

CURRICULUM VITAE

Shannon M. Powers
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Education:

Ph.D. Educational Leadership, Colorado State University, August 2015
M.Ed. Physical Education Teacher Education, Columbia University, February 2002
M.A. Physical Education Teacher Education, California State University, March 2000
B.A. Communication Theory, Loyola Marymount University, December 1994

Positions:

Associate Teaching Professor of Fitness and Wellness, Ball State University, School of Kinesiology, August, 2006 – current.

Instructor of Health and Physical Education Teacher Education, East Stroudsburg University, Department of Health and Physical Education Teacher Education, August, 2002 – June, 2004.

Adjunct Biology Instructor, Warren County Community College, Department of Natural Sciences, May, 2002-August, 2002.

Swimming Instructor, Columbia University, Department of Physical Education, August, 2000- December, 2001.

Funded Grants:

“Cardinal Wellness: Student’s Thrive!” (2021). **Powers, S.**, Principal Investigator. Funded through the Northeast Indiana Area Health Education Center. Total Award Funded: \$2,500.00

“A Community Intervention: Interprofessional experiences Addressing Healthy eating and Physical Activity” (2020-2022). **Powers, S.**, Jones, C.L., & Lebeau, J.C., Co-Primary Investigators. Funded through the Ball State University Immersive Learning program. Total Award Funded: \$15,000.

“Cardinal Zumba Physical Activity and Nutrition Education Program” (2020). **Powers, S.**, Jones, C.L., & Lebeau, J.C., Co-Primary Investigators. Funded through the Friends of the Muncie Endurathon. Total Award Funded: \$500.

“Cardinal Zumba” (2020). **Powers, S.**, Jones, C.L., & Lebeau, J.C., Co-Primary Investigators. Funded through IU Ball Memorial Hospital Foundation. Total Award Funded: \$3000.

“YES I CAN!: A Community-Based Program to Improve Physical Activity and Nutrition Habits of African American Female Middle-School Students” (2020). **Powers, S.**, Lebeau, J.C., Friesen, C. Funded through the Indiana Minority Health Coalition. Total Award Funded: \$86,088.

"Cardinal Wellness: A Community-based Interprofessional Experience for Health Undergraduate Students" (2019). **Powers, S.**, Jones, C.L., & Lebeau, J.C. Funded through the American Beverage Foundation for Healthy America .Total Award Funded: \$19,266.

"Community-based Interprofessional Experience for College of Health Students" (2019). **Powers, S.**, Jones, C.L., & Lebeau, J.C. Funded through a Discovery Women's Group Indiana. Total Award Amount: \$8,800.

"Expanding Cardinal Zumba to Address Rural Health Disparities in Obesity Management: Advancing our existing program to a NIH R15 AREA Grant Proposal" (2018). Jones, C.L., **Powers, S.**, Co-Principal Investigators. Funded through a Ball State University Aspire Grant. Total Amount Awarded: \$9000.

"Muncie Nutrition and Heart Health Initiative" (2017). **Powers, S.**, & Jones, C, Co-Principal Investigators. Funded through the Indiana Minority Health Coalition. Total Amount Awarded: \$19,050.

"Exercise and Nutrition Community-Based Intervention" (2017). **Powers, S.**, and Jones, C.L., Co-Primary Investigators. Funded through IU Ball memorial Hospital Foundation. Total Award Funded: \$18,000.

Interprofessional Education: Cardinal Zumba" (2017). Ball State University Office of Educational Excellence: Creative Teaching Grant. **Powers, S.** Principal Investigator. Total Amount Awarded \$8,978.

"Zumba and Nutrition in the Whitely: Participant Certification Grant. Instructor Training Zumba Basic One" (2016). Funded through the Walmart Community Foundation. **Powers, S.**, Principal Investigator. Total Award Amount: \$350.00.

"Stability Disc Correlates on Standardized Test Scores of 6th and 7th Grade Students" (2015). Funded through the IN Alliance for Physical Education Recreation and Dance. **Powers, S.**, Principal Investigator. Total Award Amount: \$2,500.00.

"Zumba @ the Buley. Buley Recreation Center, Muncie, IN" (2013). Funded through the Ball State University Immersive Learning Grant. **Powers, S.**, Principal Investigator. Total Award Amount: \$4,770.00.

"Zumba @ the Buley Participant Certification Grant. Instructor Training Zumba Basic One" (2013). Funded through the IN Alliance for Physical Education Recreation and Dance. **Powers, S.**, Principal Investigator. Total Award Amount: \$2000.00.

Crowdfunding and Donations:

Indiana Water and Power (2019 - 2021). \$1500 donation to Cardinal Wellness.

Ball State University (October, 2019). \$1300 Crowdfunding campaign to Cardinal Wellness.

Peer-Reviewed Publications:

- Judge, L.W., Skalon, T., Schoeff, M., **Powers, S.**, Johnson, J., Henry, B., Burns, A., & Bellar, D. (2021). College Students Training Law Enforcement Officers: The Officer Charlie Get Fit Project. *The Physical Educator*, 78, 204–220.
- Razon, S., Powers, S., Pursglove, L., Zupin, D., & Judge, L. W. (2019). Zumba in the Postindustrial Midwest: Minority Women and Access to Physical Fitness. , 76(3), 813-831. <http://dx.doi.org/10.18666/TPE-2019-V76-I3-8467>
- Lee, D., Cottingham, M., **Powers, S.**, & Leeseob, M. (2018). Perceived fan associations with MLB teams: Bask inspite of reflected failure versus cut-off reflected success. *International Journal of Sport Management and Marketing*. <http://www.inderscience.com/info/ingeneral/contact.php>
- Jones, C.L. & **Powers, S.** (2018, July). *Muncie Health Initiative*. INShape Newsletter. Retrieved from <http://www.indianashape.org/newsletter/071318.html>
- Judge, L., **Powers, S.**, Henry, B., Morin, E., & Skalon, T. (January, 2017). Case study: undergraduate service learning with a police department. In *Research Quarterly for Exercise and Sport*, 88, 138-146.
- Powers, S.**, Razon, S., & Pursglove, L. (November, 2016). Immersive learning: Zumba @ the Buley. *Community Works Journal* (from <https://medium.com/communityworksjournal/immersive-learning-zumba-the-buley-24278dd60038#.3m6s4auus> retrieved from the Internet on December 12, 2016).
- Powers, S.**, Zupin, D., Gilreath, E.L., Hoover, D.L., and Judge, L.W. (2016). An investigation of a moral dilemma in a division I intercollegiate athletic department: An unintended consequence of title IX. *IN AHPERD Journal*, 45(3), 22-27.
- Powers, S.**, Judge, L.W., & Makela, C. (2016). A phenomenological investigation of destructive leadership in a Division I intercollegiate athletic department: Follower perceptions and reactions. *The International Journal of Sport Science & Coaching* 11(3), 297-311, doi:10.1177/1747954116643636
- Judge, L.W., **Powers, S.**, Lee, D., Cottingham, M., & Krill, C. (2016). Event personality of the NFL and its impact on sponsorship objectives. *Journal of Facility Planning, Design, and Management*, 4(2), 117-130.
- Powers, S.** (2015). Zumba @ the Buley: Incorporating college students into management service learning. *IN Association for Health, Physical Education, Recreation and Dance Conference Journal*, 44, 16-17.

Non-Peer Reviewed Publications

Suits, C. Clegg, B., & **Powers, S.** (2020). New physical education assessments. INShape. Retrieved from <http://www.indianashape.org/dox/article/monkeybars.pdf>

Manuscripts Under-review/Preparation:

Powers, S., Suits, C., & Wu, X. (In-preparation). Hand-grip correlates on fine motor skills used in primary and intermediate grades.

Powers, S., Suits, C., & Wu, X. (In-preparation). Childhood hand-grip determinants as a predictor of disability and morbidity: Comparisons to normative data.

Book Chapters

Judge, L.W. & **Powers, S.**, Jones, K.L. (2017). Facility and Event Management: Applications in Sport. In J.C. Petersen, L.W. Judge, & J.J. Miller (Eds.). *Customer service* (pp.329-353). Dubuque, IA: Kendall Hunt Publishing.

Conferences/ Presentations (*= Poster Presentation):

Powers, S., Lebeau, J.C., Mbogori, T., Newman, J., & McIlree, H. (2020, June). *YES! I Can!:* A community-based program to improve physical activity and nutrition habits for African American Female middle school students. Indiana Minority Health Disparities Research Conference, Indianapolis, IN, State.

Jones, C.L., & **Powers, S.** (2019, March). *How we know what we know about healthy eating: Investigating the relationships between diet self-efficacy, social support, and nutrition literacy.* Society for Public Health Education Annual Conference, Salt Lake City, UT, International.

Jones, C., **Powers, S.**, Adkins, K., Kruszynski, S. (2018, November). *A novel community-university-clinical care partnership for family obesity treatment in low-income mothers and children: Mid-program evaluation of Cardinal Zumba.* Annual Meeting of the American Public Health Association, San Diego, CA. National.

Powers, S., & Jones, C. (2018, October). *Cardinal Zumba: An academic-community partnership to address obesity in Delaware County.* Ball State University, College of Health Lunch and Learn Series, Muncie, IN, Local.

*Judge, L.W. Langley, J.G., Nordmann, N., **Powers, S.**, Wanless, E.A., & Bellar, D.M. (2018, April). *Research and Current Coaching Practices: Why the Disconnect?* College Sport Research Institute, Columbia, SC, National.

- Powers, S.** & Jones, C.L. (2018, February). *Everyday nutrition: Small changes that add up to big results*. Head Start Professional Development Day for Delaware County, IN, Regional.
- Powers, S.** Vctor, C., & Wu, X. (2017, November). *Preliminary Findings from a Hand-grip Study of 5-12 year olds fine motor skills and comparisons of national norms*. Presentation at SHAPE IN, Indianapolis, IN, State.
- Powers, S.** (2017, November). *Demystifying the Grant Writing Process*. Invited Panelist at SHAPE IN, Indianapolis, IN, State.
- ***Powers, S.**, Judge, L., Skalon, T. (2017, March). *A Case Study: Undergraduate Service Learning with Police Department*. SHAPE America National Convention and Expo, Boston, MA, International.
- Powers, S.** (2017, January). *Stability Discs Usage on Standardized Tests Score Correlates*. Presentation at SHAPE Central District Conference, Cedar Falls, IA, National.
- Powers, S.**, Razon, S., & Lee, D. (2016, April). *From Division I Intercollegiate Advantage to Leadership Deficit Thinking*. College Sport Research Institute, University of South Carolina, Columbia, SC, National.
- Powers, S.**, Judge, L.W., & Makela, C. (2016, April). *A Phenomenological Investigation of Destructive Leadership in a Division I Intercollegiate Athletic Department: Follower Perceptions and Reactions*. College Sport Research Institute, University of South Carolina, Columbia, SC, National.
- *Razon, S., **Powers, S.**, & Wallace, A., & Pursglove, L.K., (2016, June). *Zumba @ Buley: A physical activity intervention Program for Minorities*. International Wingate Congress of Exercise and Sport Sciences, Netanya, Israel, International.
- Powers, S.** (2014, November). *Zumba @ the Buley: Incorporating College Students into Fitness Management*. Indiana Association for Health, Physical Education, Recreation and Dance Conference, Indianapolis, IN, State.
- Powers, S.** (2014, November). *Destructive Leadership in DI (NCAA) Intercollegiate Athletic Programs*. Paper presented at the IN Association for Health, Physical Education, Recreation and Dance Conference, Indianapolis, IN, State.
- Powers, S.**, & Clegg, B. (2012, October). *Water Aerobics for Secondary Physical Education Programs and Mainstreamed Adapted Students*. Activity session presented at the IN Association for Health, Physical Education, Recreation and Dance Conference, Marion, IN, State.

- Powers, S.** (2010, March). *Fitness Walking Curricula for Post -Secondary Physical Education Programs*. American Alliance for Health, Physical Education, Recreation and Dance Convention, Indianapolis, IN, International.
- Powers, S.** (2009, April). *A Yoga Curriculum for Secondary Physical Education Programs*. International Symposium on Selected Topics in Sport and Physical Education, Ball State University, Muncie, IN, Local.
- *Powers, S.** (2009, April). *A Yoga Unit for Secondary Physical Education Programs*. American Alliance for Health, Physical Education, Recreation and Dance Convention, Tampa, FL, International.
- *Powers, S.** (2009, February). *Teacher Expectations for Boys and Girls in Physical Education: South Korea*. International Education Conference at Columbia University, New York, NY, International.
- *Powers, S.** (1999, January). *An Ethnographic Inquiry into the Gendered Curriculum in South Korea Physical Education*. American Association of Physical Education in Higher Education, San Diego, CA, National.

Directed Undergraduate and Graduate Student Research Presentations:

- *Wallace, A., Razon, S., Powers, S., & Pursglove, L.** (2016, February). *Empower, Promote and Manage: A Physical Activity Intervention Program For African American Women*. Global Sport Business Association Conference, International.
- *Wallace, A., Walsh, J., Razon, S., Powers, S.** (2015, July). *Zumba: A Community Intervention to Promote Physical Activity in Rural Midwestern United States*. 14th European Congress of Sports Psychology, Bern, Switzerland, International.
- *Wallace, A., Walsh, J., Powers, S., Razon, S.** (2015, February). *Project Director's View of a Zumba Community Integration Project*. 25th Annual Applied Sport Psychology Midwest Regional Conference and Symposium, Ball State University, Regional.
- *Haney, K., Biancardi, R., McClintic, S., & McInerney.** (2014, April). *Buley Center Immersive Learning: Perceptions of College Participants*. Family and Consumer Sciences Student Symposium, Ball State University, Local.
- *Biancardi, R., McClintic, S.** (2014, April). *Food Preparation for Large Groups*. Indiana Academy of Nutrition & Dietetics Annual Meeting, Indianapolis, IN, State.

Professional Experience:

Consultant for the City of Muncie Parks and Recreation Department, November 2020 – current. Indiana Department of Natural Resources 5-Year Master Plan for the City of Muncie.

Program Designer of YES! I Can! Middle Schoolers' exercise and nutrition program. January 2020 – current. Overseeing college teacher – education majors facilitating a community-based, 6-day a week, program. Liaison with Boys and Girls Club management.

Director of Cardinal Zumba, Muncie, IN. August 2017 – current. Creator of a free community-based exercise and nutrition program ran by college students in Muncie, IN. Grant writer and program leadership.

Health and Education Consultant, Whitely Community Council, Muncie, IN. September 2016- Current. Duties include leadership for health and fitness programs for disadvantaged residents, including writing grants for capital projects and seeking gifts in kind for a neighborhood association.

Accreditation External Review Team Member, AdvancED, Indianapolis, IN. November 2016. Volunteer with organization that conducts rigorous, on-site external reviews of Pre-K-12 schools and school systems. Lead writer Health and PE.

Interim Director, Rodale Aquatic Center at Cedar Crest College, Allentown, Pennsylvania, January 2003 - June 2003. Duties included managing instructors and staff, curriculum development for Learn-to-Swim program, oversaw registration and orientation, and website development.

Graduate Teaching Assistant, Columbia University, Dodge Fitness Center, Fall 2000- Winter 2001. Duties included managing the facility, personnel, coordinating master facility schedule with various departments. Supervisor: Dr. Kenneth Torrey.

Assistant Director Children's Swim Program and Swim Instructor, Barnard College, Department of Community Outreach, December 2000 - December 2001. Courses Taught: Learn to Swim, Waters Aerobics, Home School K12 (New York Public School System). Administrative duties included managing staff, creating a master program schedule, assisting with registration and budget, overseeing certifications and assessment of American Red Cross Learn to Swim curriculum.

Health and Physical Education Teacher, Rudolf Steiner School, New York, New York, September 1999 - June 2000. Grades Taught: Fourth and Fifth.

Physical Education Teacher, The Accelerated School, Los Angeles, California, January 1998 - March 1999. Grades Taught: Fourth and Fifth.

Professional Service:

Board Member, City of Muncie Parks and Recreation (January 2020 – 2025). Co-author of The City of Muncie’s Parks and Recreation Five-Year Master Plan. Accepted by the Indiana Department of Natural Resources, April, 2021.

Leadership Board Advisory Committee Member, Purdue University Extension, Delaware County (2018 –current). Consult the community wellness and nutrition program coordinators with their initiatives and partnerships.

Consultant, Parker City (IN) Municipal Government, (June 2018). Two hour clinic on Walk Your Way to a Healthier You.” Community event covering fitness walking techniques and special exercise considerations.

Grants Committee Member, IN SHAPE (elected term 2018-2020). Duties include selecting and funding recommendations on grant and scholarship applications submitted to a state non-profit organization; providing quality assessment and feedback.

Presidential Immersive Learning Faculty Fellow, Ball State University (elected term 2016-2017). Duties include mentoring faculty members in the same college with conceiving, planning, and conducting societal focused projects and grants.

Convention Program Planning Committee, Obesity Action Coalition, (2016). Duties included convention ancillary activities and reviewing session proposals.

Strategic Planning Committee Member, The Drake Group (term 2015-2017). Duties include providing the larger group long range goals and objectives.

Reviewer, American Educational Research Association, August, 2015. Duties included reviewing and rating abstract proposals for the 2016 annual conference.

Executive Council Member- Fitness Council President, IN Association for Health, Physical Education, Recreation and Dance, January 2010 - December 2012. Duties included reviewing proposals for the state conference, selecting outstanding instructors and researchers for awards, and advocacy.

National Graduate Student Representative, Society of Health and Physical Educators, 2001-2002. Duties included attending the national convention and promoting the organization.

Administrative Activities:

Committee Work:

Departmental (School of Kinesiology, Ball State University):

Inclusive Excellence Committee Member, Fall 2020 - current
Faculty Evaluation Committee, Spring, 2014.
American Kinesiology Association Membership Committee, Spring, 2011.
Contract-Faculty Salary Document Committee, Fall, 2011.
Tenure Line Faculty Search Committee. Spring, 2006.
PETE Student Scholarships Committee. Spring, 2006, 2007.

College (College of Health):

Presidential Fellow for Immersive Learning. College Representative 2016-2018.
Kinesiology Student Job and Internship Fair. April 2007; 2008; 2009.
Director, Creator

University (Ball State University):

Community Engagement Faculty Learning Community
College Liaison – Fall 2019 – Spring 2019.
Joint Academic Innovation Council (Muncie Community School District and
Ball State University
College Liaison – Spring 2019 – current.

College Liaison for Disability Students in Kinesiology majors.
Fall, 2010 to Spring, 2013.

University Writing Competency Program Reader,
Summer, 2010 – current.

Institutional Effectiveness Oversight Committee. Fall, 2013-Spring, 2014.
Recorder

Departmental (Department of Health and Physical Education Teacher Education, East
Stroudsburg University):

Council of Accreditation for Teacher Education (NCATE) review committee,
January, 2002 – June, 2004.

University (East Stroudsburg University):

National Teachers Exam Peer to Peer Preparation (PRAXIS I) program for
undergraduate teacher education majors, January 2002 - June 2004.

Editorial Activities:

Ad Hoc Reviewer

International Journal of Sports Psychology, January 2016- May 2018.

Advising Activities:

Disc Golf, Student Organization, Ball State University, Fall 2020- Current.

Just Dance, Student Organization, Ball State University, Fall 2010- Current.

Faculty Advisor, Physical Education Student Association, Ball State University, Fall internship 2006-Spring 2009.

Undergraduate Academic Advisor, East Stroudsburg University, 2002-2004.

Teaching Experience (all undergraduate courses):

Adapted Fitness and Wellness. Ball State University. Providing undergraduate students with an impairment or disability individualized instruction. Special adaptations and individualized exercise plans to accommodate the students as well as one on one instruction provided to complete the requirement for core curriculum.

Biology. Warren County Community College. Undergraduate level course providing a basic introduction to the study of biological science. Designed to develop an understanding of fundamental principles of the living world. Suggested for non-science majors as part of the college's core curriculum.

Beginning Lap Swimming. Columbia University. Undergraduate level course for the non-swimmer or the swimmer with poor swimming skills. Primary emphasis placed on basic water safety skills and knowledge in order to make him/her safe while in, on, or about the water.

Introduction to Curriculum Design in Physical Education. Ball State University. Introduction to curriculum and curriculum design covering all facets of physical education in the K-12 setting. Taught both face to face and as a hybrid format.

Educational Dance, Gymnastics and Tumbling. Ball State University. Primary emphasis on K-12 teaching strategies in the areas of educational dance, gymnastics and tumbling. Teaching concepts include developmentally appropriate instruction, providing a safe environment for skill development and an introduction to skills themes and movement concepts. Field experience component.

Group Fitness Instructor. Ball State University. Develops practical knowledge and skills necessary to instruct group fitness programs through active participation.

Individualized Fitness and Wellness. Ball State University. Primarily limited to nontraditional students with special problems that may keep them from enrolling in conventional a fitness and wellness class, designed safe, state of the art aerobic activity workouts.

Internship in Exercise Science. Ball State University. Enhances professional preparation by offering opportunities to apply fundamental concepts and principles in an actual work setting.

Internship in Health Promotion. Ball State University. Serves as the culminating experiential opportunity enabling students to demonstrate their ability to perform

Certified Health Education Specialist Competencies. Integrates academic elements in addition to on-site work objectives.

Introduction to Teaching Fitness and Wellness. Ball State University. Limited to physical education teaching majors, integrating technology, resistance training principles, youth fitness training, and appropriate fitness instruction/assessment in a physical education setting emphasized.

Fitness Walking. Ball State University. Core curriculum activity course to increase physical fitness through twice weekly aerobic walking sessions.

Middle School Practicum in Physical Education. Ball State University. Combining the theory and practice of teaching middle school physical education for undergraduate students admitted to the School of Education. Focus on lesson planning, instructional strategies, technology, classroom management, and assessment. Implemented practicum experience. Instructor supervision and placement in middle schools.

Physical Conditioning. Ball State University. Core curriculum activity course facilitating individualized resistance training principles of weight-training and running.

Physical Fitness and Wellness. Ball State University. A core curriculum course presenting current knowledge of exercise, fitness, health, and other related wellness topics. (Face to Face and Online).

Rhythmic Aerobics. Ball State University. Core curriculum activity course primarily emphasizing comprehensive group exercise physical fitness.

Health and Physical Education in the High School. Ball State University. Developing an understanding in the ability to plan, implement, and evaluate a variety of teaching strategies to be used in establishing a positive learning environment for high school students. Instructor supervision and required 20-hour practicum in a high school a main component of course.

Teaching Field and Court Invasion Games. Ball State University. Undergraduate course for physical education teaching majors. Focus on skill development and teaching methodology for selected field and court invasion games (e.g., soccer and basketball).

Water Aerobics. Ball State University. Core curriculum activity course to increase fitness through aquatic exercise. A combination of locomotor movements and callisthenic type exercises performed in the water.

Zumba @ the Buley (Immersive Learning Project). Ball State University. Undergraduate interdisciplinary course for students to design, implement, and assess a healthy food and exercise program for Muncie adults. Publications and presentations serve as outcomes of the creative course.

Writing Proficiency Course. Ball State University. Primarily a junior-level writing course for graduation. Emphasis is on the completion of four essays included in a portfolio for evaluation by Writing Proficiency Program readers. All essays in the portfolio focus on a specific article.

Curriculum and Methods for Early Childhood. East Stroudsburg University. Undergraduate level course for Early Childhood majors. Examination of the unique role of the movement in education, learning, and development. Through hands-on experiences, various physical behaviors developed along with teaching competencies to integrate the movement into the curriculum.

Introduction to Movement Studies and Exercise Science. East Stroudsburg University. Undergraduate requisite course presented Movement Studies and Exercise Science as fields of academic study, programs, and professional applications, discriminate among these contexts and relate them by applying relevant knowledge appropriate theoretical perspectives.

Fencing. East Stroudsburg University. Primary focus emphasized developing skills and an understanding of foil fencing. Position and footwork, as well as touching, related to the competitive aspects of fencing.

Movement Experiences for the Intermediate Grade Child. East Stroudsburg University. A primary course for physical education teacher education majors. Movement experiences appropriate for intermediate grade children were emphasized. Attention focused upon selecting, designing, and practicing appropriate teaching practices. Emphasis on lead-up activities to team and individual sports, leisure time, and conditioning activities for intermediate grade children in diverse school settings.

Movement Experience for Primary Grades. East Stroudsburg University. A requisite course for physical education teacher education majors. Movement experiences appropriate for the primary grade child. Attention focused upon developmentally appropriate activities designed to integrate movement skill themes and concepts.

Volleyball. East Stroudsburg University. Undergraduate level course covered instruction in the basic fundamentals: overhand and underhand serve, overhand pass, underhand pass, spike and block. Basic offensive and defensive strategies and the rules of play.

Introduction to Weight Training. Ball State University. Undergraduate level course for Exercise Science majors. Designed to help students gain understanding of resistance training and the anatomy associated through practicum applications.

Professional Affiliations:

Community Health Partnerships Network
Indiana Healthy Weight Initiative
National Association for the Advancement of Colored People

Professional Certifications and Licenses:

American Association for Physical Activity and Recreation Adapted Aquatics Instructor and American Association for Physical Activity and Recreation Water Aerobics Instructor Lifetime Credential

California Physical Education & Health, grades K-12 Teaching Credential Expires 2021 License No: 160212688

Indiana Physical Education & Health Science, grades 5-12 Teaching Credential Expires 2021, License No. 10167410

The National Safety Council, CPR for the Professional Rescuer & AED, Exp. October, 2021

Honors and Awards:

Community Difference Maker, Ball State Credit Union, Summer 2018.

Diversity Research Award, Ball State University, Spring 2017, Spring 2020.

Outstanding Faculty Member of the Year, School of Kinesiology, Ball State University, 2014-15.

Achievement Award for Service, IN Association for Health, Physical Education, Recreation, and Dance, Spring, 2012.

Doctoral Scholarship, California State University, Spring, 1999. Awarded \$30,000.