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Education

Gonzaga University, Spokane, WA PhD Dissertation Title: <i>Building Health Bridges: Informal Leadership and Health Literacy</i>	2010
Seattle Pacific University, Seattle, WA MA-TESOL	2007
Whitworth College, Spokane, WA Masters of Science in Health Education	1991
Willamette University, Salem, OR Bachelor of Arts in Biology and Spanish	1976

Certifications

Standard First Aid/Responding to Emergencies Instructor American Red Cross	1987- present
HIV/AIDS Instructor American Red Cross/Northwest AIDS Foundation	1990- 2007
CPR for the Professional Rescuer American Red Cross	1990- present
Water Safety Instructor American Red Cross	1976 - 1994

Teaching

Seattle Pacific University, Seattle, WA History and Philosophy in Sport/Physical Activity Philosophy and Research in Physical Activity Methods of Teaching Health Methods of Teaching Elementary Physical Education Methods of Teaching Secondary Physical Education Wellness Methods of Teaching Health Health Education/Youth Health Issues	1986 - present
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Health Promotion (Graduate and Undergraduate)
 Senior Capstone- Research Methods
 Contemporary Issues in Sport/Physical Activity
 Teaching Court/Racquet Sports (PE majors)
 Teaching Team/Individual Sports (PE majors)
 Teaching Global Sports (PE majors)
 Responding to Emergencies
 First Aid/CPR/Personal Safety
 Adult Conditioning/ Fitness
 Aquatics/WSI, Lifeguard Training
 Activity Classes - Fencing, Badminton, Pickleball
 Coordinator-Outdoor Lifetime Activities
 Downhill Skiing, Cross Country-Skiing, Sailing

Panamerican Institute of Physical Education and Sport Maracaibo, Venezuela	1988-1995
University of Zulia, Maracaibo, Venezuela	
University of the Andes, Merida, Venezuela	
Guest Lecturer	
Introduction to Recreation	
Human Growth and Development	
Physical Education, Health and Recreation	
Coaching and Teaching Volleyball	

Whitworth College, Spokane, WA	1977 - 1984
Health Education/Curriculum Development	
Motor Development	
Adult Fitness	
Professional/General Activity Classes	
Aquatics/WSI, Lifeguard Training	
Director, Central American Studies Program	1983
Exxon Experimental Education Grant (Third World Studies)	1982
Assistant Director, Central American Studies Program	1981, 1984, 1985

Organizations

American Kinesiology Association

American Alliance for Health, Physical Education, and Dance

American College of Sports Medicine-Northwest Chapter

American Association for Health Education

Service

Chair, Department of Health and Human Performance	2005-present
Chair, Seattle Pacific University Faculty Diversity Committee	2007-2010
Ways of knowing course development – STEM	2011-1212
Wellness Committee	2005-present
Activity 4 Life program	2005-present
This is a two year pilot project developed to address faculty and staff on campus physical activity opportunities. The goal is to provide instructor and a variety of classes for SPU faculty and staff	
Women’s Caucus	1993-1994
PE Majors Club Advisor	1995-2001
 Coaching Experience, Service and Accreditation	
Seattle Pacific University, Seattle, WA	
Head Women’s Volleyball Coach	1986 - 2000
Coaching Accreditation Program	1991
United States Volleyball Association	
Level 1 and 2	
NAIA District 1 Coach of the Year	1989
NCAA Northwest Region Coach of the Year	1995
Volleyball Chair, District 1	1987 - 1991
NAIA Volleyball Rater, District 1	1987 - 1991
NAIA National Tournament Committee	1990
Pacific West Conference Chair	1994-1999
NCAA Regional Advisory Committee	1994-1999
AVCA All-American Committee	1994-1999
Director, Reebok Gold Medal Clinic	1992-1995
 University of Zulia, Maracaibo, Venezuela	
Guest Coach, Junior National Team	June, 1989
	July, 1991
	June, 1992
 University of the Andes	
Guest Coach, University All-Stars	June, 1994
 Whitworth College, Spokane, WA	
Head Women’s Volleyball Coach	1979 -1984
NAIA District 1 Coach of the Year	1982
Assistant Women’s Volleyball Coach	1978
Volleyball Chair, District 1	1981 - 1985
Vice-President, NAIA Volleyball Committee	1984
Volleyball Chair, AIAW, Division III	1979 - 1981
Director, AIAW National Volleyball Championships	1980

Scholarship

The most important scholarship over the past ten years of my career has been the supervision of undergraduate student research. As part of the Senior Capstone courses, I have been the Faculty Research Advisor for 129 senior projects. Each of the titles below submitted a complete and approved IRB, a senior paper, and presented the results of their study at the yearly department Research Colloquium.

IRB approval	Student Name	Title of study
2004-2005		
	David Johnson	Media use and physical activity habits related to BMI values
	Kathryn Jose	Physical activity and the common cold
	Evan Bylsma	Correlation of personality traits in male team athletes and firefighters
	Guin Joyce	Relationship between childhood and adult exercise habits
	Leila Stalnaker	Physical and psychological influences of exercise on postpartum depression
	Alex Beaty	Effects of static stretching on power in female athletes aged 10-14 years
	Brenda Mercado	Perception and application of exercise in pregnant women of low socioeconomic status
	Matt Barker	An analysis of elementary physical education instruction in the Edmonds School District
	Jessica Bauder	Benefits of physical activity in senior adults
	Jessica Crutchley	Integrity within modern taekwondo schools
	Amy Taylor	Perceptions of the psychological effects of injury amongst Division I and II men's and women's intercollegiate basketball players
	Mariah Harding	Adult female perceptions and knowledge of the signs and symptoms of acute myocardial infarction
	Jessica Jansen	The effects of entertainment and sports media on body-image of female youths ages 14-18
	James Wiesen	Character education intervention in middle school athletes
2005-2006		
	Megan Hamilton	The effects of static and dynamic stretching on distance running performance
	Victoria Hinds	Parental versus peer influence on adolescent physical activity
	Gina Bartolomeo	Ease of delivery in sedentary pregnant women and active pregnant women
	Amy Webb	Why TRI?
	Bjorn Bostrom	Change in nutrition and physical activity habits of Seattle Pacific freshmen
	Jana Koopmans	Effects of exercise on back pain during pregnancy
	Jeremy Sontag	Evaluation of the physical and emotional benefits of a six-week cycling program
	Wolverton Andrew	Self-concept and basketball performance
	Elizabeth Davis	Eating behaviors and the early adolescent athlete
	Kye Taylor	Caffeine as an ergogenic aid

Amanda Dunham	Health and physical activity perceptions of SPU students
Jared Erickson	Physical activity and other health behaviors of SPU students
Kristin Stockham	Relationship between the flexibility of 18-year-olds and the use of back exercises to alleviate back pain
Christina Andersen	A comparison of injury levels of middle-aged adults with and without personal trainers
Molly Barnes	Immediate effects of exercise on self-perception in adults
Dan Larimer	Effects of injury, acute and chronic, on anxiety and depression in athletes at SPU
Tiffany Van Skaik	Perceived cardiorespiratory fitness vs. measured cardiorespiratory fitness of college-aged students
Beth Christiansen	Personality traits and eating disorders among female athletes
Jennifer Marsh	A comparison of bone densities in amenorrhic collegiate athletes and the general population of college females
Kari Rose	The effectiveness of dance instruction in eliciting heart rates recommended to improve fitness
Ashley Potts	Perception of strength and actual strength in teen-aged athletes
Alisha Gonyea Luraghi	The effects of massage on myofascial pain and flexibility
Jake Montzingo	The effects of mental rehearsal on specific skill performance in non-collegiate basketball player
Mike Gavareski	Sleep and physical performance in college runners
Kelsey Cooley	Exercise effects on the risk of cardiovascular disease in middle-aged women
Sam Gadbury	Adolescent perceptions of the benefits of after school programs on self-esteem
Sharon Bjello	The impact of fundraising in Division II athletic programs
Scott Rodriguez	An evaluation of the knowledge of older adults about physical activity principles and their perceptions of the benefits of physical activity
Rob Faucette	A comparison of BMI levels among 5th graders who participate in physical education and physical extracurricular activities and those who only participate in physical education
2007-2008	
Suzanne Strickler	The relationship between exercise and URTI in SPU athletes
Susan Day	Dysmenorrhea and regularity of exercise
Brian Rindal	Relationship between physical education involvement in high school and physical activity of undergraduate students
Aubrie Stavig	Evaluating methods of training in reducing the occurrence of anterior cruciate ligament injuries among female collegiate athletes
Anne Tester	Effect of the leg press machine and domed squats on the self-selected walking speed of postmenopausal women
Elizur Bello	Physical activity habits and barriers in the Hispanic community

Jeff Hart	Relationship of obesity and diabetes to acculturation levels among first generation Hispanics
Kristina Berube	Immediate effects of exercise on stress and self-perception
Tricia Loomis	Weight control techniques of Seattle Pacific University Students
Joanne Lonseth	An investigation of current practices and perceived knowledge of diet and physical activity during pregnancy
Stephanie Wayt	A comparison of the effective mentorship qualities identified by coaches and athletes
Brittany Bekins	Comparison of self-reported height and weight (BMI) to school lunch choices of adolescents
April Graham	Prevalence of use and perceived benefits of Ibuprofen among Capitol City Marathon, Half-Marathon, and 5-miler racers
Desiree Cammack	The use of physical activity as a coping mechanism to relieve stress

2008-2009

Kristi Lackey	Barriers to physical activity in undergraduate college students
Victoria Larson	Effect of adolescent sport injury treatments on sport participation in young adulthood
Megan Jovanovich	The impact of family relationships on current eating habits of 18-22 year old students at Seattle Pacific University
Danl Warren	Effects of life stress on destructive behaviors of adolescents
Leslie DeJong	A comparison of parents' perceptions and levels of physical activity and the perceptions and levels of physical activity of their children
Ben Lovelace	Respiratory exchange ratio change in male athletes exercising in elevated temperatures
Geoff Jacobs	Comparing the motivations for physical activity between male and female undergraduate college students
Jamie Valentine	Eating and physical activity habits in undergraduate males and females age 18-25
Rae-Ann Mitchell	Comparing the levels of cardiovascular improvement in pre-menopausal (18-25 years of age) and menopausal/post-menopausal (45-60 years of age) women
Lauren Crump	The effects of stress on high school competitive runners' physical discomfort, pain, and injuries
Kristen Elliot	Hamstring Flexibility and its effect on running speed particularly in those with lower back pain
Wyatt Seddon-Johnstone	Comparing nutrition choices of long distance runners and their performances and training

	Laurel Scott	The relationship between media and personal body image in female SPU students
	Jocelyn Pierce	The effects of physical activity on the happiness of elderly adults
	Sadie Johnston	The relationship between overtraining symptoms and perceptions of performance in collegiate athletes
	Sarah Rosinsky	Elementary school teachers' perceptions of student behavior before and after physical education
	Autumn Percival	The relationship between a child's BMI and a parent's physical activity and dietary habits
	Brianna Schwartz	The bone health knowledge of college athletes
2009-2010		An investigation of the impact of a collegiate athlete's perceived support system and source of identity on the level of depressed feelings when experiencing an athletic injury
	Cristine Kirklin	
	Sue Hwang	The effects of physical activity on moods of women recovering from alcohol and chemical dependency
	Gina Peterson	Prevalence of size bias among exercise science professionals
	Gretchen Gray	The relationship between children's BMIs and their after-school activity levels in grades 4-5 as reported by the parents
	Katelyn Degner	The effects of the menstrual cycle on collegiate female athletes' self-perception of athletic performance
	Alex Conry	The effect of running to the beat of fast, high intensity music and running to no music on running speed, heart rate, and rating of perceived exertion
	Nathan Wagner	Ancient Olympic long jump with halteres revisited: measuring the effect of different hand weights on long jump performance and mechanics
	Adam Ludlow	The relationship between levels of faith in a higher power and perceived yoga performance
	Daniel Metz	The relationship between lower leg muscular fatigue and foot pronation in recreational runners
	Tom Kessler	The relationship of core body strength to lower back pain
2010-2011		
	Aaron Wagar	Posture, stability and core strength in SPU college students
	Kayla Wilkins	The effects of pain on everyday activities and pain management in SPU athletes
	Elizabeth Snook	Anterior cruciate ligament graft satisfaction comparison among college athletes
	Jace Derwin	The effect of color stimulus on upper body and lower body strength in college age males
	Kallie Doherty	The effects of participation in athletics, perfectionism and age on eating behaviors in college age students
	Christopher Aragon	The relationship between past participation in elementary age after school physical activity and current adult physical activity

David Simpson	The relationship between current physical activity levels of college students and previous participation in high school physical education classes
Mary Clark	Physical activity patterns of children with autism spectrum disorder in structured and unstructured environments
Julian Williams	Effects of physical activity on psychological and mental stress
Nicole Brekkaa	The influence of parental physical activity level on adolescent physical activity level

2011-2012

Liz Resendez	The effectiveness of ankle support during collegiate athletics
Sachin McDonnell	The effects of post activation potentiation on the vertical jump
Kevin Lam	Personal Music Selection on Rate of Perceived Exertion
Jonathan Kaneshiro	Effects of Musical Stimulus on a 1-Repetition Maximum Bench Press
Heather McFarland	Adapted physical education in Seattle public elementary schools
Natalie Nobbs	Goal achievement in physical activity: The relationship of personality types and motivational influences
Rebecca Russo	The relationship between self-perceived body image and body image preferences of the opposite sex
Alison Worthen	A comparison of health behaviors between physically active and inactive college students
Elyse Bunger	Effects of static and dynamic stretching on power production and agility in college students
Nate Girma	Relationship between prolonged sitting, hip flexor muscle length and low back pain among college students
Lauren Moffett	Breakfast and its effect on physical performance
Molly Mahan	The effects of fear and avoidance behaviors on somatic rehabilitation of injuries
Chrissy Hughes	The effects of sport retirement on elite figure skater's wellbeing
Karmen Baldwin	Effects of imagery on free-throw shooting
Melissa Bassi	Effects of caffeine on reaction rates of college aged students
Jena Hickel	The effect of music tempo on pacing with running on a treadmill
Brianna Stevens	The effects of dance movement therapy on depression and anxiety in college age students
Jessica Maes	The factors that influence children's choice for active play

2012-2013

Sarah Aylward	Perceived effectiveness of exercise on Seasonal Affective Disorder (SAD)
Bryce Beblavi	The relationship between psychological stress and the frequency of injuries in collegiate student-athletes
Truitt Castle	The effectiveness of altitude training on aerobic performance at sea level
Colton Fuller	Hard Arthritis: An evaluation of osteoarthritis in Martial Arts.
William Harrison	The ergogenic effect of caffeine consumption

Josh Heald	The relationship between the use of personal trainers and changes to weight loss and body composition.
Adan Hernandez	The relationship between flavor preference of sports drinks (Gatorade) and performance in the Cooper 12-Minute Run Fitness Test and the rate of perceived exertion.
Kyle Jacobsen	A wellness assessment of the Central Whidbey Island Fire and Rescue Department
Jaclyn Ploscowe	The relationship between everyday physical activity and perceived wellness of SPU undergraduate nursing students.
James Pryor	The relationship between concussions and depression in professional and semi-professional football players
Allison Redfield	A case study of the effects of an aquatic exercise program on pain and quality of life for an adolescent male with Juvenile Arthritis
Michael Smith	The effectiveness of storyboarding on adherence to a physically active lifestyle in sedentary college students
Anya Stewart	The effect of gender, sport and sport specific conditioning on the length of rehabilitation in Anterior Cruciate Ligament reconstruction surgery.
Tiffany Stumpf	Personality types and the effect of music tempo on the Rate of Perceived Exertion (RPE) during 400-meter running times in adults
Rebecca Thomas	Motivation for physical activity in elementary through college students
Katie Thralls	An investigation of self-reported knowledge of energy balance between food and exercise