Curriculum Vitae

James R. Whitehead, Ed.D.
Rural Route 1, Box 102A
East Grand Forks
MN 56721
(218) 893-4495 (unlisted)

Dept. Physical Education
and Exercise Science.
Box 8235
University of North Dakota
Grand Forks
ND 58202
(701) 777-4347/4324, Fax: 3531
E-mail:
james_whitehead@und.nodak.edu

Personal Information

Place of Birth:	Walkern, Hertfordshire, England.
Citizenship:	Naturalized US Citizen.
Marital Status:	Married to Veronica Marie (Latto) Whitehead. Children: Hannah & Sam.

Educational Background

Ed.D.	Arizona State University, 1988. (Exercise psychology/Fitness education).
M.S.	Arizona State University, 1985. (Physical education/Exercise science).
B.A.	The Open University, England, 1981. (Psychology).
Teacher's Certificate.	Loughborough University, England, 1971. (Physical education & biology).

Employment History

1994	Tenured in department of HPER at UND.
1991	Promoted to Associate Professor of HPER at UND.
1989 (Spring)	Elected Full Member of the UND Graduate Faculty.
1988 (Fall) -	Assistant Professor of Physical Education, University of North Dakota. Classes taught: (Graduate) *Teaching Lifetime Fitness* (3 credits), *Adult Fitness Programming* (3 credits), *Exercise Psychology* (3 credits), *Research Methods* (Co-taught, 3 credits), *Graduate Seminar* (1 credit), *Critical Synthesis and Analysis* (2 credits), *Statistics* (3 credits), *Introduction to Kinesiology Statistics* (3 credits). (Undergraduate) *Fitness for Life* (3 credits Upper Division), *Applied Sport Science Research* (3 credits Upper Division), *Introduction to PE* (3 credits), *Professional Preparation: Teaching Strength Training* (1 Credit), *Physical Conditioning* (1 credit).

1985 - 1988	Teaching Assistant, Dept. Health and Physical Education, Arizona State University. Classes taught: *Fitness for Life* (3 credits, Upper Division), *Professional Activities: Teaching Strength Training* (for P.E. Majors, 1 credit), and P.E. Activity Classes (all 1 credit): *Weight Management*, *Physical Conditioning*, *Weight Training*, *Racquetball*.
1985 (Summer)	Advisor to the Health Education Council (Great Britain) during a month-long national fitness promotion throughout Britain.
1984 - 1985	Teaching Assistant, Dept. Health and Physical Education, Arizona State University. P.E. activity classes taught (all 1 credit): *Physical Conditioning*, *Weight Training*, *Beginning Swimming*, *Intermediate Swimming*. Assisted with the ASU Faculty/Staff Fitness Program.
1973 - 1983	Teacher of Physical Education, Rawlins High School and Community College, Quorn, Leicestershire, England. (Became Department Head in 1981). Was principally involved in the development of a model fitness education curriculum.
1971 - 1973	Teacher of Physical Education, South Wigston Junior High School, Leicester, Leicestershire, England.

Grants/Financial Awards

2006, May. Travel grant (Senate Scholarly Activities Committee) to make a presentation at the ACSM Annual Convention, Denver, CO.

2005, May. Service grant (5+5 grant from ND Dept. of Health) to organize workshop and provide participating teachers with *Fitnessgram/activitygram* software (Co-author D. Bernhardt NDSU Extension Service office in Grand Forks).

2000, April. Travel grant (UND Office of Research and Program Development) to make a presentation at the ACSM Annual Convention, Indianapolis, IN.

1999, May. Travel grant (UND Office of Research and Program Development) to make a presentation at the ACSM Annual Convention, Seattle, WA.

1999, May. Travel grant (College of EHD) to make a presentation at the AAHPERD National Convention, Boston, MA.

1998, September. ORPD grant to conduct preliminary studies on a body image project (PI with Eklund, Bolonchuk, & Siders as co-investigators).

1997, May. Travel grant (UND Office of Research and Program Development) to make a presentation at the ACSM Annual Convention, Orlando, FL.

1996, March. Travel grant (UND Office of Research and Program Development) to make presentations at the AAHPERD National Convention, Atlanta, GA.

1994, March. Travel grant (UND Office of Research and Program Development) to make presentations at the AAHPERD National Convention, Denver, CO.

1993, November. Library copying grant for fitness/wellness literature research. Awarded by the UND Office of Instructional Development.

1993, March. Travel grant (UND Office of Research and Program Development) to make presentations at the AAHPERD National Convention, Washington, DC.

1993, March. Equipment grant (UND Academic Computing) to purchase computer hardware and software for the Fitness/Wellness Laboratory.

1992, September. Library copying grant for fitness/wellness literature research. Awarded by the UND Office of Instructional Development.

1992, March. Travel grant (UND Office of Research and Program Development) to make a research presentation at the AAHPERD National Convention, Indianapolis, IN.

1992, February. Nutrition education slide series grant. UND Wellness Board.

1992, February. Scholarly book grant. UND Office of Instructional Development.

1991, November. Library copying grant for fitness/wellness literature research. Awarded by the UND Office of Instructional Development.

1991, June. Travel grant (UND Office of Research and Program Development) to make a presentation at the NASPSPA annual conference, Asilomar, CA.

1990, August. Conference preparation/attendance grant to present at a "Fitness Through Physical Education" conference and prepare a book chapter for subsequent publication. Awarded by the UND Instructional Development Committee.

1990, April. Research grant for exercise monitoring equipment by UND Faculty Research Committee, and UND Office of Research & Program Development.

1989, December. Equipment for fitness education research by Fat Control, Inc., Towson, MD.

1989, November. Collaborative research grant (team of six) to study fitness education in an East Grand Forks elementary school. From the Center for Teaching and Learning, UND.

1989, September. Travel grant (UND Office of Research and Development) to make presentation at the AAASP National Convention, Seattle, WA.

1989, February. Summer Instructional Professorship. Awarded by the UND Instructional Development Committee.

1988, October. Travel grant (UND Office of Research and Development) to make a presentation at the AAASP National Convention, Nashua, NH.

1987, December. Donation of a Monark 818 Bicycle Ergometer (to A.S.U. H.P.E.). Personally negotiated from Performance U.S.A. Co., Dallas, TX.

1987, April. Travel grant (A.S.U. Graduate College) to make a presentation at the AAHPERD National Convention, Las Vegas, NV.

1986, April. Travel grant (A.S.U. Graduate College) to make a presentation at the AAHPERD National Convention, Cincinnati, OH.

1986, December. Donation of B-Mode Ultrasound Imaging Equipment (to A.S.U. H.P.E.). Personally negotiated from Phillips Electrical Co., Connecticut.

(Total dollar amount is approximately $30, 000)

Honors

Elected to *full membership* in Sigma Xi, The Scientific Research Society (March 1997).

Achieved *Fellow Status* in the American College of Sports Medicine (November 1995).

Achieved *Fellow Status* in the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance (March 1995).

Recipient of the North Dakota Association for Health, Physical Education, Recreation, and Dance *Health Educator of the Year* Award (October 1992).

Recipient of the Arizona State Alumni Association *Distinguished Doctoral Graduate* Award (May 1989).

Awarded a *Regent's Graduate Academic Scholarship* by the Arizona State University Graduate College, 1987 - 1988 academic year. (Paid full tuition costs).

Inducted as a member of the *Phi Kappa Phi* Academic Honor Society, 1987.

Awarded a *Regent's Graduate Academic Scholarship* by the Arizona State University Graduate College, 1986 - 1987 academic year. (Paid full tuition costs).

M*ember of the England Track and Field Team* for the Commonwealth Championships, Edmonton, Canada, 1978.

M*ember of the Great Britain Track and Field Team*, 1975 - 1980.

Journal Publications

Asçi , F.H., Eklund, R.C., Whitehead, J.R., Kirazc, S., & Koca, C. (2005). Use of the CY-PSPP in other cultures: A preliminary investigation of its factorial validity for Turkish children and youth. *Psychology of Sport & Exercise, 6,* 33-50.

Whitehead, J.R., Eklund, R.C., & Williams, A.C. (2003). Using skinfold calipers while teaching body fatness-related concepts: Cognitive and affective outcomes. *Journal of Science and Medicine in Sport, 6*(4). 461-476).

Whitehead, J.R., and Hoover, J.H. (2000). The link between body issues and behavioral problems (editor's introduction). *Reclaiming Children and Youth: Journal of Strength-Based Interventions, 9*(3), 130-132.

Whitehead, J.R., with Hedlund, P., Delmore, T., and Swift, R. (2000). Norman Normal twenty years later. *Reclaiming Children and Youth: Journal of Strength-Based Interventions, 9*(3), 166-172

Chapman, P.P., Whitehead, J.R., & Brinkert, R. (1998). 225 lbs. reps-to-fatigue test as a submaximal estimate of 1-RM bench press performance in college football players. *Journal of Strength and Conditioning Research, 12*(4), 258-261.

Eklund, R.C.*, Whitehead, J.R.*, & Welk, G.J. (1997). Validity of the Children and Youth Physical Self-Perception Profile: A confirmatory factor analysis. *Research Quarterly for Exercise and Sport., 68*, 249-256. (*Equal first authors).

Whitehead, J.R. (1995). The right motivation signals. *IDEA Today, 13*(7), 75-86. (Note: This is a version of the 1993 *PCPFS Research Digest* paper [#19 below] which was reprinted in a special issue of *IDEA Today*—which is the official publication of *IDEA, the international association of fitness professionals*.).

Whitehead, J.R. (1995). A study of children's physical self-perceptions using an adapted physical self-perception questionnaire. *Pediatric Exercise Science, 7,* 133-152.

Whitehead, J.R., & Parker, M.A. (1993). Teaching concepts of body fatness while skinfold testing: An experimental test of different methods. *The Physical Educator, 50*, 187-193.

Whitehead, J.R. (1993). Physical activity and intrinsic motivation. *PCPFS Physical Activity and Fitness Research Digest, 1*(2), 1-8.

Thomas, D.Q., & Whitehead, J.R. (1993). Body composition assessment--some practical answers to teachers' questions. *Journal of Physical Education, Recreation, and Dance, 64*(5), 16-19.

Whitehead, J.R. (1992). A selected, annotated bibliography for fitness educators. *Journal of Physical Education, Recreation, and Dance, 63*(5), 53-64.

Whitehead, J.R., & Parker, M.A. (1991). Physical education's role in public health: A response to the forum. *Research Quarterly for Exercise and Sport, 62*, 445-447.

Whitehead, J.R., & Corbin, C.B. (1991). Effects of fitness test type, teacher, and gender on exercise intrinsic motivation and physical self-worth. *Journal of School Health, 61*, 11-16.

Whitehead, J.R., & Corbin, C.B. (1991). Youth fitness testing: The effect of percentile-based evaluative feedback on intrinsic motivation. *Research Quarterly for Exercise and Sport, 62*, 225-231.

Whitehead, J.R. (1990). A study of the measurement variation among different skinfold calipers. *British Journal of Physical Education Research Supplement, 7*, 10-14.

Whitehead, J.R., Pemberton, C.P., & Corbin, C.B. (1990). Perspectives on the physical fitness testing of children: The case for a realistic educational approach. *Pediatric Exercise Science, 2*(2), 111-123.

Whitehead, J.R. (1989). Making sense of fitness assessment results: Some concepts and analogies. *Journal of Physical Education, Recreation, and Dance, 60*(6), 39-43.

Corbin, C.B., Whitehead, J.R., & Lovejoy. P.Y. (1988). Youth physical fitness awards. *Quest, 40*(3), 200-218.

Whitehead, J.R., & Corbin, C.B. (1988). Multidimensional scales for the measurement of locus of control of reinforcements for physical fitness behaviors. *Research Quarterly for Exercise and Sport, 58*(2), 108-117.

Whitehead, J.R. (1987). Norman Normal: A tale of physical triumph. *Journal of Physical Education, Recreation, and Dance, 58*(6), 82-87.

Fox, K.R., Whitehead, J.R., & Corbin, C.B. (1985). Getting started in health-related fitness. *British Journal of Physical Education, 17*(2), 71-75.

Whitehead, J.R., & Corbin, C.B. (1985). Muscle fitness. *British Journal of Physical Education, 16*(5), 180-183.

Corbin, C.B., Fox, K.R., & Whitehead, J.R. (1985). Fitness for a lifetime. *British Journal of Physical Education, 16*(2), 44-46).

Fox, K.R., & Whitehead, J.R. (1983). Student centered physical education. *Bulletin of Physical Education, 19*(2), 21-30.

Biddle, S.J.H., & Whitehead, J.R. (1982). An exploratory study of elite schoolboy weightlifters. *British Amateur Weightlifting Association Coaching Journal, 15* (Whole).

Whitehead, J.R., & Biddle, S.J.H. (1981). Slimline weightlifting. *British Journal of Physical Education, 12*(3), 71/84.

Biddle, S.J.H., Whitehead, J.R. (1980). Strength training for Rugby Football. *National Strength Coaches Association Journal, 2*(5).

Book Chapters

Whitehead, J.R. (1999). Physical activity and intrinsic motivation. In C.B. Corbin & R.P. Pangrazi (Eds.), *Toward a better understanding of physical fitness and activity* (pp. 33-40). Scottsdale, AZ: Holcomb Hathaway. Note: This was originally publishes as Series 1, Number 2, of the *PCPFS Physical Activity and Fitness Research Digest*.).

Whitehead, J.R., & Corbin, C.B. (1997). Self-esteem in children and youth: The role of sport

and physical education. In K.R. Fox (Ed.), *The physical self: From motivation to well-being* (pp. 175-203). Champaign, IL: Human Kinetics.

Whitehead, J.R. (1994). Enhancing fitness and activity motivation in children. In R.R. Pate & R. Hohn (Eds.). *Health and fitness through physical education* (pp. 81-90). Champaign, IL: Human Kinetics Publishers.

Parker, M.A., Steen, T., Whitehead, J.R., Pemberton, C.L, & Entzion, B. (1994). Super Active Kids: A health-related fitness program. In R.R. Pate & R. Hohn (Eds.), *Health and fitness through physical education* (pp. 155-163). Champaign, IL: Human Kinetics Publishers.

Whitehead, J.R. (1993). Physical fitness assessment. In Leppo, M.L. (Ed.). *Healthy from the start: New perspectives on childhood fitness* (pp. 111-118). (Teacher Education Monograph: No 15.) Washington, DC: ERIC Clearinghouse on Teacher Education.

Corbin, C.B., Fox, K.R., & Whitehead, J.R. (1987). Fitness for a lifetime. In S.J.H. Biddle (Ed.). *Foundations of health-related fitness in physical education* (pp. 8-12). London, UK: Ling Publishing House.

Whitehead, J.R., & Corbin, C.B. (1987). Muscle fitness. In S.J.H. Biddle (Ed.). *Foundations of health-related fitness in physical education* (pp. 37-44). London, UK: Ling Publishing House.

Fox, K.R., Whitehead, J.R., & Corbin, C.B. (1987). Getting started in health-related fitness. In S.J.H. Biddle (Ed.). *Foundations of health-related fitness in physical education* (pp. 82-93). London, UK: Ling Publishing House.

Fox, K.R., & Whitehead, J.R. (1987). Student centred physical education. In S.J.H. Biddle (Ed.). *Foundations of health-related fitness in physical education* (pp. 94-102). London, UK: Ling Publishing House.

Computer Software

Whitehead, J.R., & Shorten, M. (1998).*FITSOLVE: II Software to accompany the teaching of health-related fitness concepts*. (With Instructor's Manual). Dubuque, IA: WCB/McGraw-Hill.

Whitehead, J.R. (1988). *FITSOLVE: Software to accompany the teaching of health-related fitness concepts*. (With Instructor's Manual). Dubuque, IA: Wm. C. Brown Co.

Service Publications

Eklund, R.C.*, & Whitehead, J.R.* (1997). Who's afraid of a CFA? *RQES in the Classroom* (a companion to *Research Quarterly for Exercise and Sport*), 1, 6-8. (* equal first authorship).

Presentations

Whitehead, J.R., Dornink, M.E., Wilson, P.M., Short, S.E., & Short, M.W. (2007, June). Paper presented at the annual meeting of the American College of Sports Medicine, New Orleans, LA.

(Abstract printed in *MSSE, 39; S*)

Whitehead, J.R. (2006, Oct.). What *Should* We Teach, and What *Dare* We Teach Kids About Body Composition? Paper presented at the joint ND/MNAHPERD conference, Morehead, MN.

Whitehead, J.R., Young, J.P., Brinkert, R.H., & Short, S.E. (2006, June). Effects of scholarship status and coaching climate on the motivation of DII football players. Paper presented at the annual meeting of the American College of Sports Medicine, Denver, CO.
(Abstract printed in *MSSE, 38,* S226)

Hill, K.M., Whitehead, J.R., Brinkert, R.H., & Goodwin, J.K (2006, April). The effects of a carbohydrate supplement on affect in college swimmers during intensive training. Paper presented at the North Dakota Dietetics Association Spring Convention, Grand Forks, ND.

Whitehead, J.R., Parmer, M.M., Brinkert, R.H., & Short, S.E. (2005, June). Social physique anxiety, physical self-perceptions and eating disorder risk: A cross validation. Paper presented at the Annual Meeting of the American College of Sports Medicine, Nashville, TN. (Abstract printed in *MSSE, 37,* S149).

Weaver, K.K., Whitehead, J.R., Brinkert, R.H., & Hoover, J.H. (2002, April*). Effects of instructor body fatness and role modeling of exercise on students' fitness-related cognitive learning and attitudes.* Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, San Diego, CA.
(Abstract published in *RQES 73*(1), Suppl. P. A83)

Whitehead, J.R., Grove, T.T., Brinkert, R.H., & Eklund, R.C. (2000, June*). The effects of perceived activity choice on frequency of exercise behavior*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
Abstract published in MSSE, 32(5), S338, # 1711.

Whitehead, J.R., & Thomas, D.Q. (2000, March). *Exercise & Fitness Consumerism* Paper presented as part of an all-day symposium on *Fitness Issues for Everyone* at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Orlando, FL.

Prusak, J.E., Whitehead, J.R., Brinkert, R.H., & Eklund, R.C. (2000, March). *The effects of fitness testing on social physique anxiety and physical self-perceptions*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Orlando, FL.
(Abstract published in *RQES 71*(1), Suppl. P. A33)

Whitehead, J.R., Swift, R.J., Hoover, J.H., & Brinkert, R.H. (1999, June). *Heart rates vs. observed activity levels of children in different settings*. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.
(Abstract published in *MSSE, 31*(5), S154, #656)

Swift, R.J., Whitehead, J.R., Hoover, J.H., & Brinkert, R.H. (1999, April). *Activity levels of children and youth: Do heart rate monitors and objective observation show the same thing?* Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA.

(Abstract published in *RQES 70*(1), Suppl. P. A32)

Whitehead, J.R. (1998, April). *Programs that work: Promoting fitness and activity in secondary schools* (four person symposium presentation). Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Reno, NV.

Whitehead, J.R., Bratrud, S.R., & Eklund, R.C. (1998, June). *Social physique anxiety and physical self-perceptions as predictors of eating disorder risk*. Paper presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
(Abstract published in *MSSE, 30*(5), S121, #688)

Whitehead, J.R. (1998, April). *Programs that work: Promoting fitness and activity in secondary schools* (four person symposium presentation). Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Reno, NV.

Whitehead, J.R., & Eklund, R.C. (1997, May). *Cognitive and affective outcomes of skinfold caliper use in middle school physical education*. Paper presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
(Abstract published in *MSSE, 29*(5), S120, #690)

Whitehead, J.R. (1997, March). *Body composition education.* Paper presented (as part of a 3-speaker session entitled *Obesity in America: The epidemic of the 21st century*) at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance,

Whitehead, J.R. (1996, October). *Federal and professional fitness recommendations: What do they all mean for us?* Paper presented at the North Dakota Association for Health, Physical Education, Recreation, and Dance annual convention, Bismarck, ND.

Whitehead, J.R. (1996, October). *Federal and professional fitness recommendations: Implications for all of us—not just PE.* Paper presented at the North Dakota Education Association annual meeting, Bismarck, ND.

Chapman, P.P., & Whitehead, J.R. (1996, May). Prediction of 1-RM bench press from the 225-reps-to-fatigue test in college football players. . Paper presented at the American College of Sports Medicine Annual Meeting, Cincinnati, OH.
(Abstract published in *MSSE, 28*(5), S66, #393)

Whitehead, J.R. & Steen, T. (1996, April). *Students' perceptions of HPER basic activity classes*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Atlanta, GA.
(Abstract published in *RQES 67*(1), Suppl. P. A92)

Vogler, E.W., Welk, G.J., Abbedessa, E., Santillian, T., Lambrose, J., & Whitehead, J.R. (1996, April). *Effects of a health-related curriculum on the knowledge, attitudes, motivation, and activity levels of children in physical education*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Atlanta, GA.
(Abstract published in *RQES 67*(1), Suppl. P. A91)

Whitehead, J.R., Eklund, R.C., & Welk, G.J. (1995, June). *Validity of the Children's Physical Self-Perception Profile: A confirmatory factor analysis*. Paper presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
(Abstract published in *MSSE, 27*(5), S149, #842)

Whitehead, J.R. (1995, April). *Weight management frauds and fallacies*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Portland, OR.

Whitehead, J.R. (1994, April). *To test—or not to test: Educational and motivational rationale*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Denver, CO.

Whitehead, J.R. (1994, April). *Authentic fitness assessment: A humanistic approach*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Denver, CO.

Whitehead, J.R. (1993, October). *Health and physical education: Together or apart? Teamwork for common goals*. Paper presented at the ND Education Association Annual Meeting, Grand Forks, ND. (Invited as current ND Health Educator of the Year).

Whitehead, J.R. (1993, July). *Promoting physical activity—some challenging issues*. (Invited) Paper presented at the Florida Department of Education "Working Toward Wellness in Florida Schools" summer training conference, Tampa, FL.

Entzion, K.L., & Whitehead, J.R. (1993, March). *A comparison of two methods of teaching appropriate intensity of cardiovascular exercise: Manually measured heart rates and perception of exertion*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Washington, DC.
(Abstract published in *RQES 64*(1), Suppl. P. A41)

Williams, A.C., & Whitehead, J.R. (1993, March). *Fitness tests as opportunities for cognitive learning: Teaching body fatness concepts while skinfold testing*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Washington, DC.
(Abstract published in *RQES 64*(1), Suppl. P. A47)

Whitehead, J.R. (1992, October). *Body composition in fitness education: Teaching teachers to measure... and teaching how to teach kids to measure*. Paper presented at the North Dakota Association for Health, Physical Education, Recreation, and Dance Annual Conference, Bismarck, ND.

Whitehead, J.R. (1992, October). *Body composition in fitness education: Why include this part of fitness?* Paper presented at the North Dakota Association for Health, Physical Education, Recreation, and Dance Annual Conference, Bismarck, ND.

Whitehead, J.R. (1992, May). *Trends in fitness programming*. (Invited) paper presented at the National Recreation and Park Association's Midwest Professional Training Institute & ND State Conference, Grand Forks, ND.

Entzion, K.L. & Whitehead, J.R. (1992, April). *A comparison of two methods of teaching appropriate intensity of cardiovascular exercise: Manually measured heart rates and perception of exertion*. Paper presented at Central District Association for Health, Physical Education, Recreation, and Dance Annual Convention, Des Moines, IA.

Whitehead, J.R., Parker, M.A., & Pemberton, C.L. (1992, April). *Fitness tests as opportunities for cognitive learning: An experiment using skinfold testing*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Indianapolis, IN.
(Abstract published in *RQES 63*(1), Suppl. P. A47)

Whitehead, J.R. (1992, March). *Psychological aspects of youth fitness testing*. (Invited) paper presented at the Northland Chapter of the American College of Sports Medicine Spring Tutorial meeting, St. Cloud, MN.

Whitehead, J.R. (1991, October). *Fitness emphasis in the curriculum*. Paper presented at the North Dakota Association for Health, Physical Education, Recreation, and Dance Annual Conference, Fargo, ND.

Whitehead, J.R. (1991, June). *Preliminary validation of the Physical Self-Perception Profile questionnaire for seventh and eighth grade students*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity Annual Conference, Asilomar, CA.

Parker, M.A., Steen, T., Whitehead, J.R., Pemberton, C.L., & Entzion, B. (1991. April). *Super Active Kids: A health-related fitness program*. Paper presented at the Central District Association for Health, Physical Education, Recreation, and Dance Annual Convention, Rapid City, SD.

Whitehead, J.R. (1991, April). *Beyond whips and carrots: Modern ideas on fitness motivation*. Paper presented at the Central District Association for Health, Physical Education, Recreation, and Dance Annual Convention, Rapid City, SD.

Whitehead, J.R. (1991, April). *Intrinsic motivation and awards*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance Annual Convention, San Francisco, CA.

Parker, M.A., Steen, T., & Whitehead, J.R. (1990, October). *Super Active Kids: A health-related fitness program*. paper presented at the North Dakota Association for Health, Physical Education, Recreation, and Dance Annual Convention, Minot, ND.

Whitehead, J.R. (1990, September). *Enhancing fitness and activity motivation in children*. (Invited) paper presented at the SCAHPERD organized: "Fitness Through Physical Education Conference," Columbia, SC.

Guscette, L.M., Pemberton, C.L., Whitehead, J.R., & Humphries, C.A. (1990, April). *Physical activity and nutritional intake patterns of children and their parents*. Paper presented at the Annual Conference of the Central District Association for Health, Physical Education, Recreation, and Dance, Denver, CO.

Whitehead, J.R. (1990, April). *Fitness education: Where fitness testing fits in*. (Invited) paper presented at the Annual Conference of the Central District Association for Health, Physical Education, Recreation, and Dance, Denver, CO.

Whitehead, J.R. (1990, March). *Putting education into fitness education*. (Invited) paper presented at the Annual Conference of the Massachusetts Association for Health, Physical Education, Recreation, and Dance, Randolph, MA.

Whitehead, J.R., & Corbin, C.B. (1990, March). *The effects of fitness test type, teacher, and gender on exercise intrinsic motivation and physical self-worth*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA.

Whitehead, J.R. (1989, September). *Fitness testing award schemes and the physical education curriculum: What the intrinsic motivation literature suggests*. Paper presented at the Annual Conference of the Association for the Advancement of Applied Sport Psychology, Seattle, WA

Whitehead, J.R., & Corbin, C.B. (1989, June). *Youth fitness testing: The effects of positive and negative feedback on intrinsic motivation*. Paper presented at the Annual Conference of the North American Society for the Psychology of Sport and Physical Activity, Kent, OH.

Whitehead, J.R., Frey, M., & Corbin, C.B. (1989, April). *The accuracy of skinfold measures taken by children*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA.

Whitehead, J.R., & Donnelly, J.E. (1989, March). *The Physical Best fitness assessment and education program: Motivational perspectives*. Paper presented at the Annual Conference of the Central District Association for Health, Physical Education, Recreation, and Dance, Lincoln, NE.

Whitehead, J.R., & Corbin, C.B. (1988, September). *Physical competence/adequacy subdomains and their relationship to global physical self-worth and global general self-worth*. Paper presented at the Annual Conference of the Association for the Advancement of Applied Sport Psychology, Nashua, NH.

Whitehead, J.R., Lovejoy, P.Y., & Corbin, C.B. (1988, February). *Differences in physical maturity as a factor in fitness test performances by adolescent males*. Paper presented at the Arizona Universities' Exercise Science Symposium, Tucson, AZ.

Whitehead, J.R. (1987, April). *FITSOLVE: Software to accompany the teaching of health-related fitness concepts*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Las Vegas, NV.

Whitehead, J.R. (1987, February). *Measurement error of different skinfold calipers*. Paper presented at the Arizona Universities' Exercise Science Symposium, Tempe, AZ.

Whitehead, J.R., & Corbin, C.B. (1986, June). *Preliminary evidence of discriminant validity of physical fitness locus of control scales*. Paper presented at the Annual Conference of the North American Society for the Psychology of Sport and Physical Activity, Scottsdale, AZ.

Whitehead, J.R., & Fox, K.R. (1986, April). *INFOFAT: Software to accompany the assessment of body fatness*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Cincinnati, OH.

Whitehead, J.R., & Corbin, C.B. (1985, July). *Locus of control of reinforcements for physical fitness: A new look at an old concept*. Paper presented at the World Congress of the International Council for Health, Physical Education, and Recreation, London, England.

Whitehead, J.R., & Corbin, C.B. (1985, May). *Multidimensional locus of control scales for physical fitness behaviors*. Paper presented at the Annual Conference of the North American Society for the Psychology of Sport and Physical Activity, Gulf Park, MS.

Whitehead, J.R., & Fox, K.R. (1985, April). *FITFOR: A microcomputer program for a fitness for life course*. Paper presented at the National Convention of the American Alliance for Health, Physical Education, Recreation, and Dance, Atlanta, GA.

Fox, K.R., & Whitehead, J.R. (1984, November). *Teaching health-related fitness in Britain*. Paper presented at the Annual Conference of the Arizona Association for Health, Physical Education, Recreation, and Dance, Tempe, AZ.

Whitehead, J.R. (1983, November). *Health-related fitness: Principles into practice*. (Invited) paper presented at the National Conference of the Association of Teachers in Further and Higher Education (Physical Education Section), London, England.

Whitehead, J.R. (1983, November). *Health-related fitness*. (Invited) paper presented at a Leeds City Council Department of Education Teachers' Conference, Leeds, England.

Fox, K.R., & Whitehead, J.R. (1983, July). *Teaching health-related fitness*. (Invited) paper presented at the Annual Teachers' Conference of the London Borough of Hillingdon Education Department, London, England.

Fox, K.R., Whitehead, J.R., & Bassey, J. (1983, June). *Physical activity for the over fifties*. A complete one day conference invited and sponsored by the East Midlands Regional Sports Council, Loughborough, England.

Fox, K.R., & Whitehead, J.R. (1983, June). *The changing focus of physical education: Health-related fitness*. (Invited) paper presented at a Department of Education and Science National Course on curriculum development, Cheltenham, England.

Fox, K.R., & Whitehead, J.R. (1983, June). *Health-related fitness in the curriculum*. (Invited) paper presented at the Annual Teachers' Conference of the Derbyshire County Council Education Committee, Derby, England.

Fox, K.R., & Whitehead, J.R. (1983, April). *Teaching health and fitness in physical education*. (Invited) paper presented at the National Conference on Health-Based Physical Education Teaching, Loughborough, England.

Whitehead, J.R. (1982, February). *The physical education curriculum*. (Invited) presentation given at the Annual Postgraduate Seminar, Madeley School of Physical Education,

Madeley, England. (also 1981).

Fox, K.R., & Whitehead, J.R. (1980). *Physical education curricular objectives*. (Invited) presentation given at the Loughborough University Postgraduate Seminar, Loughborough, England.

Fox, K.R., & Whitehead, J.R. (1979). *Physical education curriculum content*. (Invited) presentation given at a Leicestershire Education Authority Teachers' Conference, Leicester, England.

Whitehead, J.R. (1979). *Strength training for* [track & field] *athletics*. (Invited) presentation at the Derbyshire Annual Coaches Conference, Derby, England.

Whitehead, J.R. (1980). *Strength training for young athletes*. (Invited) presentation at the British Amateur Athletic Board Annual Summer School, Loughborough, England. (also 1979, 1978).

Service

International Level

2004 Manuscript reviewer for *International Journal of Sport Psychology*.

2000 Manuscript reviewer for *Psychology of Sport and Exercise.* (Official journal of the European Federation of Sport Psychology).

1998 External reviewer of the (1998) MS Thesis of Kerri Tolen (The effect of feedback and motivational orientations on intrinsic motivation. Lakehead University, Ontario, Canada)

1998 Manuscript reviewer for the *International Journal of Sport Psychology*.

1991 Manuscript reviewer for *The British Journal of Physical Education* (Research Supplement).

1990 (April). Consultant to the (Government of Canada's) *Canada Fitness Association Fitness Award Planning/Advisory Committee.*

National Level

2007 Manuscript reviewer for *Journal of Teaching in Physical Education*.

2004 Reviewer for the National Association of Sport and Physical Education position stand *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12* (Reston Virginia: AAHPERD)

2004 Text book reviewer for McGraw-Hill.

2003 Text book reviewer for McGraw Hill.

2002 A keynote speaker at Montana AHPERD/Montana DPI (CDC sponsored) Institute at Helena, MT, June 18, 2002. Made three presentations in an all morning session: *What is Health-Related Fitness*? (1 hour). *What are the Basic Principles of Training*? (1 hour*). What research Says About Motivating Kids to Exercise*. (2 hours).

2000 Co-guest editor (with John H. Hoover) of a special edition (Mirror, mirror… Kids and body image") of *Reclaiming Children and Youth: Journal of Strength-Based Interventions, 9*(3).

1990-04 Manuscript reviewer for *Research Quarterly for Exercise and Sport*.

1995/8/00-07 Manuscript reviewer for *Journal of Sport and Exercise Psychology*.

1993-07 Manuscript reviewer for *Pediatric Exercise Science*.

1999 Invited member of a Centers for Disease Control and Prevention (Atlanta, GA) Expert Committee on School PE Programs (working on national surveillance instruments and national health goals).

1999 Reviewer for *ERIC.*

1997-9 Reviewer for the Centers for Disease Control's *School Health Index for Physical Activity and Healthy Eating.*

1998 Reviewer of research abstracts for the AAHPERD Research Consortium.

1995 Manuscript reviewer for *Quest*..

1994 Reviewer of draft of *Just Do It Daily*—a fitness promotion scheme co-sponsored by the *Boys & Girls Clubs of America* and *Nike*.

1991-94 Member of the AAHPERD *Fitness Council Education Committee.*

1991-94 Member of the AAHPERD *Fitness Council Research Committee*.

1993 Invited as a professional member at the Washington, DC meeting: *Kids movement: A national Summit on Youth Fitness*, sponsored by *NIKE* and *Boys & Girls Clubs of America*.

1993 Manuscript reviewer for *JOPERD*.

1992 Member of a planning/writing team invited by the *Association for Supervision and Curriculum Development* to write the Health & Physical Education section of the ASCD Curriculum Handbook.

1992 Member of a conference planning committee convened by *Human Kinetics Publishers* to plan a 1993 national conference on youth fitness issues.

1992 Book reviewer for *Mosby-Year Book* Publishers

1991-92 Manuscript reviewer for *Quest*

1991 Abstract reviewer for *American College of Sports Medicine* Annual Conference presentation submissions.

1989 Submitted proposals and justifications to the Department of Health and Human Services regarding changes and additions to the *Promoting Health/Preventing Disease: Year 2000 Objectives for the Nation.*

1989 Organized the symposium *Psychological perspectives on youth fitness testing: Present concerns and future directions* (peer reviewed) at the Annual Conference of the Association for the Advancement of Applied Sport Psychology, Seattle, WA.

1986 Submitted evidence to the joint AAHPERD-PCPFS Task Force Hearings on youth physical fitness testing.

Community Level

2005 Organized and ran two-day workshop for Grand Forks and local teachers on the topic of obesity prevention and physical activity promotion for students and their families. Workshop, and software purchase for teachers funded by 5+5 Coalition/ND Dept. of Health. Co-Presenter was Dr. Greg Welk of Iowa State Univ./Cooper Institute for Aerobics Research.

2005-7 Member of Greater Grand Forks Health/Wellness coalition.

2003-7 Member of “5 + 5” (exercise and healthy eating promotion) community group in GGF.

2002-3 Member of Grand Forks “Team Nutrition” group that wrote nutrition policy for Grand Forks Schools.

2000-2 Elected co-chair of the Parental Advisory Committee of ASEC (Area Special Education Committee, a cooperative of 14 school districts in northwestern Minnesota).

2000-2 Member of Citizens’ Advisory Committee of the Red River State Recreation Area.

2000 Made presentations (on two occasions) to East Grand Forks Schools student athletes as part of forums on “Straight Talk on Athletic Performance.”

1999-02 Member of Board of Directors of GOALS (Greenway Outdoor Aerobic Lifetime Sports).

1997 Made a presentation to Grand Forks physical educators on the topic of teaching concepts of fitness and wellness in physical education.

1996-8 Member of American Heart Association (Dakota affiliate) "Cardiac Arrest" (fund raising) committee.

1995 Invited speaker ("Understanding fitness") at Red River High School's "Food for Fitness" class.

1995 Invited motivational speaker ("Physical activity in a healthful lifestyle") for the launch of the "Fantastic Fitness Defroster" community challenge organized by the Polk County Nursing Service and Riverview Healthcare Association, in Crookston, MN.

1994/5 Chair of the *Physical Activity and Fitness Subcommittee* of the *United Hospital Community Health Assessment*. Produced a comprehensive written report.

1994 Invited motivational speaker ("Keeping Your Exercise Going") at end-of-year United Hospital's annual *Healthtrip* event

1994 Ran a mini workshop on skinfold measurement for Polk County Nursing Service.

1994 Member of *Grand Forks Schools Health Education Committee*.

1993 (December). Invited presentation on *Fitness programming* to the faculty and students of East Grand Forks Technical College.

1993 (December). Invited presentation on *Fitness test options* at a Fargo Teachers Physical Education Study Group workshop.

1993 (October). Invited presentation on *Fitness testing as part of fitness education* at a Grand Forks Schools Health and Physical Education curriculum planning group's in-service day workshop.

1988-93 Member of the Y Family Center Adult Program Committee.

1992 (June). Submitted report (with supporting evidence) on fitness-related consumer fraud in Grand Forks fitness clubs, to the Attorney General's Consumer Fraud Office. As a result a warning letter was issued, and a press release distributed by the AG's office.

1992 (March). Made four presentations on weight control to employees of Rydell car sales.

1991 (April). Invited speaker at the Y Family Center Weight Management Class.

1990 (June). Guest speaker on fitness/weight management at Central High School health classes.

1990 (April). Invited speaker at the Y Family Center Weight Management class.

1989 (February). Invited speaker on *Perspectives on exercise* at the Grand Forks Air Force Base Healthy Heart Luncheon.

1989 (December). Invited speaker at the Y Family Center Weight Management Class.

1987 Assisted Deer Valley School District, AZ, in the design and writing of a physical education curriculum which incorporated practical and theoretical aspects of lifetime fitness education. Ran workshops for those teaching the new curriculum.

University Level

2007 Member of Provost's task force on tenure.

2007 Invited speaker: "Health-Related Quackery and Fraud" for the UND Wellness Center/U2 Series "Wellness Wednesdays" program (on Jan. 03, 2007).

2006 Member of Provost's task force on Wellness in the Curriculum.

2005 Presented to staff in the UND Registrar's Office on the topic of quackery and fraud related to physical activity and weight management.

2003-5 Co-chair of the Intellectual Wellness subcommittee.

2002-03 Member of Faculty Seed Grant Program-Social Science Subcommittee.

2001-02 President of the UND chapter of Sigma Xi, the Scientific Research Society.

2000-01 President elect of the UND chapter of Sigma Xi, the Scientific Research Society.

2000-04 Member of the UND Wellness Steering Committee, and member of several subcommittees.

1999-07 Member of the UND Wellness Coalition.

1999-04 Presented (on seven occasions) to the Medical School's Introduction to Health Sciences class. Topic: "PEXS: Careers and Areas of Study."

1997-07 Member of the EHD Tenure and Promotion Committee.

1996-07 Inaugurator and "owner" *FacTalk*, a faculty and administrator listserv for the UND campus.

1998-9 Member of the EHD Appeals Committee.

1994-6 Chair of the UND Academic Media (now Center for Instructional and Learning Technology) Advisory Committee.

1994. Member of the HRD Computer Access Task Force.

1993-94 Mentor to Dr. Robert C. Eklund in the Alice T. Clark/UND Foundation Scholars Mentoring Program.

1993 Member of the UND Academic Media Advisory Committee.

1993 Made a (Wellness Board organized) presentation on *weight control* to students of Swanson Hall.

1993 Made an invited presentation on *fitness and aging* to a UND Occupational Therapy class.

1988-93 Member of the UND Health/Wellness Committee.

1991 Member of the UND Health/Wellness Subcommittee which wrote a comprehensive resource booklet for UND students and personnel.

1989-93 Member of the UND Academic Computer Advising Committee.

1991 Member of the UND Academic Computer Advising Subcommittee which wrote a 5-year report and recommendation to the President.

1991 Made an invited presentation on *fitness and aging* to a UND nursing class.

1989-91 Member of the UND Memorial Union Advisory Board.

1990 (January). Made an invited presentation on *Fitness and weight management* to the UND Johnson/Fulton residence halls.

1989-90 Served as a member of the HRD Undergraduate Evaluation Team who evaluated the Social Work department.

1989 (February). Presented to UND College of HRD faculty on *Building fitness and leisure into an academic lifestyle* in the program organized by the HRD Faculty Development Committee.

1988 (November). Invited presentation on *Lifetime fitness* to the UND Recreation Club.

1987 Assisted Arizona State University Student Health Center set up a physical fitness assessment and counseling service and gave technical advice and software assistance.

1987 Organized a university-wide presentation on fitness and health quackery at Arizona State University featuring National Council Against Health Fraud speaker James Lowell, Ph.D.

Departmental Level

2003 Main author of the updated Undergraduate Program Review self-study.

2003 Wrote and submitted a revised PEXS undergraduate curriculum to include "option C." (package accepted and will start Fall 2003).

2001 Main author of the PEXS Undergraduate Program Review self study.

1998-03 Member of the HPER/PEXS Tenure and Promotion Committee.

94-97/00-2/04-05 Chair of the PEXS Tenure and Promotion Committee.

1995-97 Member of the HPER Awards Committee.

1991-94 Member of the HPER Evaluation Committee

1989-91 Member of the HPER Policy Committee

1990 Member of the joint HPER-Athletics Hyslop Facilities Committee.

1988-89 Member of the ad hoc HPER Facilities Committee.

1988 Chair of the HPE Graduate Students Committee at Arizona State University.

Thesis/Dissertation Advising

Doctoral

Committee member for David Rocholtz (Ph.D. 2003). Dissertation:

Committee member for Ron Reid (Ph.D. 1997). Dissertation: *Interrater reliability of the Child Abuse Instrument with indian families*.

Committee member for Kathy Smart (Ed.D 1993). Dissertation: *The effect of traditional vs. multimedia augmented instruction on exposure time determination*.

Masters

Advisor to Stefanie Koetz (MS 2007). Thesis: Baseline data on the wellness of university students.

Advisor to Marshall Dornink (MS 2006). Thesis: Social support and its effects on pain and help-seeking behavior in collegiate athletes.

Advisor to Katie Hill (MS 2006). Thesis: The effects of a carbohydrate supplement on affect in college swimmers during intensive training.

Advisor to Jon Young (MS 2006). Thesis: The effects of scholarship status and perceived coaching style on the motivation of division II football players.

Advisor to Stacie Hoiland (MS 2006). Independent study: Thompson public schools health initiative.

Committee member for Kari Mellone. (MS 2006). Thesis: The effectiveness of an incentive program at increasing the amount of physical activity of its participants.

Committee member for Chia-Ying "Eric" Lien (MS 2005). Thesis: *A comparison of cycle ergometer VO_{2max}. test and on-ice aerobic test on UND women's ice hockey team*.

Committee member for Stephanie Fallas (MS 2005). Thesis: *The validation of the single-stage submaximal treadmill equation in predicting VO_{2max}. using the maximal and submaximal treadmill tests*.

Committee member for Mike Mietz (MS 2003). Thesis: *Utilization of selected physical fitness*

measures in predicting a fire fighter entrance exam time.

Committee member for Corey Grenz (MS 2003). Thesis: *Various orientation methods and weight training technique.*

Advisor to Dennis Eickhoff. (MS 2002). Thesis: *The effects of perceived competence and autonomy support on exercise adherence: A test of self-determination theory*.

Committee member for Kelli Jelsing. (MS 2002). Thesis*: Attitudes and beliefs about obesity among school professionals working with adolescents*.

Advisor for Kurt Weaver. (MS 2001). Thesis: *The effect role modeling and the apparent fatness of a physical educator has on student learning and attitudes*.

Committee member for Reagan Schmitt. (MS 2001). Thesis*: The effects of a six week supplemental training program on selected performance variables of college line dance competitors*.

Committee member for Scott Staiger. (MS 2000). Thesis*: Energy cost of three maximal testing modes in recreational ice hockey players*.

Committee member for Brian Bott. (MS 2000). Thesis: *The effects of playing time on physiological parameters during a competitive division II basketball season*.

Advisor to Travis Lease. (MS 2000). Independent Study: *Leadership styles of assistant football coaches.*

Advisor to Sharon Bratrud. (MS 2000). Thesis: *Social physique anxiety and physical self-perceptions as predictors of eating disorder risk.*

Advisor to Helen Hooper. (MS 1999). Thesis: *Affective and motivational components of the flow state: Rock climbing revisited.*

Advisor to Timothy Grove. (MS 1999). Thesis*: The effects of perceived activity choice upon frequency of exercise behavior*.

Advisor to Rebecca Swift. (MS 1999). Thesis*: Activity levels of children and youth: Monitoring heart rate versus objective observation.*

Advisor to Joseph Prusak. (MS 1999). Thesis: *Effects of fitness testing on social physique anxiety and physical self-perception*.

Committee member for Anne Johnson (MS 1999). Thesis: *Wellness program adherence in preparation for future physical fitness mandates in law enforcement*.

Committee member for Kelly Olson (MS 1999). Thesis: *Step aerobic exercise at a constant rating of perceived exertion in young female subjects on land compared to water*.

Committee member for Stacie Larson (MS 1999). Thesis*: Study of children's ratings of perceived exertion during two modes of exercise*.

Committee member for Mark Poolman (MS 1998). Thesis: *Measurement and relationship of selected physiological variables in college ice hockey players.*

Committee member for Teresann Nickle (MS 1997). Thesis: *A comparison of variables affecting motivation for weight loss in overweight and obese adults utilizing a medication assisted weight loss program.*

Committee member for Amy Cox (MS 1997). Thesis: *A comparison of health-promoting lifestyle beliefs and smoking cessation in cardiac patients*.

Advisor to Mary Patay. (MS 1996). Independent Study: *Moderate physical activity: An applied literature review*.

Committee member for Philip Wilson. (MS 1996). Thesis: *The relationship between competitive anxiety and self-presentational concerns*.

Advisor to Paul Chapman. (MS 1995). Thesis: *Estimating maximal bench press performance in college football players*.

Advisor to Winona Carraway. (MS 1994). Independent study: *Issues related to body composition assessment in the US military: A review of literature*.

Advisor to Karyn Entzion. (MS 1994). Thesis: *A comparison of heart rate counting and perceived exertion monitoring as a means of learning correct exercise intensity*.

Advisor to Tim Wakeham (MS 1994). Independent study: *A cost vs. benefit analysis of ballistic training*.

Advisor to Al Williams (MS 1992). Thesis: *Fitness tests as opportunities for cognitive learning:*
Teaching body fatness concepts while skinfold testing.

Advisor to Beverley Johnson (MS 1990). Thesis: *Comparison of Cybex isokinetic trunk flexion and extension test and the Functional capacity Assessment*.

Committee member for Lisa Guscette (MS 1989). Thesis: *Physical activity and nutritional intake patterns of children and their parents*.

Professional Affiliations

American Alliance for Health, Physical Education, Recreation, and Dance.

American College of Sports Medicine.

National Council Against Health Fraud.

North Dakota Association for Health, Physical Education, Recreation, and Dance.

Northland branch of the American College of Sports Medicine.

Phi Kappa Phi Honor Society (inactive).

Sigma Xi, the Scientific Research Society.