinary public health education.
4. 2016 Journal Review, Health Education Journal. Factors contributing to the uptake and maintenance of regular exercise behavior in emerging adults.
5. 2015 Journal Review, Pedagogy in Health Promotion. Development and assessment of signature assignments to increase student engagement in undergraduate public health.
6. 2012 Proposal Review, AAPHERD College/University Instructional Physical Activity Program & Wellness Half-Day Conference Proposals.

7. 2012 Journal Review, Journal of Physical Activity & Aging. Comparison of older adults' steps/day using NL-1000 pedometer and two GT3X+ accelerometer filters.
8. 2011 Book Review, Experience Wellness - McGraw-Hill, Inc.
9. 2010 Journal Review, Journal of Physical Activity & Aging. Application of the transtheoretical model among diverse older adults using a modified stages-of-change scale.
10. 2008 Journal Review, Journal of Physical Activity & Health. The effect of physical activity homework on physical activity among college students.
11. 2007 Journal Review, Journal of Sport & Exercise Psychology. An examination of the six-month timeframe in the transtheoretical model.
12. 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?
13. 2007 Web Course Review, HealthNow online web course.
14. 2006 Lifetime Fitness Course Study. Fitness for Life Research Study, Arizona State University
15. 2006 Journal Review, Research Quarterly in Exercise & Sport. Perceptions of fitness in volunteer and career firefighters.

PROFESSIONAL AFFILIATIONS

1. 2016-present Online Learning Consortium
2. 2004-2018 National Wellness Institute (NWI)
3. 2006-2018 National Association for Kinesiology in Higher Education (NAKHE)
4. 2013-2016 The International Society for Technology in Education (ISTE)
5. 2013-2014 American Public Health Association (APHA)
6. 2007-2013 North Carolina Alliance for Athletics, Health, Physical Education, Recreation & Dance (NCAAHPERD)
7. 1999-2013 American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD)
8. 2002-2012 American Association for Health Education (AAHE)
9. 2006-2012 Society of Behavioral Medicine (SBM)

SCHOLARSHIP

PUBLICATIONS

Refereed Journal Article *In Submission*

1. Morris, L. M., Foster, J. W., Henyecz, A., & **Sidman, C.** (Accepted w/ Minor Revisions, Dec 2020). Campus Recreation Sport Club Participants: Exploring Subjective Wellbeing. *Recreational Sports Journal*.

Refereed Journal Articles

1. Morris, L. M., Twilley, D., **Sidman, C.**, Adamczyk, H., Gasell, Z., & Plemmons, K. (2020). Student-Athletes: An exploration of subjective wellbeing. *The Sport Journal*, 21.
2. Murdoch Rodowicz, C., Morris, L., **Sidman, C.L.**, & Beyer, K. (2020). [The impact of an online happiness course on subjective happiness among college students](http://dx.doi.org/10.18061/bhac.v4i1.7086). *Building Healthy Academic Communities Journal*, 4(1), 69-81. <http://dx.doi.org/10.18061/bhac.v4i1.7086>
3. 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*, 7(1), 39-50.
4. 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.
5. 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*, 6(3), 61-78.

6. **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
7. 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
8. 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.
9. 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.
10. 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#UhyVxssl9U>
11. 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.
12. **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>
13. **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.
14. **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.
15. **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>
16. 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.
17. 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.
18. 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.
19. 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.
20. **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.
21. **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.
22. **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.
23. 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.

24. **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.
25. 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.
26. Vincent, S.D. & **Sidman, C.L.** (2003). Determining measurement error in digital pedometers. *Measurement in Physical Education and Exercise Science*, 7(1), 19-24.
27. **Sidman, C.L.** (2002). Count your steps to health & fitness. *ACSM's Health & Fitness Journal*, 6(1), 13-17.
28. 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.

Refereed Abstracts

1. Morris, L., **Sidman, C.**, & Twilley, D. (Fall 2019). Building cultures of well-being: The happiness approach. *Building Healthy Academic Communities Journal* (Accepted)
2. 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.
3. 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.
4. Todd, M., **Sidman, C.**, Ruit, R., Spaid, J., Czynszczon, 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.
5. **Sidman, C.L.**, Vincent, S.D., Corbin, C. B., Pangrazi, R.P., & Vincent, WJ. (2001). Digital pedometers: Checking calibration prior to use in research. *Medicine & Science in Sports & Exercise*, 33(5), suppl. S299.

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.

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.

Published Conference Proceeding

1. 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.

Non-Refereed Publication

1. 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.

PRESENTATIONS**Refereed National Conference 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 Conference, Albuquerque, NM.
18. **Sidman, C.L.**, Todd, M.K., Ruit, R., Spaid, J., Czyszczon, 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.

Refereed International Conference 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 Conference, Guelph, Ontario.

Refereed Regional Conference 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 AAHPERD 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,
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.
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.

Invited Presentations

1. **Sidman, C.L.** (2020). Growing Gratitude. CHS Science Distilled Event on Gratitude & Health. Panel(virtual) Presentation, ASU.
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.

Grants

1. 2016 National Consortium for Building Healthy Academic Communities. (**Sidman**, Spivey, Chen-Edinboro, & Sprod). UNCW Blue Zone Wellness Assessment. \$2,500 Awarded.
2. 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.
3. 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 Requested.
4. 2015 UNCW E-TEAL Pedagogy Initiative Grant. (**Sidman** & Sprod). From Danger Zone to Blue Zone Study Abroad in Ikaria Greece. \$3,200 Awarded.
5. 2015 University of North Carolina-Asheville Research Grant. (Shields & **Sidman**). Kids in Parks Evaluation Project. \$10,000 Awarded.
6. 2014 Academic Partnerships Faculty Research Grant. (**Sidman**, Long, & Tseh). Efficacy of an online physical activity course. \$5,000 Not Awarded.
7. 2014 UNCW College of Health & Human Services Cultural Activity Grant. (Long & **Sidman**) The Biggest ?: Sociocultural Influences on Weight & Wellness. \$3,500 Awarded.
8. 2013 UNCW Online Accelerated Program Online Course Development Stipend. (**Sidman**). PED 101 Physical Activity & Wellness. \$2,500 Awarded
9. 2013 UNCW School of Health & Applied Human Sciences Faculty Travel Grant. (**Sidman**). American Public Health Association Annual Meeting, Boston, MA. \$1,100 Awarded
10. 2008 UNCW Center for Teaching Excellence Summer Pedagogy Development Stipend. (**Sidman**). PED 101 Physical Activity & Wellness curriculum redesign. \$3,000 Awarded
11. 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
12. 2006 ICoP - Intercampus Community of Practice Learning Technology Grant. (**Sidman**). Attended two full-day technology workshops, Stevens Point, WI. \$1,000 Awarded
13. 2004 JMU General Education Seed Grant. (**Sidman**). Start-up funds for the production of Wellness Live! Video. \$1,700 Awarded
14. 2004 The Real World: A Wellness Video Series for GKIN 100 (**Sidman**). General Education Program, James Madison University Harrisonburg, VA. (Approved, but not funded)
15. 2001 Michael L. Pollock Life Fitness Research Grant. (**Sidman**). Is the 10,000-step target appropriate for sedentary women? \$2,500 Awarded
16. 2000 AAHPERD Research Grant Finalist. (**Sidman**). The use of the pedometer as a motivational tool in sedentary adults. Not Awarded
17. 2000 Douglas L. Conley Memorial Scholarship Recipient. (**Sidman**). Self-determination theory and the use of the pedometer. \$300 Awarded
18. 2000 Michael L. Pollock Life Fitness Research Grant Finalist. (**Sidman**). Determining the reliability and validity of the Digi-Walker pedometer and the CSA accelerometer. Not Awarded

REFERENCES

Julie M. Liss, PhD
Associate Dean & Professor
College of Health Solutions
Arizona State University
(480) 965-9136
Julie.Liss@asu.edu

Charles B. Corbin, PhD
Emeritus Professor, ASU
chuck.corbin@icloud.com
(480) 496-9856

Laura Spivey Morris, EdD
Assistant Professor
School of Health & Applied Human Sciences
University of North Carolina Wilmington
spiveyl@uncw.edu
(910) 962-2451