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EDUCATION

- 1993 **Doctor of Education**, Department of Dance, Temple University, Philadelphia, PA.
Emphases: Dance Education and Dance Science. Dissertation: "A survey analysis of
dance wellness-related curricula in American higher education."
- 1984 **Master of Arts**, Interdisciplinary Studies: Departments of Physical Education, Theatre,
and Music, Eastern Washington University, Cheney, WA. Emphases: Dance Education
and Production. Project: Dance and Music Theatre Concert (plus supporting written
document)
- 1982 **Bachelor of Arts**, Department of Theatre, Eastern Washington University, Cheney, WA.
Emphases: Dance Performance and Choreography. (*Summa Cum Laude* and *Mary Shields
Wilson Medallion Recipient*)
- 1978 **Diploma**, Davenport High School, Davenport, WA (*Valedictorian*)

TEACHING AND ADMINISTRATIVE EXPERIENCE

- 2004-present **Professor (Tenured) of Physical Education and Dance**, Division of Health and Physical
Education, Western Oregon University, Monmouth, OR
- 2001-2004 **Associate Professor (Tenured) of Physical Education and Dance**, Division of Health
and Physical Education, Western Oregon University, Monmouth, OR
- 1998-2001 **Assistant Professor of Physical Education and Dance**, Division of Health and Physical
Education, Western Oregon University, Monmouth, OR
- 1997-1998 **Instructor of Physical Education and Dance**, Department of Exercise and Sport Science,
Oregon State University, Corvallis, OR
- 1993-1997 **Assistant Professor of Physical Education and Dance, Graduate Program Co-
Coordinator**, Division of Health, Physical Education, and Recreation, Wayne State
University, Detroit, MI
- 1990-1993 **Administrative Assistant and Graduate Teaching Assistant**, Department of Dance,
Temple University, Philadelphia, PA
- 1987-1990 **Instructor of Dance, Company Director, and Choreographer**, Department of Physical
Education, Health, and Recreation and Department of Theatre, Eastern Washington
University, Cheney, WA

- 1987-1988 **Dance Instructor**, Department of Physical Education, Gonzaga University; Class Acts Dance Studio; and Department of Parks and Recreation, Spokane, WA
- 1984-1986 **District Director and Dance/Movement Instructor**, Creative Dance for Children, Inc.; **Dance Instructor and Studio Administrator**, Edna Lee Dance Studio; **Assistant Manager and Fitness Instructor**, Danielle Bari Fitness Salons, Baltimore-Washington D.C. Metro area.
- 1981-1984 **Graduate Teaching Assistant, College Teaching Internship, and Dance Production Assistant**, Department of Physical Education, Health, and Recreation and Department of Theatre, Eastern Washington University, Cheney, WA
- 1979-1981 **Dance Instructor**, Young Women's Christian Association, Spokane, WA; Private Dance Instruction, Davenport, WA

University Instructional Assignments

Western Oregon University (designed curriculum for all courses)

- PE 445 Physical Education Curriculum
 PE 434 Elementary Physical Education Teaching Practicum
 PE 433 Physical Education in the Elementary School
 PE 246 Fundamentals of Movement/Teaching Movement Concepts and Skills to Children
 PE 240 Dance Pedagogy/Teaching Dance in Secondary Schools
 PE 218 Teaching Aerobic Fitness
 PE 210 Teaching Social Dance
 PE 209 Teaching Basic Rhythms
 PE 207 Teaching Games and Relays
 PE 206 Teaching Folk and Square Dance
 PE 172 Basic Rhythms/Teaching Dance and Rhythmic Activities to Children
 PE 170 Games and Relays/Teaching Games and Physical Activities to Children
 PE 122 Social Dance
 PE 121 Folk and Square Dance
 ED 429, 498 Student Teacher Supervision (Undergraduate Education Program)
 ED 434-436 Physical Education Content Pedagogy Workshops (Undergraduate Education Program)
 ED 569M Physical Education Content Pedagogy Workshops (MAT Program)
 Undergraduate and Graduate Student Advising

Wayne State University (designed curriculum for all courses)

- HPR 654 Workshop in HPR: Integrative Movement Education
 PE 342 Physical Education for Elementary School Children II (co-taught)
 PE 341 Physical Education for Elementary School Children I (co-taught)
 PE 258 Physical Education in Secondary Schools: Individual Sports: Dance
 PEA 129 Aerobic Dance
 PEA 126 Step Aerobics
 PEA 123 Sculpt, Stretch, and Tone
 Student Teacher Supervision
 Graduate Program Co-Coordinator

Temple University (designed curriculum for all courses)

Dance as Art
 Ballet I, II (for entering/transferring dance majors)
 Jazz I
 Administrative Assistant

Eastern Washington University (designed curriculum for all courses)

Jazz I, II, III
 Intermediate/Advanced Modern Dance (College Teaching Internship)
 Music/Dance Theatre I, II
 Tap I
 Country Western Dance
 Recreational/Social Dance
 Aerobic Dance
 Dance Company Director/Choreographer
 Cheerleading Coach/Advisor
 Fitness/Wellness Center Instructor

HONORS AND AWARDS

Professional

Kennedy Center Creative Ticket Award, Oregon Alliance for Arts Education, 2006.

College/University Teacher of the Year, Oregon Association for Physical Education, Oregon Alliance for Health, Physical Education, Recreation, and Dance, 2001.

Young Professional Award, Midwest District, American Alliance for Health, Physical Education, Recreation, and Dance, 1998.

Excellence in Teaching Award (\$1000 honorarium), College of Education, Wayne State University, 1996.

President-Dean's Selective Faculty Merit Award (*every year*), Wayne State University, 1993-1996.

Fellow, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance, 1995.

Copperfoot Choreography Award, Dance Department, Wayne State University, 1994.

Listed in Who's Who in America, Who's Who In American Education, Who's Who in the World, and World Who's Who of Women, The National Reference Institute.

Teaching Scholarship, Ririe-Woodbury Summer Dance Workshop, 1989.

Featured Teacher in "Spotlight on Dance Teachers . . . Coast to Coast," Dance Teacher Now (10th Anniversary Issue), 1989.

Student

Graduate Assistantship and Tuition Scholarship, Dance Department, Temple University, 1990-1993.

Graduate Assistantship, Department of Physical Education, Health, and Recreation, Eastern Washington University, 1983-1984.

Academic Scholarship, Martha Hall Educational Trust Fund, ONB Trust, 1980-1984.

Academic Scholarship, Dale Wilson Educational Trust Fund, 1979-1981; 1983-1984.

Mary Shields Wilson Award for outstanding undergraduate student achievement, Eastern Washington University, 1982.

Phi Kappa Phi, National Honor Society, 1982.

Dean's Honor List (*all quarters*), Eastern Washington University, 1978-1982.

Academic Scholarship, Bessie and Godfrey Thompson Fund, 1978-1982.

Academic Scholarship, Alumni Association, Eastern Washington University, 1978-1979; 1980-1981.

Academic Scholarship, Judge W.M. Nevins, V.F.W. Post #7480, 1978-1979.

Valedictorian, Davenport High School, 1978.

PUBLICATIONS

Articles

Research

Cardinal, B. J., Cardinal, M. K., & Burger, M. E. (2005). Lifetime fitness for health course assessment: Implications for curriculum improvement. Journal of Physical Education, Recreation and Dance Journal, 76(8), 48-52.

Cardinal, B. J., & Cardinal, M. K. (2003). How are physical educators' attitudes toward role modelling physical activity and fitness promoting behaviours formed? Journal of Human Movement Studies, 44, 187-194.

Cardinal, B. J., Levy, S. S., John, D. H., & Cardinal, M. K. (2002). Counseling patients for physical activity. American Journal of Medicine & Sports, 4, 364-371.

Cardinal, B. J., & Cardinal, M. K. (2002). Role modeling attitudes and physical activity and fitness promoting behaviors of prospective physical education specialists and non-specialists. International Council for Health, Physical Education, Recreation, Sport, and Dance Journal, 38(3), 22-26.

Cardinal, B. J., & Cardinal, M. K. (2001). Role modeling in HPERD: Do attitudes match behavior? Journal of Physical Education, Recreation and Dance, 72(4), 34-39.

Cardinal, B. J., & Cardinal, M. K. (2000). Preparticipation physical activity screening within a racially diverse, older adult sample: Comparison of the original and revised physical activity readiness questionnaires. Research Quarterly for Exercise and Sport, 71(3), 302-307.

Cardinal, B. J., Cardinal, M. K., Drabbs, M. E., Krause, J. V., Maddalozzo, J. G. F., Martin, J. J., Melville, D. S., & Singleton, S. P. (1998). Preliminary development of a scale to measure attitudes regarding the

importance of role modeling in physical activity and fitness behaviors among health, physical education, recreation, and dance professionals. Perceptual and Motor Skills, 86, 627-630.

- Cardinal, B. J., & Cardinal, M. K. (1997). Changes in exercise behavior and exercise identity associated with a 14-week aerobic exercise class. Journal of Sport Behavior, 20(4), 377-386.
- Cardinal, M. K., & Hilsendager, S. A. (1997). A curricular model for dance wellness education in higher education dance programs. Journal of Dance Medicine & Science, 1(2), 67-72.
- Cardinal, M. K., Hilsendager, S. A., & Cardinal, B. J. (1996). Dance administrators' perceptions of dance wellness-related curricula in American higher education dance programs. Medical Problems of Performing Artists, 11, 83-87.
- Cardinal, B. J., Esters, J., & Cardinal, M. K. (1996). Evaluation of the revised physical activity readiness questionnaire in older adults. Medicine and Science in Sports and Exercise, 28(4), 468-472.
- Cardinal, M. K., & Hilsendager, S. A. (1995). Incorporating dance wellness-related components into higher education dance programs. IMPULSE: The International Journal of Dance Science, Medicine, and Education, 3, 238-248.
- Cardinal, B. J., & Cardinal, M. K. (1995). Screening efficiency of the revised physical activity readiness questionnaire in older adults. Journal of Aging and Physical Activity, 3, 299-308.
- Cardinal, M. K. (1993). African rhythms and their implications for the American jazz dance class. IMPULSE: The International Journal of Dance Science, Medicine, and Education, 1, 39-51.
- Cardinal, M. K., & Cardinal, B. J. (1992/93). An analysis of the quadricep-hamstring ratio among dancers and other cohorts. Kinesiology and Medicine for Dance, 15(2), 36-45.
- Cardinal, B. J., & Cardinal, M. K. (1993). Lifestyle exercise inventory: Preliminary development. Perceptual and Motor Skills, 77, 1066.
- Cardinal, B. J., & Cardinal, M. K. (1990). A survey of a college based dance performing group's perceived health habits and actual anthropometric measurements. Washington Alliance for Health, Physical Education, Recreation and Dance Journal, 46(1), 7-9.

Professional

- Cardinal, B. J., & Cardinal, M. K. (2007, February 13). Oregon college students need health, fitness classes [Guest Opinion]. Statesman Journal, p. C5.
- Cardinal, M. K. (1997, May). Activities and assessment strategies. Michigan Alliance for Health, Physical Education, Recreation and Dance Journal, 26-27.
- Cardinal, M. K. (1996, May). Report on MAHPERD Southeast Regional Workshop. Michigan Alliance for Health, Physical Education, Recreation and Dance Journal, 33-34.
- Cardinal, M. K. (1994). [Review of the book, Finding balance: Fitness and training for a lifetime in dance]. Dance Research Journal, 26(1), 31-32.
- Cardinal, M. K. (1990, Fall). Experience dance -- WAHPERD Conference '90. The Dance Educator, (3), 6.

Book Chapters

- Cardinal, M. K. (In revision). Introduction to dance conditioning. In B. Evans & M. Sprague (Eds.), Dance technique and performance. Boston, MA: American Press.
- Cardinal, M. K. (In revision). Building strength. In B. Evans & M. Sprague (Eds.), Dance technique and performance. Boston, MA: American Press.
- Cardinal, M. K. (In revision). Developing flexibility. In B. Evans & M. Sprague (Eds.), Dance technique and performance. Boston, MA: American Press.
- Cardinal, M. K. (In revision). Building endurance. In B. Evans & M. Sprague (Eds.), Dance technique and performance. Boston, MA: American Press.
- Cardinal, B. J., Singleton, S. P., & Cardinal, M. K. (2000). Application of the revised physical activity readiness questionnaire to a community sample of low-income, minority, older adults. In S. Harris, W. S. Harris, and J. O. Harris (Eds.), Lifelong health and fitness, volume 1: Prevention and human aging (pp. 77-92). Albany, NY: Center for the Study of Aging.
- Cardinal, M. K. & Hilsendager, S. A. (1997). Dance wellness curricular model for higher education. In L. Young-Overby & P. Cote-Laurence (Eds.), Dance education: A lifetime of experiences (pp. 52-63). Reston, VA: National Dance Association.

Conference Proceedings

- Cardinal, M. K. (2004). Building a community: A model for arts education integration. A moving landscape: Dance pedagogy for the 21st century. Conference proceedings from the National Dance Association Pedagogy Conference, Dallas TX.
- Cardinal, M., Halverson, B., Rice, G., Taylor, S., Greiner, M., & Gable, D. (2003). Enhanced use of technology by pre-service teachers in the undergraduate physical education curriculum and teacher education program at Western Oregon University. Conference proceedings from the PT3 (Preparing Tomorrow's Teachers to Use Technology) Showcase: Rounds 2, 3, and 4 Mini-Grant Projects and Progress Reports, Center for Teaching and Learning, Western Oregon University.
- Cardinal, M. K. (1997). Development of standards for dance wellness education. Conference proceedings from the 4th Dance Science & Somatics Conference, Cleveland, OH.
- Cardinal, M. K. (1995). Dance in higher education for the 21st century. The exploration of the new direction for the expansion of dance education, 27-36. Conference proceedings from the 2nd seminar and workshop of the Korean Dance Education Society, Iri, Korea.
- Cardinal, M. K. (1995). Dance wellness curricular model for higher education dance. The exploration of the new direction for the expansion of dance education, 79-88. Conference proceedings from the 2nd seminar and workshop of the Korean Dance Education Society, Iri, Korea.

Curriculum Materials

- Cardinal, M. K. (2001, May). Healthy lifestyles curriculum: Physical activity. In L. Muscato (Ed.), Healthy lifestyles manual: Volume I. Curriculum guide for visiting teachers, administrators, and health professionals from Ukraine. Monmouth, OR: Western Oregon University.

Abstracts

- Cardinal, M. K., & Cardinal, B. J. (2007, March). A 15-year review of dance research presented at the AAHPERD national convention through the research consortium, 1992-2006. Research Quarterly for Exercise and Sport, 78(1), A5-A6.
- Cardinal, M. K., Hernandez, B. L. M., & Lepczyk, B. (2006, April). Research methods in dance: A symposium garnering the breadth of the field of dance. Research Quarterly for Exercise and Sport, 77(Suppl. 1), A-12.
- Cardinal, B. J., Burger, M. E., & Cardinal, M. K. (2004). Middle and high school level "lifetime fitness for health" courses in Oregon: Summary of the 2002 school health education profile study, physical education module (supplement) results. Research Quarterly for Exercise and Sport, 75(Suppl. 1), A62.
- Cardinal, B. J., & Cardinal, M. K. (2003). How are positive attitudes toward role modeling physical activity and fitness promoting behaviors among PETE faculty, PETE students, and K-12 physical educators formed? Research Quarterly for Exercise and Sport, 74(Suppl. 1), A39.
- Cardinal, M. K., & Cardinal, B. J. (2002). A review of dance research presented at AAHPERD through the Research Consortium, 1992-2001. Research Quarterly for Exercise and Sport, 73(Suppl. 1), A2-A3.
- Cardinal, B. J., & Cardinal, M. K. (2001). Attitudes toward role modeling physical activity and fitness promoting behaviors in HPERD. Research Quarterly for Exercise and Sport, 72(Suppl. 1), A91-A92.

- Cardinal, B. J., & Cardinal, M. K. (2001). Role modeling attitudes and physical activity and fitness promoting behaviors of undergraduate students majoring in physical education, elementary education, and other areas of study. Research Quarterly for Exercise and Sport, 72(Suppl. 1), A58-A59.
- Cardinal, M. K. (2000). Trends in dance science and dance wellness-related education: 1990-97. Research Quarterly for Exercise and Sport, 71(Suppl. 1), A20-21.
- Cardinal, M. K., Lofman, E. C., & Cardinal, B. J. (1999). Evaluation of a supplemental strength and conditioning program for dancers. Research Quarterly for Exercise and Sport, 70(Suppl. 1), A16-17.
- Cardinal, B. J., & Cardinal, M. K. (1999). Physical activity readiness questionnaire update: Replication and extension among older, minority adults. Research Quarterly for Exercise and Sport, 70(Suppl. 1), A25.
- Cardinal, B. J., Singleton, S. P., & Cardinal, M. K. (1997). Determining older adults' physical activity readiness [Abstract]. Research Quarterly for Exercise and Sport, 68(Suppl. 1).
- Cardinal, B. J., & Cardinal, M. K. (1996). Changes in exercise behavior and exercise self-schema associated with a 14-week aerobic exercise class [Abstract]. Research Quarterly for Exercise and Sport, 67(Suppl. 1), A96-A97.
- Cardinal, M. K., & Hilsendager, S. A. (1995). A survey of dance administrators' perceptions of dance wellness-related curricula in American higher education dance programs [Abstract]. 4th Dance Science and Related Topics Symposium. University of California, Irvine, Department of Dance.
- Cardinal, M. K., & Hilsendager, S. A. (1995). Availability of dance wellness-related curricula in American higher education dance programs [Abstract]. Research Quarterly for Exercise and Sport, 66(Suppl. 1), A18.
- Cardinal, B. J., & Cardinal, M. K. (1995). Comparison of responses to the physical activity readiness questionnaire (PARQ) and revised PARQ in 70+ year old adults [Abstract]. Research Quarterly for Exercise and Sport, 66(Suppl. 1), A29.
- Cardinal, B. J., Esters, J., & Cardinal, M. K. (1995). Evaluation of the revised physical activity readiness questionnaire in older adults [Abstract No. 102]. Medicine and Science in Sports and Exercise, 27(Suppl. 5), S17.
- Cardinal, M. K. (1994). Survey analysis of dance wellness-related curricula in American higher education [Abstract No. 250]. Completed Research in Health, Physical Education, Recreation, and Dance, 35, 106-107.
- Cardinal, M. K., & Hilsendager, S. A. (1994). Perceptions and barriers of dance wellness-related curricula in American higher education dance programs [Abstract]. Research Quarterly for Exercise and Sport, 65(Suppl. 1), A21.
- Cardinal, M. K. (1993). A survey of dance wellness-related curricula in American higher education [Abstract]. IMPULSE: The International Journal of Dance Science, Medicine, and Education, 1(2), 153-154.

Cardinal, M. K., & Cardinal, B. J. (1993). Dancers' quadricep-hamstring ratios: An exploratory study of a potentially injurious phenomenon [Abstract]. Research Quarterly for Exercise and Sport, 64(Suppl. 1), A22.

PRESENTATIONS

Research

Cardinal, M. K., & Cardinal, B. J. (2007, March). A 15-year review of dance research presented at the AAHPERD national convention through the research consortium, 1992-2006. Paper presented as part of a Dance Research Symposium at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Baltimore, MD.

Vetter, R., Cardinal, M. K., & LaPointe-Crump, J. (2007, March). Dance Networking and Publishing – Research Collaborations in Dance. Panel participation at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Baltimore, MD.

Cardinal, M. K., Hernandez, B. L. M., & Lepczyk, B. (2006, April). Research methods in dance: A symposium garnering the breadth of the field of dance. Symposium presented at the American Alliance for Health, Physical Education, Recreation, and Dance Convention, Salt Lake City, UT.

Cardinal, B. J., Burger, M. E., & Cardinal, M. K. (2004, April). Middle and high school level "lifetime fitness for health" courses in Oregon: Summary of the 2002 school health education profile study, physical education module (supplement) results. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, New Orleans, LA.

Cardinal, M. (2004, January). Building a community: A model for arts education integration. Paper presented at the National Dance Association Pedagogy Conference, Dallas TX.

Cardinal, B. J., & Cardinal, M. K. (2003, April). How are positive attitudes toward role modeling physical activity and fitness promoting behaviors among PETE faculty, PETE students, and K-12 physical educators formed? Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Philadelphia, PA.

Cardinal, M. K., & Cardinal, B. J. (2002, April). A review of dance research presented at AAHPERD through the Research Consortium, 1992-2001. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, San Diego, CA.

Cardinal, B. J., & Cardinal, M. K. (2001, March). Attitudes toward role modeling physical activity and fitness promoting behaviors in HPERD. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Cincinnati, OH.

Cardinal, B. J., & Cardinal, M. K. (2001, March). Role modeling attitudes and physical activity and fitness promoting behaviors of undergraduate students majoring in physical education, elementary education, and other areas of study. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Cincinnati, OH.

Cardinal, M. K. (2000, March). Trends in dance science and dance wellness-related education: 1990-97. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Orlando, FL.

- Cardinal, M. K., Lofman, E. C., & Cardinal, B. J. (1999, April). Evaluation of a supplemental strength and conditioning program for dancers. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Boston, MA.
- Cardinal, B. J., & Cardinal, M. K. (1999, April). Physical activity readiness questionnaire update: Replication and extension among older, minority adults. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Boston, MA.
- Cardinal, M., Koff, S., & Hilsendager, S. (1997, March). New paradigms for dance in education for the 21st century. Panel presentation presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, St. Louis, MO.
- Cardinal, B. J., Singleton, S. P., & Cardinal, M. K. (1997, March). Determining older adults' physical activity readiness. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, St. Louis, MO.
- Cardinal, M. K. (1997, February). Development of wellness guidelines for dance education. Roundtable session presented at the 4th Dance Science & Somatics Conference, Cleveland, OH.
- Cardinal, M., Plastino, J., Bonbright, J., Newman, S., & Solomon, R. (1996, April). Dancer health screening/assessment programs. Panel presentation presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Atlanta, GA.
- Cardinal, B. J. & Cardinal, M. K. (1996, April). Changes in exercise behavior and exercise self-schema associated with a 14-week aerobic exercise class. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Atlanta, GA.
- Cardinal, M. K. & Hilsendager, S. A. (1995, October). A survey of dance administrators' perceptions of dance wellness-related curricula in American higher education dance programs. Invited paper presented at the 4th Dance Science & Related Topics Symposium, Irvine, CA.
- Cardinal, M. K. (1995, July). Dance in higher education for the 21st century. Invited paper presented at the 2nd Seminar and Workshop of the Korean Dance Education Society, Iri, Korea.
- Cardinal, M. K. (1995, July). Dance wellness curricular model for higher education dance. Invited paper presented at the 2nd Seminar and Workshop of the Korean Dance Education Society, Iri, Korea.
- Cardinal, B. J., Esters, J., & Cardinal, M. K. (1995, May). Evaluation of the revised physical activity readiness questionnaire in older adults. Poster session presented at the American College of Sports Medicine Convention, Minneapolis, MN.
- Cardinal, B. J., & Cardinal, M. K. (1995, April). Comparison of responses to the physical activity readiness questionnaire (PARQ) and revised PARQ in 70+ year old adults. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Portland, OR.
- Cardinal, M. K., & Hilsendager, S. A. (1995, March). Availability of dance wellness-related curricula in American higher education dance programs. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Portland, OR.
- Cardinal, M. K., & Hilsendager, S. A. (1995, February). Incorporation of dance wellness-related curricula in American higher education dance programs. Paper presented at the National Dance Association-sponsored Science and Somatics of Dance Symposium, Salt Lake City, UT.

- Cardinal, M. K., & Hilsendager, S. A. (1994, October). Dance wellness curricular model for higher education dance programs. Paper presented at the National Dance Association and National Association for Sport and Physical Education co-sponsored Dance Education Conference, East Lansing, MI.
- Cardinal, M. K., & Hilsendager, S. A. (1994, April). Perceptions and barriers of dance wellness-related curricula in American higher education dance programs. Paper presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Denver, CO.
- Cardinal, M. K. (1994, March). Status of dance science curricula in American higher education dance programs. Poster session presented at the Northwest District of the American Alliance of Health, Physical Education, Recreation and Dance Convention, Boise, ID.
- Cardinal, M. K. (1993, November). Dance science curricula in American higher education dance programs: A content analysis of the National Dance Association's 1990 Dance Directory. Poster session presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Traverse City, MI.
- Cardinal, B. J., & Cardinal, M. K. (1993, November). Body composition of 12 kilometer fun run participants and non-participants. Poster session presented at the Michigan State Association of Health, Physical Education, Recreation and Dance Convention, Traverse City, MI.
- Cardinal, M. K., & Cardinal, B. J. (1993, March). Dancers' quadricep - hamstring ratios: An exploratory study of a potentially injurious phenomenon. Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Convention, Washington, D.C.
- Cardinal, M. K. (1992, December). African rhythms: Application to teaching jazz dance. Paper presented at the Pennsylvania State Association for Health, Physical Education, Recreation and Dance Convention, Lancaster, PA.

Professional

- Cardinal, M. K. (2007, April). Teaching creative dance to children. Invited 2-day workshop presented for the Dance Department, Korean National Sports University, Seoul, South Korea.
- Cardinal, M., Jayne, T., Ness, P., Skyles, A., & Tatum, J. (2003, October). First year teacher panel: How to make the best out of your first year. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Sherwood, OR.
- Cardinal, M., Halverson, B., Rice, G., Taylor, S., Greiner, M., & Gable, D. (2003). Enhanced use of technology by pre-service teachers in the undergraduate physical education curriculum and teacher education program at Western Oregon University. Table presented at the PT3 (Preparing Tomorrow's Teachers to Use Technology) Showcase: Rounds 2, 3, and 4, Center for Teaching and Learning, Western Oregon University.
- Cardinal, M. K. (2002, October). Fusing art with physical activity: A look at dance in physical education through the dance standards. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Corvallis, OR.
- Cardinal, M. K. (2001, October). Using music in dance and physical education. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Wilsonville, OR.

- Cardinal, M. K. (2001, May). Healthy lifestyles curriculum: Physical activity. Invited session presented to visiting teachers, administrators, and health professionals from Ukraine, Monmouth, OR.
- Cardinal, M. K. (2000, October). Folk dancing in grades K-8. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Wilsonville, OR.
- Cardinal, M. K. (1999, October). Rhythm activities for elementary school children. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Seattle, WA.
- Cardinal, M. K. (1999, October). Integrating movement with other academic disciplines. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Seattle, WA.
- Cardinal, M. K. (1999, October). Integrating academic disciplines into elementary physical education. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Aurora, OR.
- Cardinal, M. K. (1998, October). Rhythm activities for children. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Yakima, WA.
- Cardinal, M. K., & Cardinal, B. J. (1998, October). A model for physical education reform. Invited session presented at the Washington Association for Health, Physical Education, Recreation and Dance Convention, Yakima, WA.
- Cardinal, M. K. (1998, October). Rhythm activities for elementary physical education. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Eugene, OR.
- Cardinal, M. K., & Cardinal, B. J. (1998, October). No more dodgeball: A model for physical education reform. Session presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Convention, Eugene, OR.
- Cardinal, M. K. (1997, April). Integrative movement education. Inservice workshop presented to MAHPERD members and teachers from Detroit Metro area Public Schools, Detroit, MI.
- Cardinal, M. K. (1996, November). Rhythmic activities for elementary physical education. Session presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Traverse City, MI.
- Cardinal, M. K. (1995, November). Country line dance. Pre-convention workshop presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Battle Creek, MI.
- Cardinal, M. K. (1995, February). Country line dance. Inservice workshop presented to dance and physical education teachers from Detroit Public Schools, Detroit, MI.
- Cardinal, M. K. (1994, December). Folk and square dance. Inservice workshop presented to dance and physical education teachers from Detroit Public Schools, Detroit, MI.
- Cardinal, M. K. (1994, November). Country western dance. Session presented at the Michigan Association for Health, Physical Education, Recreation and Dance Convention, Detroit, MI.

- Cardinal, M. K. (1989, October). Modified country line dances. Session presented at Washington Alliance for Health, Physical Education, Recreation and Dance Convention, Seattle, WA.
- Brown, M. K. (1988, October) Ballet in the physical education classroom. Session presented at the Washington Alliance for Health, Physical Education, Recreation and Dance Convention, Pasco, WA.
- Brown, M. K. (1988, March). Low impact aerobics. Session presented at the Northwest District of the American Alliance for Health, Physical Education, Recreation and Dance Convention, Pullman, WA.
- Brown, M.K. (1987, October). Low impact aerobics/injury prevention. Session presented at the Washington Alliance for Health, Physical Education, Recreation and Dance Convention, Bellevue, WA.
- Brown, M. K. (1987, January). Scholarship ballet class. Class presented for the student scholarship competition at a Dance Masters of America Convention, Baltimore, MD.

GRANTS

External Awards

- Cardinal, M. K. (2003). Arts for learning summer arts integration project. Funding provided by the Arts in Education Program, Salem Art Association. Amount funded: \$1,000.
- Cardinal, M. K. (2003). Funding to attend summer Oregon Teacher Arts Institute. Funding provided by the Oregon Alliance for Arts Education, Oregon Arts Commission, and Oregon Department of Education. Amount funded: conference registration and accommodations.
- Cardinal, M. K. (2003). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association. Amount funded: \$500.
- Cardinal, M. K. (2002). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association. Amount funded: \$500.
- Cardinal, M. K. (1999). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association. Amount funded: \$500.
- Cardinal, B. J., & Cardinal, M. K. (1997). NCAA speakers' bureau grant. Funding provided by the National Collegiate Athletic Association and the Division of Health, Physical Education and Recreation, Wayne State University. Amount funded: \$1,500.
- Cardinal, M. K. (1996). Integrative movement education workshop. Funding provided by the Michigan Association for Health, Physical Education, Recreation and Dance. Amount funded: \$500.
- Cardinal, M. K. (1995). Travel support to present research findings. Funding provided by the Korean Dance Education Society. Amount funded: airfare, land transportation, accommodations, and seminar registration.
- Cardinal, M. K. (1995). Travel support to present research findings. Funding provided by the Science and Somatics of Dance Symposium. Amount funded: airfare.

Cardinal, M. K. (1994). Travel support to present research findings. Northwest Airlines "Richard Van Dusen Memorial" Domestic Travel Assistance Program. Amount funded: \$520.

Cardinal, M. K., & Cardinal, B. J. (1990). Funding to commission artwork and develop a promotional poster representing the Washington Alliance for Health, Physical Education, Recreation and Dance (WAHPERD). Funding provided by WAHPERD. Amount funded: \$2,725.

Cardinal, B. J., & Cardinal, M. K. (1989). "The Total Dancer" health project. Funding provided by Class Acts Dance Academy. Amount funded: \$100.

Internal Awards

Cardinal, M. K. (2007). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$775.

Cardinal, M. K. (2006). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$775.

Cardinal, M. K. (2005). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$725.

Cardinal, M. K. (2005). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$900.

Cardinal, M. K. (2004). Travel support to attend professional conference. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$500.

Cardinal, M. K. (2004). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$750.

Cardinal, M. K. (2003). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$750.

Cardinal, M. K. (2003). Physical education and dance technology equipment grant. Funding provided by the Western Oregon University Student Technology Fee Committee. Amount funded: \$9,856.

Cardinal, M. K. (2003). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$600.

Cardinal, M., Halverson, B., Rice, G., Taylor, S., Greiner, M., & Gable, D. (2002). Enhanced use of technology by pre-service teachers in the undergraduate physical education curriculum and teacher education program at Western Oregon University. Funding provided by the PT3 (Preparing Tomorrow's Teachers to Use Technology) Faculty Grants Program Round 4, Center for Teaching and Learning, Western Oregon University. Amount funded: \$8,500.

Cardinal, M. K. (2002). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$750.

Cardinal, M. K. (2001). Travel support to attend professional conference in official capacity. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$600.

Cardinal, M. K. (2001). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$750.

- Cardinal, M. K. (2000). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$750.
- Cardinal, M. K. (1998). Home-school Physical Education teaching project. Funding provided by the Western Oregon University Foundation. Amount funded: \$500.
- Cardinal, M. K. (1998). Travel support to present research findings. Funding provided by the Western Oregon University Faculty Development Fund. Amount funded: \$500.
- Cardinal, M. K. (1993). Travel support to present research findings. Funding provided by the Graduate School, Temple University. Amount funded: \$200.
- Cardinal, M. K. (1992). Professional development travel support. Funding provided by the William M. Polishook Tribute Fund, Phi Delta Kappa, Temple University Chapter. Amount funded: \$400.
- Cardinal, M. K. (1989). Primary funds for Eastern Washington University Dance Company. Funding provided by the Associated Students of Eastern Washington University. Amount funded: \$700.
- Cardinal, M. K. (1989). Supplemental funds for Eastern Washington University Dance Company. Funding provided by the Associated Students of Eastern Washington University. Amount funded: \$699.52.
- Brown, M. K. (1988). Primary funds for Eastern Washington University Dance Company. Funding provided by the Associated Students of Eastern Washington University. Amount funded: \$700.

PRODUCTION AND DIRECTION EXPERIENCE

- 1991 **Co-Director, Art in Motion.** Temple University Student Dance Concert, Philadelphia, PA.
- 1990 **Co-Director, Dance Pot-Pourri.** Temple University Student Dance Concert, Philadelphia, PA.
- 1990 **Producer, Director, and Choreographer, Dancin' Through the Decades.** Eastern Washington University Dance Company Spring Concert, Cheney, WA.
- 1990 **Producer, Director, and Choreographer, A Century of Dance.** Eastern Washington University Dance Company, performed through special arrangements with the Washington Association for Supervision and Curriculum Development Conference, Spokane, WA.
- 1989 **Producer, Director, and Choreographer, High Fidelity.** Eastern Washington University Dance Company Spring Concert, Cheney, WA.
- 1989 **Co-Director, Vacation '89.** Eastern Washington University Dance Company Spring Fashion Show, Cheney, WA.
- 1989 **Producer and Director, Eastern Washington University Talent Night.** Talent show co-sponsored by Eastern Washington University Dance Company and the Associated Students of Eastern Washington University, Cheney, WA.

- 1988 **Producer, Director, and Choreographer, Step by Step.** Eastern Washington University Dance Company Spring Concert, Cheney, WA.
- 1984 **Producer, Director, Choreographer, and Performer, Graduate Recital.** Music Theatre and Dance Concert, Cheney, WA.
- 1981 **Assistant Stage Manager, As You Like It.** Eastern Washington University Theatre Production, Cheney, WA, 1981.

CHOREOGRAPHY

- 1994 Transcendence (modern dance), Wayne State University Dance Company, Detroit, MI.
- 1990 Chicago (the musical), Eastern Washington University Theatre Production, Cheney, WA.
- 1989 Football Halftime Production, collaboration between Eastern Washington University Dance Company and Music Department, performed through special arrangements at the University of Idaho Kibidome, Moscow, ID and the Seattle Kingdome, Seattle, WA.
- 1989 The Way That You Love Me (jazz dance), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1989 Jackie (jazz dance), Eastern Washington University Dance Company, Cheney, and Spokane, WA.
- 1989 The Jellicle Ball (jazz ballet), Eastern Washington University Dance Company, Cheney, WA.
- 1989 All at Once (lyrical jazz), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1988 Love Will Save the Day (jazz dance), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1988 Sweet Love (lyrical jazz), Eastern Washington University Dance Company, Cheney and Spokane, WA.
- 1986 Hoedown (character), Advent Community Theatre, Baltimore, MD.
- 1984 Flashdance (jazz suite), Eastern Washington University, Cheney, WA.
- 1984 The Roar of the Greasepaint (musical theatre suite), Eastern Washington University, Cheney, WA.
- 1984 Memories (modern ballet), Eastern Washington University, Cheney, WA.
- 1984 Cinderella (musical theatre suite), Eastern Washington University, Cheney, WA.
- 1984 There's No Business Like Show Business (musical theatre excerpt), Eastern Washington University, Cheney, WA.

- 1983 Be . . . With You, Myself, Together (modern ballet), Eastern Washington University Dance Theatre, Cheney, WA.
- 1982 Echoes in Flight (modern dance), Eastern Washington University Dance Theatre, Cheney, WA.
- 1981 Battery Park (modern dance), Eastern Washington University Dance Theatre, Cheney, WA.

PERFORMANCE EXPERIENCE

- 1989 **Dancer**, Ririe-Woodbury Summer Dance Workshop Performance. Snowbird, UT.
- 1985-1986 **Repertory Dance Company Member**, "Electric Dance Ensemble Dance Company," Baltimore, MD. Performances at the Advent Community Theatre and throughout the Baltimore area.
- 1978-1983 **Repertory Dance Company Member**, Eastern Washington University Dance Company, Cheney, WA. Performances at the University Theatre and tour groups throughout Eastern Washington.
- 1982 **Dance Hall Girl**, Willow Springs (musical theatre production). Eastern Washington University, Cheney, WA.
- 1981-1982 **Vocal Soloist, Dancer, and Actress**, Godspell. Performances at the Eastern Washington University Theatre, Cheney, WA, Spokane area public schools, and overseas to Korea and Okinawa in conjunction with the Department of Defense (U.S.O.).
- 1981 **Member**, "Little Travelling Music" (musical theatre touring group). Performances throughout Eastern Washington public schools.
- 1980 **Mary Magdalene**, Jesus Christ Superstar. Performances at Eastern Washington University, Cheney, WA and the Opera House, Spokane, WA.
- 1980 **Dancer**, Renaissance Festivals. Opera House, Spokane, WA.
- 1979-1980 **Vocal Soloist, Pianist, and Flautist**, Sachet (a musical trio) and Evening Tide (a dance band). Performances throughout the Eastern Washington region.
- 1974-1978 **Performer**, four-piece musical combo (vocal soloist, flautist), sextet (soprano), and swing choir (soprano, choreographer). Performances throughout Washington State public schools and community centers.

SERVICE

Professional

- 2000-present **Editorial Board Member**, Journal of Dance Education, National Dance Education Organization

- 2004-2007 **Chairperson**, Research Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance
- 2004-2007 **National Dance Association Representative and Board Member**, Research Consortium Executive Board, American Alliance for Health, Physical Education, Recreation and Dance
- 2006 **Reviewer**, Interdisciplinary Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 2006 **Manuscript Reviewer**, Dance: Current Selected Research, Volume 6
- 2005-2006 **Chairperson**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 2004-2006 **Chairperson**, Scholar / Artist Selection Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance
- 2000-2002, 2006 **Coordinator**, Western Oregon University Health/Physical Education Majors' Volunteer Assistance at the Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference
- 2005 **External Reviewer**, Dance Education Colleague's Dossier for Promotion to Full Professor, Department of Theatre and Dance, Michigan State University
- 1998-2004 **Coordinator**, College/University Student Recognition Awards, Oregon Association for Physical Education, Oregon Alliance for Health, Physical Education, Recreation, and Dance
- 2003 **Facilitator**, Break-out Session, Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference
- 2003 **Participant**, Oregon Physical Education Teacher Education (PETE) Faculty Praxis Review and Recommendation Work Group, Teacher Standards and Practices Commission
- 2002-2003 **Chairperson**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1993-2001 **Manuscript Reviewer**, Dance Research Journal
- 1999-2000 **Member**, Credentials Committee, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1998-2000 **College/University Chairperson**, Oregon Association for Physical Education, Oregon Alliance for Health, Physical Education, Recreation, and Dance
- 1999 **Delegate**, Dance Division, Northwest District, State and District Vice Presidents' Meeting, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance Convention
- 1998-1999 **Chairperson**, Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance

- 1997-1999 **Contributing Editor (Dance)**, Physical Activity Today, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1996-1997 **Member**, Dance Medicine, Science, and Technology Committee, National Dance Association
- 1996-1997 **Delegate**, National Dance Association, Alliance Assembly, American Alliance for Health, Physical Education, Recreation and Dance
- 1996-1997 **Steering Committee Member**, Science and Somatics of Dance Symposium, National Dance Association
- 1996-1997 **Reviewer**, National Registry of Dance Educators, National Dance Association
- 1995-1997 **Director of Publications and Board Member**, National Dance Association
- 1995-1997 **Coordinator**, Southeast Regional Physical Education Workshop, Michigan Association for Health, Physical Education, Recreation and Dance
- 1996 **Dance Representative**, Assembly of the Michigan Association for Health, Physical Education, Recreation and Dance
- 1996 **Reviewer**, Student Literary Award, National Dance Association
- 1995-1996 **Member**, Credentials Committee, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance
- 1994-1996 **Manuscript Reviewer**, IMPULSE: The International Journal of Dance Science, Medicine, and Education
- 1995 **Reviewer**, National Registry of Dance Educators "Code of Ethics for Dance Educators in the Private Sector" and "Guidelines for the Safe Practice of Teaching Dance," Studio Services Committee, National Dance Association
- 1994 **Abstract Reviewer**, Congress on Research in Dance National Conference
- 1988-1990 **Vice President/Vice President Elect**, Dance Division, Washington Alliance for Health, Physical Education, Recreation, and Dance

Community

- 2005-2007 **Coordinator**, Luckiamute Valley Charter Schools' children's participation in teacher education courses (PE 433, PE 172, PE 246), Division of Health and Physical Education, Western Oregon University
- 2002, 2005-2007 **Coordinator**, Local home-schooled children's weekly participation in teacher education courses (PE 170, PE 434), Division of Health and Physical Education, Western Oregon University
- 2001, 2005-2006 **Coordinator**, Teaching Research Child Development Center children's participation in teacher education courses (PE 246), Division of Health and Physical Education, Western Oregon University

- 2005 **Teacher Inservice Workshop Presenter (Elementary Physical Education)**, Luckiamute Valley Charter Schools, Pedee, OR
- 2003 **Coordinator**, Student Teacher Participation (leading physical activities) in SMILE Program for Middle School Students, Western Oregon University
- 2002 **Mentor**, Ellie Ritson, Job Shadow Program, South Salem High School
- 2002 **Presenter**, Two Dance Sessions, Polk County Girls Summit 2002, Oregon Department of Human Services, Polk County Human Services, Mid-Willamette Valley Community Action, Dallas Action Together, & Western Oregon University
- 2001 **Coordinator**, Falls City Elementary School children's participation in teacher education courses, Division of Health and Physical Education, Western Oregon University
- 1999 **Consultant**, Physical Education Curricular Reform, Westview High School, Beaverton, OR
- 1993-1996 **Coordinator**, Detroit Arts Festival/Children's Fair Booth, "Dance and Physical Education Activities," College of Education and Division of Health, Physical Education and Recreation, Wayne State University
- University**
- 2006-2007 **Advisor**, Social Dance Club, Western Oregon University
- 2005-2007 **Northwest Accreditation Program Review Representative/Liaison**, Division of Health and Physical Education, Western Oregon University
- 1999-2007 **Student Award Nominations and/or Coordination** (OAPE Student Recognition Awards, NASPE Major of the Year Awards, OAHPERD Student Scholarships, Outstanding Student Service Award, Student Leadership Awards, Academic Excellence Day, and/or Who's Who References), Division of Health and Physical Education, Western Oregon University
- 2006 **Health and Physical Education Student Advising Session Participant**, New Student Week, Western Oregon University
- 2006 **Coordinator**, Division of Health and Physical Education's involvement in New Student Week activities, Western Oregon University
- 2006 **Group Student Advising Session Leader**, Division of Health and Physical Education, Western Oregon University
- 2005-2006 **Mentor**, New Faculty Peer Portfolio Mentoring Program, Division of Health and Physical Education, College of Education, Western Oregon University
- 2001-2002
2006 **Division Representative (and Facilitated Student Presentations)**, Academic Excellence Day, Western Oregon University
- 1999-2004,
2006 **Division Representative**, Early Bird Transfer Registration Day, Western Oregon University

- 1998-2004,
2006 **HPE Division Representative/Interviewer**, Education Program Student Interviews, College of Education, Western Oregon University
- 1998-2003,
2005-2006 **Faculty Retreat Participant**, Division of Health and Physical Education and Division of Teacher Education, Western Oregon University
- 2005 **Coordinator**, Elementary Physical Education Teacher Education Guests/Visitors from Japan, Division of Health and Physical Education, Western Oregon University
- 2004 **Division Representative**, Winter Preview Day, Western Oregon University
- 2003-2004 **Mentor**, New Faculty Peer Induction Mentoring Program, Division of Health and Physical Education, College of Education, Western Oregon University
- 2000-2004 **Mentor Teacher**, Six Physical Education and/or Dance Teacher Education Faculty (Folk and Square Dance, Social Dance, Teaching Movement Concepts and Skills to Children, Teaching Games and Physical Activities to Children, Teaching Dance to Children, Teaching Aerobic Fitness, Physical Education Content Pedagogy), Divisions of Health and Physical Education and Teacher Education, Western Oregon University
- 1999-2004 **Co-Coordinator**, Health and Physical Education Student Evaluation Process (for Education Program Applicants), Division of Health and Physical Education, Western Oregon University
- 2003 **Invited Faculty Participant**, Holiday "Bake-Off" Competition, Student Journal Staff, Western Oregon University
- 2003 **Co-Presenter**, "Technology Equipment for Measuring Fitness/Physical Activity" and "Character Education/Service Learning," Faculty Retreat, Division of Health and Physical Education, Western Oregon University
- 2003 **Co-Coordinator**, Guest Scholar Presentation: Bruce Brown (Wellness for Athletes: The Seven Essentials of Great Teams), Division of Health and Physical Education, Western Oregon University
- 2003 **Participant**, Arts Education Retreat, College of Education, Western Oregon University
- 2002-2003 **Coordinator**, Physical Education Curriculum Revisions, Division of Health and Physical Education, Western Oregon University
- 2001-2003 **Coordinator**, Guest Presentations: Margaret Bates (Education Specialist, Oregon Department of Education), teacher education courses and Division of Health and Physical Education, Western Oregon University
- 2001-2003 **Coordinator**, Guest Presentations: Brad Cardinal (Physical Activity Epidemiology Specialist, Oregon State University), teacher education courses, Division of Health and Physical Education, Western Oregon University
- 2002 **Facilitator**, Health and Physical Education Break-out Group, Club Ed Meeting, Division of Teacher Education, Western Oregon University

- 2002 **Co-Coordinator**, Guest Scholar Presentation: Ray Tricker (Performance Enhancement and Drug Use Among Athletes), Division of Health and Physical Education, Western Oregon University
- 2002 **Reviewer**, PT3 Technology Grant Proposals: Round 3, Center for Teaching and Learning, Western Oregon University
- 2002 **Division Representative**, Winter and Fall Preview Days, Western Oregon University
- 2001-2002 **Presenter**, "Teaching Elementary Physical Education" and "Overview of the WOU Education Program" lectures presented to students in "Introduction to Health and Physical Education" courses, Division of Health and Physical Education, Western Oregon University
- 2000 **Presenter**, "History and Philosophy of Physical Education" lecture presented to students in Term II of the Education Program, Division of Teacher Education, Western Oregon University
- 1999-2000 **Presenter**, Swing and Country Western Dance Workshops, Residence Life Program, Western Oregon University
- 1998-2000 **Presenter**, Integrated Arts and Movement Workshops "team-presented" to students in Term II of the Education Program, Division of Teacher Education, Western Oregon University
- 1999 **Co-Coordinator**, Guest Scholar Presentation: Robin S. Vealey (Sport Psychology), Division of Health and Physical Education, Western Oregon University
- 1999 **Coordinator**, Student Teacher Presentations at "Preview 2009," Residence Hall Association, Western Oregon University
- 1998-1999 **Division Representative**, Academia/Fall Preview Day, Western Oregon University
- 1998 **Guest Warm-up Leader**, Volleyball Team Practices, Western Oregon University
- 1993-1997 **Student Teacher Portfolio Reviewer**, College of Education, Wayne State University, Detroit, MI
- 1993 **Presenter**, "Dance career alternatives" lecture presented to undergraduate students in the "Professional Perspectives in Physical Education" course, Wayne State University, Detroit, MI
- 1991 **Presenter**, "Dance kinesiology and injury prevention" workshop presented to undergraduate students in the Department of Dance, Temple University, Philadelphia, PA.

Committee Assignments

University

- 2005-2007 Northwest Accreditation Self-Study Steering Committee, Western Oregon University

2005-2006	Northwest Accreditation Standards Review and Writing Teams, Western Oregon University
2005-2006	Northwest Accreditation Program Review Teams, Western Oregon University
2001-2004	Senate Curriculum Committee, Western Oregon University
2002-2003	Chairperson , Senate Curriculum Committee, Western Oregon University
2001-2003	Board of Directors , Center for Teaching and Learning, Western Oregon University
2000-2002	Faculty Senate, Western Oregon University
2001	Liberal Arts Core Curriculum Committee, Western Oregon University
1998-2001	Academic Requirements Committee, Western Oregon University

College

2003-2006	Faculty Peer Mentoring Committee, College of Education, Western Oregon University
2003-2004	Field Services Work Group, College of Education, Western Oregon University
1992-1993	Graduate Council, College of Health, Physical Education, Recreation, and Dance, Temple University (graduate student representative)

Division/Department

2005-2007	Physical Education and Exercise Science Curriculum Revision Committee, Western Oregon University
2003-2007	Personnel Review Committee, Western Oregon University
2000-2007	Curriculum Committee, Western Oregon University
2006	Physical Activity Specialist Search Committee, Western Oregon University
2005-2006	Graduate Committee, Western Oregon University
2003-2004	Chairperson , Graduate Committee, Western Oregon University
2003-2004	Physical Education/Exercise Science Faculty Search Committee, Western Oregon University
2003-2004	Health Education Faculty Search Committee, Western Oregon University
2003	Chairperson , Physical Education Pedagogy Faculty Search Committee, Western Oregon University
2003	Track Coach/Physical Education Faculty Search Committee, Western Oregon University
2001-2003	Chairperson , Curriculum Committee, Western Oregon University

2001-2003	Library Liaison for Physical Education, Western Oregon University
1997	Physical Activity Courses (PAC) Committee, Oregon State University
1996-1997	Graduate Panel, Wayne State University
1996-1997	NCATE Graduate Physical Education Pedagogy Committee, Wayne State University
1995-1997	Physical Education Pedagogy Faculty Search Committees, Wayne State University
1994-1997	Graduate Handbook Committee, Wayne State University
1994-1997	Undergraduate Physical Education Curriculum Committee, Wayne State University
1993-1997	Graduate Committee, Wayne State University
1993-1997	Physical Education Student Teaching Advisory Committee, Wayne State University
1993-1995	Public Relations Committee, Wayne State University
1994	State Convention Booth and Social Committee, Wayne State University
1993-1994	Name Change Committee, Wayne State University

Project, Thesis, and Dissertation Advising

2007	Member , Masters Project Committee, Terheanna Marquez, Western Oregon University
2005-2006	Chairperson , Undergraduate Honors Thesis Committee, Tegan Allen, Western Oregon University
2001-2006	Member , Masters Project Committee, Morning Dove McCreary, MS.Ed., Western Oregon University
2003-2004	Chairperson , Masters Project Committee, Travis Reeser, MS.Ed., Western Oregon University
2002-2004	Chairperson , Masters Thesis Committee, Buffy Rhines, MS.Ed., Western Oregon University
2002-2003	Member , Masters Project Committee, Matt Tornow, MS.Ed., Western Oregon University
2002-2003	Chairperson , Masters Thesis Committee, Craig Button, MS.Ed., Western Oregon University
2002-2003	Member , Masters Thesis Committee, Loni Berry, MS.Ed., Western Oregon University
1999-2001	Member , Undergraduate Honors Thesis Committee, Shannon Harvey, Western Oregon University
1999	Member , Masters Project Committee, Greg Giza, MS.Ed., Western Oregon University
1996	Member , Masters Thesis Committee, Mary E. Boyhtari, M.Ed., Wayne State University

- 1995-1996 **Member**, Masters Thesis Instrument Review Panel, C. Berman, & M. McCurry, Long Island University
- 1995 **Advisor**, Senior Project, Elana Chessler, B.S., Wayne State University
- 1994 **Member**, Doctoral Dissertation Instrument Review Panel, Victoria Hutchinson, Temple University

PROFESSIONAL SOCIETY MEMBERSHIPS

- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- International Association for Dance Medicine and Science (IADMS)
- Oregon Alliance for Health, Physical Education, Recreation and Dance (OAHPERD)
- National Dance Association (NDA)
- National Dance Education Organization (NDEO)
- National Association for Sport and Physical Education (NASPE)
- Northwest Council for Expanded Children's Physical Education (CCEPE)
- Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance

PROFESSIONAL DEVELOPMENT

Certifications

- American Council on Exercise (ACE)
- American Red Cross Community First Aid and Safety and Community CPR

Conferences and Workshops Attended

- 1992-2007 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention
- 1999-2001,
2003-2004,
2007 Silver Falls Oregon Colleges and Universities Health and Physical Education Conference
- 1998-2003,
2005-2006 Oregon Alliance for Health, Physical Education, Recreation, and Dance (OAHPERD) State Convention
- 2001, 2003,
2006 National Dance Education Organization (NDEO) Conference
- 2006 Oregon Music Educators Association State Conference

2004	International Association for Dance Medicine and Science (IADMS) International Convention
1999-2004	Northwest Conference on Children's Expanded Physical Education (CCEPE)
2004	National Dance Association (NDA) Dance Pedagogy Conference
2003	Oregon Teacher Arts Institute
2003	Praxis Examination Faculty Workshop (Educational Testing Service)
2002	Strengthening Your Physical Education Program: Practical Strategies for Assessment and Grading (Grades 4-12) Seminar (Bureau of Education and Research)
2000	American Master Teacher Program (AMTP) University Instructor Pedagogy Seminar
1999	Physical Best Specialist Training Workshop
1999	Elementary Physical Education Course (audited two-week intensive course), Eastern Washington University
1998-1999	Washington Association for Health, Physical Education, Recreation, and Dance (WAHPERD) State Convention
1996-1997	Michigan Association for Health, Physical Education, Recreation, and Dance (MAHPERD) Southeast Regional Physical Education Workshop
1995, 1997	American College of Sports Medicine (ACSM) National Convention
1995, 1997	National Dance Association (NDA) Dance Science & Somatics Conference
1993-1996	Michigan Association for Health, Physical Education, Recreation, and Dance (MAHPERD) State Convention
1995	Dance Science & Related Topics Symposium
1995	Korean Dance Education Society Seminar & Workshop
1994	National Dance Association (NDA) Dance Education Conference
1993	"Integrating the Curriculum" Workshop, Middle Cities Education Association (Michigan)
1992	Pennsylvania Association for Health, Physical Education, Recreation, and Dance (PAHPERD) State Convention
1992	Eastern District Association for Health, Physical Education, Recreation, and Dance Convention
1988-1989	Northwest District of the American Alliance for Health, Physical Education, Recreation, and Dance Convention

- 1987-1989 Washington Association for Health, Physical Education, Recreation, and Dance (WAHPERD) State Convention
- 1988 International Dance-Exercise Association (IDEA) Convention
- 1978-1990 Numerous private sector dance classes, workshops, conferences, and "intensives," Washington, Maryland, Washington DC, New York, California, Utah