

# Sandra Goheen-Smith

University of Wyoming  
College of Health Science  
Division of Kinesiology and Health Promotion

Fall 2018 – Fall 2025  
Assistant Lecturer  
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(307) 631-3970

## **Degrees:**

- 2015      Master of Science Degree in Kinesiology and Health  
University of Wyoming, Laramie, Wyoming  
Concentration: Kinesiology – Physical Education
- 1995      Bachelor of Science in Education  
Montana State University-Billings, Billings, Montana  
Major: Elementary Education  
Minors: Health Education K-12, Physical Education K-12, Coaching

## **Professional Experience:**

Assistant Lecturer - University of Wyoming, Laramie, Wyoming  
Fall 2018 – Present

- Design, implement, and revise content for undergraduate level Personal Health
- Design, implement, and revise content for undergraduate level Assessment in School Health Education
- Implement and instruction for undergraduate level Exercise Psychology course Spring 2024
- Implement, and revise content for a cross listed graduate course in Sensitive Issues
- Design, implement, and revise content for undergraduate level course in Drug Abuse and Suicide Prevention
- Design, implement, and revise content for Movement Core classes 2018-2021
- Supervise and mentor for Teaching Lab classes in Physical Education Teacher Education 2018-2021
- Advise undergraduate students for course timing and degree completion
- Coordinate, supervise, and mentor Graduate Assistants as the lead for teaching Personal Health sections
- Set up and coordinate Dual enrollment Personal Health (collegiate credit for Wyoming high school students) 2019-2023
- Initiate contact and build Block Transfer Plans in liaison with each of the eight Wyoming Community Colleges to create less complicated pathways for transfer students
- Recruitment and Articulation Specialist for the Division of Kinesiology and Health Promotion
- Personal visitation and guest lectures within Community College classrooms

- Individual advising sessions with transfer students interested in degree completion at the University of Wyoming
- Personal visitation to Wyoming Public Health Departments to publicize the online Community and Public Health certification

Educational Consultant - Laramie County School District #1, Cheyenne, Wyoming  
2018 – 2021

- Collaborate with school district department chair and stakeholder personnel to facilitate Health content for classroom teachers
- Develop, implement, and revise online Canvas courses for secondary Health Education
- Publish and monitor resource sites and material for elementary Health Education content

Teacher - Laramie County School District #1, Cheyenne, Wyoming  
1998 – 2018

- Professional Learning Community (PLC) Chair, Team Lead, and Department Chair for South High School 2009-2018
- Taught Physical Education and Health at McCormick Junior High School, Johnson Junior High School, and South High School.
- One of thirteen initial team lead members for the set-up of South High School, including operating procedures, staff hiring, purchase of facility equipment, team building, and student success
- Served on numerous hiring committees for cross-curricular positions at Cheyenne South High School
- Committee Chair for initial development of Cheyenne South High School student handbook, parent handbook, and planner
- Professional Learning Community (PLC) Chair, Team Lead for Johnson Junior High School 2004-2009
- Served on multiple hiring committees for Physical Education and Health Education positions at Johnson Junior High School
- Pathwise mentor for first year or new to district teachers 2004-2018
- Department Chair for McCormick Junior High School 2001-2004
- Served on hiring committees for Physical Education and Health Education positions at McCormick Junior High School
- SCASS (State Collaborative for the Assessment of Student Standards) trainer for the state of Wyoming 2000-2004
- Trained teachers in multiple public-school districts across Wyoming on the use of standards and assessment within current K-12 Health curriculums
- Member of the North Central Accreditation Reading Committee
- Member of the Wyoming State Writing team for Health Education and Physical Education
- Member of the State Department of Education Health committee 1998-2003

- Member of the State Department of Education Physical Education committee  
1998-2003

Vice-president and Manager - Prairie Rose Floral Shop, Cheyenne, Wyoming  
2010 – 2017

- Responsible for small business bookkeeping, budget, payroll, scheduling, management, floral design, delivery, and customer service

Adjunct instructor - Laramie County Community College, Cheyenne, Wyoming  
2003-2005

- Design, implement, and revise content for Physical Education and Health Education course

President and Manager - SGS Properties, LLC, Cheyenne, Wyoming  
2002-2018

- Responsible for bookkeeping, budget, repair, management, tenant screening, and general upkeep of multiple rental properties

Teacher - Hot Springs County School District #1, Thermopolis, Wyoming  
1995-1998

- Taught Physical Education in grades four through nine
- Taught Health in grades six through nine
- Applied for candidacy, introduced, received School Board approval, and implemented the Outdoor Recreation Education Opportunities (OREO) curriculum from the Wyoming Game and Fish Department
- Physical Education Department Chair for Hot Springs County School District #1  
1997-1998
- Curriculum and Instruction Council Delegate for Hot Springs County Schools  
1997-1998

Teacher - Blue Creek Elementary School, Billings, Montana  
August – December 1994

- Taught all core curriculum areas in a fourth-grade classroom
- Taught Physical Education for Kindergarten through grade six

### **Job Descriptions:**

- 2025 Teaching: 62.5, Advising: 7.5, Service: 25, Community Engaged Service: 2.5; Professional Development: 2.5, Total 100
- 2024 Teaching: 75, Advising: 7.5, Service 17.5, Professional Development 2.5, Total 102.5
- 2023 Teaching: 75, Advising: 5, Service 2.5, Administration 12.5, Professional Development 5, Total 100

2022 Teaching: 87.5, Advising: 7.5, Service 3, Professional Development 2, Total 100

2020 Teaching: 87.5, Advising: 7.5, Service 3, Other/Professional Development 2, Total 100

2019 Teaching: 87.5, Advising: 7.5, Service 3, Other/Professional Development 2, Total 100

Fall 2018 Teaching: 92, Advising: 4, Professional Development 4, Total 100

### **Honors/Awards:**

2023 Invited team member of the Wyoming Inclusive Excellence Initiative (Ie3) with Northwest Community College

2023 Selected for LAMP Summer Pedagogical Retreat “Building Community through Transformative Pedagogy”

2017 Presenter for the AISEP conference (International Association for Physical Education in Higher Education)

2014 Assistant coach for Wyoming All-Star Volleyball

2009 Team lead for newly constructed Cheyenne South High School

2005 Arch Coal Foundation Golden Apple Award

2000 Wyoming Health Teacher of the Year (WAHPERD)

1999 Assistant coach for Wyoming All-Star Volleyball

### **University Courses Taught:**

| Semester    | Course Prefix | Course Number | Credits | Section | Course Enrollment | Course Title                    |
|-------------|---------------|---------------|---------|---------|-------------------|---------------------------------|
| Fall 2025   | HLED          | 1006          | 3       | 40      | 32                | Personal Health                 |
| Fall 2025   | HLED          | 4030          | 3       | 40      | 36                | Subst Abus/Suicide Prev in Ed   |
|             |               |               |         |         |                   |                                 |
| Summer 2025 | HLED          | 1006          | 3       | 40      | 27                | Personal Health                 |
| Summer 2025 | HLED          | 4030          | 3       | 40      | 24                | Subst Abus/Suicide Prev in Ed   |
|             |               |               |         |         |                   |                                 |
| Spring 2025 | HLED          | 1006          | 3       | 40      | 29                | Personal Health                 |
| Spring 2025 | HLED          | 4120          | 3       | 40      | 10                | Assessment in School Health Ed  |
| Spring 2025 | HLED          | 4025          | 3       | 40      | 28                | Tchng Sensstve Iss in Sexuality |
| Spring 2025 | HLED          | 5025          | 3       | 40      | -                 | Tchng Sensitiv Iss in Sexuality |
|             |               |               |         |         |                   |                                 |
| Fall 2024   | HLED          | 1006          | 3       | 40      | 29                | Personal Health                 |

|             |      |      |   |    |    |                                                   |
|-------------|------|------|---|----|----|---------------------------------------------------|
| Fall 2024   | HLED | 4030 | 3 | 40 | 34 | Subst Abus/Suicide Prev<br>in Ed                  |
|             |      |      |   |    |    |                                                   |
| Summer 2024 | HLED | 1006 | 3 | 40 | 39 | Personal Health                                   |
| Summer 2024 | HLED | 4025 | 3 | 40 | 11 | Tchng Sensitv Iss in<br>Sexuality                 |
| Summer 2024 | HLED | 5025 | 3 | 40 | -  | Tchng Sensitv Iss in<br>Sexuality                 |
|             |      |      |   |    |    |                                                   |
| Spring 2024 | HLED | 1006 | 3 | 40 | 30 | Personal Health                                   |
| Spring 2024 | KIN  | 3038 | 3 | 40 | 38 | Exercise Psychology                               |
| Spring 2024 | HLED | 4025 | 3 | 40 | 25 | Tchng Sensitve Iss in<br>Sexuality                |
| Spring 2024 | HLED | 5025 | 3 | 40 | -  | Tchng Sensitv Iss in<br>Sexuality                 |
|             |      |      |   |    |    |                                                   |
| Fall 2023   | HLED | 1006 | 3 | 40 | 30 | Personal Health                                   |
| Fall 2023   | HLED | 1006 | 3 | 41 | 31 | Personal Health<br>(taken over at 9 weeks)        |
| Fall 2023   | HLED | 1006 | 3 | 48 | 27 | Personal Health<br>DUAL ENROLLMENT High<br>School |
| Fall 2023   | HLED | 4030 | 3 | 40 | 29 | Subst Abus/Suicide Prev<br>in Ed                  |
|             |      |      |   |    |    |                                                   |
| Summer 2023 | HLED | 1006 | 3 | 40 | 23 | Personal Health                                   |
|             |      |      |   |    |    |                                                   |
| Spring 2023 | HLED | 1006 | 3 | 40 | 33 | Personal Health                                   |
| Spring 2023 | HLED | 1006 | 3 | 48 | 20 | Personal Health<br>DUAL ENROLLMENT High<br>School |
| Spring 2023 | HLED | 4030 | 3 | 40 | 30 | Teach abt Alcohol & Subst<br>Abus                 |
| Spring 2023 | HLED | 4025 | 3 | 40 | 15 | Tchng Sensitve Iss in<br>Sexuality                |
| Spring 2023 | HLED | 5025 | 3 | 40 | -  | Tchng Sensitve Iss in<br>Sexuality                |
|             |      |      |   |    |    |                                                   |
| Fall 2022   | HLED | 1006 | 3 | 40 | 27 | Personal Health                                   |
|             |      |      |   |    |    |                                                   |
| Summer 2022 | HLED | 1006 | 3 | 40 | 29 | Personal Health                                   |
| Summer 2022 | HLED | 4025 | 3 | 40 | 9  | Tchng Sensitve Iss in<br>Sexuality                |

|             |      |      |   |    |    |                                                |
|-------------|------|------|---|----|----|------------------------------------------------|
| Summer 2022 | HLED | 5025 | 3 | 40 | 1  | Tchng Senstve Iss in Sexuality                 |
|             |      |      |   |    |    |                                                |
| Spring 2022 | HLED | 1006 | 3 | 40 | 32 | Personal Health                                |
| Spring 2023 | HLED | 1006 | 3 | 48 | 12 | Personal Health<br>DUAL ENROLLMENT High School |
| Spring 2022 | HLED | 4025 | 3 | 40 | 24 | Tchng Senstve Iss in Sexuality                 |
| Spring 2022 | HLED | 5025 | 3 | 40 | 1  | Tchng Senstve Iss in Sexuality                 |
|             |      |      |   |    |    |                                                |
| Fall 2021   | HLED | 1006 | 3 | 40 | 29 | Personal Health                                |
|             |      |      |   |    |    |                                                |
| Summer 2021 | HLED | 1006 | 3 | 40 | 25 | Personal Health                                |
| Summer 2021 | HLED | 4025 | 3 | 40 | 13 | Tchng Senstve Iss in Sexuality                 |
| Summer 2021 | HLED | 5025 | 3 | 40 | -  | Tchng Senstve Iss in Sexuality                 |
|             |      |      |   |    |    |                                                |
| Spring 2021 | HLED | 1006 | 3 | 40 | 30 | Personal Health                                |
| Spring 2021 | HLED | 4025 | 3 | 40 | 21 | Tchng Senstve Iss in Sexuality                 |
| Spring 2021 | HLED | 5025 | 3 | 40 | 1  | Tchng Sensitv Iss in Sexuality                 |
| Spring 2021 | KIN  | 2005 | 3 | 01 | 19 | Move Core VI:Phys Fit/Act                      |
|             |      |      |   |    |    |                                                |
| Fall 2020   | HLED | 1006 | 3 | 40 | 29 | Personal Health                                |
| Fall 2020   | KIN  | 2000 | 2 | 01 | 19 | Move Core I:<br>Striking/Fielding              |
| Fall 2020   | KIN  | 2004 | 3 | 01 | 18 | Move Core V                                    |
| Fall 2020   | KIN  | 4017 | 3 | 01 | 12 | Teach Lab III                                  |
|             |      |      |   |    |    |                                                |
| Summer 2020 | HLED | 1006 | 3 | 40 | 20 | Personal Health                                |
| Summer 2020 | HLED | 4025 | 3 | 40 | 9  | Tchng Senstve Iss in Sexuality                 |
| Summer 2020 | HLED | 5025 | 3 | 40 | -  | Tchng Sensitv Iss in Sexuality                 |
|             |      |      |   |    |    |                                                |
| Spring 2020 | HLED | 1006 | 3 | 40 | 29 | Personal Health                                |
| Spring 2020 | HLED | 4025 | 3 | 40 | 26 | Tchng Senstve Iss in Sexuality                 |

|             |      |      |   |    |    |                                 |
|-------------|------|------|---|----|----|---------------------------------|
| Spring 2020 | HLED | 5025 | 3 | 40 | 1  | Tchng Sensitiv Iss in Sexuality |
| Spring 2020 | KIN  | 2000 | 2 | 01 | 15 | Move Core I: Striking/Fielding  |
| Spring 2020 | KIN  | 2005 | 2 | 01 | 29 | Move Core VI:Phys Fit/Act       |
|             |      |      |   |    |    |                                 |
| Fall 2019   | HLED | 1006 | 3 | 40 | 29 | Personal Health                 |
| Fall 2019   | KIN  | 2004 | 3 | 01 | 24 | Move Core V                     |
| Fall 2019   | KIN  | 4017 |   | 01 | 14 | Teach Lab III                   |
|             |      |      |   |    |    |                                 |
| Summer 2019 | HLED | 1006 | 3 | 40 | 30 | Personal Health                 |
| Summer 2019 | HLED | 4025 | 3 | 40 | 12 | Tchng Sensitiv Iss in Sexuality |
| Summer 2019 | HLED | 5025 | 3 | 40 | -  | Tchng Sensitiv Iss in Sexuality |
|             |      |      |   |    |    |                                 |
| Spring 2019 | HLED | 1006 | 3 | 40 | 29 | Personal Health                 |
| Spring 2019 | HLED | 4025 | 3 | 40 | 28 | Tchng Sensitiv Iss in Sexuality |
| Spring 2019 | HLED | 5025 | 3 | 40 | -  | Tchng Sensitiv Iss in Sexuality |
| Spring 2019 | KIN  | 2000 | 2 | 01 | 15 | Move Core I: Striking/Fielding  |
| Spring 2019 | KIN  | 2005 | 2 | 01 | 19 | Move Core VI:Phys Fit/Act       |
|             |      |      |   |    |    |                                 |
| Fall 2018   | KIN  | 2004 | 3 | 01 | 21 | Move Core V                     |
| Fall 2018   | KIN  | 3012 | 3 | 01 | 15 | Teaching Lab I                  |
| Fall 2018   | KIN  | 4017 | 3 | 01 | 12 | Teach Lab III                   |

### Professional Presentations:

- Guest presentations for Community Colleges
  - 2025 – two classes at Eastern Wyoming Community College, two classes at LCCC, one class at Casper College
  - 2024 – two classes at Eastern Wyoming Community College, one class at LCCC, one class at Casper College, one presentation with personnel from advising, Education, and Health Science
  - 2023 – two classes at Eastern Wyoming Community College, two classes at LCCC, one class at Casper College
  - 2022 – one class at Casper College
- Presentations for Public and Community Health Departments in promotion of the Community & Public Health graduate certificate program
  - 2024 – conducted personal contact visits with 4 Public Health workers within 3 Wyoming Public Health Departments

- 2023 – conducted personal contact visits with 20 Public Health workers within 14 Wyoming Public Health Departments across the state
- 2022 – conducted personal contact visits within 16 Wyoming Public Health Departments across the state
- Wyoming Inclusive Excellence Statewide Symposium
  - May 2024 – Oral Presentation

## **Service**

- Co-chair for DKH Curriculum Committee 2024-25
- Division of Kinesiology and Health representative for Wyoming Articulation Summit 2021-present
- Personal contact visits with 4 Public Health workers within 3 Wyoming Public Health Departments across the state in promotion of the Community & Public Health graduate certificate program - 2024
- Division of Kinesiology and Health Shared Resources and Support DAPP team - 2024
- Division of Kinesiology and Health Provisional Working Group DAPP team - 2024
- Wyoming Inclusive Excellence Initiative (Ie3) team member with Northwest Community College 2023-present
- Personal contact visits with 20 Public Health workers within 14 Wyoming Public Health Departments across the state in promotion of the Community & Public Health graduate certificate program - 2023
- Transfer Success Team (first Faculty member)
- Personal contact visits for 16 Wyoming Public Health Departments across the state in promotion of the Community & Public Health Certificate program - 2022
- Teaching Effectiveness Committee for Division of Kinesiology and Health Promotion
- Kinesiology and Health Promotion curriculum committee
- Physical Education Teacher Education curriculum committee
- Liaison for Kinesiology and Health Promotion and PETE with eight Wyoming Community Colleges
- Academic Advisor for 26 students in KIN 2025
- Academic Advisor for 26 students in KIN 2024
- Academic Advisor for 27 students in KIN 2023
- Academic Advisor for 27 students in KIN 2022
- Academic Advisor for 26 students in KIN and PETE 2021
- Academic Advisor for 20 students in PETE and KIN Spring 2020
- 2020- 2022 Faculty Advisor for Physical Education Teacher Education Student Association (PETESA)
- 2021 Candidate search committee (PETE)
- 2020 Candidate search committee (PETE)
- 2018-2020 Educational Consultant for Laramie County School District #1
- University of Wyoming Health Network trainer for State Collaborative on Assessment and Student Standards



- Member of the Wyoming State Writing team for Health Education and Physical Education Standards
- Member of the State Department of Education Health committee 1998-2003
- Member of the State Department of Education Physical Education committee 1998-2003

### **Professional Development:**

- Teaching Online, Faculty Learning Community – Sept 2024-May 2025  
Cross discipline group, read and applied concepts from *Small Teaching Online* by Darby and Lang
- Microsoft 365 Copilot AI Introduction – Dec 2024
- Zoom: AI Companion – Aug 2024
- Inclusive Excellence Summit – May 2024  
Members from across several Wyoming higher learning institutions gathered for cross discipline discussions focused on STEM and inclusive learning pedagogies
- Lead with Emotional Intelligence – Apr 2024
- How Can I Help Students Who Are Struggling with Online Learning? – Apr 2024
- ECTL Ungrading Seminar – March 2024  
One day workshop focused on Ungrading systems and possible applications
- ECTL Ungrading, Faculty Learning Community – Sept 2023-May 2024  
Second year of multidiscipline group, working on practical application of Ungrading practices within individual classrooms and content
- How Can I Prevent Plagiarism in the Artificial Intelligence Era? – Jan 2024
- How Can I Structure Class Discussions to Maximize Student Engagement? – Jan 2023
- Beyond Syllabus Policies: What Strategies Help Students Take Responsibility for Learning? – Feb 2023
- What Are 7 Ways to Assess Students in an Ungraded Classroom? – March 2023
- How Can I Grade in Less Time with Greater Impact? – March 2023
- LAMP Summer Pedagogical Retreat “Building Community through Transformative Pedagogy” – Aug 2023  
Multidiscipline group learning/discussing active and proven pedagogical strategies including many social-emotional learning aspects
- NWC Inclusive Excellence Community (Faculty Learning Community) facilitated by Rachel Watson – Aug 2023 to present  
Read *Being Human in STEM* by Bunnell, Jaswal, and Lyster, discussed practical applications and building student confidence and learning through inclusive pedagogies, create community and connections across Wyoming post-secondary institutions
- How Can I Harness the Power of Story to Create Classroom Community? – Sept 2023
- How Can I Use the Discussion Board to Stimulate Engagement and Build Confidence for First-Year Students? – Sept 2023
- Transforming online asynchronous courses with AI – Sept 2023
- Empower Your Work with AI – Dec 2022
- Wyoming Association for Health, Physical Education, Recreation and Dance (WAHPERD) Convention – Nov 2022  
Workshop for best practice, led mock interviews for seniors in PETE, networking, service

- Interventions for Reading and Engagement – Oct 2022
- ECTL Ungrading, Faculty Learning Community facilitated by Christie Boggs – Oct 2022 to May 2023  
Multidiscipline group, read *Ungrading* by Blum, discussed possible applications within individual classrooms
- Engaging Student Focused Syllabi – Oct 2022
- Wyoming Articulation Summit Conference – Sept 2022  
Attended general sessions and hosted Kinesiology and PETE specific sub-groups
- Navigate Training – Sept 2022
- Arizona State University/Pearson Remote Summit Conference (2-day training) – June 2022  
Multi-faceted sessions on pedagogy, classroom set up, student learning, and online teaching
- Introduction to Microsoft Teams – June 2022
- ECTL Assessment, Faculty Learning Community – Feb 15-May 18, 2022  
Worked with two other K&H members on aligning assessment, courses, and program objectives
- Effective Digital Learning – Feb 2022
- Remote Work Foundations – Jan 2022
- Executive Presence – Jan 2022
- Equitable STEM Transfer Pathways – Nov 2021
- Wyoming Articulation Summit Conference – Oct 2021  
Attended general sessions and hosted Kinesiology and PETE specific sub-groups
- ECTL Teaching & Learning Symposium (6 hours in training) – Sept 2021  
Sessions focused on teaching strategies, pedagogy, and highlighting student project learning
- Technology with Impact in Online Classrooms – Apr 2021
- Zoom Breakout rooms – Mar 2021
- Traditional Resources to OER – Sept 2020
- Swivl training – Aug 2020  
Learned how to use Swivl technology for better online learning situations
- Zoom tips and tricks training – Aug 2020 and Sept 2020  
Learned more on how to use this technology to facilitate online learning for traditional in-person courses
- Canvas Training – Aug 2019 – Jan 2020 (various dates)
- Canvas training – Feb 2019
- Heart Monitor training – Feb 2019
- Art of Mentoring – Jan 2019
- Master Your Influence – Aug 2018
- Sexual Harassment recognition and training – Sept 2018
- Member of National SCASS – HEAP team (State Collaborative on Assessment and Student Standards – Health Education Assessment Project)  
Created and worked with validity and reliability of Health content assessments with group from multiple states and districts
- McRell Leadership training – proven leadership techniques for use in school improvement

- Polar Technology Training – trained on Polar Wellness, Tri-Fit and heart monitors
- Ongoing Lifeguard certification, CPR and First Aid certification
- Second Step violence prevention curriculum
- Solution Tree-Professional Learning Communities Summits (Three attended - Scottsdale, Arizona; Los Angeles, California; Las Vegas, Nevada)  
Focused on how to set up, implement, and lead effective Professional Learning Communities for individual districts, schools, and faculty
- University of Wyoming Health Network trainer for SCASS (State Collaborative on Assessment and Student Standards)  
Led workshops across the state training district personnel on standards, authentic assessment, and standard-based education practices