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**Jenna R. Starck, Ph.D.**

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**EDUCATION**

- 2018 *Ph.D.* Human Performance: Sport Pedagogy, University of Alabama  
- Concentration: Educational Psychology  
- Certificate: Qualitative Research
- 2013 *M.S.* Physical Education Teaching, University of Wisconsin - La Crosse  
- Concentration: Adventure Education
- 2010 *B.S.* Physical Education, University of Wisconsin - La Crosse  
- Minor: Adapted Physical Education

**PROFESSIONAL & RELATED EXPERIENCE**

- 2026 (Fall) - Present, Assistant Professor, Division of Kinesiology & Health, College of Health Sciences, University of Wyoming, Laramie, WY
- 2018 - 2026, Assistant Professor, Department of Exercise & Sport Science, College of Education & College of Science & Health, University of Wisconsin - La Crosse, La Crosse, WI  
(*tenured fall 2024*)
- Physical Education Teaching (PET) Graduate Program Director
  - PET Graduate Adventure Education Emphasis Director
  - Taught in the Physical, Adapted, and School Health Education Program
- 2019 – 2026, Women’s Track and Field Coach, University of Wisconsin - La Crosse, La Crosse, WI
- Coached women high jumpers to eight All-American D3 honors
  - National champions in both indoor and outdoor 2023
  - National championship runner- up in both indoor and outdoor 2021, 2022, and outdoor 2024
- 2025 - 2026, Women’s Volleyball Volunteer Coach, University of Wisconsin - La Crosse, La Crosse, WI
- 2019 - 2023, Assistant Varsity Volleyball Coach, Aquinas High School, La Crosse, WI

- Coached women high school athletes to regional champions four times and sectional runner up two times
- 2015 - 2018, Graduate Teaching Assistant, Department of Kinesiology, University of Alabama, Tuscaloosa, AL
- Taught PETE methods courses and Kinesiology courses
  - Supervised early field experiences and student teachers in Physical Education Teacher Education
  - Assisted faculty members in research methodology
- 2016, Physical Education Teacher, Working on Womanhood Program, Tuscaloosa, AL
- Designed and implemented physical education instruction to adolescent females ages 13 - 18 at a juvenile detention center
- 2014 - 2015, Graduate Assistant, Office of Health Promotion & Wellness, University of Alabama, Tuscaloosa, AL
- Co-coordinator of wellness programs and served as a health coach for faculty and staff
- 2010 - 2013, Physical Education & Adapted Physical Education Teacher, Holmen High School, Holmen, WI
- Taught physical education and adapted physical education to grades 9-12
  - Facilitated physical education department meetings
  - Served as a cooperating teacher for student teachers and supervising teacher for clinical students

### **Certifications, Licensure, & Professional Development**

- 2026 - Wisconsin School Health Education Licensure (pending)
- 2025 - Instructional Design Certificate (12 credits), University of Wisconsin - Stout
- 2010 - 2020, Wisconsin, Lifetime PK-12 Teaching Licenses: EC-A 74,530 (physical education); EC-A 74,860 (adapted physical education)
- 2023 - Master Adviser Certified, UW - La Crosse, WI
- 2022 - 2025 - Professional Climber Instructor Association (PCIA) Single Pitch Instructor (SPI) certification, Devil's Lake, WI
- 2020 - Inclusive Teaching Certified, UW - La Crosse, La Crosse, WI
- 2020 - Flex Online Training Course, Center for Advancing Teaching and Learning, UW - La Crosse, La Crosse, WI
- 2019 - Online Instructor Training Certified, Center for Academic Teaching & Learning, UW - La Crosse, La Crosse, WI

2010 - 2012 & 2018 - 2026 - Association for Challenge Course Technology Level 1 & 2

2010 - USATF Level 1 Coaching Certification

### **RESEARCH/SCHOLARSHIP**

#### **Book Chapter**

Richards, K. A. R., **Starck, J.**, Wright, P. M. (2021). Assessment Strategies that Align with Social and Emotional Learning. In Wright, P., Richards, K. A. R. (Eds.), *Teaching Social and Emotional Learning in Physical Education* (pp. 43 -60). Burlington, MA: Jones & Bartlett Learning.

#### **Publications**

Strittmater, G., **Starck, J.**, Dobbs, W. (2026). Perceptions of resilience: An exploration into the impact of perceived and actual risk. *Journal of Adventure Education and Outdoor Learning*. 10.1080/14729679.2026.2621000

**Starck, J.**, Lund, M., & Beddoes, Z. (2026). Social emotional learning outcomes of middle school students in adventure education. *Journal of Teaching in Physical Education*. 10.1123/jtpe.2024-0338

Beddoes, Z., **Starck, J.**, & Quest, B. (2024). Using district-wide professional learning communities for continuous professional development in physical education: A promising example. *Journal of Physical Education, Recreation & Dance*. 10.1080/07303084.2024.2437985

**Starck, J.**, & O'Neil, K., Richards, K.A. (2023). Preservice teachers' perceptions of and intentions to utilize assessment. *Curriculum Studies in Health and Physical Education*. 10.1080/25742981.2023.2240300

**Starck, J.**, Sinelnikov, O., & Richards, K. A. R. (2023). Preservice teachers' assessment literacy within models-based practice. *Journal of Teaching in Physical Education*. 10.1123/jtpe.2022-0181

Beddoes, Z., Whitney, E, **Starck, J.**, & Rees, K. (2023). "No one works in isolation here": The socialization of physical education teachers into a professional learning community during induction. *Journal of Teaching in Physical Education*. 10.1123/jtpe.2023-0093

Klatt, M., Beddoes, Z., & **Starck, J.** (2022). For once I felt useful a collaborative self-study of a physical education teacher navigating school culture through professional learning communities. *Studying Teacher Education*. 10.1080/17425964.2022.2119553

- Stephenson, R., **Starck, J.**, & Keating, X. (2022). The influence of alternative field-based experiences on preservice physical education teachers' perceptions of assessment. *The Physical Educator*, 79(6), 667- 668. 10.18666/TPE-2022-V79-I6-10964
- Beddoes, Z., Sazama, D., & **Starck, J.** (2021). I wish I had you as a PE teacher: A case study of physical education teachers' experiences in a professional learning community. *Journal of Teaching in Physical Education*, 41(1), 2-10. 10.1123/jtpe.2020-0177
- Starck, J.**, Richards, K.A.R., Lawson, M., & Sinelnikov, O.A. (2020). The influence of socialization factors on physical educators' conceptions of assessment and perceived quality of assessment. *Journal of Teaching in Physical Education*, 40, 66 -74. 10.1123/jtpe.2019-0096
- Beddoes, Z., Sazama, D., **Starck, J.**, & McMullen. (2019, Fall). A team's journey to establish PLC principles in higher education. *All Things PLC Magazine*, 6-12.
- Beddoes, Z., Sazama, D., Prusak, K., **Starck, J.**, & McMullen. (2019). Team within a team: Relating coaching concepts to professional learning communities in schools. *Journal of Physical Education, Recreation & Dance*, 91, 8-17. 10.1080/07303084.2019.1693455
- Starck, J.**, Richards, K.A.R., & O'Neil, K. (2018). A conceptual framework for developing assessment literacy: Challenges and opportunities for teacher education programs. *Quest*, 1-17. 10.1080/00336297.2018.1465830
- Richards, K. A. R., Gaudreault, K. L., Starck, J., & Woods, A. (2018). Physical education teachers' perceptions of perceived mattering and marginalization. *Physical Education and Sport Pedagogy*, 2(4), 445-459. 10.1080/17408989.2018.1455820
- Richards, K. A. R., Sinelnikov, O., & **Starck, J.** (2018). Practical strategies for enhancing doctoral students' preparedness to teach. *Journal of Physical Education, Recreation & Dance*, 82(2), 26-33. 10.1080/07303084.2017.1404508
- Starck, J.** (2017). Using assessment for learning in sport education. *Strategies*, 20 (4), 51-53.

### **Published Conference Papers and Abstracts**

- Stephenson, R., **Starck, J.**, & Keating, X. (2021). Influence of alternative field-based experiences on preservice physical education teachers' perceptions of assessment. *Research Quarterly for Exercise and Sport*. 92(S1), A108-A108.
- Beddoes, Z., Sazama, D., & **Starck, J.** (2020). Oh, you don't just show up and roll out the ball? A case study of physical education teachers' experiences in a professional learning community. *Research Quarterly for Exercise and Sport*. 91(S1), A149-A150.
- Sazama, D., **Starck, J.**, & Beddoes, Z. (2020). Are you teaching or coaching, or is it the same? *Research Quarterly for Exercise and Sport*.

**Starck, J.**, Richards, K.A.R., & Lawson, M. (2019). The influence of socialization factors on physical educators' conceptions of assessment and perceived quality of assessment. *Research Quarterly for Exercise and Sport*. 90(S1), A168-169.

O'Neil, K., Richards, K.A.R., & **Starck, J.** (2019). Physical education preservice teachers' perceptions on assessment. *Research Quarterly for Exercise and Sport*. 90(S1), A136-137.

**Starck, J.**, Richards, K.A.R., & McEntyre, K. (2018). Implementation of student-learning assessment in a PETE methods course/early field experience. *Research Quarterly for Exercise and Sport*. 89(S1), A185-186.

Richards, K. A. R., Sinelnikov, O., Palmer, C., Pennington, C., McEntyre, K., Park, C. W., **Starck, J.**, & Lynch, S. (2017). Using doctoral students to help mentor preservice teachers. *Research Quarterly for Exercise and Sport*. 88(S1), A144-145.

Washburn, N.S., **Starck, J.**, Curtner-Smith, M. D. & Bishop, P. A. (2017). Using kinesiology to leverage STEM learning in high school students. *Research Quarterly for Exercise and Sport*. 88(S1), A174-175.

Sinelnikov, O., Washburn, N.S., & **Starck, J.** (2016). 'Good call, ref!' ...Improving officiating quality through sport education. *Research Quarterly for Exercise and Sport*. 87(S2), A129.

### **Professional Presentations**

Eggerichs, S., **Starck, J.**, Strittmater, G., & Mueller, A. (2026). *Building inclusive PE programs through adventure education and outdoor pursuits*. Society of Health & Physical Education America Convention 2026, SHAPE America, Kansas City, MO.

Eggerichs, S., Strittmater, G., & **Starck, J.** & Mueller, A. (2025). *Universal adventure and outdoor pursuits: Inclusive strategies for students with special needs*. Wisconsin Health & Physical Education Conference, Wisconsin Dells, WI.

Eggerichs, S., Mueller, A. & **Starck, J.** (2025). *Adapting adventure activities for all students*. Wisconsin Health & Physical Education Conference, Wisconsin Dells, WI.

**Starck, J.**, Beddoes, Z., Sidders, T. (2025). *The role of assessment to promote learning in adventure education*. 2025 AIESEP International Conference, International Association for Physical Education in Higher Education, St. Petersburg, Florida, USA.

**Starck, J.**, Getzinger, R., Stephenson, R., & Dobbs, W. (2024). *Building self-resilience & self-reliance through outdoor orientation programs*. 2024 AIESEP International Conference, International Association for Physical Education in Higher Education, Jyväskylä, Finland.

- Stephenson, R., **Starck, J.**, & Cole, S. (2024). *A case study of physical education teacher attitudes toward social emotional learning through professional development*. 2024 AIESEP International Conference, International Association for Physical Education in Higher Education, Jyvaskyla, Finland.
- Stephenson, R., **Starck, J.**, Wyss-Lund, M., Beddoes, Z. (2023). *Adventure education as a vehicle to promote social emotional learning outcomes of K-12 students*. 2023 AIESEP International Conference, International Association for Physical Education in Higher Education, Santiago, Chile.
- Starck, J.**, Stephenson, R., Beddoes, Z., Wyss-Lund, M., (2023). *Conceptualization of Assessment during PETE methods courses*. 2023 AIESEP International Conference, International Association for Physical Education in Higher Education, Santiago, Chile.
- Strittmater, G., **Starck, J.**, & May, J. (2023). *Working toward a common goal: A case study within a universal design for learning adventure education class*. Society of Health & Physical Education America Convention 2023, SHAPE America, Seattle, WA.
- Strittmater, G., **Starck, J.**, & Dobbs, W. (2023). *Perceptions of resilience: An exploration into the impact of perceived and actual risk*. Society of Health & Physical Education America Convention 2023, SHAPE America, Seattle, WA.
- Starck, J.** (2023). *Increasing assessment literacy: Lessons learned in curriculum development*. Presented at the Assessment Commons Workshop. University of Wisconsin La Crosse, La Crosse, WI.
- Starck, J.**, Eggerichs, S., Bagniewski, & Turner, B. (2022). *Utilizing assessment in secondary adventure education and outdoor pursuits*. Wisconsin Health & Physical Education Conference, Wisconsin Dells, WI.
- Stephenson, R., **Starck, J.**, & Mosley, S. (2022). *Tools and strategies for integration of SEL in secondary physical education*. Wisconsin Health & Physical Education Conference, Wisconsin Dells, WI.
- Starck, J.**, Stephenson, R., Sazama, D., Z. B. (2022). *Intentionality of assessment within PETE programming*. Society of Health and Physical Education America Convention, New Orleans, LA.
- Beddoes, Z. B., Sazama, D., Stephenson, R., **Starck, J.** (2022). *Embedding SEL competencies through collective action*. Society of Health and Physical Education America Convention, New Orleans, LA.
- Starck, J.**, Stephenson, R., & Sazama, D. (2021). *Grading in physical education: Moving towards the standards*. Wisconsin Health & Physical Education Conference, Wisconsin Dells, WI.

- Mickschl, T., **Starck, J.**, Ramirez, R., Eggerichs, S. (2021). *Implementing an adventure ed/outdoor pursuits unit using essential elements & foundational skills*. Wisconsin Health & Physical Education Conference, Wisconsin Dells, WI.
- Quest, B., Stein, D., Rios, C., Camacho, L., Beddoes, Z., **Starck, J.**, Sazama, D. (2021). *Establishing and sustaining online professional learning communities in physical education*. Society for Health and Physical Education America, Virtual.
- Stephenson, R., **Starck, J.**, & Keating, X. (2021). *Influence of alternative field-based experiences on PPETs' perceptions of assessment*. Society of Health and Physical Education Convention, Baltimore, MD.
- Stephenson, R. **Starck, J.**, Sazama, D., & Beddoes, Z. (2021). *Intentionality of assessment within PETE programming*. Society of Health and Physical Education Convention, "Baltimore, MD.
- Stephenson, R. **Starck, J.**, Beddoes, Z. & Sazama, D. (2020/2021). *Practical applications of assessment aligned with grade level outcomes*. Wisconsin Health and Physical Education Conference, Wisconsin Dells, WI.
- Starck, J.**, Bourke, A., Eggerichs, S., & Mickschl, T. (2020, February). *Collaboration between a university, PVM, and K-12 schools*. International Association for Challenge Course Technology Conference and Expo, Raleigh, NC.
- Ramirez, R., **Starck, J.**, Mickschl, T, & Eggerichs, S. (2020, February). *Adventure education and outdoor networking*. Wisconsin Health and Physical Education Conference, Wisconsin Dells, WI.
- Starck, J.**, Sazama, D., & McMullen, B. (2019, October). *Physical education for home-schooled children: Parental perspectives*. Wisconsin Health and Physical Education Conference, Wisconsin Dells, WI.
- Sazama, D., & **Starck, J.** (2019, July). *Let's talk and talk and walk the walk*. Best Practices in Health and Physical Education Academy, University of Wisconsin Stevens Point, Stevens Point, WI.
- Starck, J.** (2018, August). *Using sport education in physical education*. Presented at the PETE Paving the Way In-service Teachers Workshop, University of Wisconsin La Crosse, La Crosse, WI.
- Starck, J.**, Sinelnikov, O., & Richards, K. A. R. (2018, July). *Preservice teachers' assessment practices in models-based instruction*. Oral presentation at the International Association of Physical Education in Higher Education Conference, Edinburgh, Scotland, UK.
- Ward, S., Pratt, E., Hemphill, M., Marttinen, R., Richards, K., & **Starck, J.** (2018, July). *International service learning: Theoretical, practical, and cultural implications*. Oral

presentation at the International Association of Physical Education in Higher Education Conference, Edinburgh, Scotland, UK.

Richards, K. A. R., Gaudreault, K. L., **Starck, J.**, & Woods, A. M. (2018, April). "*How do I matter?*": A qualitative analysis of physical education teachers' perceived mattering. American Educational Research Association Conference, New York, NY.

Richards, K. A. R., Woods, A. M., Gaudreault, K. L., **Starck, J.** & Graber, K. C. (2018, January). "*Do I matter?*": A qualitative analysis of physical education teachers' perceived mattering. Poster presented at the annual meeting of the Fédération Internationale d'Education Physique (FIEP). Iguazu Falls, Brazil.

**Starck, J.**, Richards, K.A.R., & McEntyre, K. (2018, March). *Student-learning assessment in a PETE methods course*. Poster presented at the 10th Annual Symposium of the Department of Educational Studies in Psychology, Research Methodology, and Counseling, Tuscaloosa, AL.

- Received Educational Studies in Psychology, Research Methodology, and Counseling Graduate Research Symposium Merit Award

Woodruff, E., Helm-Allen, J. A., **Starck, J.**, Allen, J., McEntyre, K., & Baxter, D., & Casale, S. (2017, November). *Using technology in physical education: Implementing the PSI model*. ASAPERD Conference, Birmingham, AL.

**Starck, J.**, & Richards, K.A.R. (2017, April). *Implementation of student-learning assessment in a PETE methods course proposal*. Poster presented at the 9th Annual Symposium of the Department of Educational Studies in Psychology, Research Methodology, and Counseling, Tuscaloosa, AL.

- Received Educational Studies in Psychology, Research Methodology, and Counseling Graduate Research Symposium Outstanding Poster Presentation Award

**Starck, J.**, & McEntyre, K. (2017, April). *Assessing for learning: Practical strategies to get started*. ASAPERD Conference, Orange Beach, AL.

**Starck, J.**, & Pennington, C. (2016, June). *Integrating adventure-based education into curriculum*. ASAPERD Health and Physical Education Workshop, Tuscaloosa, AL.

Sinelnikov, O., Richards, K. A. R., **Starck, J.**, McEntyre, K., Pennington, C., Lynch, S., Park, C., & Palmer, C. (2016, June). *Taking the role of teacher educator: Mentoring preservice teachers during doctoral training*. Oral presentation at The International Association of Physical Education in Higher Education Conference, Laramie, WY.

Washburn, N.S., **Starck, J.**, Sinelnikov, O., & Hastie, P.A. (2016, June). *Quality of student officiating in sport education*. Poster presented at the International Association of Physical Education in Higher Education Conference, Laramie, WY.

Curtner-Smith, M.D., Washburn, N.S., Barnes, C., **Starck, J.**, Lynch, S., Pennington, C., & McEntyre, K. (2015, November). *Games-making for upper elementary students*. ASHPERD Conference, Birmingham, AL.

Woodruff, E., Curtner-Smith, M., Sinelnikov, O., Washburn, N., Barnes, C., Lynch, S., McEntyre, K., **Starck, J.**, & Washburn, N.S. (2015, November). *Athletics for all: breaking down barriers*, ASHPERD Conference, Birmingham, AL.

Washburn, N.S., & **Starck, J.** (2015, April). *Speedminton-sport education style!* ASHPERD Conference, Orange Beach, AL.

Martinez, A., **Starck, J.**, & Park C. W. (2015, April). *Sit volleyball for physical education*. ASHPERD Conference, Orange Beach, AL.

Martinez, A., **Starck, J.**, & Park, C. W. (2015, April). *Beach volleyball drills*. ASHPERD Conference, Orange Beach, AL.

**Starck, J.**, & Washburn, N.S. (2015, April). *Assessing what counts in physical education*. Poster presented at the 7th Annual Symposium of the Department of Educational Studies in Psychology, Research Methodology, and Counseling, Tuscaloosa, AL.

### **Grant Activity**

**Starck, J.**, Jones, N., Mosley, S. (2025). Enhancing the Integration and Alignment of Health Education within the Physical, Adapted, and School Health Education Program. Curriculum Redesign Grant, University of Wisconsin - La Crosse, proposed \$15,000.

**Starck, J.** (2024). Technology to Enhance Assessment Practices in K-5 Physical Education. SOE Technology Grant, University of Wisconsin - La Crosse, proposed \$3,000, funded \$3,000.

**Starck, J.** (2024). A Case Study of Physical Education Teacher Attitudes Toward Social Emotional Learning Through Professional Development. International Scholarship Grant, University of Wisconsin-La Crosse, proposed \$2,332, funded, \$2,332.

**Starck, J.** (2023 - 2024). Years Gone by: Inservice Teachers' Assessment Literacy in the Real World. Faculty Research Grant, University of Wisconsin - La Crosse, proposed \$10,465, funded \$8,440.

**Starck, J.** (2023). Conceptualization of Assessment During a Methods Course. International Scholarship Grant, University of Wisconsin - La Crosse, proposed \$3,350, funded, \$3,350.

**Starck, J.** (2022 - 2023). In-service Physical Education Teachers Assessment Literacy: An Occupational Socialization Perspective. Faculty Research Grant, University of Wisconsin - La Crosse, proposed \$8,600, funded \$8,600.

- Starck, J., & Stephenson, R.** (2021). Reconceptualizing Assessment Literacy across the PASHE Program. Curriculum Redesign Grant, University of Wisconsin - La Crosse, proposed \$10,000, funded: \$10,000.
- Baker, K., & **Starck, J.** (co-principal). (2021). Dean's Distinguished Fellowship Grant, University of Wisconsin - La Crosse, proposed \$6,000, funded \$6,000.
- Starck, J., & Beddoes, Z.** (co-principal), & **Starck, J.** (co-principal; 2019). *Redesign of physical education methods courses*. Curriculum Redesign Grant, University of Wisconsin - La Crosse, proposed \$3,000, funded \$1,500.
- Starck, J.** (2019-2020). *Conceptualization of assessment use during a methods course*. Scholarship of Teaching and Learning Grant, University of Wisconsin - La Crosse, \$1,500.
- Sazama, D. (co-principal), Beddoes, Z. (co-principal), & **Starck, J.** (co-principal; 2019). *Redesign by a team*. Curriculum Redesign Grant, University of Wisconsin - La Crosse, proposed \$15,000, funded \$7,500.
- Starck, J.** (2019). *Summer institute for inclusive teaching practices*, Center for Advancing Teaching and Learning Grant, University of Wisconsin - La Crosse, \$1,000.
- Starck, J.** (2019). *Online Instructor Training*, Center for Advancing Teaching and Learning Grant, University of Wisconsin- La Crosse, \$500.
- Starck, J.** (2018). *Assessment in physical education: In-service teachers' assessment literacy*. Faculty Research Grant, University of Wisconsin -La Crosse, not funded.
- Bishop, P. A., Curtner-Smith, M. D., Washburn, N., & **Starck, J.** (2014). *Using an integrated kinesiology science model to leverage STEM learning in high school biology, chemistry, physics, and mathematics*. University of Alabama Academic Affairs STEM Seed Grant, \$5,000.
- Role included drafting the IRB, collecting, and analyzing data
- Starck, J.** (2011). *Adapted aquatics the community*. Wisconsin Health and Physical Education Jump Rope for Heart/Hoops for Heart Grant, \$1,800.

### **UNIVERSITY TEACHING EXPERIENCE**

#### **Taught as the Primary Instructor**

ESS 725: Diversity in Physical Activity (2 semesters) at the University of Wisconsin - La Crosse (Graduate level)

- Planned and implemented course content related to deconstructing common practices and considering the implementation of culturally relevant practices through social and emotional learning

ESS 730: Research Methods for Exercise and Sport Science (3 semesters) at the University of Wisconsin –La Crosse (Graduate level)

- Designed and implemented research methods that includes both qualitative and quantitative methodologies

ESS 737: Curriculum Design in Physical Education (2 semesters) at the University of Wisconsin -La Crosse (Graduate level)

- Design and implemented course content related to planning learning communities (PLCs) and curriculum development in physical education

ESS 745: Pedagogy of Outdoor Pursuits (8 semesters) at the University of Wisconsin - La Crosse (Graduate level)

- Planned the course with a focus on emphasizing leadership teaching styles, risk management plans, facilitating top rope climbing, and experiential learning opportunities with K-12 students

ESS 752: Assessment in Physical Education & Athletics (3 semesters) at the University of Wisconsin -La Crosse (Graduate level)

- Implemented graduate coursework using an andragogical approach grounded in assessment literacy theory and facilitated through a lesson study framework

ESS 759: Analysis & Supervision for Physical Education (1 semester) at the University of Wisconsin -La Crosse (Graduate level)

- Designed and implemented instruction on effective teaching in physical education, focusing on both formal and informal observation as a means of analyzing teaching

ESS 765: Adventure Education for Physical Educators (9 semesters) at the University of Wisconsin -La Crosse (Graduate level)

- Implemented both classroom and field-based experiences through experiential learning, for graduate physical education students to plan and utilize adventure education in a K-12 setting

ESS 771: Current Issues in Physical Education (2 semester) at the University of Wisconsin-La Crosse (Graduate level)

- Identified current issues and trends in K-12 schools and developed coursework to teach assessment literacy and social and emotional learning to educators

ESS 777: Seminar in Adventure Physical Education (8 semesters) at the University of Wisconsin -La Crosse (Graduate level)

- Designed and implemented a seminar in adventure education focusing on non-negotiable components of adventure education and research related to benefits and misconceptions

ESS 424: Curriculum in Physical & School Health Education (4 semesters) at the University of Wisconsin -La Crosse (Undergraduate level)

- Planned and implemented course content related to curriculum development in physical and school health education

ESS 423: Sociocultural Issues in Physical Education (2 semesters) at the University of Wisconsin -La Crosse (Undergraduate level)

- Planned and implemented course content related to teaching with culturally relevant practices

ESS 419: Elementary Methods (14 semesters) at the University of Wisconsin -La Crosse (Undergraduate level)

- Designed, implemented, and supervised undergraduate students in both classroom and field-based experiences in elementary physical education using best teaching practices

ESS 300: Assessment in Physical and School Health Education (10 semesters) at the University of Wisconsin -La Crosse (Undergraduate level)

- Created, designed, implemented assessment coursework based on assessment literacy theory for students in the undergraduate program

ESS 212: Teaching Fundamental Movement Skills in Physical Education (1 semester) at the University of Wisconsin -La Crosse (Undergraduate level)

- Implemented coursework focused on the development of fundamental movement skills and knowledge for students in grades K-5

ESS 121: Teaching Adventure Education in Physical Education (1 semester)

- Designed and implemented coursework in the adventure education curriculum model utilizing the non-negotiable features and stages of adventure

KIN 199: Ecological Approach to Health and Wellness (2 semesters) at the University of Alabama (Undergraduate level)

- Designed and implemented instruction for an introductory course on dimensions of wellness specifically addressing knowledge of health-related fitness concepts

KIN 366: Assessment for Physical Education Teaching (2 semesters) at the University of Alabama (Undergraduate level)

- Created, designed, and implemented the first assessment course for the physical education teacher education program

KIN 364: Physical Education for Teachers of Children (4 semesters) at the University of Alabama (Undergraduate level)

- Designed and implemented instruction in lecture, lab, and field experience settings for elementary physical education students (Undergraduate level)

KIN 362: Motor Development (1 semester) at the University of Alabama (Undergraduate level)

- Designed and implemented instruction on the study of growth and motor development sequence across the lifespan (Undergraduate level)

### SERVICE

#### Graduate Thesis & Project Mentoring

2025- 2027: Master's Project Chair: Newton Smerchek, Building adventure and outdoor pursuits programming in secondary physical education.

2025 - 2026: Master's Project Co-Chair: Ben Schutt, A case study of park rangers' occupational socialization.

2025 - 2026: Master's Project Chair: Jared Epping, Outdoor risk management considerations for La Crosse Exercise and Health Program members.

2025 - 2026: Master's Project Chair: Noah Liesegang, The impact of adventure education on secondary students' mental health.

2024 - 2026: Master's Project Committee: Mitch Wolding, Building adventure and outdoor pursuits programming in elementary physical education.

2023 - 2025: Master's Project Chair: Jadee Christiansen, Utilizing trauma informed practices through adventure education.

2023 - 2025: Master's Project Chair: Matthew Rieckhoff, Development of a yearlong curriculum integrating adventure education and leadership principles.

2024 - 2025: Master's Project Chair: Ellie Moseid, Years gone by: Inservice teachers' assessment literacy in the real world.

2024 - 2024: Master's Thesis Co-Chair: Beth Gannigan, Exploring general physical education teachers' role perceptions in serving students with disabilities in a rural school district.

2024 - 2025: Master's Project Co-Chair Samantha Benzel, Webpage design: Utilizing universal design for learning principles to integrate students with disabilities in adventure education and outdoor pursuits.

2023 - 2024: Master's Thesis Chair: Riley Quandt, Teacher facilitation tools for students with emotional behavior disorders.

2023 - 2024: Master's Thesis Chair: Tyler Sidders, The role of assessment to promote learning in adventure education.

2022 - 2023: Master's Thesis Chair: Dez Palmatier, Teacher's perception of student risk while participating in inclusive settings.

- 2022 - 2023: Master's Project Chair: Maria Breuer: An adventure education and outdoor pursuits curriculum defining the grade bands.
- 2021 - 2023: Master's Thesis Co-Chair: Sophia Cole, A case study of physical education teacher change in attitudes toward social emotional learning through professional development.
- 2021 - 2023: Master's Project Co-Chair: Ally Brennan, Critical evaluation of school-based fitness testing.
- 2021 - 2022: Master's Thesis Chair: Gabrielle Strittmater, Perceptions of resilience: An exploration into the impact of perceived and actual risk.
- 2021 - 2022: Master's Thesis Chair: Julia May, Working toward a common goal: A case study within a universal design for learning in an adventure education course.
- 2021 - 2022: Master's Project Chair: Matt Arndt: Increasing effectiveness: Utilizing common assessments within professional learning communities.
- 2021 - 2022: Master's Project Chair: Tommy Friday: Website creation: Incorporating adventure education within the K-12 school system.
- 2021 - 2022: Master's Project Chair: Mike Stephenson: Website creation: Incorporating adventure education within the K-12 school system.
- 2020 - 2022: Master's Thesis Chair: Megan Lund, The impact of Adventure education on social emotional learning within a K-12 setting.
- 2020 - 2022: Master's Project Chair: Josh Thomas, Lessons learned along the way when implementing standards-based grading: The canary in the coal-mine.
- 2020 - 2022: Master's Project Chair: Amy Manhart, Lessons learned along the way when implementing standards-based grading: The canary in the coal-mine.
- 2020 - 2021: Master's Thesis Committee Member: Dillion Martinez, Parental decision-making process and perceptions of outdoor pursuits facilitators for their child with disabilities.
- 2020 - 2021: Master's Thesis Co-Chair: Molly Klatt, A self-study of a physical education teachers navigating their role in a professional learning community.
- 2020 - 2021: Master's Thesis Chair: Rachel Getzinger, Self-resilience and self-reliance through collegiate outdoor orientation programs.
- 2019 - 2020: Dissertation Committee Member: Rachyl Stephenson, An occupational socialization perspective of assessment in physical education.

- 2019 - 2021: Master's Thesis Chair: Alex Kurtzman, Strategies for integrating adventure education into physical education teacher education programs.
- 2019 - 2020: Master's Committee Member: Erika Shady, Adventure education middle school curriculum redesign.
- 2019 - 2020: Master's Thesis Chair, Felicia-Ann Urbanczyk, Finding common ground: Perceptions of inclusive adventure education.
- 2019 - 2020: Master's Project Chair: Jonai Lloyd, Considerations for inclusive adventure education in a K-12 setting.
- 2019 - 2020: Master's Project Chair, Quenten Fisher, Adventure and outdoor education in schools: Staring and advancing.
- 2018 - 2019: Master's Thesis Chair: Brooke Sherburne, Paraprofessionals perceptions of their roles, responsibilities, and training within physical education environments.
- 2018 - 2019: Master's Thesis Co-Chair: Alyssa Trad, Exploring trust in the special education system.
- 2018 - 2019: Master's Thesis Chair: Natalie DiMeglio, Roles and responsibilities of paraprofessionals in adapted physical education.

### **Undergraduate Research Mentoring**

- 2023 - 2024: Undergraduate Research Mentor: Jadee Christiansen, Exploring the socialization of in-service teachers and their perceptions of the feasibility to implement adventure-based learning in K-12 school.
- 2022 - 2023: Undergraduate Research Mentor: Mariah Wick, Assessment literacy among cooperating teachers.
- 2020 - 2021: Undergraduate Research Mentor: Kyle Baker, Learning to facilitate adventure-based learning: An occupational socialization perspective.
- 2019 - 2021: Undergraduate Eagle Apprentice Mentor: McKenna Haen, Assessment literacy among preservice teachers.

### **Journal Reviewing**

- 2018 - Present, Peer Reviewer, Journal of Teaching in Physical Education
- 2018 - 2020, Peer Reviewer, International Journal of Kinesiology in Higher Education
- 2017 - Present, Peer Reviewer, Journal of Physical Education Recreation & Dance

**Conference Reviewing**

2019 - 2023, Peer Reviewer, SHAPE

2017 - 2018, Peer Reviewer, AERA

**Professional Committees and Leadership Roles**

2024- 2026, College of Science and Health Curriculum Committee, Vice Chair,  
UW- La Crosse

2025- 2026, AI Task Force Committee, School of Education, UW- La Crosse

2025- 2026, Assessment Committee, School of Education, UW- La Crosse

2024 - 2025, Chair of Search and Screen, Exercise & Sport Science, UW- La Crosse

2022 - 2026, Graduate Program Director of Physical Education Teaching, UW- La Crosse

2018 - 2026, Graduate Program Adventure Emphasis Program Director, UW- La Crosse

2024 - 2025, College of Science and Health Curriculum Committee, UW- La Crosse

2024 - 2025, Adventure Education Community Program Director, UW- La Crosse

2022 - 2025, Graduate Curriculum Committee, UW- La Crosse

2019 - 2022, Chair of Search and Screen, Exercise & Sport Science, UW- La Crosse

2019 - 2023, Strategic Planning Committee, School of Education, UW- La Crosse

2019 - 2020, Graduate Academic Program Review Committee, UW - La Crosse

2019 - 2020, Chair of By Laws Committee, Exercise & Sport Science, UW- La Crosse

2015 - 2018, Deans Advisory Committee, Department of Kinesiology Representative, College of  
Education, University of Alabama

**Community Outreach**

2020, Consultant for effective PLC structure in online format, New York City, NY

2019, Consultant for assessment in physical education, West Salem Middle School, WI

2018 - Present, Cooperative education in adventure education and outdoor pursuits, Holmen High School, WI

### **PROFESSIONAL ORGANIZATIONS & AWARDS**

2018 - Present, Wisconsin Health and Physical Education (WHPE) member

2014 – Present, Society of Health and Physical Education (SHAPE)

2016 – 2018, 2023 – 2025, International Association for Physical Education in Higher Education (AIESEP)

2017 - 2018, American Education Research Association (AERA)

2015 - 2018, Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD)

### **Honors/Awards**

2023, Eagle Excellence Teaching Award, University of Wisconsin - La Crosse

2023, Eagle Excellence Advising Award, University of Wisconsin - La Crosse

2022, Eagle Excellence Teaching Award, University of Wisconsin - La Crosse

2021, Eagle Excellence Teaching Award, University of Wisconsin - La Crosse

2020, Eagle Excellence Teaching Award, University of Wisconsin - La Crosse

2017, Award for Excellence in Research by a Doctoral Student, Department of Kinesiology, University of Alabama

2017, Outstanding Poster Presentation Award, ESPRC 9<sup>th</sup> Graduate Research Symposium, University of Alabama

2017, Award for Excellence in Service by a Doctoral Student, College of Education, University of Alabama

2016 & 2017, Outstanding Student as Scholar Award, College of Education, University of Alabama

2005 - 2010, Women's Volleyball & Track & Field, University of Wisconsin - La Crosse, La Crosse, WI

- All-America honors in the heptathlon
- 4-year varsity letter winner in both volleyball and track and field
- Team captain in volleyball

- 4-time track and field national qualifier