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EDUCATION

Middle Tennessee State University

Ph.D. in Human Performance, 2013

Dissertation: "Effects of Cardiovascular Conditions on the Mortality of Scuba Diver

Middle Tennessee State University

M.S. in Physical Education with emphasis in Health, 2005

Thesis: "Increased Self-efficacy as an Outcome of SCUBA Training among College Students"

Middle Tennessee State University

B.S. in Physical Education, 1988

Area of Concentration: Physical Education

Minors: Health Education and Psychology

CURRENT EMPLOYMENT

Master Instructor Coordinator– MTSU HHP - 2005 – Present

TEACHING EXPERIENCE

Middle Tennessee State University - 2003 - Present

PHED 4990 Seminar in Teaching Physical Education

YOED 4400 Residency II

PHED 3760 – Water Safety Instructor

PHED 2140 – Lifeguard Training

PHED 2071 – Fitness Swimming

PHED 2070 – Intermediate Swimming

PHED 2040 – Beginning Swimming

PHED 1240 – Water Aerobics

PHED 1180 – Aerobic Walking

PHED 1182 – Introduction to Lifetime Activities

PHED 3430 – Games, Gymnastics, and Rhythms

PHED 3920 – Teaching Striking and Fielding

PHED 3720 – Fitness Education K-12

PHED 2120 – SCUBA Diving

PHED 2123 – First Aid for SCUBA Divers

PHED/Health 3300 – First Aid and Safety Education

Health 4280 – Instructor's Course: First Aid and Safety

Health 1530 – Health and Wellness Lecture

Health 1531 – Health and Wellness Lab
Health 4360 – Teaching Human Sexuality Education
Health 3020 – Terminology in HHP
Health 4430 – Program Planning in Health Education
HLTH 3950 – Workshops and Instructional Methods in Health Education
Health 4340/5340 – Fitness Education for the Adult
EXPW 4042 – Health Promotions (online class for Tennessee Tech University)
Developed syllabus and overall course structure and administered grades.
EXPW 2420 – CPR, AED and First Aid (online class for Tennessee Tech University)

COURSE DEVELOPMENT:

PHED 1180 – Aerobic Walking – online updated version
PHED 1182 – Introduction to Lifetime Activities – online
PHED 1183 – Beginning Pickleball – under review
PHED 1300 – Personal Conditioning – online updated version
PHED 2071 – Fitness Swimming
PHED 2021 – Advanced Scuba Diving I
PHED 2123 – First Aid for SCUBA Divers
PHED 2124 – Advanced Scuba Diving II
PHED/HLTH 3300 – First Aid and Safety Education – online updated version
PHED/HLTH 3760 – Teaching Water Safety – online
HLTH 3020 – Terminology in HHP – online updated version
HLTH 3250 – Workshops and Instructional Methods in Health Education – online
HLTH 4380 – Fitness Education for the Adult – online

CERTIFICATIONS AND RELATED EXPERIENCE

SCUBA Educators International – SCUBA Instructor Emeritus
Emergency Care and Safety Institute – First Aid Instructor
Emergency Care and Safety Institute – CPR/AED Instructor
Emergency Care and Safety Institute – CPR for Professional Rescuer Instructor
Emergency Care and Safety Institute – First Aid/ CPR Instructor Trainer
Emergency Care and Safety Institute – Sport Safety Training Instructor
Professional Scuba Inspectors, Inc. – Certified SCUBA Cylinder Inspector

COMMITTEES

Physical Education Teacher Education (PETE)
Health and Safety Subcommittee – President's Commission for the Status of Women – Co-Chair
MTSU Environmental Health and Safety AED Ad Hoc Committee
Health and Human Performance Risk Management Committee
Health and Human Performance Scholarships Committee
Pedagogy Search Committee
AED Committee
Tennessee Association for Health, Physical Education, Recreation and Dance (TAHPERD)
TAHPERD – First Aid and Safety Section Chair
TAHPERD – Vice President– Health Division - 2009

TAHPERD – Executive Board 2008 - present
TAHPERD – President Elect – 2009
TAHPERD – Applied Strategic Planning Committee – 2009 - 2011
TAPHERD – Site Selection Committee – 2009 – 2011 (Chair, 2011)
TN Department of Education - CSH Advisory Council – 2009 - 2010
TAHPERD – President – 2010
TAHPERD – Advocacy Committee – 2010
TAHPERD – Constitution Committee – 2010 - 2011
TAHPERD – Finance Committee – 2010 - 2012
TAHPERD – State Convention Chair – 2011
TAHPERD – Aquatics Section Chair – 2011
TAHPERD – Nominations Committee Chair – 2011
TAHPERD – Convention Program Chair – 2012
Southern District AAHPERD (SDAAHPERD)
SDAAHPERD – Advocacy Committee – 2010 – 2012

MEMBERSHIPS

TPHA – Tennessee Public Health Association
SEI – SCUBA Educators International
DAN – Diver’s Alert Network
TDI – Technical Diving International
NACD – National Association of Cave Divers

RESEARCH

Dissertation
““Effects of Cardiovascular Conditions on the Mortality of Scuba Divers” -2013
Water Aerobics Pilot Study - 2006
“Improved Fitness as an Outcome of Water Aerobics Training for College Students”
Thesis - 2005
“Improved Self-efficacy as an Outcome of SCUBA Training for College Students”
Health and Safety Committee - 2004
“Increased Awareness of the MTSU Smoking Policy
Dissertation Committee:
“The Effect of Reported Symptoms and Other Factors on Whether High-School Athletes
Experience a Typical or Prolonged Recovery Time from Sport-Related Concussion”
by Josh Haley - 2022
“The Impact of Content Specific Seminars on Physical Education Teacher Candidates edTPA
Preparation” by Tina Jenkins – Incomplete - 2024

PRESENTATIONS

MTSU Scholars Day - 2004
“Increased Awareness of the MTSU Smoking Policy
MTSU Scholars Day - 2007
“Increased Self-Efficacy as a Result of SCUBA Training”
TAHPERD - 2006

“Take It to the Pool”

University 1010 - Guest Speaker - 2006

“STI’s and Birth Control Measures”

University 1010 - Guest Speaker - 2008

“STI’s and Birth Control Measures”

TAHPERD - 2007

“CPR Update and Certification”

TAHPERD -2008

“Sport Safety Training”

TAHPERD

“Water Safety Without a Pool” - 2009

HLTH 4300 The School Health Program” – Guest Speaker

“Teach Water Safety in the Classroom” -2011

Southern District AAHPERD

“Southern District Advocacy : What are we doing? What can you do?” - 2012

“Teaching Water Safety – Applying State Standards” - 2012

SERVICE

Rutherford County Special Operations Team – Training - 2001 - 2023

Swim lessons for Autistic Children -2008

Chamber of Commerce Summer Teaching Program - 2008 – 2011

CPR / First Aid Course for Dramatic Arts Instructors -2009

Webelos Aquatic Belt Loop -2011

Webelos Aquanaut Badge -2011

Webelos Swimming Activity Badge - 2011

Rutherford County Sheriff Explorer Post - Basic Water Rescue Course -2011

Rutherford County Sheriff Explorer Post – Discovery Scuba course -2011

CPR for the Professional Rescuer Training for Athletic Training -2009 – 2019

Boy Scouts of America – Swimming qualification for 1st class - 2012

Boy Scouts of America – Swimming qualification for Webelos camp -2012

CPR and First Aid Training for MTSU Scholars Academy

Intercultural and Diversity Affairs Center (IDAC) -2012

Special Operations Dive Training Program - 2012 – 2023

Provide CPR / First Aid training to various business and organizations in Rutherford, Wilson, and Davidson Counties. Also provide additional training and support for the Rutherford County Special Operations Team -2012 - 2023

Initiated purchase of First Aid Supplies to be sold through bookstore with money returned to the department to purchase additional supplies - 2013 - 2020

Work with Special Needs Swim Team (Speedboats) - 2013 - 2019

Arranging schedule for Special Kids to use AMG pool for Aquatic Therapy - 2015

Water safety training/rescue for Athletic Trainers – annually – this allows trainers with various sports teams to bring athletes in the pool for rehabilitation after injury.

FACULTY DEVELOPMENT

D2L Accessibility for Course Content -2015

D2L Basics - 2015

D2L Discussion, Groups, and Dropbox Workshop - 2017

Mental Health First Aid Course - 2020

Online Learning Consortium – Managing Faculty Workloads - 2020

D2L Remote Instruction Standards Course - 2020

D2L Rubrics Training - 2020

D2L Accessibility Update - 2020

MTSU Online Instruction Course - 2020

Online Faculty Mentoring Community - 2023

LinkedIn Learning – Tips for Writing Business Emails - 2023

LinkedIn Learning – Creating Great First Impressions - 2023

LinkedIn Learning - Working with Difficult People - 2023

LinkedIn Learning – Learning How to Increase Learner Engagement - 2023

Developed HHP GTA Training in D2L - 2024

D2L MaTCH Training – 2025

Updated HHP GTA Training in D2L - 2005

Opioid Overdose Response Awareness – 2025

Playground Supervision– Information for student teachers - 2025

Student Mental Health: Awareness, Intervention and Referral – 2025

KnowBe4 Security Awareness Training – 2025

Executive Series: Artificial Intelligence – 2025

Active Shooter: Run, Hide, Fight - 2025