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EDUCATIONAL BACKGROUND

Ed.D., Curriculum & Supervision, Northern Illinois University, DeKalb, 1992

Emphasis in Health Promotion

Ed.S., Curriculum & Supervision, Northern Illinois University, 1987

Emphasis in Health Promotion

M.A., Exercise Science, The University of Iowa, Iowa City, 1975

B.S., Exercise Science, The University of Iowa, 1972

SUMMARY OF EXPERIENCE

- 03-Present **Assistant Professor**, Department of Health and Movement Science, Graceland University, Lamoni, IA
- 01-Present **Consultant**, Iowa Department of Education, Bureau of Instructional Services, Des Moines, IA
- 98-01 **Instructional Systems Specialist GS-11**, U.S. Army Physical Fitness School, Doctrine Division, Fort Benning, GA
- 96-98 **Chair**, Department of Kinesiology and Health Promotion, Troy State University, Fort Benning
- 94-96 **Director**, Upper Iowa University, Fort Benning
- 93-94 **Instructional Systems Specialist**, U.S. Army Physical Fitness School, Doctrine Division, Fort Benning
- 90-93 **Assistant Professor**, Department of Physical Education, Northern Illinois University, Dekalb, IL
- 87-90 **Lecturer**, Department of Physical Education, Emory University, Atlanta, GA
- 84-87 **Instructor - Assistant Professor**, Department of Physical Education, Northern Illinois University
- 82-84 **Civilian Physical Activities Specialist**, UA-09-II, Department of Defense, South Korea and West Germany
- 81-82 **Instructor**, Department of Physical Education, Northern Illinois University
- 80-81 **Consultant**, Office for Health Promotion, Northern Illinois University
- 79-80 **Instructor**, Department of Physical Education, Northern Illinois University

- 78-79 **Teaching Assistant**, Department of Physical Education, The University of Iowa, Iowa City, IA
- 76-78 **Physical Fitness Consultant**, Thomas & Brown Corp., Iowa City
- 72-76 **Head Resident**, Residence Services, The University of Iowa
- 71-76 **Teaching Assistant**, Department of Physical Education, The University of Iowa
- 67-69 **United States Army Infantry**

TEACHING

Currently **Graceland University**

Teach undergraduate and graduate courses on campus and military installations. Designed online fitness leadership degree.

2 years **Troy State University - Fort Benning**

Taught undergraduate courses including posture and relaxation, foundations of conditioning, human movement in cultural evolution, devolution and revolution, close range combatives, resistance exercise, high-level wellness, introduction to restorative and martial arts, writing for publication, internships, and special projects. Graduate courses included history, philosophy and principles of physical education, measurement and evaluation in physical education, and numerous special topic courses. Supervised interns. Also taught Asymetrix ToolBook II Multimedia software courses to Department of the Army civilian and military personnel.

2 years **Upper Iowa University - Fort Benning**

Taught flexibility training, unit physical readiness program design, posture and relaxation, foundations of conditioning, history of restorative and martial arts, resistance exercise, high-level wellness, introduction to restorative and martial arts, understanding movies, and special projects. Assigned and supervised interns.

8 years **Northern Illinois University**

Taught graduate and undergraduate courses including history of physical education, high level wellness, addiction prevention, posture and relaxation, stress management, beginning and advanced weight training, martial arts, hatha yoga, advanced fitness, and ROTC physical readiness. Summer teaching assignments included Fort Sheridan Army installation and Illinois State Penitentiary at Joliet.

1.5 years **Emory University**

Taught methods in elementary physical education, relaxation and stress reduction, physical conditioning, judo, self-defense, wilderness survival, and backpacking. Recruited United States Army Rangers to develop an innovative outdoor education program. Sponsored two Thai physical educators for one year to teach martial arts.

1 year **Burma and Thailand**

Served National Departments of Education as a Fulbright Scholar. Developed a national high school curriculum. Trained teachers and supervisors in both countries.

1 year **Los Angeles Metropolitan Colleges, Korea Campus**
Taught history of physical education, curriculum design, stress management, advanced fitness, and English as a second language.

7 years **The University of Iowa**
Taught judo, self-defense, weight training, boxing, hatha yoga, volleyball, stress management, relaxation techniques, and physical conditioning.

ADMINISTRATION AND LEADERSHIP

Currently **Iowa Department of Education**
Consultant for Iowa K-12 health and physical education programs.

2 Years **U.S. Army Physical Fitness School**
Developed, wrote and taught U.S. Army physical readiness training doctrine.

2 years **Troy State University - Fort Benning**
Chaired the Department of Kinesiology and Health Promotion. Responsibilities included course development, recruitment and supervision of staff and faculty, assigning and supervising interns, budgeting, program evaluation, marketing, public relations, scheduling, and overall direction of program. Developed the curriculum, secured funding and coordinated the approval process of the degree program.

2 years **Upper Iowa University - Fort Benning**
Directed the Upper Iowa University-Fort Benning campus. Responsibilities included course development, recruitment and supervision of staff and faculty, budgeting, program evaluation, marketing, public relations, scheduling, and overall direction of program. Developed the curriculum, secured funding and coordinated the approval process of the degree program.

1 year **United States Army Physical Fitness School, Fort Benning**
Responsibilities included analysis of Master Fitness Trainer Course curriculum and overall physical fitness doctrine. Assisted in revision of United States Army Physical Fitness Manual FM 21-20.

9 months **National Institute of Physical Culture, Rangoon, Burma**
Designed and implemented a national physical fitness leadership curriculum. Developed national high school physical culture curriculum. Directed the National Institute of Physical Culture. Trained cadre, raised funds, presented workshops, created educational materials and supervised residence facility.

2 years **Department of Defense, South Korea and West Germany**
Managed 2nd Infantry Division sports and physical activities program serving over 20,000 soldiers in South Korea. Supervised eleven sites including gymnasiums, bowling centers, swimming pools, and a golf course. Designed an Associate of arts curriculum in Fitness Leadership for Los Angeles Metropolitan College, Korea Campus. Directed eleven commercial recreation facilities in Germany.

1 year **Field Consultant, Office for Health Promotion, Northern Illinois University**
Assisted northern Illinois public schools, drug and alcohol abuse prevention organizations, youth and senior citizen centers, and numerous other agencies in developing fitness, wellness and

health promotion programs. Designed curriculums, provided in-service training and conducted workshops. Also reviewed literature pertaining to health promotion/fitness and contributed to numerous publications.

4 years Residence Life, The University of Iowa

Administered a residence facility serving over 1,000 students. Responsibilities included coordination of twenty Hall Supervisors, personal and academic counseling, discipline, and program leadership.

2 years United States Army

One year Infantry training and six months on DMZ, South Korea. Led team-level combat operations against North Korean infiltrators during the Pueblo Incident. Six months in charge of brigade gymnasium and intramural program serving 4,000 military personnel. Directed daily operations of the facility, supervised gymnasium assistants and coaches, maintained inventory, directed numerous 7th Infantry Division teams, and scheduled events.

**REPRESENTATIVE PRESENTATIONS, PUBLICATIONS
AND PRODUCTIONS**

“The New Physical Education - How old is it?” Dupage County Institute for Physical Education, Health Education and Driver Education, Naperville, Illinois, March 2008.

“Physical Education and Homeland Security,” Iowa Health, Physical Education, Recreation and Dance Convention, Des Moines, Iowa, November 2007.

“Physical Intelligence – How smart muscles build strong bodies.” Iowa School Age Care Alliance Convention, Des Moines, Iowa, September 2007.

“The Subtle Side of Fitness,” Functional Training Summit, Chicago, Illinois, May 2007.

“In Other Words—Non multa sed multum,” *TaeKwon Do Times*, May 2007.

“The Fitness Factor,” Iowa Association of Alternative Education State Conference, Des Moines, Iowa, April 2007.

“In Other Words—Kalos sthenos,” *TaeKwon Do Times*, March 2007.

“In Other Words—Flecti, non frangi,” *TaeKwon Do Times*, January 2007.

“History of Army Physical Readiness Training,” Association of the United States Army, Camp Dodge, Iowa, November 2006.

“In Other Words—Tria juncto in uno,” *TaeKwon Do Times*, November 2006.

“In Other Words—Vis medicatrix naturae,” *TaeKwon Do Times*, September 2006.

“In Other Words—Non nostrum est tanta componere lites,” *TaeKwon Do Times*, July 2006.

“In Other Words—Non est vivere sed valere vita,” *TaeKwon Do Times*, May 2006.

“Mass Physical Training,” Functional Training Summit, Chicago, Illinois, April 2006.

“The Thinking Body,” National Dropout Prevention Center Effective Strategies Institute, Des Moines, Iowa, April 2006.

“In Other Words—Facile est inventis addere,” *TaeKwon Do Times*, March 2006.

“Decompression and Mobilization Exhibitor,” XIII International Congress on Anti-Aging Medicine, Las Vegas, Nevada, December 2005.

“Smart Muscles,” Iowa Association for Health, Physical Education, Recreation, and Dance Conference, Ottumwa, Iowa, November 2005.

“Decompression and Mobilization Exhibitor,” XIII International Congress on Anti-Aging Medicine, Chicago, Illinois, August 2005.

“Functional Fitness Preconference Workshop,” Wisconsin Best Practice in Physical Education and Health Symposium, Stevens Point, Wisconsin, July 2005.

“The Quiet Side of Fitness,” Functional Training Summit, Providence, Rhode Island, June 2005

“Mindful Motion From the Timeless Past,” *News & Views*, Vol. VI, Issue 1, April 2005.

“The Quiet Side of Fitness,” Functional Training Summit, Los Angeles, California, April 2005.

“Thinking Bodies,” Annual Conference of the Iowa Association for Alternative Education and International Association for Learning Alternatives, Waterloo, Iowa, April 2005.

“Physical Readiness for Homeland Security and National Defense--The Iowa Connection,” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 37, No.2, Spring 2005.

“Shaping Physical Education for the 21st Century,” Keynote Address, Wisconsin Action for Healthy Kids State Summit, Madison, Wisconsin, December 2004.

“World-Class Physical Education on a \$1 Dollar Investment,” Iowa Association for Health, Physical Education, Recreation, and Dance Conference, Cedar Falls, Iowa, November 2004.

“Functional Physical Training—History and Legacy,” National Strength and Conditioning Association Conference, Minneapolis, Minnesota, July 2004.

“History of Functional Physical Training,” Keynote Speaker, Perform Better Functional Training Summit, Providence, Rhode Island, June 2004.

“The President’s Challenge--New and improved,” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 36, No.2, Spring 2004.

“President’s Council on Physical Fitness and Sports,” Physical Education Learning/Sharing Conference, The University of Northern Iowa, Cedar Falls, Iowa, April 2004.

“Iowa Physical Education Content Requirements—Raising the bar,” Physical Education Learning/Sharing Conference, The University of Northern Iowa, Cedar Falls, Iowa, April 2004.

“Chapter 12--A brief look at Iowa’s K-12 physical education content standards,” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 36, No.1, Fall 2003.

“A Conversation with Mabel Lee,” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 35. No.3, Summer 2003.

“A Conversation with George Brosius and His Friends.” *National Association for Sport and Physical Education Academy Action*, Summer 2003.

“The Medicine Ball--Pro salute animae,” *TaeKwon Do Times*, November 2002.

“Children of Clay,” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 34. No.2, Fall 2002.

“Functional Fitness,” 2002 Physical Education Learning/Sharing Conference, The University of Northern Iowa, Cedar Falls, Iowa, April 2002.

“Individualizing Physical Education Within Alternative Education--A demonstration of potential,” Effective Strategies Institute on Alternative Schools, Des Moines, Iowa, April 2002.

“Treasures in the Attic,” *TaeKwon Do Times*, March 2002.

“Reshaping Youth--Distant solutions to current problems,” *Clinton Herald*, Clinton, Iowa, January 31, 2002.

“Restorative Arts--The quiet side of fitness,” Iowa Association of County Conservation Board Employees, Waterloo, Iowa, January 2002.

“Physical Education in Alternative Schools,” Iowa Alternative School Program Administrators Conference, Johnston, Iowa, November 2001.

Presenter, Minnesota Association of Health Physical Education, Recreation, and Dance Annual Conference, St. Paul, Minnesota, October 2001.

“Treasures in the Attic,” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 34. No.1, Fall 2001.

“Our History--Who do you know?” *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, Volume 34. No.1, Fall 2001.

“Disciplinary Physical Training--The old school approach,” Iowa Association of Alternative Education Conference, Davenport, Iowa, April 2001.

“Battle-Focused Physical Training,” *Soldiers Magazine*, May 2000.

“Commentary—Army Physical Readiness Training,” *The Mercury-News Journal of the U.S. Army Medical Corp*, Washington, DC, February 2000.

“Heaven’s Gym,” Feature Article, *Columbus Ledger-Enquirer*, Columbus, GA, August 1999.

"PT Shaped for Combat," *Soldiers Magazine*, March 1999.

Regular contributor to *Bayonet Newspaper*, Fort Benning, GA, June 1998-2000.

Speaker, Southeastern Health and Wellness Expo, Atlanta, GA, April 1998.

"A Conversation with Charles H. McCloy & his friends," *The Physical Educator*, Fall 1997.

"The Art & Science of Breathing: A Closer Look at Hatha Yoga," *TaeKwon Do Times*, July 1997.

"Martial Arts: The Western Connection," *TaeKwon Do Times*, January 1997.

"Restorative and Martial Arts in Army Physical Readiness," U.S. Army Physical Fitness School Speaker, Battle-Focused Physical Training Conference, Fort Benning, GA, September 1996.

"The Crucial Role Physical Educators Play in Nation's Defense," American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Atlanta, GA, April 1996.

"The Thomas School," (weekly television show produced by TV 16, Columbus), September 1995-May 1996.

"Posture and Performance," *NCO Journal*, November 1995.

"The Art of Club Swinging," (videotape), Video Vision, Bettendorf, IA November 1995.

"Club Swinging--An ancient restorative art for modern martial artists," *TaeKwon Do Times*, November 1995.

"Building Bridges," *TaeKwon Do Times*, January 1994.

"TaeKwon Do--What's the purpose?" *TaeKwon Do Times*, September 1993.

"TaeKwon Do and Korean Reconciliation," *TaeKwon Do Times*, July 1993.

"Decompression and Mobilization: Down but not out of the gymnasium," *The Physical Educator*, Late Winter, 1993.

"Posture and Productivity," A two-part series, ABC, WREX-TV, Rockford, IL, February 1993.

"Image in the Golden Mirror," August 1992 (videotape) *V-Vision*, Bettendorf, IA.

"A Transcultural Physical Education Paradigm for the 21st Century," doctoral dissertation, Northern Illinois University, August 1992.

"World Class Physical Education on a One Dollar Investment," Illinois Association for Health, Physical Education, Recreation, and Dance Convention, Woodfield, IL November 1991.

"An Interdisciplinary Approach to Physical Education," Illinois Association for Health, Physical Education, Recreation and Dance Convention, St. Charles, IL November 1990.

"Physical Education and National Survival--Distant solutions to current problems," Illinois Association for Health, Physical Education, Recreation, and Dance Convention, St. Charles, November 1990.

"Physical Culture in Burma," Keynote Speaker-Biannual Conference of International Burmese Studies Group, Center for Southeast Asian Studies, Northern Illinois University, September 1990.

Contributor to *United States Army Combatives Manual*, FM 21-150, Fort Benning, April 1990.

"Precombat Preparation--Body/mind connection," 4th Ranger Training Battalion, Fort Benning, April 1990.

"Strategies for Combat Soldier Physical Readiness," United States Army War College, Carlisle Barracks, PA, February 1990.

Keynote speaker, graduation ceremony for Master Fitness Trainer Course, U.S. Army Physical Fitness School, Fort Benjamin Harrison, Indiana, October 1989.

Organized national fitness leadership conference, National Physical Education Department of Thailand, Bangkok, November 1988.

Columnist for national English language newspaper of Burma, March-September 1988.

"The Quiet Side of Fitness," co-presenter with Yoshiaki Takei, Illinois Association for Health, Physical Education, Recreation, and Dance Convention, Peoria, IL, November 1987.

"Introduction to Restorative Arts," Midwest District, American Association for Health, Physical Education, Recreation, and Dance Convention, Schaumburg, IL, February 1987.

REPRESENTATIVE ACHIEVEMENTS AND RESPONSIBILITIES

Iowa Association for Health, Physical Education, Recreation and Dance Fitness Promotion Chair-Elect, beginning November 2008.

Investigator, Army National Guard Trainee Attrition Study, May 2007 - present.

Columnist for Tae KwonDo Times Magazine, March 2006-July 2007

Certificate of Appreciation from the Association of the United States Army, 2006.

Special Interest Group Leader for Youth Physical Fitness, founding member, National Strength and Conditioning Association, 2005-2006.

State Coordinator for President's Challenge, sponsored by the President's Council on Physical Fitness and Sports, 2002-Present.

Department of Defense MWR & Physical Fitness Steering Committee, 2000.

Selected by the Fitness Products Council of the Sporting Goods Manufacturers of America as a quotable authority on fitness and health, 1997-2000.

Commander's Award for Public Service, Fort Benning, April 1996.

Employee Excellence Award, Fort Benning, March 1996.

Physical Fitness Consultant to U.S. Treasury Department, Fort Benning, September 1995-1998.

Developed model off-duty education fitness leadership curriculum for U.S. Army, June 1994.

John O. Marsh, Jr. Excellence in Physical Training Award presented by United States Army Physical Fitness School, June 1994.

First Prize, Sixth Annual National Association for Sport and Physical Education (NASPE) Video Awards, Culture/History Category. Awarded at American Alliance for Health, Physical Education, Recreation and Dance Convention (AAHPERD), Washington, DC, March 1993.

Member, Curriculum Committee and General Studies Committee, Department of Physical Education, Northern Illinois University, 1991-92.

Honorary Associate, Center for S.E. Asian Studies, Northern Illinois University, 1990-1993.

College of Education Teaching Award (\$2,000), Emory University, 1989.

National Education Achievement Awards from governments of Burma and Thailand, 1988.

Fulbright Scholar--Developed National Youth Institute of Physical Culture and Teacher Training for Burma. Advised the secondary and post-secondary Supervisory Division of the National Physical Education Department of Thailand, 1988.

Outstanding Faculty Award, Dept. of Military Science, Northern Illinois University, 1985-87.

Permanent Professional K-12 Teaching Endorsement, Health, Physical Education and Coaching, Iowa, 1980-present.