

## EDUCATION

Ed.D.	University of Northern Colorado	1986	Interdisciplinary/Exercise Science Dissertation: <i>The Effects of Ten Weeks of Strength and Flexibility Training on the Strength, Flexibility, Body Circumferences, and Self-Perceptions of Middle and Late Middle-Aged Women.</i>
M.S.	University of Arizona	1979	Exercise Science
B.A.	Calvin College	1978	Physical Education

## EMPLOYMENT

1979-Present

Professor, HPERDS, Calvin College

Professor in Exercise Science major: PE 212 Anatomical Kinesiology, PE 213 Mechanical Kinesiology, PE 328 Advanced Practices in Exercise Science

Advising: Exercise Science/Pre-Physical Therapy

Director of Women's Athletics (1996-Present)

Head Women's Swim Coach (1979-83, 1986-90)

Head Women's Tennis Coach (1979-1982)

Head Men's Swim Coach (1986-87)

Head Women's Cross Country Coach (1986-2005)

Administrative Assistant Coach – Men's and Women's Cross Country (2006-present)

1983-1986

Women's Swim Coach, University of Northern Colorado (NCAA Div. II)

1978-1979

Graduate Teaching Assistant, Assistant Softball Coach (NCAA Div. I), University of Arizona

## HONORS AND AWARDS

Graduate Dean's Citation of Excellence for Outstanding Dissertation (1986, UNC)

Cross Country Regional Coach of the Year (NCAA Div. III: 1994-95, 1997-2000, 200s)

Cross Country National Coach of the Year (NCAA Div. III: 1998, 1999)

Coached 25 All-Americans in Cross Country

Coached 2 national champions

Coached 2 national championship teams (Cross Country 1998, 1999)

## **PROFESSIONAL ORGANIZATIONS/CERTIFICATIONS**

American College of Sports Medicine (ACSM)  
National Association of Collegiate Women Athletic Administrators (NACWAA)  
National Association of Division III Athletic Administrators (NADIII AA)  
United States Track Coaches Association (USTCA)

## **COMMITTEE ASSIGNMENTS (since 1994)**

NCAA Div. III Track/Field and Cross Country National Committee (1994-99)  
NCAA Div. III National Cross Country Committee Chair (1997-99)  
NCAA Div. III Regional Cross Country Representative (1994-99)  
NADIII AA Executive Board  
    Secretary: 2001-03  
    Treasurer: 2004-05  
MIAA Board of Controls (1996-present)  
    Coordinator for Volleyball: 1996-98  
    Coordinator for Track & Field: 1998-2006  
    Coordinator for Cross Country: 2007-present  
    Gender Task Force: 2007-present  
Calvin College Professional Status Committee: 2001-2005  
Calvin Faculty Athletics Committee: 1996-present  
Calvin College HPERDS Personnel Committee: 1995-2000  
Calvin College HPERDS Major Curriculum: 1995-1998  
Calvin College Athletic Policy (later to become Athletic Council): 1996-present

## **PROFESSIONAL PRESENTATIONS (since 2001)**

“The Mystery and Beauty of Human Movement: Seeing Human Movement Through the Eyes of Faith.” Christianity and Leisure Conference, June 8, 2001. Calvin College.  
“Movement, Learning, and Brain Development.” Calvin College Faculty Development Seminar: August 26, 2003.  
“Exercise and its Impact on Brain Function.” IDIS 610 Creating Community in the Classroom – July 22, 2004.  
“Developing Leadership Skills in Student Athletes.” Christianity in Sport, Kinesiology, and Leisure Study Conference, Azusa Pacific University, June 2, 2005.  
“The Art of Self-Leadership.” Gainey Leadership Retreat, August 17, 2005.  
“Calvin’s Athletic Code of Conduct and You.” and “NCAA Rules and Regulations on Hazing and Gambling.” Calvin Student-Athlete Fall Orientation, September 7, 2006.  
“Expectations of Christian Student-Athlete Team Leaders.” Christianity in Sport, Kinesiology, and Leisure Studies Conference, Trinity International University, June 9, 2007

“Art of Self-Leadership: Leading the Life You Always Wanted.” Gainey Leadership Retreat: August 15, 2007.

“Goal Setting For Team Leaders.” Gainey Leadership Retreat: August 18, 2007.

“Calvin’s Athletic Code of Conduct and You.” Calvin Student-Athlete Fall Orientation: September 6, 2007

“Communication Strategies with/for Athletic Staff.” NADIIAA Summer Forum, San Antonio, TX June 3, 2008.

“Calvin PE/HPERDS Dept. – then and now...” Calvin Heritage Reunion, June 20, 2008.

“Art of Self-Leadership: Leading the Life You Always Wanted.” Gainey Leadership Retreat: August 12, 2008.

“Goal Setting for Effective Team Leadership.” Gainey Leadership Retreat: August 16, 2008.

“Calvin’s Athletic Code of Conduct and You.” Student-Athlete Fall Orientation: September 8, 2008.

## **SERVICES AND PROFESSIONAL EXPERIENCES (since 2001)**

Panel member – Calvin College Passport – “How to Survive College” July 6, 2000.

“Hero for Daisy” Steering Committee – brought Olympian Mary Mazzio’s Title IX documentary to four sites in Grand Rapids, including Calvin College. March 26, 2001.

Parent/Leader – Sylvan 5<sup>th</sup> Grade Science Camp. June 6-8, 2001.

Executive Board Member (NADIIAA) Selection Committee for National Service Award in Division III athletics. Fall 2001.

Panel member – Calvin College Passport – “How to Survive College.” August 2001.

American Cancer Society Block Captain 2001-2002.

Job Shadow: Sponsored Jenn Albers (Rockford H.S.) in Sports medicine career exploration. February 2002.

Sylvan Christian School Career Exploration: Collegiate Coaching. May 2002.

Little League Softball Coach (11-12 year girls). Spring 2002.

Panel member – Calvin College Passport – “How to Survive College.” August 2002.

American Leukemia Society Block Captain 2002-2003.

CCCS Reading Group member: Transforming Learning: Brain Research and its implications for teaching. 2002-2003.

Panel Discussion member: Healthy Habits Luncheon: Stress Management. November 2002.

Interviews – WCAL – Half-time interviews during Women’s Basketball games (2). Winter 2003.

Panel member – Calvin College Passport – “How to Survive College.” January 2003.

Panel member – Calvin College Passport – “How to Survive College.” August 2003.

Panel member – Calvin College Friday’s at Calvin - “Parent Q & A.” February, March, April 2004.

Panel member – Calvin College Passport – “How to Survive College.” August 2005.

Student Senate Forum Panelist: Wellness Center Progress Report. December 9, 2005.

Friday’s @ Calvin – Q & A Panel: October 9, 29, 2004; March 11; April 8, 22, 2005.

“Positive Values in Sport: Sport as a School for Life.” Sylvan K-6 Assembly. April 28, 2005.

Calvin College Passport – Information Fair. July 19, 2005.

Guest Lecturer: "Exercise and the Brain." Sports Psychology class. January 12, 2006.  
Calvin College Passport – Information Fair. August 3, 2006.  
Calvin College Passport – Faculty Panel. August 3, 2006.  
Calvin College Passport – Information Fair. August 29, 2006.  
Calvin College Passport – Faculty Panel. August 29, 2006.  
Faculty Fall Conference – Panel Participant "(More) Fresh Water from the Well: Making the most of Mid-Career Teaching Challenges" August 30, 2006.  
Spoelhof Athletic Center Planning Committee. Summer 2006-Winter 2009.  
"Celebrating the Past." September 24, 2006 Calvin College Cross Country Banquet  
Friday's @ Calvin – Q & A Panel. Fall and Spring 2006-2007.  
Ground Breaking Ceremonies – Welcome Address. May 4, 2007.  
WOTV Interview – Athletic Travel Safety Concerns. May 2007.  
"Endurance" Hillside CRC Vacation Bible School. July 17, 2007.  
Calvin College Passport I – Information Fair. July 10, 2007.  
Calvin College Passport I – Faculty Panel. July 10, 2007.  
Calvin College Passport – Information Fair. July 20, 2007.  
Safe Haven Golf Tournament planning committee. October 2007-January 2008.  
Spoelhof Athletic Center Dedication Planning Committee. June 2008 – February 2009.  
Friday's @ Calvin – Q & A Panel. Summer 2008.  
Calvin College Passport I – "Friday Night Knights." July 3, 2008.  
Calvin College Passport II – "Friday Night Knights." July 17, 2008.  
Calvin College Passport II – Faculty Panel: "Your Student Can Succeed at Calvin." July 18, 2008.  
Friday's @ Calvin – Q & A Panel. Fall 2008.  
Press Conference Participant – SFC Grand Opening. January 2, 2009.  
Welcoming Address, Dedication Service Spoelhof Fieldhouse Center. February 21, 2009.

## **GRANTS AWARDED**

NCAA Grant (\$500) – Compliance Seminar. May 2003.  
NCAA/NACWAA Grant (\$950) to attend Fall Forum 10-8-05/10-11-05.  
NCAA Minority/Women's Intern Grant (\$23,000) Spring 2007 (with Kim Gall).  
NCAA Minority/Women's Intern Grant (\$23,000) Spring 2008.  
NADIIAA Leadership Grant (\$350) May 2008.