

CURRICULUM VITA

EDUCATION

- Ph.D.** University of North Carolina at Greensboro – Exercise and Sport Science
Concentration: Motor Behavior; completed, 2004
Dissertation: “Age-related changes in intra-limb coordination while walking on sloped surfaces of varying inclination”
- M.S.** California State University, Fullerton - Kinesiology
Concentration: Older Adult Fitness; completed, 2000
Thesis: “Do changes in balance-related self-confidence mirror changes in physical performance?”
- B.A.** California State University, Fullerton
Exercise Science; 1996

PROFESSIONAL LEADERSHIP, TEACHING, AND RESEARCH EXPERIENCE

Western Illinois University; Macomb, IL

Professor of Kinesiology **2017-present**

Promoted faculty member in the Department of Kinesiology. Teach undergraduate courses related to the core curriculum, as well as courses specific to the Physical Education and Exercise Science undergraduate majors. Teach graduate courses for the Kinesiology and Sport Management graduate majors.

Associate Professor of Kinesiology **2011 – 2017**

Tenured and promoted faculty member in the Department of Kinesiology. Teach undergraduate courses related to the core curriculum, as well as courses specific to the undergraduate Physical Education and Exercise Science majors. Teach graduate courses for the Kinesiology and Sport Management graduate majors.

Full Graduate Faculty **2005 – Present**

Full Graduate Faculty Member status appointment based upon research achievement and activity. Appointment allows for chairing graduate thesis.

Assistant Professor of Kinesiology **2005 – 2011**

Tenure-track faculty member in the Department of Kinesiology. Taught undergraduate courses that were part of the core curriculum, as well as courses specific to the Physical Education major. Taught graduate courses for the Kinesiology graduate major.

Towson University; Towson, MD

Assistant Professor of Kinesiology **2004 – 2005**

Tenure-track faculty member in the Department of Kinesiology. Taught undergraduate core courses to students in concentration areas of Athletic Training, Exercise Science, and Physical Education.

University of North Carolina at Greensboro; Greensboro, NC

Graduate Teaching/Research Assistant

2000 – 2004

Taught undergraduate Motor Development to students in Athletic Training, Exercise Science, and Physical Education concentration areas within the Department of Exercise and Sport Science. Taught undergraduate physical activity-based courses to students of all majors within the university. Assisted in research and data collection activities within the Biomechanics and Applied Neuromechanics Laboratory.

California State University, Fullerton; Fullerton, CA

Research Assistant

1996 – 2000

Assisted in research and data collection related to the Fall Risk Reduction programs. Assisted in research and data collection for the Senior Fitness Test Battery.

Graduate Assistant

1998 – 2000

Supervised undergraduate students in the Lifespan Wellness Clinic's Senior Fitness Program. Instructed older adults in group fitness as well as balance and mobility classes, as well as worked one-on-one with older adults with specific balance impairments.

Rancho Santiago Community College District; Orange, CA

Fitness Instructor

1999 – 2000

Taught Fitness courses to older adults living in independent living and assisted living facilities for the Department of Older Adult Programming.

Balance and Mobility Instructor

1999 – 2000

Taught Balance and Mobility class at the Orange Senior Center as part of a research grant.

North Orange County Community College District; Fullerton, CA

Fitness Instructor

1998 – 2000

Taught Fitness courses to older adults living in independent living, assisted living, and nursing care facilities for the Department of Older Adult Programming.

Balance and Mobility Instructor

1998 – 1999

Taught Balance and Mobility class at the Maple Senior Center, a Hispanic Senior Center, as part of a research grant.

PEDAGOGICAL TRAINING IN CURRICULUM DEVELOPMENT

Team-Based Learning is an evidence-based collaborative teaching strategy that holds students accountable for their learning by placing them in teams, assessing their pre-class preparation, and focusing in-class learning on the application of content and team development.

- Team-Based Learning Trainer/Consult Program; 2018-1019
- Team-Based Learning Fundamentals Training; March, 2018

COURSES TAUGHT

Western Illinois University, Macomb, IL.

- PETE 124, Educational Gymnastics
- KIN 170, Introduction Exercise Science
- KIN 290, Anatomy and Physiology I
- PETE 215, Creative Performance Activities
- PETE 325, Health Related Fitness
- KIN 300, Fitness Activities for the Older Adult and Special Populations
- KIN 369, Motor Development
- KIN 392, Biomechanics
- KIN 400, Internship
- KIN 401, Senior Seminar in Exercise Science
- KIN 410, Senior Seminar
- KIN 512, Research Methods (in-person and online)
- KIN 563, Physical Activity and the Older Adult
- KIN 576, Motor Development

Towson University, Towson, MD.

- KNES 311, Biomechanics
- KNES 309, Test and Measurement

University of North Carolina at Greensboro, Greensboro, NC.

- ESS 285, Lifespan Motor Development, Fall 2001-2004.
- ESS 130, Physical Conditioning, Summer 2003.
- ESS 120, Weight Training, Fall 2000-2001.

PEER REVIEWED PUBLICATIONS

Bories, T., & Narvaez, M. (2022). *Linear Kinematics*, TBLC online module.

<http://www.teambasedlearning.org/>

Bories, T., & Narvaez, M. (2022). *Forces and Linear Kinetics*, TBLC online module.

<http://www.teambasedlearning.org/>

Bories, T., Hyllegard, R., Maharian, P., & Brown, J. (2021). The effect of self-awareness on the ability to recognize personal motion. *Journal of Human Sport & Exercise*,

doi:10.14198/jhse.2022.174.15

Bories, T. & Narvaez, M. (2018). *Anatomical terminology to analyze movement*, TBLC online module. <http://www.teambasedlearning.org/>

Bories, T. & Buwick, A. (2013). A rural, non-competitive youth running program that aims to make a difference. *Childhood Obesity*, 9 (1), 67-70.

Kovacs, C. & **Bories, T. (2010).** Effects of increased physiological arousal on upper extremity positional awareness in healthy young adults. *Journal of Social Sciences*, 6 (3), 468-473.

Kovacs, C. & **Bories, T.** (2010). Effects of increased physiological arousal on upper extremity reaction and movement times in healthy young adults. *American Journal of Neuroscience*, 1(2), 28-33.

Hyllegard, R., & **Bories, T.** (2009). Deliberate practice theory: perceived relevance, effort, and inherent enjoyment of music practice: Study II. *Perceptual and Motor Skills*, 109, 1-10.

Hyllegard, R. & **Bories, T.** (2008). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment of practice. *Perceptual and Motor Skills*, 107, 439-448.

Williams, K., Hinton, V., **Bories, T.**, & Kovacs, C. (2006). Age differences in dual task performance: Walking and talking. *Research Quarterly for Exercise and Sport*, 77(1), 137-141.

Williams, K. & **Bories, T.** (2006). Physical activity & aging: Is change always bad? Published Paper in Proceedings for International Sport Science Conference, Seoul, Korea.

Bories, T., & Swanson, L. (2005). The Department of Kinesiology: Practical Suggestions for Enhancing Interdisciplinary Community. *Chronicle of Kinesiology and Physical Education in Higher Education*, 16(3), 3, 18.

PUBLISHED ABSTRACTS

Petersen, S, Bohne, M., Standifird, T., Bischler, A., & **Bories, T.** (2018). Influence of Trunk Angle on Joint Mechanics During the Vertical Jump. *Medicine & Science in Sports & Exercise*, Volume 49(55), p. 380.

Bories, T. (2018). The effects of technologically-based pre-class preparation activities on iRAT Scores. *TBLC Abstract Proceedings, March, 2018.*

Bories, T., & Buwick, A. (2014). A non-competitive, youth running program to promote lifelong health. *AAHPERD Abstract Proceedings*, April 3, 2014.

Bories, T., Lee, O., & Kovacs, C. (2008). Project PLAY-O: Participating in Lifetime Activities for Young and Old. *Research Quarterly for Exercise and Sport*.

Bories, T., Kovacs, C., & Lee, O. (2007). PLAY-O: Development of a program for student-parents and their children. *MDRC Annual Conference*.

Hyllegard, R. & **Bories, T.** (2007). Testing assumptions of deliberate practice theory relevance, effort, and inherent enjoyment of practice. *Journal of Exercise and Sport Psychology*. Volume 28: Supplement.

Swanson, L., & **Bories, T.** (2006). Reflections on developing a proposal for enhancing interdisciplinary community. *NAKPEHE Annual Conference*, January 4-7, 2006.

Bories, T. (2005). Age-related changes in intra-limb coordination while walking on sloped surfaces of varying inclination. *Journal of Exercise and Sport Psychology*. Volume 26: Supplement.

Riemann, B.L., Munkasy, B.A., & **Bories, T.** (2004). Comparison of center of mass movement during level, incline and decline gait between young and older adults. *Medicine and Science in Sports and Exercise*, Volume 36:5 Supplement.

Bories, T., & Riemann, B.L. (2003). Age-related Spatial and Temporal Gait Adaptations when Traversing Slopes of Various Inclination. *Journal of Exercise and Sport Psychology*, Volume 25: Supplement.

Bories, T., Riemann, B.L., Williams, K., & Schmitz, R. (2003). Intrasession reliability of lower extremity kinematics during three sloped walking conditions. *Research Quarterly for Exercise and Sport*.

Hinton, V.A., Williams, K., **Bories, T.L.**, & Kovacs, C. (2002). Walking and talking: Shared task performance in older women. *Journal of Exercise and Sport Psychology*, Volume 24: Supplement.

Bories, T., Riemann, B.L., Schmitz, R, & Williams, K. (2002). Lower extremity walking kinematics during three sloped conditions. *Journal of Exercise and Sport Psychology*, Volume 24: Supplement.

Williams, K., Hinton, V.A., **Bories, T.**, Kovacs, C.R. (2002). Age differences in shared task performance: Walking and Talking. *Research Quarterly for Exercise and Sport*.

Rose, D.J., Jones, C.J., Dickin, C., Lemon, N., & **Bories, T.** (1999). The effect of a community-based balance and mobility training program on functional performance and balance-related self-confidence in older adults with a history of falls. *5th World congress on Physical Activity, Aging, & Sport Abstract Proceedings*, Volume 82.

RESEARCH PRESENTATIONS

Burgess, A., Jackson, S., Johnson, S., & **Bories, T.** (2022). Music's Effect on Motivation, Perceived Exertion, and Cycling Performance. IAHPERD Annual Conference, Tinley Park, IL, December

Albright, R., Turkson, J., Swope, T., & **Bories, T.** (2022). Submaximal Strength Performance with Preferred and Nonpreferred Music in Colle-aged Males. IAHPERD Annual Conference, Tinley Park, IL, December

Bories, T. (2018). The Effects of Technologically-based Pre-class preparation Activities on iRAT Scores. TBLC Annual Conference, March

Brown, J., O'Brien, M. **Bories, T.**, Hyllegard, R., & Maharian, P. (2017). The Effects of Self-Awareness on the Ability to Recognize Personal Motion. IAHPERD Annual Conference, St. Charles, IL, November

Litow, K., **Bories, T.**, Narvaez, M. (2017). Development of the Standing Long Jump: A Kinematic Analysis. IAHPERD Annual Conference, St. Charles, IL, Noveember

Young, R., Barrera, N., Satern, M. & **Bories, T.** (2016). Music Effects on Gait in Young and Older Adults. *Awarded Best in Department*

Gonzales, J., Laxner, J., & **Bories, T.** (2016). Does Preferred or Non-Preferred Music Affect Tests of Muscular Endurance?

Skotowski, E. & **Bories, T.** (2016). The Effects of Music Genres on Shuttle Run Performance

Alberico, C., Morrissey, K., & **Bories, T.** (2015). The Effects of Different Music Genres on Shuttle Run Performance, IAHPERD Annual Conference, St. Charles, IL, November.

Bick, J. & **Bories, T.** (2015). Analysis and Comparison of Back Handsprings to Elite Gymnasts, IAHPERD Annual Conference, St. Charles, IL, November.

Giertych, Z., **Bories, T.**, & Clayton, K. (2015). Increasing Physical Activity Levels in Grade School Children Through After-school Programming. IAHPERD Annual Conference, St. Charles, IL, November.

Lansing, M., Webster, E., & **Bories, T.** (2015). The Effects of Music Tempo on 400-m Run Performance, IAHPERD Annual Conference, St. Charles, IL, November.

Ocampo, F. & **Bories, T.** (2015). Music Listening Devices' Effect on Anaerobic Performance, IAHPERD Annual Conference, St. Charles, IL, November.

Parker, A. & **Bories, T.** (2015). A Case Study: Effects of Various Backpack Strap Usage on Postural Alignment During Static and Dynamic Conditions. IAHPERD Annual Conference, St. Charles, IL, November.

Bick, J. & **Bories, T.** (2015). Analysis and Comparison of Back Handsprings to Elite Gymnasts, Undergraduate Research Day, April.

Parker, A. & **Bories, T.** (2015). A Case Study: Effects of Various Backpack Strap Usage on Postural Alignment During Static and Dynamic Conditions. Undergraduate Research Day, April.

Clark, Z., Thiele, H., **Bories, T.**, & Clayton, K. (2014). Development and Reflection of Healthy Kids Day. IAHPERD Annual Conference, St. Charles, IL, November.

Lazzar, M., Sak, M., Skotowski, E., **Bories, T.**, & Hyllegard, R. (2014). The Relevance of Upper Body Cues Relative to Lower Body Cues for Identifying Gait Patterns. IAHPERD Annual Conference, St. Charles, IL, November.

Lazzar, M., Sak, M., Stokowski, E., **Bories, T.**, & Hyllegard, R. (2014). The Relevance of Upper Body Cues Relative to Lower Body Cues for Identifying Gait Patterns. Undergraduate Research Day, April.

Barrera, N., **Bories, T.** (2014). An Analysis of Spatio-temporal Gait Kinematics for Three Types of Footwear. Undergraduate Research Day, April.

Brehm, Z., Covemaker, A., **Bories, T.**, & Hyllegard, R. (2012). Identification of Personal Gait Patterns from Digitized Visional Imagery. Undergraduate Research Day, April.

- Kaufmann, M., Covemaker, A., **Bories, T.**, Hyllegard, R., & Kovacs, C. (2010). Identifying Personal Gait Patterns from Digitized Visual Imagery. IAHPERD Annual Conference, St. Charles, IL, November, 2010.
- Covemaker, A., Kaufmann, M., Neudahl, R., **Bories, T.**, Hyllegard, R., & Kovacs, C. (2010). Males vs. Females Identification of Personal Gait Patterns from Digitized Visual Imagery. Undergraduate Research Day, April.
- Clark, R., Bednarski, & **Bories, T.** (2009). Family Health & Fitness Day. IAHPERD Annual Conference, St. Charles, IL, November.
- Bories, T.**, Lee, O., & Kovacs, C. (2008). Project PLAY-O: Participating in Lifetime Activities for Young and Old. AAHPERD Annual Conference, March.
- Bories, T.**, Kovacs, C., & Lee, O. (2007). PLAY-O: Development of a program for student-parents and their children. MDRC Annual Conference, DeKlab, IL, October.
- Hyllegard, R., & **Bories, T.** (2007). Testing Assumptions of Deliberate Practice Theory Relevance, Effort, and Enjoyment of Practice with Music Tasks. NASPSPA Annual Conference, June 7-10.
- Rosenbery, A., **Bories, T.**, & Bohne, M. (2006). Momentum Effects of Four Different Starting Block Surfaces. Undergraduate Research Day, April.
- Bories, T.**, & Crowe, H. (2005). PLAY-O: Perfecting Lifetime Activities for Young and Old. MDRC Annual Conference, Newerk, DE. October 27-29.
- Bories, T.** (2005). Age-related Changes in Ankle-Knee Coordination While Walking Sloped Surfaces of Various Grades. Paper presented at the 2005 North American Society for Psychology of Sport and Physical Activity annual conference. St. Petersburg, FL June
- Bories, T.** (2004). A Pilot Study: Age-related Changes in Coordination Patterns While Walking Sloped Surfaces. Paper presented at the 2004 North American Society for Psychology of Sport and Physical Activity annual conference. Vancouver, CA. June.
- Riemann, B.L., Munkasy, B.A., & **Bories, T.** (2004). Comparison of center of mass movement during level, incline and decline gait between young and older adults. Paper presented at the 2004 American College of Sports Medicine annual conference. Indianapolis, IN. June.
- Bories, T.**, Riemann, B.L. (2003). Age-related Spatial and Temporal Gait Adaptations when Traversing Slopes of Various Inclination. Paper presented at the 2003 North American Society for Psychology of Sport and Physical Activity annual conference. Savannah, GA. June.
- Williams, K., Hinton, V., Kovacs, C., & **Bories, T.** (2003). Effects of age differences on simultaneous task performance: Walking and talking. Southern Gerontological Society Conference, Richmond, VA. April.
- Bories, T.**, Riemann, B.L., Williams, K., & Schmitz, R. (2003). Intrasession reliability of lower extremity kinematics during three sloped walking conditions. American Alliance for Health, Physical Education, Recreation, and Dance National Conference, Philadelphia, PA. April.

Williams, K., Hinton, V., **Bories, T.**, & Kovacs, C. (2003). Age differences in shared task performance: Walking and talking. American Alliance for Health, Physical Education, Recreation, and Dance National Conference, Philadelphia, PA. April.

Hinton, V.A., Williams, K., **Bories, T.L.**, & Kovacs, C. (2002). Age differences in shared task performance: Walking and talking. Motor Development Research Consortium. Austin, TX. October.

Hinton, V.A., Williams, K., **Bories, T.L.**, & Kovacs, C. (2002). Walking and talking: Shared task performance in older women. North American Society for Psychology of Sport and Physical Activity annual conference. Baltimore, MD. June.

Rose, D.J., Jones, C.J., Dickin, C., Lemon, N., & **Bories, T.** (1999). The effect of a community-based balance and mobility training program on functional performance and balance-related self-confidence in older adults with a history of falls. 5th World congress on Physical Activity, Aging, & Sport. Orlando, FL. August.

INVITED LECTURES AND PRESENTATIONS

Congreso Internacional FOD, Monterrey, MX

- TBL 101 – An introduction to using Team-based Learning in the field of Kinesiology – Fall, 2018

Western Illinois University, Macomb, IL.

- Phi Epsilon Sigma Student Honor Society – The transition from student-athlete to Graduate School, Spring 2015
- APEK Student Organization – How to Study Effectively, Fall 2013
- WIU Advisors and Supervisors for Student Teachers – Balance and Postural Control: What is it and how do we maintain it?, Fall 2010
- COEHS Lifespan Panel – Balance and Postural Control – Research Across the Lifespan, Spring 2009

University of North Carolina at Greensboro, Greensboro, NC.

- ESS 316, Educational Gymnastics for Children, Spring 2003, 2002.
- ESS 376, Biomechanics, Fall 2003.
- ESS 385, Motor Learning, Fall 2003.
- ESS 469, Exercise Prescription, Fall 2002-2004.

California State University, Fullerton, Fullerton, CA.

- KNES 348, Exercise Physiology, Spring 1999.

Community

- Baltimore County Department of Aging Leadership Conference, Baltimore, MD. 2004.
- Senior Fitness Test. International Rotary Convention, Fullerton, CA. 2000.
- Raising the Fitness Level of Women over 60. Women's Healthcare Seminar, Long Beach, CA. 1999.
- Fullerton Functional Fitness Battery. Southwest Regional American College of Sports Medicine conference, Las Vegas, NV. 1997.

RESEARCH CURRENTLY IN PROGRESS

- Effectiveness of Using Team-Based Learning to Teach Biomechanics in the Undergraduate Setting

GRANTS

- Hyllegard, R. & **Bories, T.** (2016). The Effect of Self-Awareness on the Ability to Recognize Personal Motion. Funding Agency: Western Illinois University's University Research Counsel \$1100.00 (Awarded).
- **Bories, T.L.** & Sweet, D. (February, 2014). Steelcase, ALC Grant, requested \$50,000 (submitted February, 2014, not awarded).
- **Bories, T.L.** & Hyllegard, R. (March, 2014). URC Grant. Requested \$5,000 (submitted March, 2014, not awarded)
- **Bories, T.L.** (March, 2011). Efficacy of a Rural, Non-competitive Youth Running Program. Funding Agency: Western Illinois University's University Research Committee \$4580.00 (Awarded)
- **Bories, T.L.** (March, 2007). Take Action: Healthy People, Places, and Practices in Communities Project. Funding Agency: U.S. Office of Disease Prevention and Health Promotion and the Regional Health Administrators. \$5,000 (submitted March 2007, not awarded).
- **Bories, T.L.,** Kovacs, C.R., Lee, O. (August, 2007). Project PLAY-O: Perfecting Lifetime Activities for Young and Old. Funding Agency: Western Illinois University's, University Research Committee \$4972.16 (Awarded).

PROFESSIONAL AND ACADEMIC SERVICE

- Reviewer for Team-Based Learning Collaborative Resource Bank, 2011-present.
- Past-Chair – NASPE Motor Development Academy: National Association for Sport and Physical Education, AAHPERD, 2009-2010.
- Presider – NASPE/Motor Development Forum. American Alliance for Health, Physical education, Recreation, and Dance National Conference, 2010.
- Reviewer for AAHPERD 2011 Conference Proposals, 2010.
- Member of committee to revise *PE From a Motor Development Perspective* document
- Reviewer for AAHPERD 2010 Conference Proposals, 2009.
- Chair – Motor Development Academy: National Association for Sport and Physical Education, AAHPERD, 2008-2009.
- Chair-Elect – Motor Development Academy: National Association for Sport and Physical Education, 2007-2008.

BOOK REVIEWS

- External Reviewer – Textbook sample chapters: Lippincott, Williams, & Wilkins, Fall 2013
- External Reviewer – Textbook edition: Lippincott, Williams, & Wilkins, Fall 2010
- External Reviewer – Textbook sample chapters: McGraw Hill, Fall 2008

JOURNAL REVIEWS

- Journal of Sports Medicine and Physical Fitness, Spring, 2018- current
- Experimental Again Research, Spring, 2015
- Childhood Obesity, Spring, 2015
- Sports Biomechanics, Spring, 2015
- Journal of Pharmacy and Practice, Spring, 2014
- SAGE Open Medicine, Spring, 2014
- Journal of Sports Medicine and Physical Fitness, Fall, 2013
- Perceptual Motor Skills: Fall, 2014; Spring, 2014; Fall, 2013; Spring, 2012; Fall, 2012
- Archives of Physical Medicine and Rehabilitation: Fall, 2013
- European Journal of Sports Science: Fall, 2010; Summer, 2010; Spring, 2010
- Journal of Motor Behavior: Fall, 2009
- Scandinavian Journal of Medicine and Science in Sports: Fall, 2007; Summer, 2007; Spring, 2006
- Brain and Cognition: Spring, 2006
- Research Quarterly for Exercise and Sport: Fall, 2014; Spring, 2014; Fall, 2010; Fall, 2005; Spring, 2000

UNIVERSITY SERVICE

- University Technology Advisory Group, 2021-current
- Provost's Awards for Excellence in Teaching with Technology, 2018-2019
- Institutional Review Board Member; Western Illinois University, 2009-current
- Council on Instructional Technology, 2018-2021
- CITR Advisory Committee, 2018-2021
- Building Connections Mentor, 2014-2016
- Council on Intercollegiate Athletics Committee (Chair), 2016-2017
- Council on Intercollegiate Athletics Committee, 2014-2016
- Spencer Student Recreation Advisory Board, 2010-2011
- Provost's Awards for Excellence (Chair); Western Illinois University, 2008
- Faculty Senate Ad-hoc Committee for Scholarly Activity and Travel, 2007-2008
- Provost's Awards for Excellence; Western Illinois University, 2006-2007

COLLEGE SERVICE

- College of Education and Health Services, Travel Awards Committee, 2015-2016
- College of Education and Health Services, Honor's College Task Force, 2015-2016
- College of Education and Health Services, Provost's Awards for Excellence, 2007-2008
- College of Education and Health Services Awards; Western Illinois University, 2005-2007

SCHOOL/DEPARTMENTAL SERVICE

- Recruitment & Scholarship Committee (Chair), 2019-current
- Physical Education Teacher Education Curriculum Committee, 2019-current
- Departmental Personnel Committee, 2015-2016; 2017-2018; 2020-current
- Advisor for Student Organization, Phi Epsilon Sigma, 2013-current
- Recruitment, Retention, Screening & Scholarships; Western Illinois University, 2005-2019
- Departmental Search Committee – Department Chair (Chair), 2017-2018
- Departmental Search Committee – Anatomy and Physiology/Biomechanics, 2016-2017
- Athletic Training Curriculum Committee, 2013
- Departmental Search Committee – Pedagogy and Teacher’s Education, 2010-2011
- Departmental Search Committee – Aquatics, 2009-2011
- Departmental Search Committee – Anatomy and Physiology/Athletic Training, 2007-2008
- Graduate Committee; Western Illinois University, 2007- 2011; 2022-current
- Departmental Search Committee – Biomechanics, 2007
- College of Education and Health Services Awards Nominating Committee; Western Illinois University (Chair), 2005-2011
- Departmental Search Committee - Pedagogy and Teacher’s Education (2 positions); Western Illinois University, 2005-2006
- Undergraduate Program and Grade Appeal; Western Illinois University, 2006-2008
- Lab Director Ad Hoc Committee; Western Illinois University, 2005-2006
- College of Health Professions Information Technology Committee; Towson University, 2004-2005
- College of Health Professions Undergraduate Career Planning Committee; Towson University, 2004-2005
- Senior Olympics Planning Committee; Towson University, 2004-2005

COMMUNITY INVOLVEMENT

- YMCA Circus Instructor, 2021-current
- Healthy Kids Day (Coordinator), 2011-2015
- National Family Health and Fitness Day (Coordinator), 2008-2010
- National Senior Health and Fitness Day (Coordinator), 2008, 2010
- Relay for Life team captain, 2001-2011.
- Senior Fitness Consultant for Research and Program Development for the Baltimore County Department of Aging and Towson University Senior Fitness Project, 2004-2005
- Towson University Wellness Center Fitness Expert, 2004-2005
- Sr. Olympics Liaison, September, 2004
- American Cancer Society, Relay for Life Team Captain, 2000-2004
- A Healthy Start, Inc. Health Fairs, September, 2003
- Older Adult Exercise Leader, Coley Jenkins Retired Community Living Facility, Fall 2000

THESES COMMITTEES

- Austin Pearson, M.S. (chair) In Progress
- Brady Hunt, M.S. (chair) 2019
- Kaitlyn Litow (chair) 2018
- Anthony Bischler, B.S. (chair) In Progress
- Priyanka Trivedi, M.S. (chair) 2016
- Chelsea Davis, M.S. 2016
- Nadia Barrera, B.S. (chair) 2016
- Alex Parker, B.S. (chair) 2016
- Anne Dixon, M.S. 2015
- John Wagle, M.S. (chair) 2013
- Sarah Fergusson, M.S. 2011
- Phil Milarno, B.S. (chair) 2010
- Carrie Johnson, M.S. 2008

RELATED PROFESSIONAL EXPERIENCE

- **Fitness Expert;** Towson University Wellness Center; Department of Kinesiology, Towson University, Towson, MD. Fall 2004-Summer 2005.
- **Program Assistant/Exercise Leader;** UNCG Helping Older People to Exercise (HOPE) Program; Department of Exercise and Sport Science, University of North Carolina at Greensboro; Greensboro, NC. Spring 2002-Summer 2004.
- **Motor Skills Instructor;** Youth Educational Sport and Physical Education Program; Department of Exercise and Sport Science, University of North Carolina at Greensboro; Greensboro, NC. Spring 2001-2002.
- **Coordinator;** Lifespan Wellness Clinic, California State University, Fullerton; Fullerton, CA. 1998-2000.
- **Graduate Assistant/Athletic-Academic Advisor/Tutor;** Department of Athletics, California State University, Fullerton; Fullerton, CA. August 1996-2000.
- **Personal Trainer;** Lifespan Wellness Clinic, California State University, Fullerton; Fullerton, CA. 1997-2000.
- **Competitive Gymnastics Coach;** Kidsport Gymnastics Academy; Burlington, NC. August 2001-2003.
- **Competitive Gymnastics Coach;** Titan Jr. Youth Gymnastics Program, California State University, Fullerton; Fullerton, CA. Summer 1992-1998.
- **Gymnastics Teacher;** Arborland Montessori Elementary School; Fullerton, CA. May 1994-1997.

PROFESSIONAL MEMBERSHIPS AND ACTIVITIES

- Team-Based Learning Collaborative
- North American Society for Psychology of Sport and Physical Activity
- American Alliance for Health, Physical Education, Recreation, and Dance
- Illinois Alliance for Health, Physical Education, Recreation, and Dance
- American College of Sports Medicine
- Gerontological Society of America
- Graduate Exercise and Sport Science Student Society– President & Graduate Student Colloquium Coordinator
- Member of California State University, Fullerton Graduate Student Organization

AWARDS AND HONORS

- College of Education and Health Services Award for Excellence in Teaching with Technology – WIU; 2017
- Professional Achievement Award – WIU; 2009, 2011, 2014, 2016
- Susan Stout Graduate Student Research Fellowship – UNCG; 2003
- Kate Barrett Professional Development Award – UNCG; 2002
- Kinesiology and Health Promotion Award – CSUF; 1999
- Beverly and Arnold Miller Gerontology Scholarship – CSUF; 1997 & 1999
- Southern California Sports Broadcaster’s Scholarship; 1996
- Big West Scholar-Athlete Award – CSUF; 1993-1995
- Athletic Scholarship – CSUF; 1991-1995