

CURRICULUM VITAE**KRISTIN ANNE HOFFNER****Contact Information**

Kinesiology
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Arizona State University
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Academic Training

- Arizona State University, Tempe, AZ, MS in Kinesiology, Sport and Exercise Psychology, 2006
 - Thesis: The Effects of Coach Behaviors on the Cohesion and Satisfaction of Adolescent Female Athletes
 - Advisor: Dr. Dan Landers
- University of Michigan, Ann Arbor, MI, BA in Sport Management and Communications, 2003

Professional Employment Record

- **Kinesiology Degree Director, College of Health Solutions, Arizona State University, 2018-present**
- **Principal Lecturer, Kinesiology Program, Arizona State University, 2017-present**
- Senior Lecturer, Kinesiology Program, Arizona State University, 2013-2017
- Lecturer, Kinesiology Program, Arizona State University, 2008-2013
- Mental Coach, Attitude and Motivation; Sport Psychology, Golf Academy of America, 2012-2014
- Faculty Associate, Kinesiology Program, Arizona State University, 2006-2008
- Adjunct Faculty, Golf Psychology, San Diego Golf Academy, 2006-2008
- Graduate Teaching Assistant, Arizona State University, 2003-2006

Professional Memberships

- American College of Sports Medicine (ACSM) Southwest Chapter, 2014-2018
- American College of Sports Medicine (ACSM), 2013-2018
- Association for Applied Sports Psychology (AASP), 2016-2017
- American Psychological Association (APA), 2014-2015
- North American Society for the Psychology of Sport and Physical Activity (NASPSPA), 2013-2014

Professional Trainings

- Global Advocacy Certificate Program (GACP), 2020/2021
- Student Organization Advisor Training, 2020, 2021
- Community of Care Training, 2020, 2021
- ASU Sync Workshop(s), 2020
- University of New Mexico Faculty Mentor Training (8 modules), 2020
- Collaborative Institutional Training Initiative (CITI), Human Subjects Training Certified, 2012-present
- Collaborative Institutional Training Initiative (CITI), Native American & Diverse research course, 2020-present
- Arizona State University FERPA Training, 2015 - present
- Arizona State University, Information Security Training, 2014 - present
- Arizona State University Fire Safety and Prevention Certified, 2011-present
- CPR, First Aid and AED Certified, 2002-2020
- Arizona State University, Intersections: Preventing Harassment and Sexual Violence, 2017
- Arizona State University SafeZONE Training, 2015
- Arizona State University Title IX Training, 2015
- Arizona State University, Preventing Harassment Training for University Faculty, 2013
- Arizona State University, At Risk Training for University Faculty, 2012

- Arizona State University, Sustainability Literacy Program Certification, 2012
- National Federation of State High School Coaches (NFHS) Certified Coach, 2009-2012
- National Institute of Health (NIH) Office of Extramural Research Protecting Human Research Participants Certified, 2009-2012

Publications and Presentations at National Conferences

- Lilly Conference on Evidence-Based Teaching and Learning, Presenter/Round Table, "Finding connections in large classes: Effectively utilizing undergraduate instructional assistants.", San Diego, CA, February 2020
- Lilly Conference on Evidence-Based Teaching and Learning, Presenter, "The Power of Positive Thinking: Staying Positive Through Stress and Adversity", Anaheim, CA, February 2018
- Lilly Conference on Evidence-Based Teaching and Learning, Presenter, "Overcoming the Problems of Problem-Based Learning", Anaheim, CA, February 2018
- Higher Learning Commission (HLC) Annual National Conference, Presenter, "Change Agents? Involving Faculty in Student Success Improvement Processes", Chicago, IL, April 2017
- Lilly Conference on Evidence-Based Teaching and Learning, Presenter, "Building a 'Culture of Excellence' with the Millennial Generation", Newport Beach, CA, February 2015

Presentations in Arizona

- Invited Presenter (abstract accepted), Arizona State University Commission on the Status of Women and ASU Staff Council Conference, "Staying motivated and positive in times of uncertainty"; "But I hate exercise, how can it make me happy?", October 2021
- Invited Speaker, Arizona Society for Cardiovascular and Pulmonary Rehabilitation (ASCVPR), "Helping people help themselves: Promoting adaptive motivation and avoiding burnout", April 2021
- Invited Speaker, ASU Foundation Learning and Development, "Staying motivated and positive in times of uncertainty (or when our world is falling apart)", March 2021
- Presenter, ASU Innovation Quarter, "Staying motivated and positive in times of uncertainty", December 2020
- Panelist, Greatest HIITs: Degree programs in kinesiology, sports and exercise science, October 2020
- Presenter, Arizona State University Commission on the Status of Women and ASU Staff Council Conference, "Staying motivated and positive in times of uncertainty", October 2020
- Panelist, NTE Faculty Promotion Workshop, "Presenting your CV to highlight your contributions", August 2020
- Panelist, Greatest HIITs: Degree programs in kinesiology, sports and exercise science, June 2020
- Invited Speaker, ASU Leadership Academy, "Exercise, motivation, and mental health", May 2020
- Panelist, NTE Faculty Promotion Workshop, April 2020
- Invited Speaker, Arizona Society for Cardiovascular and Pulmonary Rehabilitation (ASCVPR), (Cancelled due to COVID-19)
- Invited Panelist, Global Sport Summit, April 2020 (Cancelled due to COVID-19)
- Speaking events, Federation University Sports China (FUSC), prepared and presented (six 90-minute sessions) on: Group and Team Dynamics, Self Efficacy, Self Determination Theory, Motivation, and Intensity and Anxiety Management, October, 2019
- Arizona State University Commission on the Status of Women and ASU Staff Council Conference, "Self Efficacy: The key to motivating the self and others", Downtown Phoenix and Tempe sessions, October, 2019
- Speaking events, Federation University Sports China (FUSC), prepared and presented (six 90-minute sessions) on: Group and Team Dynamics, Self Efficacy, Self Determination Theory, Motivation, and Intensity and Anxiety Management, October and November, 2018
- Presenter, Arizona State University Commission on the Status of Women and ASU Staff Council Conference, "The Effects of Exercise on Mental Health", speaking engagement at the Tempe session, October 2018
- Presenter, Arizona State University Enrollment Services "Lunch and Learn" professional development series, "The Power of Positive Thinking, May 2018
- Arizona State University EXW 535, guest lecture, Behavior change theories, January 2018
- Presenter, Arizona State University Commission on the Status of Women and ASU Staff Council Conference, "The Power of Positive Thinking" and "The Effects of Exercise on Mental Health", speaking engagements at the Tempe and Downtown sessions, October 2017
- Golf Academy of America, guest speaker, prepared and presented a session on scotomas, resilience, and emotional management, March 2017

- Speaking events, Federation University Sports China (FUSC), prepared and presented sessions on: Motivation, leadership, positive self-talk, emotional management, resiliency, sustaining excellence, November and December 2016
- Presenter, Arizona State University Commission on the Status of Women and ASU Staff Council Conference, “The Power of Positive Thinking: Keeping a positive mindset through stress and adversity”, speaking engagements at the Tempe, West, and Downtown sessions, October 2016
- Arizona State University, College Mentors for Kids, Exercise and Performance Psychology Curriculum Development and Presentations for 1st and 3rd Graders at ASU Preparatory Academy, Phoenix, AZ, March and April 2016
- Northern Arizona University (NAU) Doctor of Physical Therapy Program, “Readiness for Change” Seminar (assignment development and presentation), Phoenix, AZ, November 2015
- Arizona State University, Jump Start Program, Faculty/Professional Panel, Phoenix, AZ, August 2015
- Nutritional Health Awareness Club (NHA), Presenter, “Inspiring Motivation for Exercise and Health”, Phoenix, AZ, March 2015
- Northern Arizona University (NAU) Doctor of Physical Therapy Program, “Readiness for Change” Seminar (assignment development and presentation), Phoenix, AZ, November 2014
- Mayo Clinic: Heart, Obesity, Prevention, Education (HOPE) program for retired National Football League (NFL) players, Speaker and Mentor, Scottsdale, AZ, Presentations in May, July, and September 2014
- Arizona State University, Early Start Program, Guest Speaker, Psychological Skills for Optimal Motivation and Health, Phoenix, AZ, August 2014
- Sandra Day O’Connor College of Law Mental Health and Wellness Day, Presenter, Exercise Psychology/Benefits of Exercise on Mental Health, Tempe, AZ, February 2014
- Arizona State University UNI 194, Student - Athlete Retention and Success Course “Focusing on Academics”, Guest Speaker, Student Success from a Faculty Perspective, Tempe, AZ, September 2013
- Sandra Day O’Connor College of Law Mental Health and Wellness Day, Presenter, Exercise Psychology/Benefits of Exercise on Mental Health, Tempe, AZ, March 2013
- College of Nursing and Health Innovation Summer Enrichment Camp, Presenter, Key Themes in Sport and Exercise Psychology, Phoenix, AZ, June 2011
- Women’s National Basketball Association (WNBA) “Adopt a Team Program”, Presenter, Psychological Skills for Optimal Performance in Sport, Phoenix, AZ, June 2009
- Pushing the Boundaries Workshop, Presenter, Psychological Skills for Optimal Performance in Sport, Northern Arizona University, Flagstaff, AZ, April 2008

Professional Development

- Global Sport Institute/Global Sport Matters Live, “Can sport save the world?”, (1 hr.), August 2021
- REMOTE: the connected faculty summit, (6 sessions, 3 hrs), June 2021
- Global Advocacy Certificate Program (GACP), Allyship for antiracist action, (2 hrs.), June 2021
- US Olympic and Paralympic Foundation, Abby Wambach and Adam Grant: From Languishing to Flourishing (1.5 hours), June 2021
- University of Michigan, “Anti-Asian Racism: Then, now, beyond”, (1.5 hours), May 2021
- Lilly Conference on Evidence-Based Teaching and Learning, May 2021
- US Olympic and Paralympic Foundation, Steve Kerr: The Power of Coaching, (1 hr), April 2021
- Experiential Learning Affinity Network Workshop, (2.5 hrs.), April 2021
- EAO Drop in mini sessions: Moving to a growth mindset, (.5 hrs.), April 2021
- ASU Staff Council Diversity and Inclusion Conference, (Sessions : “Cultivating an equitable and inclusive educational and working environment” (50 mins.); “Update on President Crow’s Advisory Council on African American affairs” (50 mins.); “Connecting college and community: A collaborative approach to supporting Black and African American students in their pursuit of success” (50 mins.); “Creating space for crucial conversations” (50 mins.); “The Great Battle: Inclusion vs. culture fit” (50mins.), April 2021
- ASU Office of Equity and Inclusion, Implicit bias and microaggressions, (1.5 hrs.), April 2021
- The Chronicle of Higher Education, “Race, class and student voices”, (1 hr.), March 2021
- Global Advocacy Certificate Program (GACP), International undergraduate student panel, (2 hrs.), March 2021
- ASU Office of Inclusion and Community Engagement, “Black lives matter in the US and Global contexts”, (1 hr.), February 2021
- ASU CHS Empathy workshops, “Empathic course policies”; “Centering yourself for empathic teaching”, (1 hr.), February 2021

- ASU Institute for Humanities Research, “Designing for care and embracing ungrading”, (1.25 hrs.), February 2021
- College of Health Solutions, Teacher talks (3 hrs)
- Global Advocacy Certificate Program (GACP), Increasing cross cultural connection, (2 hrs.), February 2021
- Global Sport Institute/Global Sport Matters Live, “Tough conversations for 2021”, (1 hr.), January 2021
- CHS, “Taking back control during COVID-19: Leading innovation through uncertain times”, December 2020
- CHS “Teacher Talks” Series (multiple sessions), 2020
- ASU Academic personnel search workshop, “Unconscious bias in the search and recruitment process, November 2020
- Faculty Women’s Association (FWA), “From A to Z, Unpacking systemic racism”, October 2020
- CSW/SC Professional Development Conference, “Understanding imposter syndrome”, October 2020
- ASU CCI, A panel conversation on the trauma of systemic racism, October 2020
- Global Advocacy Certificate Program Workshop (GACP), Cultural values in the classroom: Faculty considerations, October 2020
- Association for Applied Sport Psychology (AASP), Tools for professionals in sport during BLM & COVID, September 2020
- Global Sport Institute/Global Sport Matters Live, “The reset of college sport”, September 2020
- University of New Mexico & ASU CHS, TeleECHO Mentoring Network Program (8 meeting hours, additional prep work), September - November 2020
- Global Advocacy Certificate Program Workshop (GACP), Foundations of Global Advocacy, August 2020
- The Chronicle of Higher Education, “Race, class and academic life”, September 2020
- ASU Leadership Network Webinar Series, “Inclusion: The politics and possibilities of belonging”, September 2020
- The Chronicle of Higher Education, “Race, class and student activism”, August 2020
- ASU Institute for Humanities Research, Teaching in the wake of racial violence, August 2020
- ASU University Technology Office (UTO), ASUSync technology training A & C rooms, August 2020
- OHR Leadership and Workforce Development, “Civil discourse in the workplace”, August 2020
- Teaching and the ASU Library training, July 2020
- CHS Teaching and Learning Excellence, Faculty Brainstorming Session “Facilitating group work in ASUSync”, July 2020
- ASU University Technology Office (UTO), Slack for Teaching training, July 2020
- ASU University Technology Office (UTO), Screencast-O-Matic & MediaAMP training, July 2020
- The Chronicle of Higher Education, “Race, class and minority serving institutions”, July 2020
- Global Sport Institute, Sport Research Virtual Conference, July 2020
- Remote: The connected faculty summit, July 2020
- ASU Continuing Education, Leadership in Higher Education, June 2020
- Committee for Campus Inclusion, “Racism is not new: Tackling systemic racism in 2020”, July 2020
- CHS Teaching and Learning Excellence, Faculty Workshop, July 2020
- Global Sport Institute/Global Sport Matters Live, “LGBTQ+ Pride in Sport”, June 2020
- Summit Performance Consulting, Anti-Racist Coach Education Workshop, “As a coach, what can I do?: Confronting racism, anti-blackness, and white supremacy through anti-racist coaching”, June 2020
- Tiebreaker Psych, “Healthy Habits during Unprecedented Times & the Psychology of Prejudice”, June 2020
- Global Sport Institute/Global Sport Matters Live, “COVID-19 & Youth Sport”, June 2020
- University of New Mexico & ASU CHS, Faculty Mentoring Development Program (8 hours), June 2020
- American Psychological Association (APA) Town Hall on the Racism Pandemic Facing our Nation, June 2020
- Global Sport Institute/Global Sport Matters Live, “Coaching in the New Normal”, June 2020
- San Diego University for Integrative Studies, Rebound to Excellence: Achieving Peak Performance during Difficult Times Sport Psychology Webinar Series (6 hours), May & June 2020
- CHS Health Talks, “COVID-19 & Older Adults”, May 2020
- Global Sport Institute/Global Sport Matters Live, “COVID-19 & Latin America”, May 2020
- College of Health Solutions, Self-care training module, May 2020
- Global Sport Institute/Global Sport Matters Live, “Race, Sport and Privilege”, May 2020
- Global Sport Institute, “Barriers to girls and women’s participation in sport roundtable”, May 2020
- Global Sport Institute/Global Sport Matters Live, “COVID-19 & Native American Sport”, May 2020
- CHS Health Talks, “COVID-19: What does the science say about re-opening?”, May 2020
- CHS COVID-19 Faculty and Staff Vitality Team, “Parenting during the pandemic” 3 sessions, April, May, June 2020

- Global Sport Institute/Global Sport Matters Live, “COVID-19 & the Reset of Sport Confirmation”, May 2020
- Unstoppable Webinar on Adversity and Resiliency featuring Anthony Robles, April 2020
- ASU Online, Workshop: Faculty Showcase for Excellence in Online Teaching, April 2020
- CHS Health Talks, “Women in Leadership”, April 2020
- CHS Teaching and Learning Community of Practice, Online Instructor Support, April 2020
- CHS Health Talks, “COVID-19 and effective diagnostics: The key to recovery of health, society and the economy”, April 2020
- Global Sport Institute/Global Sport Matters Live, “Around the World: Covid-19 and its impact on sport”, April 2020
- CHS Health Talks, “The COVID-19 Pandemic: Causes, testing options and care”, April 2020
- CHS Teaching and Learning Community of Practice, Online Instructor Support, March 2020
- Lilly Conference on Evidence-Based Teaching and Learning, San Diego, CA, February 2020
- CHS Health Talks, “Using technology to combat the opioid epidemic”, Phoenix, AZ, February 2020
- CHS Health Talks, “Precision nutrition: Metabolomics, biomarkers, and mechanistic insights”, Phoenix, AZ, February 2020
- CSW Leadership Series, “Women’s Leadership in Sports Administration”, Tempe, AZ, February 2020
- CHS Health Talks, “A panel discussion on project ECHO: An innovative approach to reducing disparities in health care”, Phoenix, AZ, January 2020
- CSW/SC Professional Development Conference, Phoenix, AZ, October 2019
- Speaking to Inclusion: Understanding the use of Pronouns and Gendered Language, Arizona State University, Tempe, AZ, September 2019
- First Gen Zone Conference, Arizona State University, Tempe, AZ, June 2019
- Online Learning Consortium, OLC Innovate Education Reimagined, Online Conference, April 2019
- College of Health Solutions Speaker Series, Paul Estabrooks, “Role of explanatory process, and outcome frameworks in dissemination and implementation science: Looking back while we are moving forward, Phoenix, AZ, March 2019
- Lilly Conference on Evidence-Based Teaching and Learning, Anaheim, CA, February 2019
- ASU Social Cohesion Reading Group, “White Rage”, Phoenix, AZ, February 2019
- Cengage and Mindtap Training, January and February 2019
- College of Health Solutions, Faculty Leadership Workshop, “Lessons in privilege and bias”, Phoenix, AZ January 2019
- Global Sport Institute Faculty Cross Talk, Phoenix, AZ, January 2019
- College of Health Solutions, Faculty Leadership Workshop, “Leading from where you are: Managing up, down and sideways”, Phoenix, AZ 2018
- Faculty Input Session, Academic Integrity and Disciplinary Guidelines, Phoenix, AZ, November 2018
- Introduction to Canvas Training, Online, November 2018
- Exercise Psychology in Practice: Theory Based Perspectives to Transforming Exercise Behavior, Webinar, November 2018
- CSW/SC Professional Development Conference, Tempe and Phoenix, AZ, October 2018
- The Power of Sport Activism: From Black Power in Mexico ’68 to the “Trump Era”, Arizona State University Global Sport Institute, Livestream from Mexico City, Mexico, September 2018
- Media Training, Arizona State University Marketing and Communications, Phoenix, AZ, September 2018
- CHS/Herberger Faculty Collaboration Research Mixer, Tempe, AZ, September 2018
- ASU College of Health Solutions, Reimagining Undergraduate Education, “Lessons Learned at Olin College of Engineering”, Richard K. Miller, Phoenix, AZ, August 2018
- Canvas training and pilot participant, Online, June 2018
- Global Sport Summit, Phoenix, AZ, April 2018
- ASU Online training, “Strategies for large enrollment courses”, April 2018
- Lilly Conference on Evidence-Based Teaching and Learning, Anaheim, CA, February 2018
- Higher Learning Commission (HLC) Annual National Conference, Chicago, IL, April 2017
- MindTap training, Connie Zimmerman, January and March 2017
- Association for Applied Sports Psychology (AASP) National Conference, Phoenix, AZ, September 2016
- Community Town Hall with Dr. Vivek H. Murthy, 19th US Surgeon General, Phoenix, AZ, June 2016
- American College of Sports Medicine (ACSM) National Conference, Boston, MA, May 2016
- Foundations of Excellence (FoE) Process Webinar: FoE Preparing the Final Report, March 2016
- Building Healthy Lifestyles Conference, Tempe, AZ, March 2016
- Arizona State University Committee for Campus Inclusion, Volunteer and Participant: “An Evening with Dot Wilkinson and Lynn Ames”, Screening and discussion of “Extra Innings”, March 2016

- Arizona State University Commission on the Status of Women “Yellow Brick Road to Leadership” Conference, February 2016
- Arizona State University Faculty Women of Color Caucus Diversity Keynote Event “Microaggressions in Higher Education”, Dr. Derald Wing Sue, February 2016
- College of Health Solutions Teaching Seminar, “Problem Based Learning Strategies”, Tannah Broman, February 2016
- Arizona State University SafeZONE Workshop, Phoenix, AZ, November 2015
- International Science of Behavioral Nutrition and Physical Activity (ISBNPA) Theories of Motivation Webinar, Understanding and Changing Health Behaviors from a Self-Determination Theory Viewpoint, Dr. Richard M. Ryan, November 2015
- Southwest American College of Sports Medicine (ACSM) Conference, Costa Mesa, CA, October 2015
- Foundations of Excellence (FoE) Process Webinar: FoE Process and Role of Dimension Committees, Phoenix, AZ, October 2015
- Faculty Women’s Association Workshop through the Commission for the Status of Women, “Leadership Communication: Ten Strategies for Success”, Tempe, AZ, October 2015
- Faculty Development, Non Tenure Track Evaluation Training, Tempe, AZ, August 2015
- Arizona State University Club Advisor Retreat, Tempe, AZ, August 2015
- University of Arizona Presentation, “Action Steps in the Case of an Active Shooter”, Tempe, AZ, July 2015
- Learning Sciences Institute (LSI) Colloquium, Dr. Alexander Renkl, “The Focused Processing Stance on Learning and Instruction”, Tempe, AZ, June 2015
- Southwest Association for Applied Sport Psychology (AASP) Conference, Salt Lake City, UT, April 2015
- Faculty Development Workshop for Interprofessional Education and Practice, Phoenix, AZ, March 2015
- Building Healthy Lifestyles Conference, Tempe, AZ, February 2015
- Core Competencies for Interprofessional Collaborative Practice Faculty Development Workshop, Phoenix, AZ, February 2015
- Lilly Conference on Evidence-Based Teaching and Learning, Newport Beach, CA, February 2015
- Barrett Downtown Honors Lecture, Dr. Kris Ewing: “American College Students of the Millennial Generation: Tips for Success”, November 2014
- New Strategies to Engage Faculty in Student Success in the College of Health Solutions, October 2014
- Maricopa-ASU Faculty Conversations, to promote collaboration between ASU and the Maricopa Community Colleges, October 2014
- Southwest American College of Sports Medicine (ACSM) Conference, Costa Mesa, CA, October 2014
- Arizona Course Equivalency Tracking System (ACETS) Evaluator Training, Tempe, AZ, September 2014
- Barrett Downtown Honors Lecture, Dr. Charles Hillman: “The Relation of Physical Activity and Other Health Behaviors to Cognition, Memory, and Achievement”, March 2014
- Huffines Institute for Sports Medicine and Human Performance, The Huffines Discussion, Satellite Site in Phoenix, AZ, November 2013
- Designing and Developing Blended Learning Courses (five week workshop), October 2013
- Southwest American College of Sports Medicine (ACSM) Conference, Newport Beach, CA, October 2013
- Barrett Honors College, Thesis/Creative Project Online Workshop, September 2013
- College of Health Solutions, E-3 Seminar: “Facilitating Student Teamwork and Collaboration”, September 2013
- National Strategic Summit: Roadmap for Physical Activity, Lifestyle, and Comparative Effectiveness Research Conference, Phoenix, AZ, November 2012
- College of Nursing and Health Innovation, Online and Hybrid Course Development Workshop, May 2011
- Arizona Course Equivalency Tracking System (ACETS) Evaluator Training, Academic Transfer Articulation Office, February 2010
- College of Liberal Arts and Sciences, Online Teaching Boot Camp, May 2010

Current Classes Taught at the University Level

- **HON 494: Developing the Mind of a Champion: Psychological Skills for Optimal Performance**
 - Years taught: 2
 - Semesters taught: Fall A 2015, Spring A 2016, Fall A 2016
- **KIN 101: Introduction to Kinesiology**
 - Years taught: 12
 - Semesters taught: Summer and Fall 2007, Summer and Fall 2008, Summer 2009, Summer and Winter 2010, Summer 2011, Summer 2012, Fall 2014, Summer 2015, Summer and Fall 2016, Summer and Fall 2017, Spring 2018, Spring 2019, Fall 2019

- **KIN 294: Medical Terminology for Health Professions**
 - Years taught: 1
 - Semesters taught: Spring 2017
- **KIN 348: Psychological Skills for Optimal Performance**
 - Years taught: 16
 - Semesters taught: Fall 2005, Spring and Fall 2006, Spring, Summer, Fall and Winter 2007, Spring, Summer, Fall and Winter 2008, Summer and Winter 2009, Summer 2010, Fall 2019, Spring 2020, Fall 2020, Spring, Summer, and Fall 2021
- **KIN 352: Psychosocial Aspects of Physical Activity**
 - Years taught: 14
 - Semesters taught: Summer 2007, Summer, Fall and Winter 2008, Summer, Fall and Winter 2009, Spring, Summer, Fall and Winter 2010, Summer 2011, Summer 2012, Summer and Fall 2013, Summer and Fall 2014, Fall 2015, Fall 2016, Fall 2017, Fall 2018, Summer 2019 and Fall 2019, Summer and Fall 2020, Summer and Fall 2021
- **KIN 450: Biopsychosocial Aspects of Physical Activity and Health**
 - Years taught: 15
 - Semesters taught: Fall 2006, Winter 2007, Summer and Fall 2009, Summer 2010, Spring and Fall 2011, Fall 2012, Summer and Fall 2013, Spring 2014, Spring 2015, Spring 2016, Spring 2018, Fall 2021
- **KIN 452: Exercise Psychology**
 - Years taught: 11
 - Semesters taught: Spring 2009, Fall and Spring 2010, Spring 2011, Spring 2012, Spring 2013, Spring 2014, Spring 2015, Spring 2018, Fall 2018, Spring 2019, Spring 2020
- **KIN 454: Motivational Theory in Exercise and Health**
 - Years taught: 10
 - Semesters taught: Summer and Fall 2011, Spring and Fall 2012, Spring, Summer and Fall 2013, Summer and Fall 2014, Summer and Fall 2015, Spring, Summer and Fall 2016, Spring, Summer and Fall 2017, Summer 2018, Fall 2018, Summer 2019, Summer 2020, Spring 2021
- **CHS 492: (formerly KIN 492: Research)**
 - Years taught: 10
 - Semesters taught: Fall 2011, Spring, Summer and Fall 2012, Spring and Fall 2013, Fall 2014, Fall 2015, Spring 2016, Fall 2017, Spring 2018, Fall 2018, Fall 2019, Spring 2021, Fall 2021
- **CHS 493: (formerly KIN 493: Honors Thesis)**
 - Years taught: 8
 - Semesters taught: Spring and Fall 2012, Spring 2013, Spring 2014, Spring 2015, Spring 2016, Fall 2016, Spring 2017, Spring 2018, Fall 2018, Spring 2019, Spring 2020, Fall 2020, Fall 2021
- **CHS 394: Teaching Assistant**
 - Years taught: 2
 - Semesters taught: Fall 2019, Fall 2020, Spring 2021
- **CHS 494: Advanced Teaching Assistant**
 - Years taught: 2
 - Semesters taught: Fall 2019, Spring 2020, Fall 2020, Spring 2021, Fall 2021
- **CHS 499: Individualized Instruction**
 - Years taught: 7
 - Semesters taught: Spring 2012, Spring 2013, Spring 2014, Fall 2015, Spring and Fall 2016, Fall 2017, Spring 2018, Fall 2018, Spring 2019

Other Classes Taught at the University Level

- ASU 101, The ASU Experience (fall 2008)
- CHS 101, The ASU Experience (fall 2016)
- KIN 105, Basketball, Physical Conditioning, Pilates, Racquetball, Softball, Volleyball (fall 2003-spring 2006)
- KIN 110, Basketball, Pilates, Softball, Swimming, Volleyball (fall 2003-spring 2006)
- KIN 205, Advanced Volleyball (fall 2003-spring 2006)
- KIN 290 (formerly KIN 294), Introduction to Evidence Based Practice (spring 2012)
- HSC 420, Evaluation of Health Sciences Research (fall 2014)
- KIN 448, Applied Sport Psychology (fall 2006, spring 2007, fall 2007, spring 2008, fall 2008, spring 2009, fall 2009, spring 2010, fall 2010, spring 2011)
- KIN 498, Seminar: Kinesiology and the Future (fall 2008)
- KIN 520, Applied Sport Psychology, Graduate Level (spring 2007)

- KIN 522, Exercise Psychology, Graduate Level (spring 2011, spring 2012)

Full Immersion Classes Developed and Taught at the University Level (Explanation when necessary)

- CHS 101: The ASU Experience (developed for fall 2016)
 - Development: I developed materials to deliver the faculty lead component for the CHS 101 course. This material is on performance psychology, and will be delivered to one class of freshman in the college of health solutions. I have prepared materials for four full immersion sessions to lead the students in an interactive exposure to lecture courses at the collegiate level.
- HON 494, Developing the Mind of a Champion: Psychological Skills for Optimal Performance (developed for fall 2015)
 - Development: I developed a new one-credit course to offer to honors students. I took materials from performance psychology and developed a 7-week (session A/B) class/seminar to help students with self talk, confidence, motivation, anxiety management, focus, imagery, etc. and teach them about theory and evidence from a host of performance psychology topics. They are evaluated on reflection, discussion, participation in a variety of in-class activities and a reflective journal term project.
- KIN 454 (formerly 494), Motivational Theory in Exercise and Health (developed for fall 2011)

Online Classes Developed and Taught at the University Level (Explanation when necessary)

- KIN 348 (Summer 2021)
- KIN 348 & KIN 452 (redesigned to deliver online for the second half of spring 2020 due to COVID-19)
 - Redesign: I had to completely shift our last month and a half of class from a face to face to an online setting. In class assignments were built into discussion boards, some lectures were recorded so that synchronous class time could be used more effectively, exams and assessments were built in to Canvas, and the syllabus was rebuilt to include both synchronous and asynchronous class days to facilitate the students in the best ways possible.
- KIN 101, Introduction to Kinesiology (developed for summer 2009, re-designed for summer 2015)
 - Redesign: I updated the KIN 101 course shell to reflect changes to the full immersion course. Exams were completely updated, reflecting changes made during the 2014 semester, and interactive library sessions and career sessions were added to the course.
- KIN 352, Psychosocial Aspects of Physical Activity (developed for summer 2008, redesigned for summer 2013; redesigned for summer 2019)
 - Redesign (2013): I completely updated the KIN 352 online course shell to reflect the major changes to the course. Lecture notes needed to be changed to fit the online learning requirements. Tests and quizzes were also reformatted to fit the needs of online students. Assignments were changed to discussion board forums and were adjusted (as necessary) to fit the online learning environment and the abbreviated course semester.
 - Redesign (2019): Reformatted entire online course shell to Canvas (from blackboard). Added exam review quizzes, added all revised lectures, created five comprehensive exams within the Canvas platform.
- KIN 450, Biopsychosocial Perspectives in Physical Activity and Health (developed for winter 2007 and re-designed for summer 2013)
 - Re-design: I updated the KIN 450 course in order to teach it in an online format. The structure of the progress reports, lectures, and exams was altered in order to effectively fit the online learning environment and abbreviated course semester (course was taught in summer 2013).
- KIN 454 (formerly 494), Motivational Theory in Exercise and Health (developed for summer 2011)
- KIN 348, Psychological Skills for Optimal Performance (developed for summer 2007)

Hybrid Classes Developed and Taught at the University Level (Explanation when necessary)

- KIN 454, (ASU SYNC Spring 2021)
- KIN 454, Motivational Theory in Exercise and Health (re-designed as a C session hybrid class for Fall 2018)
 - Re-design: A and B session hybrid course materials were adapted to be appropriate for a 16-week hybrid course. Online materials (lecture notes and supporting information) were updated. A new article was added to the course content. Lectures and exams were updated to reflect the new content. Most notably a semester long theory-based applied behavior change project was developed. Students engaged in planning, implementing, and reflecting on a six-week health

- behavior change. The project consists of a contract and plan, along with data collection, theory-based strategies, and a critical reflection, culminating in a poster presentation of their process.
- KIN 454 (formerly 494), Motivational Theory in Exercise and Health (developed as an A/B session for Spring 2013)
 - Re-design: Full immersion and online course materials were redesigned to accommodate a hybrid learning experience. Hybrid lecture notes were developed and all course materials were updated to fit the hybrid format. Projects and rubrics were also adapted to accommodate a hybrid course.

Full Immersion Classes Re-Designed and Taught at the University Level (Explanation when necessary)

- KIN 450, Biopsychosocial Perspectives in Physical Activity and Health (completely redesigned for Fall 2021)
- KIN 352 & KIN 348 (both redesigned for ASU Sync Fall 2020)
 - Redesign: I had to change the syllabi, Canvas shells, some content, activities, exams/assessments and assignments to accommodate the full shift from face to face to ASUSync (for both in person and remote learners) in fall of 2020.
- KIN 101, Introduction to Kinesiology (completely redesigned for fall 2019)
 - Redesign: I increased the usual cap for our KIN 101 class from 40 to 80 students and added 8 undergraduate TAs to work directly with 10 assigned “pods” of students. The course was revised in to a flipped classroom format and activities were developed to better utilize class time to foster active learning. New activities and quizzes were developed; and guidelines for instructing and mentoring TAs were created. This course format was based on evidence that supports the need for fostering enriching relationships and shared identities to promote student retention and satisfaction.
- KIN 348, Psychological Skills for Optimal Performance (completely redesigned for fall 2019)
 - Redesign: As it has been 10+ years since this course has been taught, this could be considered new class development. While the course description stayed the same, the course and learning objectives were revised. Entire canvas shell was created, syllabus, lectures, activities, assignments, exams, case studies, and in class activities were created to support and achieve the learning objectives. Extensive rubrics and guidelines were developed. All material was new and developed for the new iteration of this course.
- KIN 290, Introduction to Evidence Based Practice (completely redesigned for fall 2019)
 - A team of KIN faculty members worked together to change the assignments and overall learning objectives for our KIN 290 course. We made updates and adjustments after multiple conversations about goals of the KIN program, and ultimately changed it from a course in which the end product was a literature review to a course in which the students are regularly synthesizing effective, relevant evidence. It was determined that this is a beneficial skill for the students, to be utilized within the degree program (in upper division courses) and ultimately an important skill to have as a health care professional. I helped with designing quizzes, assessments, a peer review process, and new grading rubrics.
- KIN 352, Psychosocial Aspects of Physical Activity (Canvas) (re-designed for fall 2018)
 - Redesign: I switched from Blackboard to Canvas for the Fall 2018 semester. Along with a course shell redesign, I discussed the course format with members of the learning management group at ASU and student consultants. I revised multiple assignments, and added five exam review quizzes to better prepare students for the types of questions they can expect on the exams for the course.
- KIN 352, Psychosocial Aspects of Physical Activity (with Tannah Broman) (re-designed for Spring 2013)
 - Redesign: Major changes for the KIN 352 course were completed for the Spring 2013 semester. Updates and adjustments continue to be made based on class needs and student comments on course evaluations. Improvements in learning outcomes should be seen because of organization of the class (the class is organized to cover the exact topics needed for the upper level KIN 450, KIN 452, and KIN 494 courses), the cumulative nature of the exams, and the interactive activities that promote collaboration, critical thinking, and application of the materials.
- KIN 352, Psychosocial Aspects of Physical Activity (new textbook) (re-designed for fall 2015)
 - Redesign: We adopted a new textbook for the fall 2015 semester. Although the textbook was a revised version from the same publishing company, it was completely different from what we used in the past! I completely revised and reorganized the syllabus and course schedule, revised and created new lectures and quizzes, and re wrote all of my exams. I also updated in class assignments and interactive activities to fit the new materials. The semester went well (you can assess the subjective accounts of students in my teaching evaluation section), and we will be continuing to use these revised materials as we move forward with this class.

- HSC 420, Evaluation of Health Sciences Research (re-designed for fall 2014)
 - Re-design: Although I did not develop this course, I taught the course in a “face to face” version during the fall of 2014. It was originally taught in an online and/or hybrid course setting, so I had to reformat and change some of the lecture materials and in class assignments to accommodate the new learning environment. I also added in assignments, readings, video clips, etc. to provide an enriching learning experience.
- KIN 454, Motivational Theory in Exercise and Health (from 7-week hybrid to 16-week face to face for fall 2015)
 - Re-design: This course transitioned from a 6-7 week hybrid format to a 16-week session C face-to-face course for the fall 2015 semester. Because of this change, I added reading materials, and completely revised lectures, exams, in class activities, and project materials. The semester went well (you can assess the subjective accounts of students in my teaching evaluation section), and I am continuing to revise materials as needed.
- KIN 450, Biopsychosocial Perspectives in Physical Activity and Health (with Tannah Broman) (re-designed for fall 2011)
- KIN 450, Biopsychosocial Perspectives in Physical Activity and Health (online) (re-designed for spring 2009)
- KIN 452, Exercise Psychology (re-designed for spring 2009)
- KIN 348, Psychological Skills for Optimal Performance (re-designed for fall 2006)
- KIN 520, Applied Sport Psychology, Graduate Level (re-designed for spring 2007)
- KIN 522, Exercise Psychology, Graduate Level (re-designed for spring 2011)

Online Classes Re-Designed and Taught at the University Level (Explanation when necessary)

- KIN 294, Medical Terminology for Health Professions (re-designed for Spring 2017)
 - Re-design: Major changes were needed for the online course because of an updated textbook for 2017. I attended new trainings, the blackboard shell was completely redesigned, and the schedule, quizzes, and exams were updated to reflect the new reorganized materials. In addition, labs and homework assignments were added to the curriculum.

Master’s Thesis Committee Memberships

- Alyssa Seely, Committee Member, Master’s in Interdisciplinary Studies: The role of self efficacy, resiliency, and attribution in physical activity in a physically disabled population, completed, Spring 2013
- Helen Buck, Committee Member, Master’s of Fine Arts: Integrating specific somatic principles of Alexander Technique and BartiniEFF Development Fundamentals to generate more efficient movement in championship Irish Dancers, completed, Fall 2012

Honors Thesis Committee Memberships

- Lilia Cristante, Second Reader, Honors College Thesis, Title TBD, in progress
- Hailey Ritter, Second Reader, Honors College Thesis, Title TBD, in progress
- Gabrielle Macariola, Second Reader, Honors College Thesis, Title TBD, in progress
- Bailey Robinson, Director, Honors College Thesis, Title TBD, in progress
- Jake Wade, Director, Honors College Thesis, Title TBD, in progress
- Kyla Thompson, Second Reader, Honors College Thesis, Title TBD, in progress
- Simur Khurana, Second Reader, Honors College Thesis, Title TBD, in progress
- Hanna Troy, Director, Honors College Thesis, Title TBD, in progress
- Lieske Carleer, Director, Honors College Thesis, Title TBD, in progress
- Isabel Dehakiz, Director, Honors College Thesis, Title TBD, in progress
- Tanisha Begay, Director, Honors College Thesis, Title TBD, in progress
- Haley Gorke, Second Reader, Honors College Thesis, Proper nutrition protocols for athletic injuries, completed, Spring 2021
- Hope Hillard, Second Reader, Honors College Thesis, Barriers to physical activity for the adult transgender population, completed, Fall 2020
- Lauren Tonn, Second Reader, Honors College Thesis, Barriers to physical activity for the adult transgender population, completed, Fall 2020
- Ethan Nguyen, Director, Honors College Thesis, An exercise based approach to prevent physician burnout, completed, Spring 2020

- Rachel Addington, Director, Honors College Thesis, The effects of physical activity prescriptions on psychological outcomes, completed, Spring 2020
- Aria Matthews, Director, Honors College Thesis, The effect of vision boards on performance goal achievement in adaptive populations, completed, Spring 2020
- Mark Winemiller, Second Reader, Honors College Thesis, did not complete
- Martha Oberg, Second Reader, Honors College Thesis, The effects of meditative yoga compared to Vinyasa flow yoga on cardiovascular measures, completed, Spring 2019
- Emilee Wood, Second Reader, Honors College Thesis, The effects of meditative yoga compared to Vinyasa flow yoga on cardiovascular measures, completed, Spring 2019
- Christina Edwards, Director, Honors College Thesis, Effects of Hatha and Vinyasa yoga on stress levels in a female college-aged population, completed, Spring 2019
- Bella Sydenham, Director, Honors College Thesis, Effects of Hatha and Vinyasa yoga on stress levels in a female college-aged population, completed, Spring 2019
- Roxann Jones, Second Reader, Honors College Thesis, The physiological and psychological effects of swing dancing compared to traditional exercise, completed, Spring 2019
- Sydney Johnson, Director, Honors College Thesis, Worksite wellness and its impact on mental health, completed, Spring 2019
- Makenna Autrey, Director, Honors College Thesis, Predictive power of self determination theory and health belief model on physical therapy patients' adherence to home exercise programs, completed, Fall 2018
- Marissa Hamilton, Director, Honors College Thesis, Predictive power of self determination theory and health belief model on physical therapy patients' adherence to home exercise programs, completed, Fall 2018
- Naomi Reyes, Director, Honors College Thesis, An observational study of the motivation of long distance cyclists during faith based charity ride, completed, Spring 2018
- Chase Hansen, Director, Honors College Thesis, A footwear product for photographers: Conceptualizing. Marketing, Designing, completed, Spring 2018
- Cedar Sugarman, Director, Honors College Thesis, Paddle with a purpose: A synthesis on my perspective on how to live an intentional life that cultivates happiness, completed, Spring 2017
- Mychaela Sears, Director, Honors College Thesis, Benefits of a combined practice approach for athletes: Motor imagery and physical practice, completed, Fall 2016
- Lina Breunlin, Director, Honors College Thesis, Differences in mental toughness of collegiate female soccer players at different levels of competition, completed, Fall 2016
- Hannah Warren, Director, Honors College Thesis, Keys to the mind of an elite pole vaulter: An investigation of psychological skills and mental toughness, completed, Fall 2016
- Jessica Schmidt, Third Reader, Honors College Thesis, Implementing the functional movement screen (FMS) in fitness facilities, completed, Spring 2016
- Hanna Rahman, Second Reader, Honors College Thesis, Effects of a 12-week lifestyle intervention on self-efficacy, social support and physical activity in obese Latino youth, completed, Spring 2016
- Emma Reeve, Director, Honors College Thesis, Health education programming for individuals experiencing homelessness utilizing the Health Belief Model, completed, Spring 2016
- Kellie Wallace, Third Reader, Honors College Thesis, Assisted cycling therapy (ACT) improves self efficacy in adolescents with down syndrome (DS), completed, Fall 2015
- Amanda Sweig, Third Reader, Honors College Thesis, Tracking adolescent involvement in dance into adult physical activity adherence, completed, Fall 2015
- Jordan Arvayo, Second Reader, Honors College Thesis, Perceptions of health care and the use of physical activity and mindfulness to cope with grief in racial/ethnic minority women who have experienced stillbirth: Informing interventions, completed, Spring 2015
- Eneida Shqalsi, Director, Honors College Thesis, Community needs assessment for SHOW: Determining the health status and risk factors for persons experiencing homelessness in Maricopa County, completed, Spring 2015
- Valerie Ngai, Director, Honors College Thesis, Explaining the effectiveness of imagery on sport performance: Mirror neurons as a physiological mechanism, completed, Spring 2015
- Juliann Lieb, Second Reader, Honors College Thesis, The use of sports psychology for the mental recovery of athletes post-injury, completed, Spring 2014
- Grace-Marie Vega, Second Reader, Honors College Thesis, Creating a health guide book for Arizona State University freshmen, completed, Spring 2014
- Cody Kramer, Second Reader, Honors College Thesis, Analyzing the accuracy of commercial step and distance tracking wristbands, completed, Spring 2014

- Rachelle Holt, Director, Honors College Thesis, Influence of goal climate on student motivation in an elementary school physical education class: an evaluation of gender differences, individual goal orientations, climate perceptions and satisfaction, completed, Spring 2014
- Amanda Swiss, Second Reader, Honors College Thesis, Rural students' physical activity patterns: An analysis of active transportation, after-school sports participation, and steps taken in 24 hours, completed, Fall 2013
- Nicole Oppenheimer, Third Reader, Honors College Thesis, Differences in unilateral chest press kinematics on a stable vs. unstable surface while holding 1 versus 2 dumbbells, completed, Fall 2013
- Alissa Sabatino, Director, Honors College Thesis: Project on the mentality behind steroid use/eating disorders among college athletes, did not complete, 2013
- Amelia Dougher, Director, Honors College Thesis: Effect of causal attributions by physical therapy patients for recovery on rehabilitation adherence and outcome success, completed, Spring 2013
- Kathryn Cotten, Director, Honors College Thesis: Using an active case based learning model to increase scientific interest, understanding of, and confidence in the scientific process in secondary education, completed, Fall 2012
- Shannon Moore, Second Reader, Honors College Thesis: Physical fitness and academic achievement: The mind-body connection, completed, Fall 2012
- Janice Wang, Second Reader, Honors College Thesis: The transtheoretical model in the prevention of childhood obesity, completed, Fall 2012
- Adora Olson, Director, Honors College Thesis: Reinstatement of physical education programs in to schools and creation of a "healthy living" required course, completed, Spring 2012
- Nikki Robinette, Director, Honors College Thesis: Exercise habits of women of diverse ethnicities, completed, Spring 2012
- Kathryn Haron, Second Reader, Honors College Thesis: Biomechanical, physiological and psychological causes of the athletic performance experience of "being in the zone", completed, Spring 2011
- Camille Olsen, Second Reader, Honors College Thesis: RPE and HR both increase during treadmill walking in person's with intellectual disabilities, completed, Spring 2011
- Kate Kolb, Third Reader, Honors College Thesis: Anorexia nervosa and its negative impacts on metabolism and reproductive and bone health, completed, Spring 2010
- Nicholas Wright, Second Reader, Honors College Thesis: Cardiorespiratory fitness and quality of life among obese Latino adolescents, completed, Spring 2009
- Jillian Morse, Second Reader, Honors College Thesis, completed, Spring 2007

Student Mentoring

- Ashley Durfee, CHS 394, Peer Instructional Facilitator, 2021
- John Wynkoop, CHS 494, Advanced Teaching Assistant, 2021
- Destiny Corletto, CHS 494, Advanced Teaching Assistant, 2021
- Sebastian Walsh, CHS 494, Advanced Teaching Assistant, 2021
- Rhett Shaw, CHS 394, Peer Instructional Facilitator, 2020 & 2021
- Aria Mathew, CHS 494, Advanced Teaching Assistant, 2020
- Marianne Vu, CHS 494, Advanced Teaching Assistant, 2020
- Ethan Nguyen, CHS 493, Undergraduate Thesis Course, 2020
- Rachel Addington, CHS 493, Undergraduate Thesis Course, 2020
- Aria Mathew, CHS 493, Undergraduate Thesis Course, 2020
- Ethan Nguyen, CHS 492, Undergraduate Thesis Course, 2019
- Rachel Addington, CHS 394, Undergraduate Teaching Assistant, 2019
- Rachel Addington, CHS 492, Undergraduate Research Course, 2019
- Aria Mathew, CHS 492, Undergraduate Research Course, 2019
- Catie Rohman, CHS 494, Advanced Teaching Assistant, 2019
- Mackenzie Zwar, CHS 494, Advanced Teaching Assistant, 2019
- Malaya Dean, CHS 494, Advanced Teaching Assistant, 2019
- Jessica Barreira, CHS 494, Advanced Teaching Assistant, 2019
- Neha Parikh, CHS 494, Advanced Teaching Assistant, 2019
- Teresa Lageson, CHS 494, Advanced Teaching Assistant, 2019
- Ezekial Mendoza, CHS 494, Advanced Teaching Assistant, 2019
- Michael Klinessmith, CHS 494, Advanced Teaching Assistant, 2019
- Lindsey Mostrom, KIN 499, Individualized Instruction Course, 2019
- Alyssa Heffernan, KIN 499, Individualized Instruction Course, 2019
- Nicole Elms, KIN 499, Individualized Instruction Course, 2019

- Madison Petrusha, KIN 499, Individualized Instruction Course, 2019
- Sydney Johnson, KIN 493, Undergraduate Thesis Course, 2019
- Bella Sydenham, KIN 493, Undergraduate Thesis Course, 2019
- Christina Edwards, KIN 493, Undergraduate Thesis Course, 2019
- Bradley Tanner, KIN 499, Individualized Instruction Course, 2018
- Melissa Heller, KIN 499, Individualized Instruction Course, 2018
- Marissa Hamilton, KIN 493, Undergraduate Thesis Course, 2018
- Makenna Autrey, KIN 493, Undergraduate Thesis Course, 2018
- Sydney Johnson, KIN 492, Undergraduate Research Course, 2018
- Bella Sydenham, KIN 492, Undergraduate Research Course, 2018
- Christina Edwards, KIN 492, Undergraduate Research Course, 2018
- Naomi Reyes, Accepted for “Celebrating Honors Symposium” of research and creative projects poster presentation, April 2018
- Cole Bisbing, KIN 499, Individualized Instruction Course, 2018
- Chase Hansen, KIN 493, Undergraduate Thesis Course, 2018
- Naomi Reyes, KIN 493, Undergraduate Thesis Course, 2018
- Marissa Hamilton, KIN 492, Undergraduate Research Course, 2018
- Makenna Autrey, KIN 492, Undergraduate Research Course, 2018
- Karson Kautz, KIN 499, Individualized Instruction Course, 2017
- Naomi Reyes, KIN 492, Undergraduate Research Course, 2017
- Chase Hansen, KIN 492, Undergraduate Research Course, 2017
- Lina Breunlin, Accepted for “Celebrating Honors Symposium” of research and creative projects poster presentation, April 2017
- Miranda Sloat, KIN 499, Individualized Instruction Course, 2016
- Cedar Sugarman, KIN 493, Undergraduate Thesis Course, 2016
- Hannah Warren, KIN 493, Undergraduate Thesis Course, 2016
- Lina Breunlin, KIN 493, Undergraduate Thesis Course, 2016
- Mychaela Sears, KIN 493, Undergraduate Thesis Course, 2016
- Emma Reeve, Accepted for “Discovering Downtown” poster presentation, April 2016
- Emma Reeve, Accepted for “Celebrating Honors Symposium” of research and creative projects poster presentation, April 2016
- Hannah Warren, KIN 492, Undergraduate Research Course, 2016
- Emma Reeve, KIN 493, Undergraduate Thesis Course, 2016
- Sachin Pandya, KIN 499, Individualized Instruction Course, 2016
- Sachin Pandya, KIN 499, Individualized Instruction Course, 2015
- Emma Reeve, KIN 492, Undergraduate Research Course, 2015
- Valerie Ngai, Accepted for “Discovering Downtown” poster presentation, May 2015
- Valerie Ngai, Accepted for “Celebrating Honors Symposium” of research and creative projects poster presentation, April 2015
- Valerie Ngai, KIN 493, Undergraduate Thesis Course, 2015
- Eneida Shqalsi, KIN 493, Undergraduate Thesis Course, 2015
- Patrick Kelly, Teaching Assistant Individualized Instruction, 2014
- Valerie Ngai, KIN 492, Undergraduate Research Course, 2014
- Eneida Shqalsi, KIN 492, Undergraduate Research Course, 2014
- Eneida Shqalsi, KIN 499, Individualized Instruction Course, 2014
- Rachelle Holt, KIN 493, Undergraduate Thesis Course, 2014
- Rachelle Holt, KIN 492, Undergraduate Research Course, 2013
- Rachelle Holt, KIN 499, Individualized Instruction Course, 2013
- Amelia Dougher, KIN 493, Undergraduate Thesis Course, 2013
- Alissa Sabatino, KIN 492, Undergraduate Research Course, 2013
- Kathryn Cotten, KIN 493, Undergraduate Thesis Course, 2012
- Amelia Dougher, KIN 492, Undergraduate Research Course, 2012
- Rachelle Holt, KIN 492, Undergraduate Research Course, 2012
- Helen Buck, KIN 499, Individualized Instruction Course, 2012
- Laura Bradley, KIN 499, Individualized Instruction Course, 2012
- Nikki Robinette, KIN 493, Undergraduate Thesis Course, 2012
- Kathryn Cotten, KIN 492, Undergraduate Research Course, 2012

- Adora Olson, KIN 493, Undergraduate Thesis Course, 2012
- Adora Olson, KIN 492, Undergraduate Research Course, 2011
- Justin Andes, KIN 499, Individualized Instruction Course, 2010
- UG Honors Contracts: KIN 454 (494), 2011, 2012, 2013, 2014, 2016, 2017, 2018
- UG Honors Contracts: KIN 452, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018, 2020
- UG Honors Contracts: KIN 450, 2009, 2011, 2012, 2013, 2015, 2016, 2018
- UG Honors Contracts: KIN 352, 2008, 2009, 2010, 2013, 2014, 2016, 2017, 2018, 2019, 2020, 2021
- UG Honors Contracts: KIN 101 (200), 2005, 2007, 2104, 2016, 2018, 2019
- UG Honors Contracts: KIN 448, 2005, 2008, 2010, 2011
- UG Honors Contracts: KIN 348, 2006, 2007, 2008, 2019, 2020, 2021

Peer Mentoring

- Formal Faculty Mentoring, Lindsey Miossi, Fall 2021-present
- Formal Faculty Mentoring, Maureen McCoy, Fall 2019-present
- Formal Faculty Mentoring, Lisa Smith, Fall 2017-present
- Formal Faculty Mentoring, Nicole Nolan, Spring 2018-2021
- Formal Faculty Mentoring, Janelle Anderson, Fall 2014-2019
- Faculty Mentoring, Sandra Mayol-Kreiser, Mentorship on active problem-based learning course, 2016
- Observation and Evaluation, I observed Erin Harper, Spring 2015
- Observation and Evaluation, I observed Tannah Broman, Spring 2014

School/Departmental/Program Services* (Further description provided when necessary)

- Member, Sport Science and Performance Programming Hiring Committee, (two NTE lecturer positions), 2020 - 2021
- Member, Kinesiology Program, Scholarship Review and Selection Committee, 2020 – present
- Member, Sport Science and Performance Programming Curriculum Committee, 2020 - present
- Chair, Kinesiology Curriculum Committee, 2018-present
- Member, Exercise and Wellness Curriculum Committee, 2018-2020
- Member, Exercise and Wellness/Clinical Exercise Science Degree Conversion Committee, 2019-2020
- Member, Undergraduate Alumni Committee, 2018-2019
- Chair, Program of Kinesiology, Scholarship Review and Selection Committee, 2010-2019
- Member, Kinesiology Search Committee, lecturer position (Biomechanics), 2018
- Member, Kinesiology Search Committee, lecturer position (KIN 101 & KIN 290), 2018
- Member, Non Tenure Eligible (NTE) School of Nutrition and Health Promotion Faculty Review Committee, 2016-2018
 - Lead a subcommittee to specifically focus on 13 faculty reviews and letters. Delegated tasks and served as the point person for questions and edits.
 - Worked with the committee to evaluate 45 NTE faculty members and their yearly performance and progress towards promotion. Helped compose formal letters with committee comments and recommendations to send to program directors.
- Member, Non Tenure Eligible (NTE) School of Nutrition and Health Promotion Faculty Promotion Committee, 2015-2018
 - Worked with the committee to evaluate 6 NTE candidates and determine appropriate recommendations for promotion. Helped compose formal letters with committee decisions and rationale to send to program directors.
- Member, Exercise Science and Health Promotion Scholarship Committee, 2015-2018
- Internship Site Supervisor, Nutritional Health Awareness Internship Program, 2014-2018
- Member, Non Tenure Eligible (NTE) School of Nutrition and Health Promotion Faculty Activity Report (FAR) Form Revision Task Force, 2016
 - Worked with a group to re-design the FAR form used in SNHP. We met on multiple occasions and developed a new form, an excel file to calculate student evaluation scores, and a helpful guide for the review committee
- Member, Kinesiology Search Committee, lecturer backfill position, 2015
- Member, Kinesiology Search Committee, lecturer backfill position, 2015
- Member, Exercise Science and Health Promotion, Ensure Faculty Success Committee, 2013-2017
 - Work with colleagues to determine appropriate strategies and action items for ensuring faculty success, which contributes to the overall strategic vision of our program. We develop objectives, goals, and action steps to ensure that all of our faculty stay focused, engaged, and proactive. The

main goals developed by our group were: provide settings needed for productivity and promotion; provide quality teaching; and promote professional development goals.

- Member, Program of Kinesiology Faculty Associate Selection and Hiring Committee, 2010-2018
- Member, Program of Kinesiology, Curriculum Committee, 2010-2018
- Coordinator, Program of Kinesiology Faculty Associates, 2010-2012
- Member, Department of Kinesiology Faculty Selection Committee, 2009-2010
- Coordinator, Department of Kinesiology Teaching Assistants, 2009-2010

*Due to administrative changes over the years, the program of kinesiology has been housed in the College of Liberal Arts and Sciences (“Department of Kinesiology”), the College of Nursing and Health Innovation (“Kinesiology Program”) and the College of Health Solutions (within the School of Nutrition and Health Promotion, and Exercise Science and Health Promotion). Most recently it is identified as the Kinesiology Program within the College of Health Solutions.

College Services (Further description provided where necessary)

- Health Policy and Equity Affinity Network, 2021-present
 - Curriculum Development Subcommittee: Working to develop a series of modules focused on health equity to provide for faculty and staff training
- Reader, College of Health Solutions Convocation, May 2021
- CHS Ambassador, Sun Devil Giving Day, 2021
- Co-Chair, Personnel Ad Hoc Annual Review Committee (lecturer/instructor faculty), 2021
 - Coordinate all reviews for lecturers and instructors. Help lead committee through extensive reviews of each of our faculty assignments.
- Faculty toast participant, CHS Convocation, December 2020
- Justice, Equity, Diversity and Inclusion Council, 2020-present
 - JEDI Curriculum Subcommittee
- Facilitator, University of New Mexico & ASU CHS, Faculty Mentoring Development Program, 2020
 - After completing the program. I was asked to help facilitate a session for the next cohort of faculty.
- Member, Personnel Ad Hoc Committee Task Force for Faculty Evaluation Process, 2020-present
 - Chair, NTE Ad Hoc Task Force Subcommittee
 - Worked with other NTE faculty to create tangible recommendations for improvements to the evaluation form and process
- Chair, Personnel Ad Hoc Annual Review Committee (lecturer/instructor faculty), 2018-2020
 - Coordinate all reviews for 46 lecturers and instructors. Lead committee through extensive reviews of each of our faculty assignments.
- Planning (with Joe Marsit), inter-department certificate program in sports and performance counseling, 2020
- Facilitator and Member of Planning Committee, Race and Social Justice Discussion & Reading Groups, 2020-present
 - Organized, helped develop course curriculum and Canvas modules, and led faculty through a series of discussions over the summer of 2020; continued the series through fall of 2020. Helped develop and lead a book discussion series on “So you want to talk about race” (spring/summer 2021); helped to create and lead a movie discussion group (fall 2021)
- CHS Faculty meet and greet with incoming students, More to Explore event (first year students), August 2020
- CHS Faculty meet and greet with incoming students (first year and transfer students), July 2020
- Faculty Mentoring Committee, 2020-present
- Invited reader, CHS Convocation, May 2020 (Cancelled due to COVID-19)
- Collaborator, Student/Faculty Teaching Partnership Program (Sun Devils as Partners) (with Tannah Broman and Nicole Nolan), 2019
 - Working to develop an official partnership with Mary Lou Fulton Teacher’s College, where formal student/faculty collaborative pairs will be matched (as requested) to provide faculty with a student perspective and insight in to their teaching styles and student experiences in their classes.
- Co-Chair, Faculty Vitality and Wellness Committee, 2020-present
- Member, Faculty Vitality and Wellness Committee, 2019-2020
- Faculty Annual Review Ad Hoc Task Force – Form and process revision, 2019
 - Engaged in multiple meetings in order to completely revise the year faculty activity evaluation form. Took the lead on the teaching criteria section. Presented to faculty on using the new form.
- **Leadership Board Member, Athletics Affinity Network, 2019-present**
 - **Working with student recruitment and opportunities for placement with ASU athletics and other community partners.**

- Exploring opportunities to connect with Luke Air Force Base and ASU Women's Beach Volleyball
- **Member, Personnel Standing Committee, 2018-present**
 - **Evaluate packets and submissions for faculty promotion and yearly faculty evaluations; vote on makeup of hiring committees and other committees within the college.**
- Member, Executive Visioning Team, May 2018-December 2020
 - Participate in weekly standing meetings; serve as a point of contact for faculty to discuss problems, solutions, and successes; meet regularly with associate and assistant deans and other people in leadership positions, communicate with the dean and act as an internal advisory board pertaining to the college vision. Helped to plan and facilitate "Leading College to Success" faculty and staff retreat in the spring of 2019. Engaged in interviews and facilitated the creation of a vision report which was shared with the dean. Created and facilitated faculty and staff "Tea and Talks" in 2019/2020. Helped to develop and facilitate the Spring Summit held in April of 2020 (Cancelled due to COVID-19) Helped to plan and facilitate the connections event that took the place of the summit.
- Reader, College of Health Solutions Convocation, December 2019
- Reader, College of Health Solutions Convocation, May 2019
- Workload Database Task Force, 2019
 - Engaged in many meetings to update and revise the faculty workload database
- Faculty Representative, Steps to Success Scholarship Program, 2019
 - Networking "Dinner with the Dean"; Bowling with the Dean
- Reader, College of Health Solutions Convocation, December 2018
- Reader, College of Health Solutions Convocation, May 2018
- Member, Success Hub: Student Success Visioning Committee, 2018
- Reader, College of Health Solutions Convocation, December 2017
- Reader, College of Health Solutions Convocation, May 2017
- Instructor, CHS 101, "Developing the Mind of a Champion", Fall 2016
 - I developed curriculum and taught five class sessions (during the fall 2016 semester) to a group of freshmen in the College of Health Solutions.
- Reader, College of Health Solutions Convocation, May 2016
- Member, Health North 4th Floor Lobby Redesign Team, April 2016
- Member, College of Health Solutions Student Retention Team, 2015-2017
 - I work with a group that has the ultimate goal of increasing student retention in the College of Health Solutions. We look at existing data and trends, and develop strategies to improve retention rates across the college.
- Reader, College of Health Solutions Convocation, December 2015
- Member, College of Health Solutions Course Evaluation Revision Committee, 2015
 - I worked with a group to completely revise the course evaluations used in our college. We developed a full immersion/hybrid version of the course evaluation and a separate online course version of our evaluation. We met regularly with E3 to ensure that the revisions met all standards and effectively articulated appropriate and relevant questions.
- Reader, College of Health Solutions Convocation, May 2015
- Reader, College of Health Solutions Convocation, December 2014
- Faculty Representative, College of Health Solutions Leadership Academy, 2013-2016
 - The College of Health Solutions Leadership Academy was a "group" that was compiled of high achieving freshman students. I worked with a group of faculty and administrators to develop and promote opportunities for involvement, immersion in to the culture at ASU, and other networking opportunities for this specific group of students.
- Faculty Representative, Taylor Place Fourth Floor, 2013-2016
 - I served as the faculty representative for Taylor Place for three years. During this time, I attended weekly meetings with my floor, and bi weekly meetings with the residential college advisory board. I mentored students, planned and chaperoned events, gave talks, and organized programming for weekly "chill and chats". Further specifics listed below:
 - Member, Residential College Advisory Board, 2013-2016
 - Chaperone, Taylor Place EXOS Tour, 2014, 2016
 - Chaperone, Downtown Campus Disneyland Trip, 2014
 - Coordinator, ASU night with the Phoenix Suns, organized group tickets and speaker series for 100 (2014), 250 (2015) and 250 (2016) students and faculty in Taylor Place, 2014, 2015, 2016

University Services (Further description provided where necessary)

- **Member, Student Health Outreach for Wellness Curriculum Committee, 2020-2021**
 - **Work with faculty and staff from other colleges (mainly Nursing and the Watts College) to design experiential learning opportunities for students through the Student Health Outreach for Wellness (SHOW) clinic**
- Member, Global Sport Institute Engaged Thinkers Committee, 2019-2020
 - Engaged in meetings and brainstorming sessions for the global sport institute global sport summit
- Reader, College of Liberal Arts and Sciences Convocation, May 2019
- **Member, Committee for Campus Inclusion (CCI), 2015-present**
 - **I was appointed to the Committee for Campus Inclusion in 2015. As a part of this committee, we meet monthly (and more frequently depending on event subcommittee responsibilities) and plan events and programming to promote diversity, inclusion, education and other initiatives to promote tolerance and understanding within the campus community. I worked on quite a few initiatives, which are specifically listed below:**
 - CCI Retreat and Training, September 2019
 - CCI Retreat and Training, January 2019
 - Co-Coordinator, Diversity and Inclusion in Education Conference, November 2016
 - Attendee and Recruiter, “Hungry for Change” Event, April 2016
 - Attendee, Committee for Campus Inclusion Awards Breakfast, April 2016
 - Member, Policing Series Subcommittee, 2015-2016
 - Co-Coordinator, Three Part Policing Series: “Policing, Privilege, and Policy in the 21st Century”, January 2016
- Evaluator, Arizona Course Equivalency Tracking System (ACETS), 2010-2020
 - I served as a course evaluator to determine transfer credit equivalencies at ASU. I evaluated syllabi, prerequisites, requirements, textbooks, and other criteria to assess equivalency status with current courses in the kinesiology program.
- **Faculty Advisor, Nutrition and Health Awareness Club, 2009-present**
 - Advisor, Nutrition and Health Awareness, ASU Edson Student Entrepreneur Initiative, 2015
 - Advisor, Nutrition and Health Awareness, ASU Changemaker Challenge, 2014
 - Advisor, Nutrition and Health Awareness, ASU Edson Student Entrepreneur Initiative, 2014
 - Advisor, Nutrition and Health Awareness, Sun Devil Igniter Challenge, 2014
 - Advisor, Obesity Solutions Challenge, Nutritional Health Awareness, 2013
- Reader, College of Liberal Arts and Sciences Convocation, May 2017
- Past President, University Senate Downtown Campus, 2016-2017
- President, University Senate Downtown Campus, 2015-2016
 - Member, Committee on Committees, 2015-2016
 - Co-Coordinator, Arizona Board of Regents (ABOR) Breakfast and Video, February 2016
 - As president-elect, president, and past president of the downtown faculty senate, I attend University Academic Council meetings, Executive Committee meetings, help to coordinate and plan senate meetings, attend, lead and assist campus senate meetings, serve as a point of contact for campus senators, provide reports to faculty members, attend Arizona Board of Regents (ABOR) meetings in Tucson, Flagstaff, and Tempe, and assist with a variety of other committees. Further, I completed a comprehensive provost – approved project during the summer of 2015 on appropriate social media policies for the university. Time commitment of a president position of this capacity is estimated at 150 service hours per academic year.
- President-Elect, University Senate Downtown Campus, 2014-2015
- Member, University Academic Council, 2014-2017
 - Meet monthly with the provost and other members of the administration to discuss pertinent issues of the faculty at ASU.
- Member, University Executive Committee, 2014-2017
 - Meet monthly to organize, discuss, and prepare senate meetings
- Member, “Transfer Matters” Steering Committee, 2015-2016
 - I served on a very large Transfer Matters Steering Committee. We met with over 100 people that worked with their different dimension committees. During some of these meetings, I was responsible for presenting the progress of our dimension committee (further described below).
- Chair, “Transfer Matters” Faculty Dimension Committee, 2015-2016
 - I was nominated to serve as the chair for the faculty dimensions committee, as a part of the large transfer matters initiative. In this role, I was responsible for hosting and leading meetings of the committee, taking notes, sending out minutes, delegating tasks, attending webinars and trainings,

evaluating data, presenting about our progress, and ultimately writing our final report, which was submitted to the provost.

- Reader, College of Liberal Arts and Sciences Convocation, May 2016
- Faculty Advisor, Beast Fit Nation Club, 2016-2017
- Faculty Advisor, Sun Devil CrossFit Club, 2015-2017
- Mentor, BOGOfit, The Davidson College Next Play Venture Pitch Challenge, 2015
- Mentor and team member, BOGOfit, ASU Edson Student Entrepreneur Initiative, 2015
- Mentor, FantasyXRT, ASU Changemaker Challenge, 2014
- Mentor, FantasyXRT, ASU Obesity Solutions Challenge, 2014
- University Services and Facilities Committee, 2012-2013
- Task Force on New Governance Model for University Academic Council (UAC), 2012-2013
- Senator, University Senate, Program of Kinesiology, 2010-2013
- Obama Scholar Mentor, 2010-2011
- Arizona State University ICA Athletics Academic Advising, 2008, 2009
- Faculty Advisor, Arizona State University Relay for Life, 2007

Administrative Duties: Degree Coordinator

- Developed and prepared multiple proposals and reports related to an online KIN degree (2020)
- Prepare annual program related reports
 - Academic Program Review: Responsible for data analysis, writing and revising final Academic Program Review
 - Annual Assessment Plans: Responsible for coordination, data collection and analysis, and writing and revising of final Annual Assessment Plan reports
 - Work on IRMA mapping for all courses and alignment of the program
- Provide recommendations for faculty teaching assignments to the workload committee and Assistant/Associate Deans
- Coordinate and prepare all semester schedules
 - Conduct multiple revisions of semester schedule to accommodate inadequate room availability, additional course sections, and instructor changes
- Coordinate hiring necessary faculty associates, academic associates, teaching assistants, and graders as needed
- Coordinate ongoing curriculum (major map) and new course development and revision (course content, congruence, progression, and prerequisites) and write/submit appropriate changes for approval to the Curriculum Committee
- Manage and support degree curriculum development and evaluation activities
 - Catalogue review/approval
 - Updating of major maps as relevant
- Collaborate with internship coordinator(s) to discuss placement sites/issues, field questions, discuss student issues, and new sites
- Serve as primary contact for students in the degree program
- Represent program to other CHS entities (e.g. marketing, advising) related to the program in order to meet the needs of potential and current students
- Interface with AZ Community College system to ensure alignment

Professional Services

- Media Contact, Nicholas Mihm, Interview for documentary film on Helen Maroulis, July 2021
- Media Contact, State Press, Article, Carson Breber, Impacts of COVID on the mental health and mental performance skills of athletes, March 2021
- Media Contact, The Daily Orange (Syracuse), Article, Danny Emerman, Mental health in college athletes during the COVID 19 and racism pandemics, September 2020, <http://dailyorange.com/2020/09/offseason-presents-mental-health-issues-for-athletes-experts-say/>
- Invited panelist, "Athletic durability of gymnasts and mental wellness", May 2020
- Board of Directors, OneTen Basketball Camps Non Profit, 2019-present
- University of Michigan, Michigan Women Empowerment in Sport and Entertainment (MWESE) Student Mentor, 2017-present
 - A mentor to current students at the University of Michigan on career paths and goals related to sport. I am generally matched with someone who is interested in sport psychology and/or academia

- University of Michigan, Sports Business Association Student Mentor, 2015-present
 - A mentor to current kinesiology students at the University of Michigan on career paths and goals
- Board of Directors, Nutrition and Health Awareness Club/Nonprofit Organization, 2014-present
- Media Contact, Global Sports Matters, Article, Wendell Barnhouse, Mental health in NCAA athletes, 2019: <https://globalsportmatters.com/health/2019/08/21/ncaa-faces-uphill-battle-getting-mental-health-care-to-student-athletes/>
- Media Contact, Cronkite News, McKenzie Pavaich, Mental health in NCAA athletes, 2019: <https://globalsportmatters.com/health/2019/12/18/pressures-of-wrestling-can-exacerbate-mental-health-issues/>; <https://www.youtube.com/watch?v=Q4rMChFA8sI>
- Media Contact, Cronkite News, Claudia Faust, The use of exercise for stress, 2019
- Media Contact, PBS Arizona Horizons Interview, The impact of club sports, 2019: <https://azpbs.org/horizon/2019/05/sports-travel-leagues/>
- ASU Now Article (submitted), New Year's Resolution Q & A, 2018
- "The Conversation" Article on New Year's Resolutions, (submitted), 2018
- ASU Now Article, "Feeling harried this holiday season? Try this stress expert's tips.", 2018: <https://asunow.asu.edu/20181220-solutions-how-to-reduce-holiday-stress>
- Media Contact, Global Sport Matters, Article, Allison Burtka, Ultra endurance athletes, 2018: <https://globalsportmatters.com/culture/2019/01/24/what-drives-a-team-of-one/>
- Media Contact, Cronkite News and Global Sport Matters, Podcast, Ross Andrews, Pre-game rituals and superstitions in sport, 2018: <https://globalsportmatters.com/podcast/2018/12/07/podcast-athlete-superstitions-can-have-a-helpful-role/>
- Media Contact, Cronkite News, Article, Edith Noriega, Athletes and mental health, 2018:
- Textbook Proposal Review, Building Consulting Skills: A Case Study Collection for Sport and Performance Psychology, 2018
- Media Contact, Article, Wendell Barnhouse, Sexual Abuse in Sport – impacts on mental health and performance, 2018: <https://globalsportmatters.com/youth/2018/03/30/after-larry-nassar-how-can-parents-organizations-protect-youth-athletes-from-predators/>
- Textbook Review, Psychology of Physical Activity: Determinants, Well-Being, and Interventions, 3rd Edition, 2018
- Media Contact, Cronkite News, Article, Alex Wolfe, Athletes and body image, 2017
- Media Contact, Cronkite News, Podcast, Dannika Borges, relationship between mental health and exercise, 2017: <https://cronkitenews.azpbs.org/2017/04/07/in-focus-depression-exercise-triathlete-episode/>
- Textbook Chapter 2 Review, Health Psychology, Sage Publishing, 2017
- Textbook Chapter 4 Review, Health Psychology, Sage Publishing, 2017
- Textbook Chapter 5 Review, Health Psychology, Sage Publishing, 2017
- Textbook Chapter 12 Review, Health Psychology, Sage Publishing, 2017
- Examiner for the United States Air Force Academy Candidate Fitness Assessment (CFA), November 2015
- Media Contact: Cronkite News and Arizona Republic: "Mesa Trainer: How to avoid CrossFit injuries", November 2014
- Media Contact: Channel 12 News Arizona, EVB Live Segment, "NFL Hazing Fallout", Phoenix, AZ, November 2013
- Golf Academy of America, Mental Coach, 2012-2014
- Paradise Valley High School Women's Basketball Coach, 2004-2012
- Textbook Chapter 3 Review, The Psychology of Health and Fitness: Applications for Behavior Change, F.A. Davis, 2011
- Textbook Chapter 2 Review, The Psychology of Health and Fitness: Applications for Behavior Change, F.A. Davis, 2011
- Textbook Chapter 9 Review, The Psychology of Health and Fitness: Applications for Behavior Change, F.A. Davis, 2011
- Principle Investigator: Title: Cross Cultural Comparison of Motivation for Sport Behavior and Self Construct, data collection for Dr. Hirohisa Isogai and Dr. Takeo Nishida, Nyogai University and the Kyushu Institute of Technology, Japan, 2009-2010
- Textbook Review, The Psychology of Exercise, Holcomb-Hathaway, 2009
- Textbook Review, Introduction to Physical Education, Exercise Science, and Sport Studies, McGraw-Hill, 2008
- Textbook Review, Applied Sport Psychology: Personal Growth to Peak Performance, McGraw-Hill, 2007

Professional Community Services

- Audubon Arizona, Owl Conservation Services, ASU Day of Social Outreach, 2016
- Feed My Starving Children, Packing Food for Children in Need, 2015
- Firebird CrossFit Gym, Sport Psychology Consultant, 2014
- Mayo Clinic: Heart, Obesity, Prevention, Education (HOPE) trial Speaker and Mentor, 2014
- St. Vincent de Paul, ASU Day of Social Outreach Soup Kitchen Services, 2014
- Estrella Foothills High School, School of Nutrition and Health Promotion Booth and Presentation, 2014
- Firebird CrossFit Gym, "Make Your Mark", Cleaning and Painting, 2014
- Cystic Fibrosis Stair Climb and Firefighter Challenge, Participant and Fundraiser, 2013
- Girls for a Change High School Program, Guest Speaker, 2012
- American Lung Association Fight for Air Climb, Participant and Fundraiser, 2011
- American Lung Association Fight for Air Climb, Team Captain and Fundraiser, 2010
- American Lung Association Climb Phoenix, Participant and Fundraiser, 2009
- Arizona State University Relay for Life, Participant and Fundraiser, 2007
- Arizona State University Relay for Life, Participant and Fundraiser, 2006

Professional Recognition

- CHS Service Award, 2021
- Sun Award, for leading the Vitality and Wellness Survey data presentation, 2021
- Sun Award, recognizing efforts as a Sun Devil Giving Day Ambassador, 2021
- Sun Award, recognizing additional efforts for leadership with the faculty annual evaluation ad hoc committee, 2020
- Sun Award, (from Assistant Dean), recognizing leadership with the faculty annual evaluation process revisions, 2020
- Sun Award, for participation in student recruitment efforts, 2020
- Sun Award, for leadership in the faculty annual review form and process committee, 2020
- Sun Award, for participation in More 2 Explore recruitment event, 2020
- Sun Award, for help with developing and facilitating the EVT Vision Summit, 2020
- Sun Award, for facilitating the Tuesday social justice discussion group, 2020
- Sun Award, for participation in More 2 Explore recruitment event, 2020
- Nominee, CHS Teaching Award, 2020
- Nominee, CHS Distinguished Faculty Award, 2020
- Nominee, CHS Service Award, 2020
- Sun Award, (from Assistant Dean) recognizing effective work as the committee lead for faculty annual evaluations, 2020
- Nominee, Founders Day Service Award, 2019
- Faculty Women's Association Outstanding Faculty Mentor Award, 2019
- Nominee, CHS Mentoring Award, 2019
- Nominee, CHS Teaching Award, 2019
- Nominee, CHS Distinguished Faculty Award, 2019
- Nominee, CHS Service Award, 2019
- Sun Award, Recognizing work as the committee lead for faculty annual evaluations (2), 2019
- Sun Award, Acknowledging work and efforts as a faculty mentor, 2019
- Nutrition and Health Awareness (NHA), awarded AT Still University's 125th Anniversary Grant (\$10,000), 2018
- Nominee, CHS Distinguished NTE Faculty Award, 2017
- ASU Sun Devil Award for Service, 2017
- Senator Spotlight, ASU Faculty Senate, October 2016
- Team Builder Award, College of Health Solutions Staff and Faculty Awards, 2016
- Sun Award, acknowledging additional commitment and service to Barrett Honors students, 2016
- School of Nutrition and Health Promotion Faculty Award in Service, 2016
- Sun Award, acknowledging commitment and service to Barrett Honors students, 2016
- Barrett Honors College, Honors Disciplinary Faculty, 2006 - 2018
- Nutrition and Health Awareness Club (NHA), selected as the winner of the ASU Edson Student Entrepreneur Initiative (\$20,000), 2015
- FantasyXRT, selected as a winner of the "Obesity in Youth Innovation Challenge" (\$4,000), 2014/2015

- Nutrition and Health Awareness Club (NHA), selected as a winner of the “Obesity in Youth Innovation Challenge” (\$3,000), 2014/2015
- Sun Award, acknowledging “excellent performance” and “fostering cooperation” for submitting academic status reports (ASRs), 2014
- Sun Award, acknowledging commitment and service to the Residential Community Initiative, 2014
- Healthy Challenge, a competition to promote worksite wellness, overall challenge second place; best team name; team captain, 2013
- Nutritional Health Awareness Club (NHA), selected as a winner of the “Obesity Solutions Challenge”, Spring 2013
- Selected as “Guest Coach” by students and the ASU Office of Student Athlete Development for exemplary service to student athletes, 2007, 2008, 2009, 2010, 2011, 2012, 2013
- Selected as a “Top Honor 40” for a 40th year anniversary celebration of Title IX, Fall 2012
- Sun Award, acknowledging a speaking engagement at Camp CONHI, Summer 2011
- Selected as “Most Influential Professor” by a graduating student-athlete, Spring 2011
- Nominated for College of Liberal Arts and Sciences Teaching Award, Spring 2010
- Recognized as an Influential Faculty Member by a College of Liberal Arts and Sciences graduate, 2009
- Department of Kinesiology, Douglas Lee Conley Scholarship Award Winner (\$1,500), 2005
- Department of Kinesiology, Teaching Assistant of the Year, 2005