
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 & Spring 2026
 - National championship runner- up in both indoor and outdoor 2021, 2022, and outdoor 2024
- 2020 – 2026 (summers), ABEE Ropes Course Training Instructor, Holmen, WI
- Provided Association of Challenge Course Technology Level 1 programming and certifications to summer camps

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

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

Starck, J., & Beddoes, Z. (submitted, 2027). *Assessment literacy: Five years after physical education teacher education*. Society of Health & Physical Education America Convention 2026, SHAPE America, Charlotte, NC.

Starck, J., Mueller, A., Csiacsek, K., & Stratton, C. (submitted, 2027). *Building adventure education & outdoor pursuits: Connecting PETE and practice*. Society of Health & Physical Education America Convention 2026, SHAPE America, Charlotte, NC.

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, Jyvaskyla, 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*. ASHPERD 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*. ASHPERD Conference, Orange Beach, AL.

Starck, J., & Pennington, C. (2016, June). *Integrating adventure-based education into curriculum*. ASHPERD 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

KIN 4012: Curriculum Development in Physical Education (1 semester) at the University of Wyoming (Undergraduate level)

- Implemented course content related to curriculum development in physical education

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 Student & Project Mentoring

2026 - Current: Master's Project Committee member: Heidi Carreiro, Effect of using peer mentorship continuous professional development on teacher learning of the sport education model.

2026 - Current: Doctoral Project Committee Co-Chair: Aoba Matsunaga, Title TBD.

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

2026 – Current, Peer Reviewer, SHAPE

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 – 2026, 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 9th 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