# Education

**Ph.D.** **Physical Education and Recreation (now Kinesiology, Sport, and Recreation) with a Behavioural Medicine and Health Psychology concentration and a specialization in Community-Based Research and Evaluation.** University of Alberta, Edmonton, Alberta, Canada. Conferred 2016. *Dissertation*: A community-based participatory approach to supporting Indigenous youth activity-promoting programming in Alberta.

**M.S.** **Sport Studies, Kinesiology and Health (Sport Psychology**). Miami University, Oxford, Ohio, USA. Conferred 2011. *Thesis:* Communication of sporting body ideals: Experiences of female NCAA Division I college athletes.

**B.A**. **(Cum Laude) Psychology with a minor in Marketing**. Hofstra University, Hempstead, New York, USA. Conferred 2009. *Honors Thesis*: Are the associations between weight bias, health behavior, and psychological well-being the same for female athletes and non-athletes?

# Academic and Graduate Appointments

|  |  |  |
| --- | --- | --- |
| * **Health Sciences Coordinator,** Division of Allied Health Sciences/School of Sciences, Indiana University Kokomo
* **Director, Applied and Community Research Center**, Indiana University Kokomo
* **Assistant Professor of Health Sciences**, Division of Allied Health Sciences, Indiana University Kokomo
 |  | 2019 (August) - Present 2018 (January) – Present 2016 (August) – Present |
| * **Co-Director, Applied and Community Research Center**, Indiana University Kokomo
 |  | 2017 |
| * **Acting Assistant Professor of Health Sciences**, Division of Allied Health Sciences, Indiana University Kokomo
 |  |  2015 (August) – 2016 (July) |
| * **Graduate Research Assistant,** Social Sciences and Humanities Research Council (SSHRC) "Understanding the role of communities in supporting sport opportunities for Aboriginal youth” PI: Tara-Leigh F. McHugh, University of Alberta
 |  | 2012 - 2014 |
| * **Graduate Research Assistant,** Social Sciences and Humanities Research Council (SSHRC) "A sport-based critical hours program for low-income youth" PI(s): Nicholas L. Holt, Tara-Leigh F. McHugh, University of Alberta
 |  | 2011 - 2012 |
| * **Graduate Teaching and Research Assistant,** Kinesiology and Health, Miami University.
 |  | 2009 - 2011 |

# Community-Based Research and Evaluation Positions

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| --- | --- | --- |
| * **Program Evaluator,** Culinary Partners, Inc. Healthy School Food Service Program and Coalition, LiveWell Greenville, South Carolina, USA.
 |  | July 2014 - June 2015 |

# Teaching and Research Fellowships & Grants Awarded

|  |  |  |
| --- | --- | --- |
| * **Coppola, A. M**. Co-creating a mutually-beneficial children’s physical activity and development program between early-learning providers and Interns. *Women of the Well House, Indiana University Kokomo* (**Awarded: $2500 for Intern Support**)
* **Coppola, A. M**. Planning the Howard County Health Department syringe services program, *Faculty Fellowship, Indiana Campus Compact* **(Awarded: $3800 ICC; $1600 IUK)**
* **Coppola, A. M.** Designing and implementing self-compassion and body positivity programs with communities. *Grant in Aid, Indiana University Kokomo, Kokomo, IN.* **(Awarded: $4,000).**
* **Coppola, A. M.** Building healthy eating and physical activity programs for youth with school-communities. *Grant in Aid, Indiana University Kokomo, Kokomo, IN.* **(Awarded: $4,000).**
* **Coppola, A. M.** An exploration of promoting self-compassion and body pride to enhance health behaviors in women. *Women’s Philanthropy Leadership Council, Indiana University, Bloomington, IN.* **(Awarded: $3,700).**
* **Coppola, A. M.** Building healthy eating and physical activity programs for youth with school-communities. *Summer Faculty Fellowship, Indiana University Kokomo, Kokomo, IN.* **(Awarded: $5,600; Declined).**
 |  | 2019-2020  2018-20192017-2018 2016-2017  |
| * **Coppola, A. M.** Creating community-university health research and service-learning agendas. *Listening to Communities Grant, Indiana Campus Contact* **(Awarded: $2,000).**
 |  | 2015-2016 |
| * **Coppola, A. M.,** & McHugh, T-L. F.Developing partnerships for Indigenous youth health and activity programs. *Alberta Centre for Child, Family and Community Research* **($64,000).**
 |  | 2014-2015 |
| * **Coppola, A. M.,** & McHugh, T-L. F. **(Co-PIs).** Culturally-relevant programming for Indigenous youth: Engaging community members. *Interdisciplinary Health Research Academy, Health Sciences Council, University of Alberta* **($11,780).**
 |  | 2013-2014 |

# Teaching and Research Fellowships & Grants Unfunded

* Pila, E. (PI), Bauer, M. (Co-A), Ferguson, L.(Co-A), **Coppola, A.(Co-A),** Taylor, V.(Co-A), Chiodo, D.(Co-A), Lizotte, D.(C), Shoemaker, K.(C), Aguilar, K.(C), & Tattersall, C(C). (2019). Campus of Compassion: Utilizing an artificially intelligent conversational agent to promote student mental health. Submitted to Canadian National Grant - New Frontiers in Research Fund – Exploration (February 2019). Requested Amount: $242,237 (**Not Awarded**)

# Scholarships and Awards

|  |  |  |
| --- | --- | --- |
| * **Gerald Bepko Faculty Community Engagement Award** (for teaching, research, and service achievements related to community engagement in higher education in Indiana), Indiana Commission for Higher Education ($1000)
* **Scobey Hartley Doctoral Award,** Alberta Centre for Child, Family and Community Research (now Policy Wise for Children and Families)
 |  | 20212014 |
| * **Louise Svarich Memorial Graduate Award**, Faculty of Graduate Studies and Research, University of Alberta ($2,000)
 |  | 2013 |
| * **Professional Development Grant,** Graduate Student Association, University of Alberta ($500)
* **Doctoral Recruitment Scholarship,** Faculty of Graduate Studies and Research, University of Alberta ($10,000 for academic year)
* **WCHRI-CUP Summer Science Shop Studentship,** ($5,200/4 months),Women and Children’s Health Research Institute and Community-University Partnership, University of Alberta
 |  | 2012 |
| * **Public Education Volunteer of the Year Award,** *amiskwaciy* Academy, Edmonton, Alberta
 |  |  |
| * **Professional Development Grant**, Graduate Student Association, University of Alberta ($500)
* **Doctoral Recruitment Scholarship**, Faculty of Graduate Studies and Research, University of Alberta ($10,000 for academic year)
 |  | 2011 |
| * **Master’s Thesis Funding**, Graduate School, Miami University of Ohio ($300)
* **Kinesiology and Health Travel Award**, Miami University of Ohio ($500)
* **Graduate Student Teaching Enhancement Program Teaching Development Award**, Miami University of Ohio ($200)
* **Graduate School Travel Fund**, Miami University of Ohio ($325)
 |  | 2010 |
| * **Graduate Student Association Travel Fund,** Miami University of Ohio ($500)
 |  | 2009 |

# RESEARCH

**Publications**

1. **Book Chapters**
	1. Holt, N. L., McHugh, T-L. F., **Coppola, A. M.,** & Neely, K. C. (2014). Using critical incident reflection in qualitative research: Transferable skills for sport psychologists? In Z. Knowles, D. Gilbourne, B. Cropley, & L. Dugdill (Eds.), Reflective practice in the sport and exercise sciences: Contemporary issues. London: Routledge.
2. **Refereed Journal Articles Published and In-Progress**
	1. **Coppola, A. M.,** Pila, E., Chenoweth, C., & McHugh, T-L. F. (In-progress). “When you’re thinking of body pride…you have to have self-compassion:” Women’s perceptions of self-compassion, body pride, and health behaviors.
	2. Vealey, R. S., Martin, E. M., **Coppola, A. M.,** Ward, R. M., & Chamberlin, J. (2020). The slippery slope: Can motivation and perfectionism lead to burnout in coaches?. *International Sport Coaching Journal, 7*, 1-10. doi: 10.1123/iscj.2018-0043
	3. **Coppola, A. M.,** Hancock, D. J., Allan, V., Vierimaa, M., & Côté, J. (2020). Enhancing university practicum students’ roles in implementing the Ontario Daily Physical Activity (DPA) policy. *Qualitative Research in Sport, Exercise and Health, 12*, 125-140.doi: 10.1080/2159676X.2018.1445660
	4. **Coppola, A. M.,** Holt, N. L., & McHugh, T-L. F. (2020). Supporting Indigenous youth activity programmes: A community-based participatory research approach. *Qualitative Research in Sport, Exercise and Health, 12,* 319-335.doi:10.1080/2159676X.2019.1574880
	5. **Coppola, A. M.,** Voils, A. L., Gafkjen, J., & Hancock, D. J. (2019). Partnership roles in early-learning providers’ healthy eating and physical activity programs: A qualitative study. *American Journal of Health Education, 50*, 190-199.doi: 10.1080/19325037.2019.1590262
	6. **Coppola, A. M**., & McHugh, T-L. F. (2018). Considering culturally-relevant practices and knowledge-sharing when creating an activity-promoting community research agenda. *Sport, Education, and Society, 23*, 14-27*.* doi: 10.1080/13573322.2015.1129942
	7. **Coppola, A. M.**, Dimler, A. J., Letendre, T., & McHugh, T-L. F. (2017). ‘We are given a body to walk this earth’: The body pride experiences of young Aboriginal men and women. *Qualitative Research in Sport, Exercise and Health, 9,* 4-17. doi: 10.1080/2159676X.2016.1174727
	8. McHugh, T.-L. F., **Coppola, A. M.,** Holt, N. L., & Andersen, C. (2015). "Sport is community:" An exploration of urban Aboriginal peoples' meanings of community within the context of sport. *Psychology of Sport and Exercise, 18*, 75-84. doi: 10.1016/j.psychsport.2015.01.005
	9. McHugh, T.-L. F., **Coppola, A. M.,** & Sabiston, C. (2014). 'I'm thankful for being Native and my body is part of that': The body pride experiences of young Aboriginal women. *Body Image, 11*, 318-327*.* doi: 10.1016/j.bodyim.2014.05.004
	10. **Coppola, A. M.,** Ward, R. M., & Freysinger, V. J. (2014). Coaches’ communication of sport body image: Experiences of female athletes. *Journal of Applied Sport Psychology*, *26*, 1-16. doi: 10.1080/10413200.2013.766650
	11. McHugh, T.-L. F., Kingsley, B., & **Coppola, A. M**. (2013). Enhancing the relevance of physical activity research by engaging Aboriginal Peoples in the research process. *Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health*, *11*, 293-305.
	12. McHugh, T.-L. F., **Coppola, A. M.,** & Sinclair, S. (2013). An exploration of the meanings of sport to urban Aboriginal youth: A photovoice approach. Special Issue on Community Research in *Qualitative Research in Sport, Exercise and Health*, *5*, 291-311. doi: 10.1080/2159676X.2013.819375
	13. Holt, N. L., McHugh, T-L. F., Tink, L. N., Kingsley, B. C., **Coppola, A. M.,** Neely, K. C., & McDonald, R. (2013). Developing sport-based after-school programmes using a participatory action research approach. Special Issue on Community Research in *Qualitative Research in Sport, Exercise and Health*, *5*, 332-355. doi: 10.1080/2159676X.2013.809377
3. **Articles (Non-peer-reviewed)**
	1. **Coppola, A.,** Martin, E., Byrd, M., Bergman, C., & Erway, T. (2011). Mental skills training with a group of seventh-grade football players: The experiences of graduate student mental trainers and suggestions for future youth-sport programs. Performance Enhancement Movement Newsletter (Association for Applied Sport Psychology), 6-8.
	2. **Coppola, A.** (2011). Increasing the percentage of female coaches: What does the NCAA have to offer women? Women in Sports Newsletter (Association for Applied Sport Psychology), June 2011, 6-8.
4. **Conference Presentations**
	1. **Coppola, A. M**., Benzinger, J., & Hancock, D. J. (accepted, 2021, October). ‘“The more exposure you get to professionals, to resources, the better you’re going to become”: Physical educators’ perceptions and experiences of teaching students with mobility disabilities. 2021 Canadian Society for Psychomotor Learning and Sport Psychology, online.
		1. Benzinger, J., Jones, P., Williams, K., **Coppola, A. M.**, & Hancock, D. J. ***(accepted but withdrawn due to COVID***; 2020, June). Physical educators’ perceptions and experiences of teaching students with mobility disabilities. 2020 North American Society for the Psychology of Sport and Physical Activity Conference, Vancouver, BC moved online.
	2. **Coppola, A. M**, Pila, E., Chenoweth, C., & McHugh, T-L. F. (2019, June). “When I am exercising or eating healthier, I continue to be proud of what my body can do:” Women’s thoughts on self-compassion, body pride, and health. 2019 North American Society for the Psychology of Sport and Physical Activity Conference, Baltimore, MD.
	3. **Coppola, A. M.,** Voils, A. L., Gafkjen, J., & Hancock, D. J. (2018, June). How can academic and community partners support healthy eating and physical activity programs in daycare centers?. 2018 North American Society for the Psychology of Sport and Physical Activity Conference, Denver, CO.
	4. **Coppola, A. M.,** Hancock, D. J., Allan, V., Vierimaa, M., & Côté, J. (2017, October). Enhancing university practicum students' roles in implementing the Ontario Daily Physical Activity (DPA) policy. Paper presented at the 2017 Canadian Society for Psychomotor Learning and Sport Psychology, St. John's, NL.
	5. **Coppola, A. M.**, & McHugh, T-L. F. (2016, October). Supporting Alberta Indigenous youth activity-promoting programs: A gathering to facilitate knowledge-to-action. Poster presentation at the 2016 Canadian Society for Psychomotor Learning and Sport Psychology Conference, London, ON.
	6. **Coppola, A. M**., Dimler, A. J., Letendre, T., & McHugh, T-L. F. (2015, October). An exploration of the body pride experiences of young Aboriginal men and women in Canada. Oral presentation at the 2015 Canadian Society for Psychomotor Learning and Sport Psychology Conference, Edmonton, AB.
	7. **Coppola, A. M.,** & McHugh, T-L.F. (2015, May). Programmers’ experiences and recommendations for co-creating and engaging others in Indigenous youth activity-promoting programming. Oral presentation at the National Aboriginal Physical Activity Conference, Membertou, NS.
	8. **Coppola, A. M.,** & McHugh, T-L.F. (2014, May). Co-creating a research agenda with community members to inform Canadian Indigenous youth activity programming engagement practices. Poster presentation at the 2014 Global Summit on the Physical Activity of Children, Toronto, ON.
	9. McHugh, T-L.F., **Coppola, A.M.,** Holt, N.L., & Andersen, C. (2014, May). How do urban Aboriginal community members describe ‘community’ within the context of sport? Poster presentation at the 2014 Global Summit on the Physical Activity of Children, Toronto, ON.
	10. Baillie, C., **Coppola, A. M**., Davison, C., Lévesque, L., McHugh, T-L. F., & Whetung, M. (2014, February). Participatory research methods with Indigenous communities. Symposium submitted to 2nd National Aboriginal Physical Activity Conference, Kingston, ON.
	11. Whetung, M.,\* **Coppola, A. M.,\*** Letendre, T., & McHugh, T-L. F. (2013, October).“It’s a reciprocal relationship...not a charity relationship:” An inquiry into the process of co- creating a story regarding young Indigenous women’s sport body image. Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC.
	12. McHugh, T-L. F., & **Coppola, A. M.** (2013, October). “They enjoy who they are”: Young Aboriginal women’s experiences of body pride. Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC.
	13. **Coppola, A. M.,** & Knight, C. J. (2013, September). Building professional relationships: Identifying strategies for applying participatory concepts to reflections.17th International Reflective Practice Conference, Swansea, Wales, United Kingdom.
	14. **Coppola, A. M.,** Neely, K. C., McDonald, R., McHugh, T-L. F., & Holt, N. L. (2012, November). Children's perceptions of a sport-based critical hours program. Canadian Society for Psychomotor Learning and Sport Psychology, Halifax, NS.
	15. McHugh, T-L. F., & **Coppola, A. M.** (2012, November). An exploration of Aboriginal youth’s meaning of sport: A photovoice approach. Canadian Society for Psychomotor Learning and Sport Psychology, Halifax, NS.
	16. **Coppola, A. M.,** Neely, K. C., McDonald, R., McHugh, T.-L. F., & Holt, N. L. (2012, June). Developing a participatory action research study: Strategies for relationship building. 12th Annual Thinking Qualitatively Workshop Series: International Institute of Qualitative Methodology, Edmonton, AB.
	17. **Coppola, A. M.,** McHugh, T.-L. F., & Holt, N. L. (2012, May). Establishing cultural relevance of a sports-based program for Aboriginal adolescents: A research proposal. Faculty of Extension Centenary Research Showcase, Edmonton, AB.
	18. Messman-Moore, T. L., Ward, R. M., & **Coppola, A. M.** (2011, November). Examination of Emotion Dysregulation and Drinking to Cope as Predictors of Short- Term and Long-Term Risk for Alcohol-Involved Sexual Assault. Association for Behavioral and Cognitive Therapies, Toronto, Canada.
	19. McHugh, T-L., & **Coppola, A. M.** (2011, October). Physical activity questions that matter: Engaging aboriginal youth in the research process. Canadian Society for Psychomotor Learning and Sport Psychology, Winnipeg, MB.
	20. **Coppola, A. M.,** Ward, R. M., Freysinger, V. J., & McHugh, T.-L. (2011, October). Communication of sporting body ideals: Experiences of female NCAA division I college athletes. Canadian Society for Psychomotor Learning and Sport Psychology, Winnipeg, MB.
	21. Ward, R. M., Miller, A., & **Coppola, A. M.** (2011, October). Intoxicated Personalities in College Students. Conference on Emerging Adulthood, Providence, RI.
	22. **Coppola, A. M.,** & Ward, R. M. (2011, September). Alpha females, self-esteem, and alcohol: Under the leadership influence. Association for Applied Sport Psychology, Honolulu, HI.
	23. Vealey, R. S., **Coppola, A. M.,** Martin, E. M., & Cohen, S. R. (2010, October). Slippery slope: Does motivation and perfectionism lead to burnout in coaches?, Association for Applied Sport Psychology, Providence, RI.
	24. **Coppola, A. M.,** Novak, S. A., & Ward, R. M. (2010, August). Is weight stigma a mediator of the relationship between BMI and exercise avoidance among a sample of college females? International Society of Behavioral Medicine, Washington, D.C.
	25. Ward, R. M., **Coppola, A. M.,** & Ward, J. A. (2010, August). Demographic and Transtheoretical Model Variables Predict Future Alcohol Drinking Behaviors, International Society of Behavioral Medicine, Washington, D.C.
	26. Ward, R. M., Messman-Moore, T. L., **Coppola, A. M.,** & Popson, H. C. (2010, June). Readiness to change binge drinking habits and sexual victimization in college women, Research Society on Alcoholism, San Antonio, TX.

 \*Two first authors

1. **Knowledge-Sharing Activities and Media**
	1. **Indiana University Kokomo Newsroom** (December 2019). [Interns create activity program for preschoolers.](https://newsroom.iuk.edu/2019/december/intern-creates-activity.html?utm_source=www.iuk.edu%2Findex.html&utm_medium=web&utm_campaign=framework&utm_term=ticker&utm_content=Interns%20create%20activity%20program%20for%20preschoolers&fbclid=IwAR1gK84UPgD3QKk8wg46yPyQZulh1tFif520BNO5D9t1t2XS7LWPpDsazR4)
	2. **Indiana University Kokomo Newsroom** (November 2019). [Women of the Well House award more than $16,000 in grants](http://view.e.iu.edu/?qs=8762011c20eb69db1707632ed6efa7e4a7359d65a809622e4c31aa4196edb8e8a879f0c99dac1deb0a086d6a38be0e0d8f15c9722907d74f04fadc23a1cad126f80290660bd49f0ea710e30652c713b5).
	3. **Workshop at Indiana University Kokomo** (April 2018). Perspectives on Women’s Self-Compassion, Body Pride, and Health Behaviors Event.
	4. **The Daily Beat Podcast, BTRtoday.** (August 2017). [Angela Coppola on Self-Compassion](http://www.btrtoday.com/listen/thedailybeat/week-of-082217-9/).
	5. **Indiana University Kokomo Newsroom** (July 2017). [Positive body image study and art technology among grant recipients](http://newsroom.iuk.edu/articles/2017/07-jul/positive-body-image-study-art-technology-among-grant-recipients.php).
	6. **Alberta Sweetgrass: Alberta’s Aboriginal News Publication,** 21(1). (December 2013). [Aboriginal youth focus of community consultation](http://www.ammsa.com/publications/alberta-sweetgrass/activities-aboriginal-youthfocus-%20community-consultation).
2. **Community-Based Participatory Research Partnerships and Activities**
	1. **Bona Vista Children’s Physical Activity Promotion Internship Pilot Program:** Co-developing a mutually-beneficial internship program and collecting research data to explore the impact of the program. (August 2019-Present). MOU Signed by B. Boles, and A. M. Coppola
	2. **Culturally-Relevant Programming**: Co-developed with an Edmonton Aboriginal school-community for identifying research purposes and roles for engaging in sport research and programming. (May-August 2012). MOU Signed by S. Lafferty, A. M. Coppola, and T-L. F. McHugh
	3. **Community Consultations**: Co-developed with community partner for identifying roles and responsibilities for Interdisciplinary Health Research Academy community consultation grant. (May-August 2013). MOU Signed by S. Sinclair, A. M. Coppola, and T-L. F. McHugh
3. **Presentations and Invited Talks**
	1. **Coppola, A. M.** (2015, December). Indigenous youth health programs in Alberta: How can agencies and communities create spaces for growth and support?, Alberta Health, Government of Alberta, Edmonton, AB, Canada.
	2. **Coppola, A. M.,** McHugh, T-L. F., Ochs, F., & Lafferty, S. (2012, November). The path to “nehiyawiyisin:” Co-developing a memorandum of understanding for a school- university partnership: Women and Children’s Health Research Institute Research Day, Edmonton, AB.
	3. **Coppola, A. M.,** Ochs, F., Duncan, D., & Brooks, R. (2012, September). The development of a formative, use-focused evaluation of an Aboriginal school-community breakfast club program. ReCon Conference through Faculty of Physical Education and Recreation, Canmore, AB.
	4. **Coppola, A. M.,** & McHugh, T-L. F. (2012, September). Aboriginal women’s body- related experiences in sport and Aboriginal dance: A Research Proposal. ReCon Conference through Faculty of Physical Education and Recreation, Canmore, AB.
	5. **Coppola, A. M.,** & Felicia Ochs. (2012, March). A formative evaluation of an Aboriginal school-community breakfast club program. Dunlop Symposium, Faculty of Education, University of Alberta, Edmonton, AB.
	6. **Coppola, A. M.,** Ward, R. M., & Freysinger, V. J. (2011, September). Communication of sporting body ideals: Experiences of female NCAA division I college athletes. ReCon Conference through Faculty of Physical Education and Recreation, Canmore, AB.

\*Voted Best Poster Presentation by Professors and Colleagues

* 1. **Coppola, A. M.** (2010, December). The communication of the ideal body type in sport: Perceptions and experiences of female collegiate athletes, Kinesiology & Health Research Forum, Miami University, Oxford, OH.
	2. **Coppola, A. M.,** & Ward, R. M. (2010, November). How ready are college women to stop drinking?: Improvements on the transtheoretical model staging algorithms. Miami University Graduate Research Fair, Oxford, OH.
	3. **Coppola, A. M.** (2010, July). Female athletes’ perceptions and experiences of the ideal body type in sport and society: A thesis proposal, University of Strathclyde, Glasgow, UK.
	4. **Coppola, A. M.,** Cohen, S. R., Jackson, H., Byrd, M. M. & Vealey, R. S. (2010, February). The slippery slope: Does motivation and perfectionism lead to burnout in coaches? Midwest Sport and Exercise Psychology Symposium, Ball State University, IN.
	5. **Coppola, A. M.,** & Ward, R. M. (2009, November). Are you sure you want to eat that?: Is social support a mediator of the relationship between BMI and weight stigma among college females?, Society of Behavioral Medicine, Seattle, WA, April 2010; Miami University Graduate Research Fair, Oxford, OH.

# TEACHING

# Teaching Awards

* 1. **2021 Indiana LEAP COVID Character Honors Award,** LEAP Indiana.
	2. **2019 Trustees Teaching Award**, Indiana University Kokomo.
	3. **2018 FACET Innovate Award in Community Engagement (formerly Academy Award)** for Health Program Planning Research Service-Learning Project "Improving Outreach Methods for the Howard County Health Department's Overdose Rescue Kit Program", Faculty Academy on Excellence in Teaching, Indiana University.

# Scholarship of Teaching and Learning (Publications and Workshops Published and In-Progress)

# Coppola, A. M. (2021, February). Exploring how to manage perceived trauma and stressors with college students. Presentation and Discussion, *LEAP Indiana.*

# Coppola, A. M. & Saam, J. (2021, January). Evidence of Student Learning. Workshop, *Documenting Excellence in Teaching Series, Indiana University Kokomo.*

# Coppola, A. M. (2019). “I was contributing to the community and making a difference:” Planning and assessing students’ research experiences and skills in a high-impact service-learning project. Publication, *Indiana University Teaching for Student Success: An Evidence-Based Approach Series*

* 1. **Coppola, A. M.,** & Wang, X. (2019, September). Promoting Online Course Interaction and Engagement. Workshop, *Center for Teaching, Learning, and Assessment, Indiana University Kokomo*.

# Warren-Gordon, K., Weaver, L. A., Coppola, A. M., & Robbins, C. (Publication in progress). An exploration of the culture of service-learning in higher education. To be submitted to *Michigan Journal of Community Service-Learning*

* 1. **Coppola, A. M.,** & Cauthern, J. (Publication in progress). An approach to planning and assessing research service-learning in Health Program Planning. *Pedagogy in Health Promotion*
	2. **Coppola, A. M.** (Publication in progress). Implementing and igniting behavior change practice in Health Education and Promotion. *Pedagogy in Health Promotion*

# Teaching Conferences & Presentations

* 1. **Coppola, A. M.,** & Cauthern, J. (Under Review). Developing and Implementing Research-Based Service-Learning Projects. IU FACET Retreat, Jeffersonville, IN.

# Coppola, A. M. (2020, April). “I was contributing to the community and making a difference:” Planning and assessing students’ research experiences and skills through service-learning. *Experiential Learning Certificate Showcase*, Indiana University Kokomo, Kokomo, IN.

* 1. Warren-Gordon, K., Weaver, L. A., **Coppola, A. M.,** & Robbins, C. (2020, February). The past, present, and future of reward systems: Addressing the “why” of our work. *10th Annual Indiana Campus Compact Summit*, Indianapolis, IN.
	2. **Coppola, A. M**. (2017, August). Service-Learning Exemplar Panel*. Academic Retreat*, Indiana University Kokomo.
	3. **Coppola, A. M.**, & *True, V. E.\** (2017, February). Recommendations for creating a mutually-beneficial service-learning project for community partners and college students. *Service Engagement Summit, Indiana Campus Compact.* Indianapolis, IN.
	4. Hancock, D. J., **Coppola, A. M**., Mossburg, K., Henderson, J., & Alshuwaiyer, G. (2016, October). Going to grad school, KEY, sojourn, internships, and other great discussions. *Indiana University Kokomo*.
	5. Hancock, D. J., Henderson, J., & **Coppola, A. M.** (2015, December). Getting the most out of your program colloquium for B.S. Health Sciences Students. *Indiana University Kokomo*.

\*Student Collaborator

# Teaching Grants

* 1. **Coppola, A. M.**, & Benzinger, J.\*(2020). Student support to travel to the 2020 North American Society for the Psychology of Sport and Physical Activity Conference. *Applied Learning Grant, Indiana University Kokomo* **(Awarded: $500)**
	2. **Coppola, A. M.,** & Boyd, G..\* (*Awarded Spring 2020*). Co-creating a mutually-beneficial children’s physical activity and development program between early-learning providers and Interns. *Undergraduate Research Program Award, Indiana University Kokomo* **(Faculty: $1500; Student: $750)**
	3. **Coppola, A. M.** (2019)*.* Health Sciences trip to the 2020 Midwest Sport & Exercise Psychology Symposium. *Applied Learning Grant, Indiana University Kokomo* **(Awarded: $500)**
	4. Hancock, D. J., & **Coppola, A. M.** (2018).Health Sciences trip to the 2019 Midwest Sport & Exercise Psychology Symposium. *Applied Learning Grant, Indiana University Kokomo* **(Awarded: $1000)**
	5. Hancock, D. J., & **Coppola, A. M.** (2017).Health Sciences trip to the 2018 Midwest Sport & Exercise Psychology Symposium. *Applied Learning Grant, Indiana University Kokomo* **(Awarded: $1000)**
	6. **Coppola, A. M.,** & Chenoweth, C.\* (Awarded, Fall 2017). Enhancing self-compassion and body pride to promote health behaviors in women. *Undergraduate Research Program Award, Indiana University Kokomo* (**Faculty: $1500; Student: $750)**
	7. **Coppola, A. M.** (2017). Recommendations for creating a mutually-beneficial service-learning project for community partners and college students, Service Engagement Summit, Indiana Campus Compact*. Applied Learning Grant, Indiana University Kokomo*
	8. Hancock, D. J., & **Coppola, A. M.** (2016).Health Sciences trip to the 2017 Midwest Sport & Exercise Psychology Symposium. *Applied Learning Grant, Indiana University Kokomo* **(Awarded: $750)**
	9. **Coppola, A. M.,** Hancock, D. J., & Mossburg, K. (2016). Health Sciences Sophomore Sojourn Trip. *Office of Academic Affairs, Indiana University Kokomo* (**Awarded: $2,422)**
	10. Hancock, D. J., & **Coppola, A. M.** (2015).Health Sciences trip to the 2016 Midwest Sport & Exercise Psychology Symposium. *Applied Learning Grant, Indiana University Kokomo* **(Awarded: $1,000)**

\*Student Collaborator

# Teaching Funds Awarded

* 1. **Inspiration 9.0 Software, ($1,000).** Software for H477: Health Program Planning Course. Funded through the Office of Academic Affairs, Indiana University Kokomo, Kokomo, IN.

# Community Health and Activity Promotion Research Lab (CHAPL), Director (April 2017 – Present)

* 1. **Student Members**
		1. 2020: Grace Boyd, Elli Ferguson, Paige Jones
		2. 2019: Allison Voils, Paige Jones, Grace Boyd
		3. 2018: Lisbeth Alanis-Santos, Carly Chenoweth, Allison Voils
		4. 2017: Carly Chenoweth, Andrea Zepeda
	2. **Student Research Projects**
		1. 2019 (Fall) – 2020 (Spring): Indiana University Kokomo; Faculty Supervisor, Grace Boyd and Paige Jones, created a mutually-beneficial physical activity program in which children, teachers, and IUK Health Sci interns teach, learn, and are active together
		2. 2017 (Fall) – 2018 (Spring) Indiana University Kokomo; Faculty Supervisor, Carly Chenoweth, Research Assistant, Enhancing self-compassion and body pride to promote health behaviors in women.
		3. 2017 (Fall) – 2018 (Spring) Indiana University Kokomo, Allison Voils, Research Assistant, How can academic and community partners support healthy eating and physical activity programs in childcare and early-learning centers?
		4. 2016 (Spring) Indiana University Kokomo; Faculty Supervisor, Erica Goodman, Research Assistant, Listening to Communities Grant Consultations.

# Student Awards (Served as Mentor)

* 1. Boyd, G. (2019/2020)
		1. 2020 Outstanding Student in Health Sciences (Degree-Wide); Division of Allied Health Sciences, Indiana University Kokomo.
		2. 2020 Outstanding Student in Exercise and Sport Science (Concentration-Specific); Division of Allied Health Sciences, Indiana University Kokomo.
		3. Fall 2019 Cougar Paw Award Winner; Indiana University Kokomo Human Resources.
	2. Chenoweth, C. (2018). Student Presentation Award Winner; Indiana University Kokomo Undergraduate Student Research Symposium.

# Student Presentations

* 1. Boyd, G. I.,\* Ferguson, E.,\* & **Coppola, A. M.** (2020). Creating and studying a children’s physical activity and development program partnership with early-learning providers. Indiana University Kokomo Undergraduate Research Symposium, Kokomo, IN. (accepted but did not present due to CV-19 pandemic)
	2. Boyd, G.\*, Jones, P.\*, & **Coppola, A. M.** (2020, February). Creating and studying a children’s physical activity and development program partnership with early-learning providers. 2020 Midwest Sport and Exercise Psychology Symposium, Normal, IL.
	3. Benzinger, J.\*, Jones, P., **Coppola, A. M.**, & Hancock, D. J. (2019, February; March). Physical educators’ perceptions and experiences of offering classes to students with mobility disabilities: Preliminary results. 2019 Undergraduate Research Symposium, Indiana University Kokomo. 2019 Midwest Sport and Exercise Psychology Symposium, Lexington, KY.

*\*Earned Best Oral Presentation at the Undergraduate Research Symposium*

* 1. Voils, A. L.\*, & **Coppola, A. M.** (2018, April). How can academic and community partners support healthy eating and physical activity programs in childcare and early-learning centers? Undergraduate Research Symposium, Indiana University Kokomo. \**Earned Outstanding Student in Health Sciences Award due in part to her involvement in, and presentation and publication in this project*
	2. Chenoweth, C.\*, & **Coppola. A. M.** (2018, April). Women’s Perspectives of Promoting Self-Compassion and Body Pride to Enhance Health Behaviors. 2018 Undergraduate Research Symposium, Indiana University Kokomo.

*\*Earned Best Oral Presentation*

 \*Student Researcher/Mentee

# Student Recruitment and Kokomo Experience and You (KEY) Activities

* 1. Sophomore Sojourn for Health Sciences (Fall 2015-Present)
	2. VIP Days and Yield Events (Fall 2015-Present)
	3. KEY Summer Institute and New Student Convocations (Fall 2015-Present)

# Knowledge-Sharing Activities and Media

* 1. **Indiana University Kokomo Newsroom** (March 2021). [Professor receives state civic engagement award.](https://newsroom.iuk.edu/2021/march/professor-receives-state-civic-engagement-award.html)
	2. **Indiana University Kokomo Newsroom** (December 2020). [Health Sciences seniors help fight Parkinson’s in YMCA internship](https://view.e.iu.edu/?qs=54934cad186129b79c442705144f99e44ed3bf3442e34b5c27fbc45c291589e6062021ca563f32f8a244652fbe1c9511bdce019cf2847ffb9823c1c547ad2eded2f2047e4c3fcf333b72c7aca45823b7).
	3. **Indiana University Kokomo Newsroom** (September 2019). [Professor receives fellowship for health department program](https://newsroom.iuk.edu/articles/2019/09-sep/professor-receives-fellowship-for-health-department-program.php?fbclid=IwAR3ryAhkNZwJiZ-eW0rwpmi-f68SmuOQNS9lE78Zv8BAyhfntLnrFVudEfI#.XZ4eW6VA6oU.twitter).
	4. **Indiana University Kokomo Newsroom/Kokomo Tribune** (April 2018). [Students showcase research in undergraduate symposium](https://www.kokomotribune.com/news/students-showcase-research-in-undergraduate-symposium/article_022cd0fa-6a7f-11e8-8066-675b613fa5f3.html).
	5. **Indiana University Kokomo Newsroom** (January 2018). [Student research project assists in opioid overdose fight](https://newsroom.iuk.edu/articles/2018/01-jan/student-research-project-assists-in-opioid-overdose-fight.php#.WmFRzGAMwcE.twitter).

# Courses Taught

* 1. 2021 (Fall): Indiana University Kokomo; Principal Instructor; **HSCI-H 325—Foundations of Health Education,** Enrolment: 5
	2. 2021 (Fall): Indiana University Kokomo; Principal Instructor; **HSCI-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 9
	3. 2021 (Summer): Indiana University Kokomo; Principal Instructor; **Web-Based** **AHLT-H 364—Stress Management in Health Professions**, Enrolment: 17
	4. 2021 (Spring): Indiana University Kokomo; Principal Instructor, **HPER-P 120—Introduction to Health and Fitness*,*** Enrolment: 19 (Hybrid Delivery due to COVID-19)
	5. 2021 (Spring): Indiana University Kokomo; Principal Instructor, **AHLT-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 15 (Hybrid Delivery due to COVID-19)
	6. 2021 (Spring): Indiana University Kokomo; Principal Instructor, **AHLT-H 322—Epidemiology and Biostatistics,** Enrolment: 16 (Hybrid Delivery due to COVID-19)
	7. 2021 (Spring): Indiana University Kokomo; Principal Instructor, **AHLT-H499—Senior Capstone,** Enrolment: 1 (Hybrid Delivery due to COVID-19)
	8. 2020 (Fall): Indiana University Kokomo; Principal Instructor, **HPER-P 120—Introduction to Health and Fitness*,*** Enrolment: 25 (Hybrid Delivery due to COVID-19)
	9. 2020 (Fall): Indiana University Kokomo; Principal Instructor, **AHLT-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 13 (Hybrid Delivery due to COVID-19)
	10. 2020 (Fall): Indiana University Kokomo; Principal Instructor, **AHLT-H 477—Health Program Planning,** Enrolment: 3 (Hybrid Delivery due to COVID-19)
	11. 2020 (Summer): Indiana University Kokomo; Principal Instructor; **Web-Based** **AHLT-H 364—Stress Management in Health Professions**, Enrolment: 21
	12. 2020 (Spring): Indiana University Kokomo; Principal Instructor, **HPER-P 120—Introduction to Health and Fitness*,*** Enrolment: 12 (Hybrid Delivery due to COVID-19)
	13. 2020 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 322—Epidemiology and Biostatistics,** Enrolment: 16 (Hybrid Delivery due to COVID-19)
	14. 2020 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 478—Evaluation of Health Programs**, Enrolment: 8 (Hybrid Delivery due to COVID-19)
	15. 2019 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 10
	16. 2019 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 477—Health Program Planning,** Enrolment: 5
	17. 2019 (Summer): Indiana University Kokomo; Principal Instructor; **Web-Based** **AHLT-H 364—Stress Management in Health Professions**, Enrolment: 19
	18. 2019 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 12
	19. 2019 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 478—Evaluation of Health Programs**, Enrolment: 4
	20. 2018 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 477—Health Program Planning,** Enrolment: 8
	21. 2018 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 325—Foundations of Health Education,** Enrolment: 11
	22. 2018 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 322—Epidemiology and Biostatistics,** Enrolment: 14
	23. 2018 (Summer): Indiana University Kokomo; Principal Instructor; **Web-Based** **AHLT-H 364—Stress Management in Health Professions**, Enrolment: 23
	24. 2018 (Summer): Indiana University Kokomo; Principal Instructor; **HPER-P 212—Introduction to Exercise Science**, Enrolment: 5
	25. 2018 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 322—Epidemiology and Biostatistics,** Enrolment: 24
	26. 2018 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 10
	27. 2018 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 478—Evaluation of Health Programs**, Enrolment: 6
	28. 2017 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 477—Health Program Planning,** Enrolment: 9
	29. 2017 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 325—Foundations of Health Education,** Enrolment: 20
	30. 2017 (Fall): Indiana University Kokomo; Principal Instructor; **HPER-P 212—Introduction to Exercise Science,** Enrolment: 33
	31. 2017 (Summer): Indiana University Kokomo; Principal Instructor; **Web-Based** **AHLT-H 364—Stress Management in Health Professions**, Enrolment: 16
	32. 2017 (Summer): Indiana University Kokomo; Principal Instructor; **HPER-P 212—Introduction to Exercise Science**, Enrolment: 13
	33. 2017 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 322—Epidemiology and Biostatistics,** Enrolment: 25
	34. 2017 (Spring): Indiana University Kokomo; Principal Instructor; **AHLT-H 333—Cultural Competence in Health Education and Health Promotion,** Enrolment: 17
	35. 2016 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 477—Health Program Planning,** Enrolment: 9
	36. 2016 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 325—Foundations of Health Education,** Enrolment: 19
	37. 2016 (Fall): Indiana University Kokomo; Principal Instructor; **HPER-P 212—Introduction to Exercise Science,** Enrolment: 33
	38. 2016 (Summer): Indiana University Kokomo; Principal Instructor; **HPER-P 212—Introduction to Exercise Science,** Enrolment: 8
	39. 2016 (Spring): Indiana University Kokomo; Principal Instructor, **HPER-P 120—Introduction to Health and Fitness*,*** Enrolment: 19
	40. 2016 (Spring): Indiana University Kokomo; Principal Instructor, **AHLT-H 322—Epidemiology and Biostatistics*,*** Enrolment: 17
	41. 2016 (Spring): Indiana University Kokomo; Principal Instructor, **AHLT-H 333—Cultural Competence in Health Education and Health Promotion*,*** Enrolment: 14
	42. 2015 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 477—Health Program Planning,** Enrolment: 12
	43. 2015 (Fall): Indiana University Kokomo; Principal Instructor; **AHLT-H 325—Foundations of Health Education,** Enrolment: 22
	44. 2015 (Fall): Indiana University Kokomo; Principal Instructor; **HPER-P 212—Introduction to Exercise Science,** Enrolment: 25
	45. 2013 (Winter): University of Alberta; Principal Instructor; **HE ED 321—Psychological Dimensions of Health Promotion**, Enrolment: 98
	46. 2012 (Winter): University of Alberta; Seminar Leader; **PERLS 104—Introduction to Sociocultural Aspects of Leisure and Sport**, Enrolment: 15
	47. 2009-2011: Miami University, Oxford, OH; **Physical Activity/Life Skills; Pers. Wellness**

# Internship Students

* 1. **2021 (Summer):** Indiana University Kokomo; Faculty Supervisor
		1. Tia Chambers (Step N Stone Physical Therapy)
	2. **2021 (Spring)** Indiana University Kokomo; Faculty Supervisor, 5 students:
		1. Julie Deem (KatFit, LLC)
		2. Chase Ogle (Engaging Minds Autism Services)
		3. McKinzie Remaly (Team Rehabilitation Physical Therapy)
		4. Ethan Stephenson (Mississinewa High School Athletic Training)
		5. Addison Vincent (Samaritan Caregivers)
	3. **2020 (Fall)** Indiana University Kokomo; Faculty Supervisor, 3 Students:
		1. Abigail Cox (YMCA Kokomo)
		2. Kris MacLain (YMCA Kokomo)
		3. Han Phan (Samaritan Caregivers)
	4. **2020 (Spring)** Indiana University Kokomo; Faculty Supervisor, 4 Students:
		1. Suliat Badmus (Active Day)
		2. Grace Boyd (Bona Vista Programs)
		3. Gabrielle Denham (Project Access of Howard County)
		4. Elli Ferguson (Bona Vista Programs)
	5. **2019 (Spring)** Indiana University Kokomo; Faculty Supervisor, 1 Student:
		1. Andrew Amersbach (Project Access of Howard County)
	6. **2018 (Fall)** Indiana University Kokomo; Faculty Supervisor, 2 Students:
		1. Hanna Alquezada (Clinton County Health Education)
		2. Fawne Ashlock (Wesley Manor Activity Coordination)
	7. **2018 (Summer)** Indiana University Kokomo; Faculty Supervisor, 4 Students:
		1. Scarlet Andre (Hamilton County Health Department)
		2. Megan Smith (Indiana Area Health Education Centers)
		3. Allison Voils (Love and Learn Early-Learning)
		4. Taylor Wiles (Bona Vista)
	8. **2018 (Spring)** Indiana University Kokomo; Faculty Supervisor, 2 Students:
		1. Alika Smith (Family Services Association)
		2. Paige Jones (Bona Vista Programs; Positive Results for Kids)
	9. **2016 (Summer)** Indiana University Kokomo; Faculty Supervisor, 4 Students:
		1. Clarence Thompkins (Magnolia Springs Retirement Community),
		2. Stephanie Lee (YMCA Kokomo),
		3. Baylie Brumbaugh (Rest Assured Elderly Care Management System),
		4. Korby Anderson (Marion County Department of Health)
	10. **2016 (Spring)** Indiana University Kokomo; Faculty Supervisor, 1 Student:
		1. Kaylee Leffew (Bona Vista Smoking Cessation Program)

# Guest Lectures

* 1. **Coppola, A. M.** (2020, December). How to Fight Zoom Fatigue, Panelist, Table Talks at Indiana University Kokomo.
	2. **Coppola, A. M.** (2018, March).The Opioid Crisis in Indiana: A Sober Discussion of Drug Addiction,Panelist, Table Talks at Indiana University Kokomo.
	3. **Coppola, A. M.** (2017, April). Kokomo and the Car (Transportation, Built Environment and Health),Panelist,Table Talks at Indiana University Kokomo.
	4. **Coppola, A. M.** (2013, November). Engaging with Indigenous Peoples in sport and activity research and programming. In Aboriginal Peoples and Physical Practices: Canadian Perspectives (PERLS 323). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	5. **Coppola, A. M.** (2013, October). Collaborating with Indigenous community members in research and evaluation. In Introduction to Community-Based Research and Evaluation (INTD 500). Faculty of Extension, University of Alberta, Edmonton, AB.
	6. **Coppola, A. M.** (2013, February). Sport and physical activity programming with Indigenous youth and community members: Engagement and cultural relevance. In Physical Activity of Aboriginal Peoples (PERLS 323). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	7. **Coppola, A. M.** (2013, February). Physical activity of Aboriginal peoples. In Aboriginal Peoples and Physical Practices: Canadian Perspectives (PERLS 323). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	8. **Coppola, A. M.** (2013, February). Data generation: Interviewing and transcribing. In Scientific Inquiry and Qualitative Research Methodology (PERLS 581). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	9. **Coppola, A. M.** (2012, November). Children’s perceptions of a sport-based critical hours program. In Introduction to Research (PEDS 409). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	10. **Coppola, A. M.** (2012, June). Community-based research methods. In Introduction to Research (PEDS 409). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	11. **Coppola, A. M.** (2012, June). Communicating sport body image. In Psychology of Sport and Physical Activity (PEDS 303). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	12. **Coppola, A. M.** (2012, May). Anxiety, stress, and arousal. In Psychology of Sport and Physical Activity (PEDS 303). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.
	13. **Coppola, A. M.** (2011, November). Interventions. In Behavioural Medicine (HEED 221). Faculty of Physical Education and Recreation, University of Alberta, Edmonton, AB.

# SERVICE

# Community Outreach/Presentations

1. **Building Community-University Partnerships to Promote Children’s Physical Activity and Development,** Community First Bank Presentation (October 7, 2020)
2. **Great Expectations: Exploring and Building Self-Compassion,** Family Services Association Domestic Violence Shelter-Life Skills Workshop (October 2, 2019)
3. **New Year, New You Girls’ Night Out Self-Care Event,** Blackhawk Winery and Vineyard (February 23, 2019)
4. **(Re)Framing Fitness Expectations and Goals,** CrossFit Kokomo (December 8, 2018)
5. **Perceptions of Self-Compassion, Body Pride and Health Behaviors,** Indiana University Kokomo (April 20, 2018)

# Current Membership and Service

1. **Antiracism Book Club;** Coordinator (August 2020 – Present)
2. **Health Sciences Program,** Assessment Coordinator and Program Manager (August 2019-Present)
3. **Applied and Community Research Center,** Director (January 2018-Present)
4. **Bona Vista Early Head Start/Childhood Programs**, Community Board Member (June 2019-Present)
5. **Center for Community Engagement**, Board Member and Faculty Liaison, Indiana University Kokomo (March 2018-Present)
6. **Purdue Extension (Howard County)**, Community Board Member (March 2018-Present)
7. **Indiana Campus Compact**, Faculty Liaison (January 2017-Present)

# Past Membership and Service

1. **Budgetary Affairs Committee,** Member, Faculty Senate, Indiana University Kokomo (August 2019-2021)
2. **KEY Summer Institute,** Instructor (August 2020)
3. **Research Re-Entry after COVID Committee at IU Kokomo, Community-Based Research Subcommittee,** Member (July-August 2020)
4. **Assistant Professor of Health Sciences (Tenure Track - Exercise and Sport Science) Hiring Committee,** Chair (August 2019-February 2020)
5. **Research Affairs Committee,** Member, Faculty Senate, Indiana University Kokomo (August 2016-August 2019)
6. **Assistant Dean of Health Sciences Hiring Committee**, Member (May 2019 – June 2019)
7. **Gluten-Free Program Workshop**, Researcher, Indiana University Kokomo (May 2017-January 2019)
8. **Indiana State Health Improvement Plan*,*** Researcher and Advisor Board Member, Indiana State Department of Health (May 2017-December 2018)
9. **Assistant Professor of Health Sciences Hiring Committee,** Member (August 2018-November 2018)
10. **Faculty Ambassador Program: New Student Orientation,** Ambassador, Indiana University Kokomo (April 2017-August 2018)
11. **Journal of Sport and Exercise Psychology Digest,** Review Member(May 2016-September 2017)
12. **Chronic Disease Advisory Group,** Member**,** Indiana State Department of Health(February 2016-2017)
13. **Visiting Lecturer of Health Sciences Hiring Committee**, Member (August – October 2017)
14. **Applied and Community Research Center,** Board Member, Indiana University Kokomo (October 2016 to December 2016)
15. **Aboriginal Physical Activity and Cultural Circle, Advisory Committee Member** (June 2014 to December 2015)
16. **Physical Education and Recreation Graduate Student Society** (**PERGSS), Vice- President** (September 2013 to November 2014)
17. **Faculty Council Representative, PERGSS** (September 2011-August 2012)
18. **Co-Secretary, PERGSS** (September 2012-September 2013)
19. **Academic Council Representative, PERGSS** (September 2012-November 2013)
20. **Graduate Student Committee Member**, Miami University of Ohio, Program study and curricula development (2009-2010)
21. **Conference Coordinator**, International Society for the Study of Behavioural Development (ISSBD), University of Alberta (2012)
22. **Conference Coordinator**, Third Canadian Obesity Student Meeting (CONSNP), University of Alberta (2011-2012)
23. **Mid-West Sport & Exercise Psychology Symposium Coordinator**, Miami University of Ohio (2010-2011)
24. **Kinesiology and Health Research Colloquium Coordinator**, Miami University of Ohio (2009)

# Grant and Journal Peer Reviews

1. *International Journal of Environmental Research and Public Health*
2. *Psychology of Sport and Exercise,* Completed: 2
3. *Qualitative Research in Sport, Exercise, and Health,* Completed: 6
4. *International Journal of Qualitative Methods*, Completed: 2
5. *Qualitative Health Research*, Completed: 2
6. *AlterNative*
7. Maternal, Newborn, Child & Youth (MNCY) Strategic Clinical Network (SCN) Health Outcomes Improvement Fund, *PolicyWise for Children and Families*, Alberta, Canada. (3 Grant Reviews)
8. *International Journal of Exercise Science*

# Other Student and Research Mentoring

1. 2017: **Accessibility Mentoring Program, Indiana University Kokomo**, Kokomo, IN. Mentoring a Freshman student to help her with decision-making, and university- and course- preparedness.
2. 2014: **Body Pride Photovoice Project, University of Alberta**, Edmonton, Alberta. Mentored Masters students with photovoice methods and project decision-making, such as sampling, recruitment, and data generation
3. 2012-2014: **Body Narrative Project, University of Alberta**, Edmonton, Alberta. Worked with an undergraduate student in Native Studies in a co-learning capacity-building relationship while co-creating a narrative to explore Indigenous women’s sport body image
4. 2013: **Community Consultation Grant Project, University of Alberta**, Edmonton, Alberta. Mentored undergraduate practicum student with work on grant: Culturally-relevant programming for Indigenous youth: Engaging community members
5. 2009-2011: **Lab Mentor, Miami University**, Oxford, OH. Mentored undergraduate lab assistants with creating questionnaires, managing data sets, and running analyses on SPSS

# Community Service

1. 2015, 2016, 2018, 2019: **Howard County Promise Project**; Volunteered to host kindergarten students at an Allied Health Sciences station at Indiana University Kokomo where I implemented physical activity games
	1. [Planning for the future: Howard County Kindergarteners visit college](http://www.kokomotribune.com/news/local_news/planning-for-the-future-howard-county-kindergartners-visit-college/article_0e1c947c-81c9-11e6-8e21-330b92fb8934.html) (September 2016)
2. 2016: **Girls Inc.;** Redefining Beauty Instructor; Volunteer with this organization by teaching a course on redefining beauty standards with young girls aged 9-11.
3. 2016: **Not on Our Campus, Not in Our Community, Sexual and Domestic Violence Event**; AHLT-H333 (Cultural Competence in Health Education) class and I created a video and infographic about using community-based participatory research strategies to create youth sexual violence prevention programming in schools.
4. 2012-2013: **Abbott Elementary School**; Volunteered to implement a sport program integrating the *cree* language
5. 2012-2013: **St. Joseph Catholic High School**; Volunteered as a leader of a girls’ group for health and wellness incorporating concepts of the Medicine Wheel and traditional Aboriginal knowledge
6. 2012: ***amiskwaciy* Public School**; Assistant for teachers in the classroom or gymnasium during school
7. 2010: **ALS (amyotrophic lateral sclerosis) Association**, Led a Kinesiology and Health department team for Walk to Defeat ALS and raised funds
8. 2010: **Belay Performance, Cincinnati, OH; Mental Trainer**, Supervisor: Dr. Robert Weinberg; Mentored four middle school football players by teaching goal-setting and focusing techniques to improve academic and athletic performance
9. 2009: **ALS (amyotrophic lateral sclerosis) Association**, Participated in the Walk to Defeat ALS and raised funds

# PROFESSIONAL ACTIVITIES

# Teaching Development

1. **Certificates Earned**
	1. Advanced Online Certificate (In Progress)
	2. Experiential Learning Certificate (Earned April 2020)
	3. Techno Fair-Advanced Badge (Earned August 2019)
	4. Service-Learning Certificate (Earned Spring 2018)
	5. Accessibility Certificate (Earned Fall 2017)
	6. Basic Online Course Strategies (Earned Spring 2017)
2. **Online Learning Consortium Course Completed**
	1. Promoting Interaction and Engagement Online (June 23-28, 2019)
3. **Center for Teaching, Learning, and Assessment (CTLA; Indiana University Kokomo): Professional Development Attended**
	1. Documenting Excellence in Teaching Series (January 2021)
	2. Canvas Outcomes for General Education (December 2020)
	3. Transparency in Learning and Teaching (TILT) (July 2020)
	4. Catalytic Conditions, Promising Practices of Student Engagement (George Kuh Webinar Lecture) (March 2020)
	5. Quality Matters Rubric Update (December 2018)
	6. Student Success Academy: Big and Little Changes (2018)
	7. Assessing Community & Experience-based Learning (January 2018)
	8. Reflecting on Community & Experience-based Learning (January 2018)
	9. Service-Learning Project Advice Panel (October 2017)
	10. Acknowledging and Addressing Mental Health in College Students (October 2017)
	11. Promoting a “Mental Tattoo” in Your Course (November 2017)
	12. Informational Literacy in College Students (September 2017)
	13. The Spark of Learning: Using Emotion in College Learning (September 2017)
	14. Top Hat (May 2017)
	15. Modules and Pages (May 2017)
	16. Kaltura Workshop (February 2017)
	17. Voicethread Workshop (December 2016)
	18. Online Course Strategies Course (October-November 2016)
	19. Universal Design Learning Course (September-October 2016)
	20. Quality Matters Workshop (November 2015)
	21. Adobe Connect (November 2015)
	22. Assessment: Measuring Learning Outcomes (October 2015)
	23. Assessment: Assessing Experiential Learning (October 2015)
	24. Assessment: Developing Learning Outcomes (October 2015)
	25. Speedgrader and Crocodoc workshop (October 2015)
4. **Academic Retreat (Indiana University Kokomo): Professional Development Attended**
	1. Why Failure is Essential for Student Learning (January 2021)
	2. Trauma-Informed Pedagogy (August 2020)
	3. Experiential Learning (August 2019)
	4. Building Service-Learning Projects (August 2017)
	5. Creating a Positive Class Climate (August 2015)
5. **Indiana University: Professional Development Attended**
	1. Compliance Training (Harassment) (January 2021)
	2. Where do we go from Here: Social Justice Conference (January 2021)
	3. Black Lives Matter Table Talk (September 2020)
	4. Teaching through Resistance: Identifying and Diffusing Classroom Resistance to Diversity (June 2020)
	5. Digital Literacy Workshop (April 2020)
	6. Mosaics Active Learning Talk (April 2017)
	7. Smooth Transition from High School to College (February 2017)
	8. Teaching Students with PTSD, Anxiety and Depression (February 2017)
	9. Using and Assessing Digital Story-Telling, 20/20 Teaching and Research Event (April 2016)
	10. Gamification in Courses (January 2016)
	11. Experiential Learning: What happened to lectures? (Rob Thomas) (October 2015)
6. **University of Alberta Alumni Association**
	1. Truth and Reconciliation in a Time of Crises with Rev. Nontombi Naomi Tutu (September 2020)
	2. From the Ashes: My Story of Being Métis, Homeless, and Finding My Way Book Club (Fall 2020)
7. **Unite for Sight: Professional Development Attended**
	1. Teaching Cultural Competency in Global Health (December 2016)
8. **IUPUI Sexual Assault Conference (October 2015)**
	1. Bystander Intervention
	2. Changing Rape Culture on Campuses

# Research Development

1. **Qualitative Research in Sport and Exercise Society Journal Club**
2. **Sounds True Self-Compassion Seminar**
	1. Practice of Self-Compassion (Gerner) (September 2017)
	2. Neuroscience of Self-Compassion (McGonigal) (September 2017)
3. **Indiana Healthy Weight Initiative, Healthy Communities Meeting** (May 2017)
4. **Indiana University Kokomo**
	1. **Publication Workshop** (August 2019)
	2. **CITI Ethics Training** (January 2016; 2018)
5. **Alberta Centre for Child, Family and Community Research**
	1. Honouring our Knowledge Gifts: An Aboriginal Research Forum (November 2014)
6. **Alberta Innovates Health Solutions**
	1. Scientist Knowledge Translation Training Course (March 2014)
7. **University of Alberta, Faculty of Nursing**
	1. Exploring Indigenous Methodologies, Linda T. Smith (October 2013)
8. **Community University Partnership (UofA)**
	* 1. Community-Based Research and Evaluation Series
		2. Introduction (October 2011)
		3. Developing Partnerships (January 2012)
		4. The “How” of Developing Projects (February 2012)
		5. Program Evaluation with a CBR Approach (March 2012)
9. **Student Success Centre (UofA)**
	1. Literature Review Workshop (November 2011)
	2. Crafting a Thesis Proposal (November 2011)

# Professional Organization Memberships

1. International Society of Qualitative Research in Sport and Exercise
2. North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
3. Society of Health and Physical Educators (SHAPE) America
4. Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)
5. Women and Children’s Health Research Institute, Student Member (April 2012-2014)
6. Association for Applied Sport Psychology (AASP), Student Member (Aug. 2009-2012)
	1. Proactive Peer and Undergraduate Mentoring Program, AASP (Feb. 2010-2012)
7. Sigma Xi, Research Honor Society, Student Affiliate (April 2011-April 2012)
8. American Alliance for Health, Physical Education, Recreation, & Dance (Sept. 2010- Dec 2010)
9. Society of Behavioral Medicine (Int’l/Nat’l), Student Affiliate (Feb. 2010-Feb. 2011)

# Statistical and Computer Experience

1. SPSS, SAS, PASWStatistics
2. Qualtrics, Survey Monkey (Online Survey Tools)
3. Inspiration Mind-Mapping Tool
4. Canvas
5. Blackboard Academic Suite
6. eClass Powered by Moodle
7. Microsoft Word, PowerPoint, Excel

# Languages

1. English
2. Spanish (Intermediate)
3. French (beginner)
4. *cree* (beginner)

# Relevant Certifications

1. Safe Zone Training
2. Pediatric First Aid
3. Cardiopulmonary Resuscitation (CPR)
4. Automated External Defibrillator (AED)