

## JENNIFER K. HEIDORN

University of West Georgia  
1601 Maple Street  
Carrollton, GA 30118  
678-839-6182  
[jheidorn@westga.edu](mailto:jheidorn@westga.edu)

### EDUCATION

M.Ed. Health and Physical Education  
Columbus State University, Columbus, Georgia  
August 2007

B.S. Health and Physical Education  
Columbus State University, Columbus, Georgia  
December 2005

### PROFESSIONAL RECORD

August 2016 - Lecturer, Department of Sport Management, Wellness & Physical Education, University of West Georgia, Carrollton, Georgia

- Teach method & activity courses for early childhood undergraduates and general education majors

September 2012 – August 2016 Instructor, Department of Teaching and Learning, University of West Georgia, Carrollton, Georgia

- Teach method & activity courses for early childhood undergraduates and general majors

September 2011- May 2012 Graduate Teaching Assistant and Sessional Instructor, Secondary Education, Faculty of Education

- Assist with teaching responsibilities in the undergraduate teacher education program and conduct classes as the primary instructor

August 2007- July 2011 Instructor, Health and Physical Education, Department of Leadership and Instruction, University of West Georgia, Carrollton, Georgia

- Help coordinate the personal wellness and leisure activities program, teach activity classes and pedagogy classes (including student teaching supervision) within the physical education teacher education program, numerous committees

January 2006- July 2007 Graduate Teaching Assistant, Physical Education, Department of Health and Physical Education, Columbus State University, Columbus, Georgia

- Assisted in teaching in the undergraduate teacher education program, performed various duties (practical and research) for department faculty

- June 2004-  
July 2007                      Gymnastics Instructor, Gymnastics Unlimited, Columbus, Georgia
- Taught recreational and competitive gymnastics, ages 18 months – 18 years
- May 2003-  
July 2003                      Recreation Instructor, Family Leisure Center, Calgary, Alberta
- Organized and led daily summer camp activities for young children, ages 3-5
- May 2001 -  
July 2001                      Recreation Specialist, Tamwood International Camps, Simon Fraser  
University, Burnaby, British Columbia
- Responsible for organizing and leading daily athletic activities for diverse students, ages 5-18 years

### **REFEREED PUBLICATIONS (2)**

**Heidorn, J.** & Heidorn, B., (September, 2018). Recess reboot: Effective planning and implementation strategies for classroom teachers: *Strategies: A Journal for Sport and Physical Educators*.

**Koch, J.** (May, 2013). Linking physical activity with academics: Strategies for integration, *Strategies: A Journal for Sport and Physical Educators*.

### **NATIONAL/INTERNATIONAL PRESENTATIONS (10)**

**Heidorn, J.** & Biber, D., (July, 2019). – *Working Our Way Up and Within Health Education*. Presentation at the meeting of the Society of Health and Physical Educators of America (SHAPE) – Social and Emotional Learning, Sioux Falls, South Dakota

Biber, D. & **Heidorn, J.**, (July, 2019). – *Loving Yourself Through Every Emotion*. Presentation at the meeting of the Society of Health and Physical Educators of America (SHAPE) – Social and Emotional Learning, Sioux Falls, South Dakota

Mosier, B., Kay, C., **Heidorn, J.**, & Vall, E., (March, 2017) - *Integrating and Sustaining an Evidenced-based CSPAP Model in Georgia Schools*. Presentation at the meeting of the Society of Health and Physical Educators of America (SHAPE), Boston, Massachusetts.

Merrem, A. & **Heidorn, J.** (January, 2017) – *Exploring Active living of female university faculty*. Presentation at the National Association for Kinesiology in Higher Education Annual Conference (NAKHE), Orlando, Florida.

**Heidorn, J.** (March, 2015). *Teaching and Assessing Yoga in Physical Education and Activity Programs*. Paper presented at the meeting of the Society of Health and Physical Educators America (SHAPE), Seattle Washington.

**Koch, J.** & Chorney, D. (October, 2012). *The Role of Outdoor Education Within Physical Education Curriculum in Canada*. Paper presentation at the meeting of Physical Education Teacher Education (PETE) Conference, Las Vegas, Nevada.

**Koch, J.** (May, 2012). *It's Elementary, my Dear Yoga*. Activity presentation at the meeting of Physical and Health Education Canada (PHE), Halifax, Nova Scotia.

**Koch, J.** & Chorney, D. (May, 2012). *Integrating Technology beyond the Gymnasium*. Paper presentation at the meeting of Physical and Health Education Canada (PHE), Halifax, Nova Scotia.

Stewart, B. & **Koch, J.** (March, 2012). *The Circle of Wellness*. Poster presented at the meeting of the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Boston, Massachusetts.

Heidorn, B. & **Koch, J.**, & Mosier, B. (February, 2011). *Movement, Learning and the Development of the Whole Child*. Paper presented at the meeting of the Association of Teacher Educators (ATE), Orlando, Florida.

### **REGIONAL PRESENTATIONS (10)**

Heidorn, B., Mosier, B., & **Heidorn, J.** (January, 2018). *Effective Teaching in K-12 Physical Education*. Paper presentation at the meeting of Eastern District of the Society of Health and Physical Educators America (SHAPE America), Burlington, Vermont.

Heidorn, B., & **Heidorn, J.** (January, 2018). *What if Physical Activity Outside of School was a Requirement?* Paper presentation at the meeting of Eastern District of the Society of Health and Physical Educators America (SHAPE America), Burlington, Vermont.

**Heidorn, J.**, & Heidorn, B. (February, 2015). *Promoting Health and Physical Activity Among Classroom Teachers*. Paper presentation at the meeting of Southern District of the Society of Health and Physical Educators America (SHAPE America).

**Heidorn, J.** (February, 2015). *Teaching and Assessing Yoga in PE and PA Programs*. Paper presentation at the meeting of Southern District of the Society of Health and Physical Educators America (SHAPE America).

**Heidorn, J.**, Stewart, B., & Heidorn, B. (February, 2014). *Developing Fitness from Exercise Science: What Every Coach Needs to Know*. Paper presentation at the meeting of Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance (SDAAHPERD), Greensboro, North Carolina.

**Koch, J.** & Munroe, T. (February, 2012). *When Science and Outdoor Education Collide*. Activity presentation at the meeting of the Western Canadian Association for Student Teaching (WESTCAST), Calgary, Alberta.

**Koch, J.** & Chorney, D. (February, 2012). *Putting the TECH back in your TEaCHing*. Paper presentation at the meeting of the Western Canadian Association for Student Teaching (WESTCAST), Calgary, Alberta.

**Koch, J.** & Stewart, B. (February, 2011). *Wellness: Keeping it Personal and Online*. Paper presentation at the meeting of the Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance (SDAAHPERD), Greensboro, North Carolina.

Johnson, J., Stewart, B., & **Koch, J.** (February, 2011). *Technology Use in College Activity Classes*. Paper presentation at the meeting of the Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance (SDAAHPERD), Greensboro, North Carolina.

**Koch, J.** (October, 2010). *Learning to Move and Moving to Learn*. Paper presentation at the meeting of the Southeastern Regional Association of Teacher Educators (SRATE), Nashville, Tennessee.

### **STATE/PROVINCIAL PRESENTATIONS (17)**

Mosier, B., Kay, C., **Heidorn, J.**, & Vall, E. (2016). *Integrating a CSPAP model in Georgia Schools: Power Up for 30*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, Georgia.

Mosier, B., Kay, C., **Heidorn, J.**, & Vall, E. (2016). *Integrating and sustaining an evidence-based CSPAP model in Georgia Schools: Power Up for 30*. Presentation at the State of Public Health Conference, Athens, Georgia.

**Heidorn, J.** (October, 2013). *Integrating Physical Activity with Academics, Standards, and Multi-disciplinary Curriculum*. Presentation at the Georgia Association for Christian Schools (GACS), McDonough, Georgia.

Heidorn, B., & **Heidorn, J.** (October, 2013). *Developing Fitness from Exercise Science*. Presentation at the Georgia Association for Christian Schools (GACS), McDonough, Georgia.

**Heidorn, J.**, & Stewart, B. (October, 2013). *Focusing on Fitness: Trends, Techniques, and Training Principles*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, Georgia.

**Koch, J.** (January, 2013). *Insta-Activity and Insta-Greation!* Activity presentation at Share the Wealth Conference, Jekyll Island, Georgia.

Chorney, D. & **Koch, J.** (May, 2012). *Technology Apps for Effective Teaching in Physical Education*. Paper presented at Health & Physical Education Council annual conference of Alberta (HPEC), Camrose, Alberta.

**Koch, J.** (March, 2012). *Exploring the TPSR Model and its Degree of Transference*. Poster presented at the Secondary Education Graduate Student Association annual conference (SEGS), Edmonton, Alberta.

Heidorn, B., & **Koch, J.** & Mosier, B. (October, 2010). *Fitness Stations in Physical Education with the FITNESSGRAM*. Activity presentation at the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD), Savannah, Georgia.

Heidorn, B. & **Koch, J.** (October, 2010). *Fitness in Physical Education*. Activity presentation at the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD), Savannah, Georgia.

Heidorn, B. & **Koch, J.** (October, 2009). *Teaching Gymnastics in the Elementary School*. Activity presentation at the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD), Atlanta, Georgia.

Johnson, J. T., **Koch, J.**, & Stewart, B. (October, 2009). *Using Dartfish in Activity Classes*. Presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, Georgia.

**Koch, J.** (October, 2009). *Kids + Yoga = Serenity and Flexibility*. Activity presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, Georgia.

Mowling, C.M. & **Koch, J.** (October, 2008). *Science & Physical Education Collide*. Activity presentation at the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, Georgia.

**Koch, J.** (January, 2007). *Everybody Gymnastics!* Activity presentation at Share the Wealth Conference, Jekyll Island, Georgia.

Martin, E. & **Koch, J.** (January, 2006). *Fitness Games*. Activity presentation at Share the Wealth Conference, Jekyll Island, Georgia.

Gibson, G. & **Koch, J.** (January, 2005). *Step into It*. Activity presentation at Share the Wealth Conference, Jekyll Island, Georgia.

### **WORKSHOPS (20)**

**Heidorn, J.** (January, 2019). Fitnessgram Booster. Bulloch County in-service for health and physical education teachers, Statesboro High School, Statesboro, Georgia.

**Heidorn, J.** (November, 2018). Power Up for 30, Middle School. Henry County in-service for classroom teachers, Locust Grove Middle School, Locust Grove, Georgia.

Mosier, B., & **Heidorn, J.** (September, 2018). Fitnessgram Booster. GAHPERD district workshop for health and physical education teachers, University of West Georgia, Carrollton, Georgia.

**Heidorn, J.** (March, 2018). Fitnessgram Booster. Atlanta Public Schools workshop for health and physical education teachers, John Lewis Academy, Atlanta, Georgia.

**Heidorn, J.** (February, 2018). Fitnessgram Booster. Hall County workshop for health and physical education teachers, Riverbend Elementary, Flowery Branch, Georgia.

**Heidorn, J.** (March, 2017). *New Recommendations for Recess in K-5 Settings*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (March, 2017). *Lead-Up and Fitness Games for Elementary*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (March, 2017). *Lead-Up and Fitness Games for Secondary*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (February, 2016). *Yoga in Physical Education*. Richmond County in-service for health and physical education teachers, Davidson Fine Arts Magnet School, Augusta, Georgia.

**Heidorn, J.** (February, 2016). *Health Activities for Middle and High School Lessons*. Richmond County in-service for health and physical education teachers, Davidson Fine Arts Magnet School, Augusta, Georgia.

**Heidorn, J.** (October, 2015). *Teaching Tips and Activities for High School Health*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (October, 2015). *Throwing and Catching in any Sport*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (February, 2015). *Yoga in Physical Education*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (February, 2015). *Mat Pilates in Physical Education*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (February, 2015). *First Aid and CPR Refresher*. Henry County in-service for health and physical education teachers, Locust Grove High School, Locust Grove, Georgia.

**Heidorn, J.** (October, 2014). *Yoga for Fitness*. West District Workshop for the Georgia Association for Health, Physical Education, Recreation and Dance, University of West Georgia, Carrollton, Georgia. Presentation at UWG-In-service, Carrollton, Georgia.

Stewart, B., & **Heidorn, J.** (October, 2013). *American Heart Association Heartsaver CPR/AED Certification Workshop*. State-wide certification for the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD), Atlanta, Georgia.

**Koch, J.** (March, 2010). *Kids for Yoga!* In-service teacher education for K-12 physical education teachers in Georgia. West District Workshop for the Georgia Association for Health, Physical Education, Recreation and Dance, University of West Georgia, Carrollton, Georgia. Presentation at UWG-In-service, Carrollton, Georgia.

**Koch, J.** (March, 2010). *FUNDamentals of Softball*. In-service teacher education for K-12 physical education teachers in Georgia. West District Workshop for the Georgia Association for Health, Physical Education, Recreation and Dance, University of West Georgia, Carrollton, Georgia. Presentation at UWG-In-service, Carrollton, Georgia.

**Koch, J.** & Heidorn, B. (March, 2010). *Putting the FIT in Fitness Gram*. In-service teacher education for K-12 physical education teachers in Georgia. West District Workshop for the Georgia Association for Health, Physical Education, Recreation and Dance, University of West Georgia, Carrollton, Georgia. Presentation at UWG-In-service, Carrollton, Georgia.

### **OTHER WORKS (8)**

**Heidorn, J.** (May, 2019). *Mindful, Physical, and Interactivity in Higher Education – Engaging in More Than Just Their Minds*. Presentation for the Innovations in Pedagogy Conference, University of West Georgia, Carrollton, Georgia.

**Heidorn, J.** (October, 2018). *MindfulWest*. Presentation for UWG Faculty and Staff as part of the Wolf Wellness Series, University of West Georgia, Carrollton, Georgia.

**Heidorn, J.** (September, 2018). *Mindfulness*. Presentation for Southwire employees, Southwire, Carrollton, Georgia.

**Heidorn, J.** (August, 2018). *Mindfulness*. Presentation for CMWL 4100 Wellness Coaching Students, University of West Georgia, Carrollton, Georgia.

**Heidorn, J.** (August, 2018). *Integrating Physical Activity into School*. Presentation for the College of Education Teacher Candidate Symposium, University of West Georgia, Carrollton, Georgia.

**Heidorn, J.** (July, 2018). *Mindfulness*. Presentation for the Center of Student Involvement, University of West Georgia, Carrollton, Georgia.

**Heidorn, J.** (April, 2018). *Mindfulness*, Presentation for UWG Faculty and Staff as part of the Wolf Wellness Series University of West Georgia, Carrollton, Georgia.

Heidorn, B. & **Koch, J.** (February, 2010). *Physical Education: Beyond Exercise*. Presentation for the League of Women Voters, Carrollton, Georgia.

### **TEACHING**

#### University of Alberta – Undergraduate Courses

EDSE 347 Curriculum and Teaching for Secondary School Physical Education Majors I  
EDSE 447 Curriculum and Teaching for Secondary School Physical Education Majors II

#### University of West Georgia – Undergraduate Courses

ECED 4283 Practicum II  
ECED 4284 Practicum III  
ECED 4286 Teaching Internship  
ECSE 3214 Exploratory Curriculum in K-5 Classrooms  
EDUC 2110 Investigating Critical and Contemporary Issues in Education  
EDUC 2130 Exploring Learning & Teaching  
PHED 4686 Teaching Internship (Supervision of Student Teachers)  
PHED 4650 Health & Physical Activity in Elementary School  
PHED 3710 Assessing Performance in Health & Physical Education  
PHED 3675 Middle School/High School Methods in Health & Physical Education  
PHED 3671 Elementary Methods in Health & Physical Education  
PHED 3670 Instructional Strategies in Health & Physical Education  
PHED 3502 Skills & Strategies in Target & Outdoor Activities  
PWLA 2611 Body Shaping  
PWLA 2611 Intermediate Softball  
PWLA 2611 Wellness Strategies for Mental Health  
PWLA 2611 Yopalates  
PWLA 1690 Beginning Yoga  
PWLA 1689 Intermediate Yoga  
PWLA 1688 Mat Pilates  
PWLA 1678 Strength & Conditioning  
PWLA 1679 Body Boot Camp  
PWLA 1675 Beginning Softball  
PWLA 1643 First Aid & CPR  
PWLA 1635 Line Dancing  
PWLA 1602 Step Aerobics

PWLA 1600 Personal Wellness

Courses Taught to Graduate Student Cohort

PHED 3710 Assessing Performance in Health & Physical Education

PHED 3502 Skills & Strategies in Target & Outdoor Activities

PHED 3500 Educational Games, Gymnastics & Dance

Course/Program Development

ECSE 3214 Exploratory Curriculum for K-5 Classrooms

PHED 3500 Educational Games, Gymnastics & Dance

PHED 4650 Health and Physical Activity in Elementary Schools

PWLA 2611 Body Shaping

PWLA 2611 Intermediate Softball

PWLA 2611 Yoyalates

PWLA 1689 Intermediate Yoga

**PROFESSIONAL AFFILIATIONS**

NAKHE, National Association of Kinesiology in Higher Education

PHE Canada, Physical and Health Education Canada

SHAPE America, Society for Health and Physical Educators

GAHPERD, Georgia Association for Health, Physical Education, Recreation, and Dance

**UNIVERSITY SERVICE AT THE UNIVERSITY OF ALBERTA**

Graduate Student Association Elected Councilor Representative, 2011-2012

Urban Pedagogy Presenter, EDSE 501, 2012

**UNIVERSITY SERVICE AT THE UNIVERSITY OF WEST GEORGIA**

Innovations in Pedagogy Conference Review Member - 2019

Sustainability Council Committee Member, 2017-Present

Academic Policies and Procedures Committee Member, 2015-2017

Best of the West Celebration Committee Member, 2014-2015

Stress Less Presenter for Wolf Wellness Week (April 21-25), 2014

Engage West Faculty & Staff Awards & Recognition Team, University of West Georgia, 2014 – 2015

Legal Liability Presenter, Student Teaching Seminar, 2010- 2011



Health Session Presenter, Sigma Gamma Rho Sorority, 2010

General University Matters Committee, 2009-2011

Faculty Sponsor for Lacrosse Club, 2009-2011

Student Success Seminar Presenter, 2007

**COLLEGE SERVICE**

Personnel Committee Member, 2018-present

Belize Education Abroad Director, 2016 – present

Workload/Faculty Presence, Work Group 2015-2016

Social Committee, College of Education, University of West Georgia, Chair, 2009-2011, Member, 2007-2009

Wellness Committee, College of Education, University of West Georgia, 2007-2009

**DEPARTMENTAL SERVICE AT THE UNIVERSITY OF ALBERTA**

Secondary Education Graduate Students Association Executive Council Member, University of Alberta, 2011-2012

**DEPARTMENTAL SERVICE AT THE UNIVERSITY OF WEST GEORGIA**

Project Search Presenter (Yoga & Nutrition) – 2018-2019

Wolf Wellness Presenter for Lunch and Learn Series (Mindfulness) - 2018

AHA CPR & AED Master Trainer for COE Faculty & Staff (UWG PreK), 2017-present

Work/Life Balance Work Group, 2016

Search Committee Member, TeachLive Coordinator, Educational Technology and Foundations, University of West Georgia, 2016.

Block I Coordinator, Learning and Teaching, University of West Georgia, 2015-2016

Program Assessment Leader (PALS) Representative, Learning and Teaching, University of West Georgia, 2013-2016

Search Committee Member, Early Childhood Literacy Specialist, Learning and Teaching, University of West Georgia, 2013

Course Objectives (Revisions) Committee Member, Learning and Teaching, University of West Georgia, 2012

Search Committee Member, Personal Wellness/Head Tennis Coach, University of West Georgia, 2011

Search Committee Member, Physical Education-Teacher Education, University of West Georgia, 2010

Early College, Instructor, University of West Georgia, 2009-2010

Coordinator for Personal Wellness Classes, University of West Georgia, 2009-2011

Search Committee Member, Physical Education-Teacher Education, University of West Georgia, 2008

Search Committee Member, Personal Wellness, Instructor, University of West Georgia, 2008

Coordinator for the Annual Fund, University of West Georgia, 2008-2011

### **PROFESSIONAL SERVICE**

HealthMPowers Master Trainer (Power Up For 30 & FitnessGram) – 2015-present

Head Start Body Start Gross Motor Skills Station presenter, 2016 & 2017, Atlanta, Georgia

Darkness to Light, Stewards of Children Facilitator; Heard County Elementary 1<sup>st</sup> Baptist Church of Carrollton, ECED Students, SLP Students, CMWL Students, Counseling Students, Learning & Teaching Faculty, Carrollton Church Safety Summit, Carroll County Bus Drivers, 2015- present (Currently 843 participants trained)

Reviewer for National Youth at Risk Convention, 2015-2016

SHAPE America Abstract Reviewer for National Convention, 2014-2015

Reviewer for Chapter in Human Kinetics Book – Yoga (2013)

AAHPERD Southern District Conference Committee, Poster Reviewer; review and evaluate conference proposals, 2013-2014

PHEnex Academic Journal Reviewer, 2011-Present

Physical and Health Education (PHE) Canada, Quality Daily Physical Education (QDPE) Consultant, 2011-2012

SEGSA Annual Conference Committee, Reviewer; review and evaluate conference proposals, 2012

AAHPERD Southern District Conference Committee, International Relations Representative; review and evaluate conference proposals, 2011-2012

Head Start Body Start National Center for Physical Development and Outdoor Play, Physical Activity Consultant, American Association for Physical Activity and Recreation, 2010 – 2011

National Association for Girls and Women in Sport/Men's Athletics Representative, Georgia Association for Health, Physical Education, Recreation, and Dance, Executive Board member, 2009-2011

### **RELATED PROFESSIONAL ACTIVITIES**

NIKE Softball Camp Instructor, Columbus State University, Columbus, Georgia, 2006

Assistant Softball Coach, Northside High School, Columbus, Georgia, 2005-2007

### **AWARDS AND HONORS - ACADEMICS**

COE Outstanding Undergraduate Teaching Award Nominee, University of West Georgia (2017)

COE SEED Grant Recipient, University of West Georgia, 2016 (\$1,863)

COE Outstanding Undergraduate Teaching Award Nominee, University of West Georgia (2015)

Queen Elizabeth II Doctoral Scholarship, University of Alberta, 2011-2012 (\$15,000)

Outstanding Undergraduate Student, Department of Health and Physical Education, College of Education,  
Columbus State University, 2005-2006

Physical Education Major of the Year, Columbus State University, 2005-2006

Peach Belt Conference Presidential Honor Roll, Columbus State University, 2003-2004

Ashbrooke Quality Assurance Scholarship, 2000 (\$1,500)

### **ATHLETICS**

National Collegiate Athletic Association, Softball Scholarship, Columbus State University, Columbus, Georgia,  
2002-2005

National Association for Intercollegiate Athletics, All American Outfielder, Thomas University, Thomasville,  
Georgia, 2001-2002

National Fastpitch Coaches Association, All American Outfielder, Thomas University, Thomasville, Georgia,  
2001-2002

National Association for Intercollegiate Athletics, Softball Scholarship, Thomas University, Thomasville,  
Georgia, 2000-2002

Female Athlete of the Year, Tamanawis Secondary School, Surrey, British Columbia, 1999-2000

### **MEMBERSHIPS AND CERTIFICATIONS**

Mindful School Educator Essentials Certification, 2018

Mindful Schools Mindfulness Fundamentals Certification, 2018

National Diabetes Prevention Program, Lifestyle Coach, 2017

Quality Matters Certification (3): Peer Reviewer Course, Applying the Quality Matters Rubric Workshop, and  
Designing Your Online Course (UWG Online QM Certification Program), 2016

Darkness to Light, Stewards of Children Facilitator

Classical Pilates Mat I, II & Advanced Mat Certified Instructor, 2017

Certified Physical Best Health & Fitness Specialist

YogaFit Kids, Level 1-4, Anatomy & Alignment, Back, Seniors Certified Instructor

American Heart Association (AHA) First Aid & CPR Certified Instructor

United States Gymnastic Association (USGA) Safety Certified Instructor

**COMMUNITY SERVICE**

Fifth Grade Life Group Coach, Southern Hills Christian Church, Carrollton, Georgia, 2018-current

Fourth & Fifth Grade Instructor, NorthPoint Baptist Church, Carrollton, Georgia, 2016-2017

Carrollton Gymnastics AAU Summer Camp Guest Instructor, 2016-2017

Yoga Philosophy & Mentality Guest Presenter to At-Risk Youth, New Manchester High School, 2015

Junior High Physical Education volunteer teacher, Clover Bar Junior High, Sherwood Park, Alberta, 2011-2012

Elementary Physical Education volunteer teacher, North Point Academy, Carrollton, Georgia, Spring 2011

Gift of Love 5K race organizer, Douglasville, Georgia, 2011

Youth Villages mentor, Douglasville, Georgia, 2010-2011

Fifth Grade Sunday School Instructor, Douglasville First United Methodist Church, Douglasville, Georgia, 2010-2011

Kindergarten Sunday School Instructor, First Presbyterian Church, Columbus, Georgia, 2006-2007

Upward Basketball Referee, St. Luke Methodist Church, Columbus, Georgia, 2005-2006

At-risk Kindergarten Sunday School Instructor, Victory Heights Baptist Church, Columbus, Georgia, 2005-2006