

DUKE BIBER, PhD
ASSISTANT PROFESSOR
HEALTH AND COMMUNITY WELLNESS
UNIVERSITY OF WEST GEORGIA

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EDUCATIONAL BACKGROUND

- 2017 **Doctorate of Philosophy**, Georgia State University
College of Education, Department of Kinesiology and Health
Major Field of Study: Kinesiology
Concentration: Exercise Psychology
Cognate: Counseling Psychology
- 2013 **Master of Science**, Georgia Southern University
College of Health and Human Science, Department of Kinesiology and Health
Major Field of Study: Kinesiology
Concentration: Sport and Exercise Psychology
Cognate: Counseling Psychology
- 2011 **Bachelor of Arts**, Indiana University
College of Arts and Sciences, Department of Psychological and Brain Sciences
Major Field of Study: Psychology
Minor Field of Study: Spanish

PROFESSIONAL APPOINTMENTS

- 2018-present **Assistant Professor**
Health and Community Wellness
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)
- 2018 **Adjunct Faculty** (Exercise Psychology)
Department of Kinesiology and Health Sciences
Virginia Commonwealth University (Richmond, VA)
- 2017-2018 **Instructor of Record**
Department of Kinesiology
The University of Virginia (Charlottesville, VA)
- 2017- 2018 **CATCH Coordinator and Process Evaluator**
Sentara Martha Jefferson Hospital (Charlottesville, VA)
- 2013-2017 **Graduate Teaching and Research Assistant**

Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia

2012-2013 **Behavioral Counselor**
CRC Health Group, Wellspring Weightloss Camp, San Marcos Texas

2011-2013 **Graduate Teaching and Research Assistant**
Department of Health and Kinesiology
Georgia Southern University, Statesboro, Georgia

TEACHING EXPERIENCE

UNIVERSITY OF WEST GEORGIA

PWLA 1600: Personal Wellness (Fall 2018)

PHED 2000: Applied Concepts of Fitness and Wellness (Fall 2018, Spring 2020, Fall 2020)

CMWL 3100: Lifespan Development (Summer 2019)

CMWL 3101: Mental and Emotional Wellness (Spring 2019, Summer 2019, Fall 2019, Spring 2020, Summer 2020)

CMWL 3102: Psychology of Health and Wellness (Fall 2018, Spring 2019, Summer 2019, Fall 2019, Spring 2020, Summer 2020)

CMWL 4103: Special Topics: Research Methods in Community Wellness (Fall 2019, Spring 2020)

CMWL 4685: Applied Research Methods in Health and Community Wellness (Spring 2019)

XIDS 2002: What Do You Know About Drugs and Alcohol (Fall 2019)

XIDS 2002: What Do You Know About Stress Management (Fall 2020)

VIRGINIA COMMONWEALTH UNIVERSITY

HPEX 357: Personal Health and Behavior Change (Spring 2018)

HPEX 371: Exercise Psychology (Spring 2018)

UNIVERSITY OF VIRGINIA

KINE 1400-003: Weight Training (Fall 2017)

KINE 1730-1: Hiking (Fall 2017)

GEORGIA STATE UNIVERSITY

KH 2520: Principles of Physical Activity and Fitness (Fall 2013-Summer 2017)

KH 4280 Psychology of Physical Activity (Spring 2016; Fall 2016; Spring 2017)

KH 2130 Introduction to Allied Fields in HPE/Fitness (Fall 2015)

KH 4280 Psychology of Physical Activity (Guest Lecturer, Fall 2013; Fall 2014; Spring 2015; Summer 2015)

GEORGIA SOUTHERN UNIVERSITY

KINS Honors Research in Kinesiology (Spring 2013)

KINS 1115 Bowling (Fall 2011; Spring 2012; Fall 2012; Spring 2013)

KINS 1218 Fitness Walking (Fall 2012; Spring 2013)

KINS 1219 Football: Flag (Fall 2011; Spring 2012)

KINS 1311 Jogging (Fall 2011; Spring 2012; Fall 2012; Spring 2013)
KINS 3132 Foundations of Exercise and Sport Psychology (Guest Lecturer; Fall 2011)

PROFESSIONAL DEVELOPMENT

My primary research objective is to understand psychosocial and behavioral factors that contribute to health behavior initiation and adherence. Most recently, I have been working on a grant from the Georgia DBHDD to reduce and prevent suicide and opioid use in high school students. I have also begun working on a 10-site physical activity mentoring program throughout the West Georgia region. I am specifically interested in the role of social emotional wellness college-student self-regulation and enjoyment of healthy behaviors.

PEER-REVIEWED PUBLICATIONS

1. Ellis, R., Saringer, C., Davis, A., **Biber, D.**, & Ferrer, D. (2020). Examining the impact of wellness champions on the effectiveness of a workplace health and well-being program. *American Journal of Health Promotion*. (), 1-6. DOI: 10.1177/0890117120929131
2. **Biber, D. D.** (2020). Transformative learning curriculum for short-term study abroad trips. *Journal of Teaching & Travel in Tourism*. DOI: 10.1080/15313220.2020.1775757
3. Todd, K., Czech, D. R., & **Biber, D. D.** (2020). The effect of perceived level of social support on the fear of falling. *Activities, Adaptation, and Aging*, 1-13. DOI: 10.1080/01924788.2020.1746052
4. **Biber, D. D.** (2020). Teaching gratitude for social emotional learning. *Educator's Corner in Strategies: A Journal for Physical and Sport Educators*, 32(2), 32-34.
5. Dennis, L., Blais, E., Wagstaff, K., Li, L., **Biber, D. D.**, & Czech, D. R. (2020). The effects of static stretching on proprioception, pennation angle, and muscle power production. *International Journal of Biotechnology and Bioengineering*, 6(2), 37-43.
6. **Biber, D. D.** (2019). Social emotional learning for a college classroom. *College Teaching*, DOI: 10.1080/87567555.2019.1709408
7. **Biber, D. D.** (2019). Creating team cohesion and sport identity. *Coach's Corner in Strategies: A Journal for Physical and Sport Educators*, 32(6), 40-42. doi:10.1080/08924562.2019.1658433
8. **Biber, D. D.** (2019). Facilitating social emotional learning in the workplace. *International Journal of Whole Person Care* 6(2), 26-29.
9. **Biber, D. D.**, Stoepker, P., & Heidorn, B. (2019). Techniques to Promote Healthy Self-Regulation in Physical Education. *Strategies*, 32(2), 56-60. DOI: 10.1080/08924562.2019.1559643

10. Johnson, A., **Biber, D. D.**, & Czech, D. R. (2019). A cross-sectional examination of optimism in a Generation Y sample. *Psychology and Education Journal*, 56(1-2).
11. Czech, D. R., Melton, B., Wittenberg, M., & **Biber, D. D.** (2018). Influence of gender, race and generation on college students' exercise motivation levels: A generational comparison. *Journal of Sports Science*, 5(28), 268-275.
12. Wehner, K. J., Czech, D. R., & **Biber, D. D.** (2018). An examination of competitiveness between gender, race, and school classification of millennial students: An Exploratory Study. *Georgia Association of Health, Physical Education, Recreation, and Dance Journal*, 50(1), 15-20.
13. **Frimmel, K.**, Czech, D. R., Harris, B. S., Melton, B., & **Biber, D. D.** (2017). Mental preparation techniques and accomplishment of race goals by ironman triathletes: A qualitative investigation. *Journal of Sports Science*, 5, 157-166.
14. **Biber, D. D.**, & Ellis, R. (2017). The effect of self-compassion on the self-regulation of health behaviors: A systematic review. *Journal of Health Psychology*, 1-12.
15. Williams, M., Czech, D. R., & **Biber, D. D.** (2017). The impact of NCAA division I women soccer coaching style on player well-being: A qualitative analysis. *Applied Research in Coaching and Athletics Annual*, 32, 1-12.
16. Ryan, Z., Czech, D. R., Harris, B. S., Todd, S., & **Biber, D. D.** (2016). A Qualitative examination of the sport music preferences of NCAA division I athletes. *International Journal of Sport Sciences*, 6(5).
17. **Biber, D. D.** & Ellis, R. (2016). A RE-AIM evaluation of a team-based physical activity program for university employees. *International Journal of Sport Studies* 6(2), 90-94.
18. **Biber, D. D.**, Fisher, J. A., Czech, D. R....Jordan, T. A. (2015). The experience of media and race in the National Football League: An existential phenomenological study. *The Sport Journal*, 1-17.
19. Cronon, H., **Biber, D. D.**, & Czech, D. R. (2015). Understanding college females' intrinsic motives for physical activity: A qualitative comparison between athletes and non-athletes. *Journal of SPORT*, 4(2), 27-42.
20. Pecinovsky, C., Harris, B.S., Czech, D.R., Burdette, T., & **Biber, D. D.** (2015). NCAA Division I head coaches' experiences with eating disorders and disordered eating in female athletes: A qualitative analysis. *Georgia Association for Health, Physical Education, Recreation and Dance Journal*, 47(1), 21-32.
21. Brown, L., Czech, D. R., & **Biber, D. D.** (2016). An examination between swimming ability, gender, and race: An exploratory investigation. *Georgia Association for Health, Physical Education, Recreation and Dance*.

22. Egli, T., Czech, D. R., Shaver, G., Gentner, N., Todd., G., & **Biber, D. D.** (2014). The experience of Christian prayer in coaching: A qualitative investigation. *Journal of Psychology and Christianity*, 33(1), 45.
23. Jordens, N., Gentner, N., Czech, D. R., Joyner, A. B., & **Biber, D. D.** (2014). Breaking through “the wall”: An examination of elite rowers and their experiences of conquering their mental boundaries. *Journal of Sports Science*, 2(2), 72-80.
24. **Biber, D. D.**, Czech, D. R., Harris, B. S., & Melton, B. (2013). Attraction to physical activity of generation Z: A mixed methodological approach. *Open Journal of Preventive Medicine*, 3, 310-319.

MANUSCRIPTS IN PRESS

1. **Biber, D. D.**, & Ellis, R., & Rice, K. The feasibility of self-compassion training as part of a work-place physical activity intervention. *Work: A Journal of Prevention, Assessment & Rehabilitation* (in press, October 2020).
2. **Biber, D. D.** & Zizic, S. (in press). Joy, grit, and pride: Classroom Activities that Promote Positive Emotions. *Educators Corner in Strategies: A Journal for Physical and Sport Educators*, (September, 2020).
3. **Biber, D. D.** (2019). Teaching psychological theory through video diaries. *The Journal of Educators Online*, (in press, July 2021).
4. Varga, M. A., Lanier, B. A., **Biber, D. D.**, & Stewart, B. (in press). Holistic grief effects, mental health, and counseling support in bereaved college students. *College Student Affairs Journal*, (March, 2021).
5. **Biber, D. D.** & Czech, D.R. (in press). Comparing anxiety, aggression, and hostility, between NCAA Division I athletes and non-athletes: A cross-sectional study. *Applied Research in Coaching and Athletics Annual*, (March, 2021). 10.1007/s12646-020-00556-w
6. **Biber, D. D.** (in press). Exercise identity, self-regulatory efficacy, and self-compassion. *Psychological Studies*, (May 2020).
7. **Biber, D. D.** & Brandenburg, G. (in press). A photovoice analysis of learning during a short-term study abroad trip to Belize. *Reflective Practice*, (2020).

MANUSCRIPTS IN REVIEW

1. **Biber, D. D.** & Czech, D. R. (2020). Exercise identity, exercise self-efficacy, and behavior in college. *International Journal of Sport and Exercise Psychology*. (in review, June 2020).

2. **Biber, D. D.**, Melton, B., & Czech, D. R. (2020). The impact of COVID-19 on college anxiety, optimism, gratitude, and course satisfaction. *Journal of American College Health*, (in review, June 2020).
3. Whisenhunt, J., **Biber, D. D.**, & Heidorn, B. (2020). On the front line: The role of health educators in preventing student suicide. *Journal of School Health*, (in review, May 2020).
4. **Biber, D. D.** (2019). Do Generation Z College Students Love Themselves Enough to Seek Professional Help? *The Social Science Journal*, (in review, May 2020).
5. **Biber, D. D.** & Brandenburg, G. (2020). Understanding gratitude, curiosity, exploration, and life satisfaction in college. *Journal of Interdisciplinary Studies in Education*, (in review, May 2020).
6. **Biber, D. D.**, & Heidorn, J. (2020). Tailoring the walking classroom to promote college student engagement. *College Teaching*, (in review, March 2020).
7. **Biber, D. D.** & Czech, D. R. Rural college students' attitudes toward seeking professional help. *Journal of American College Health* (in review, June, 2020).
8. **Biber, D. D.** & Czech, D. R. Expression of gratitude in college students: A qualitative study. *Adultspan Journal*, (in review, 2020).
8. Anthony, D., Todd, S. Y., **Biber, D. D.**, & Czech, D. R. (2019). Hip-hop in sport: A qualitative investigation of college athletes. *Applied Research in Coaching and Athletics Annual*, (in review, March 2019).
9. **Biber, D. D.** & Knoll, C. (2019). Exercise is medicine on campus ®: A pilot study. *Recreational Sports Journal*, (under review, February 20th, 2020). (IF 0.58)
10. **Biber, D. D.** Integration of a mindfulness meditation lab for university students. *About Campus: In Practice*, (submitted, May 1st, 2020).

RESEARCH IN PROGRESS

1. Ivy, T., Stoekper, P., & **Biber, D. D.** (2020). Student perception of school physical activity Spaces. (in progress, May 2020).
2. **Biber, D. D.**, & Stoekper, P. (2020). College student physical activity: A systematic review.
3. **Biber, D. D.**, & Kniess, D. (2020). Health Coaching for Graduate Students: Promoting Academic Success and Well-Being (in progress).

GRANTS AND SCHOLARLY ACTIVITY

1. Stoepker, P.; **Biber, D. D. (Co-PI)**; Brandenburg, G.; & Heidorn, J. (2019). Georgia Girls on the Go! Atlanta Falcons Youth Foundation in Partnership with HealthMPowers. Amount Awarded: **(\$579,050)**
2. **Biber, D. D. (PI)**; Brandenburg, G., Stewart, B. (2020). State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: **\$105,039**
3. Stoepker, P. (PI); **Biber, D. D. (Co-PI)**. (2018). The use and application of physical activity monitoring devices at UWG and neighboring school districts. College of Education Seed Grant. Amount Awarded: **\$1,000**
4. Martin, J. (PI); **Biber, D. D. (Co-PI)** (2018). A process evaluation of the CATCH program across five counties in central Virginia. Virginia Foundation for Healthy Youth. Amount Awarded: **\$68,000**
5. Ellis, R., **Biber, D. D. (SI)** (2016). College of Education and Human Development Center for the Study of Stress, Trauma and Resilience. Amount Awarded: **\$2,500**
6. **Biber, D. D.** (Graduate Student) (2016). College of Education and Human Development Alumni Network Scholarship, Georgia State University. Amount Awarded: **\$1,000**

PUBLISHED BOOKS AND BOOK CHAPTERS

1. Whaley, D. E., **Biber, D. D.** (*in press*, 2020). Exercise and Physical Activity Participation: An Identity-Centered Approach. In Krane, V., & Williams, J. M. Editor (Eds.), *Applied sport psychology: Personal growth to peak performance*. (Ch. 25). New York, NY: McGraw-Hill.
2. **Biber, D. D.** & Czech, D. R. (*in press*, 2020). The Power of Positive Emotions. (August, 2020). Published with Perceivant, LLC.
3. Czech, D. R., **Biber, D. D.**, Gentner, N. (2019). No Fear: Discover Your Passion and Live With Purpose. (Kindle version). Retrieved from Amazon.com; ISBN-13: 9781079250992

INVITED PUBLICATIONS, COMMENTARIES, AND MEDIA CONTRIBUTIONS

1. Stewart, B., & **Biber, D. D.** (2020). Multicultural competency education in wellness preparation programs. National Wellness Institute Newsletter. 17 July 2020
2. **Biber, D. D.** (2020). Broaden Your Horizons through Positive Emotional Expression. National Wellness Institute Newsletter. <http://nwijournal.com/2020/03/18/broaden-your-horizons-through-positive-emotional-expression/>
3. **Biber, D. D.**, Brandenburg, G., Knoll, C., McBurse, S., Merem, A. M., & Stewart, B. (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. *Georgia Association for Health, Physical Education, Recreation and Dance*, 50(2), 4-11.

4. **Biber, D. D.** (August 2014). Striving for persistence not perfection: Overcoming slumps and barriers to behavior change. *Healthy Lifestyles E-Magazine*. Retrieved from <http://healthylifestyles.gsu.edu/2014/09/>

SCHOLARLY PRESENTATIONS

1. **Biber, D. D.** & Knoll, C. (2020, August). Exercise is Medicine on Campus ®: A Pilot Study. Poster submitted for presentation at the 2020 APA Annual Convention, Washington, D.C. [Note: This conference was canceled due to public health concerns related to COVID-19.]
2. DiNatale, K., Keller, M., & **Biber, D. D.** (2020, April). The Sources of Strength Program. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]
3. Palomera, E., & **Biber, D. D.** (2020, April). Coping mechanisms caused by traumatic events in college students. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]
4. Hardy, C., Lettsome, K., & **Biber, D. D.** (2020, April). Breaking the counseling stigma among college students. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]
5. **Biber, D. D.**, & Knoll, C. (2020, August). Exercise is thy medicine: A second implementation. 2020 American Psychological Association Annual Convention, Washington, D.C.
6. **Biber, D. D.**, Knoll, C., Gross, H., & Lettsome, K. (2020, February). Exercise is medicine: A pilot study. 2020 Southeast ACSM Conference, Jacksonville, FL.
7. Knoll, C., **Biber, D. D.**, Stewart, B., Brandenburg, G. (2019, October). Preparing Future Wellness Professionals: Implementing University Worksite Wellness through Student Experiential Learning. Oral submitted to the National Wellness Conference, Kissimmee, FL.
8. **Biber, D. D.**, & Heidorn, J. (2019, July). Learning to Live and Love yourself through Every Emotion. Oral submitted to SHAPE America for presentation at the SHAPE American Mind-Body Connection Conference, Sioux Falls, SD.
9. Heidorn, J., & **Biber, D. D.** (2019, July). Working our way up and within in health education. Oral submitted to SHAPE America for presentation at the SHAPE American Mind-Body Connection Conference, Sioux Falls, SD.

10. **Biber, D. D.**, & Czech, D. R. (May, 2019). Self-compassion and Attitudes toward seeking professional help in Generation Z. Poster submitted for presentation at the American Psychiatric Association Annual Meeting, San Francisco, CA.
11. Rawls, N., **Biber, D. D.**, Brandenburg, G. (2019, April). The relationship between stress and sleep in a Generation Z Sample. Poster submitted for presentation at the University of West Georgia Scholar's Day Undergraduate Conference, Carrollton, GA.
12. **Biber, D. D.**, Ellis, R., & Rice, K. (2019, March). Can We Teach Employees To Love Themselves Enough to Exercise? Poster submitted for presentation at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.
13. Ellis, R., Saringer, C, **Biber, D. D.**, Ferrer, D., & Davis, A. (2019, March). Does the Organization Desire2Move? Poster submitted for presentation at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.
14. **Biber, D. D.**, & Stoepker, P. (2018, October). Promoting Physical and Mental Health in the Classroom. Oral presentation at Georgia AHPERD, Athens, GA.
15. Brandenburg, G., & **Biber, D. D.** (2018, October). The relationship between sleep behavior and perceived stress in a Generation Z sample. Poster submitted for presentation at the Research, Diversity, and Study Abroad Showcase, Carrollton, GA.
16. **Biber, D. D.**, & Ellis, S. (2017 March). The Effect of a Mindful Self-Compassion Intervention on University Employee Physical Activity Motivation and Behavior. Three Minute Thesis (3MT) Competition at Georgia State University.
17. Ellis, S., & **Biber, D. D.** (2016, April). Does a Workplace Physical Activity Program Work? Presented at the Society of Behavioral Medicine.
18. **Biber, D. D.**, & Ellis, S. (2015, April). A RE-AIM analysis of D2M. Paper presented at the Kinesiology Research Symposium at Georgia State University.
19. **Biber, D. D.**, Czech, D. R., Harris, B.S . (2012, February). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Paper presented at the Southeast Regional Conference of the Association for Applied Sport Psychology at Barry University
20. **Biber, D. D.**, Czech, D. R., Harris, B. S. (2012, March). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Poster presented at the College of Graduate Studies Research Symposium
21. **Biber, D. D.**, Czech, D. R., Harris, B.S. (2012, April). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Poster presented at the Phi Kappa Phi Symposium

22. **Biber, D.D.**, Easton, L. E. (2012, April). Sport Psychology Consulting: Required education and career possibilities. Presented at the Calvary Day School Career Fair

APPLIED PRESENTATIONS

1. **Biber, D. D.** (2020, February). It Takes A Village: Suicide Prevention. Rockdale County Professional Development.
2. **Biber, D. D.**, & Knoll, C. (2019, November). Wellness, stress management, and mindful eating. College of Science and Math Professional Development.
3. **Biber, D. D.** (2019, March). Eating through emotions: Becoming friends with food. Well@West Series at the University of West Georgia.
4. **Biber, D. D.** (2018, March). A process presentation of CATCH kids club and early childhood. Foundations CDC.
5. **Biber, D. D.** (2018, February). Physical activity motivation and adherence. Sentara Martha Jefferson Hospital.
6. **Biber, D. D.** (2016, December). Self-compassion in sport and exercise. Sports Medicine Chinese Delegation Program at Georgia State University.
7. **Biber, D. D.** (2015, April). Motivational correlates of physical activity among university employees. Kinesiology and Health Honors Research Symposium at Georgia State University.
8. **Biber, D. D.** (2014, October). An overview of Desire2Move (D2M): Future planning and participation. Wellness Strategic Planning Retreat.
9. **Biber, D. D.** (2014, April). Striving for persistence not perfection: Overcoming slumps and barriers to behavior change. Wellness Wednesday Conference at Georgia State University.

AWARDS

1. **COE Outstanding Research Award Winner (2019)**, College of Education; University of West Georgia
2. **Best of the West Winner (2019)**, COE Strategic Imperative, College of Education; University of West Georgia
3. **3-Minute Thesis (3MT) Winner (2017)**. Doctoral Grand Prize Winner; People's Choice Award Winner. Georgia State University. Amount Awarded: **\$600**

SERVICE

Department:

2019-Present **Resilience and Thriving Course White Paper Committee**
2019-Present **Curriculum, Instruction, and Assessment Coordinator (CMWL)**
Spring 2019 **CMWL Instructor Position Search Committee**
2018-Present **CMWL Advisory Council**
2018-Present **Wolf Wellness Lab Co-Research Coordinator**
2018-Present **Wolf Wellness Lab Sport Psychology Consultant**

College:

2019-Present **COE Seed Grant Review Committee**
2019-Present **Faculty Development, Mentoring, and Retention Committee**
2019-Present **Department Chair Review Committee**
2018-Present **Editorial Board for Studies in the Social Sciences Journal**
2018-Present **Undergraduate Study Abroad Co-Leader to Belize**

University:

2019-Present **FYS Advisory Committee**
2019-Present **Innovations in Pedagogy 2019 Reviewer**

State/National:

2020-Present **Editorial Board of the Performance Enhancement & Health**
2019-Present **Georgia Shape Physical Activity Sub Group**
2018-Present **Kinesiology Regents Academic Advisory Committee (KRAAC)**
2020 **National Wellness Conference Review Committee**

Community

2020-Present **Fresh Food Farmacy Process Evaluator (Tanner Hospital)**
2020-Present **Suicide Prevention for Independent Learning (Rockdale County)**
2018-Present **Young Life Volunteer Leader (Metro Atlanta Area Committee)**
2017-2018 **Portico Director of Student Ministries (Charlottesville, VA)**
2016-2017 **Assistant Golf Coach (Georgia State University)**
2014-2015 **Grady HS Varsity Cross-Country Coach (Atlanta, GA)**
2013- 2017 **Sport Psychology Consultant (Emory, GSU, UWG, GSU, GTech)**
2013-2017 **Grady High School Young Life Team Leader (Atlanta, Georgia)**
2011-2013 **Trinity Christian School Cross Country Head Coach (Statesboro, GA)**
2013-2014 **Fellowship of Christian Athletes Leader (Statesboro, GA)**

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

2017-Present **Sources of Strength**

2017-Present **Coordinated Approach to Child Health (CATCH) Master Trainer**
2018-Present **Georgia Association for Health, Physical Education, Recreation, and Dance**
2018-Present **National Wellness Institute**
2018-Present **Society of Behavioral Medicine**
2019-Present **QPR Suicide Triage Training**
2018-Present **Council of Undergraduate Research Member**

PROFESSIONAL PEER-REVIEWER

2018-Present The Journal of Health Psychology (n = 2 2018)
2018-Present Women in Sport and Physical Activity Journal (n = 3 2018)
2017-Present Research Quarterly for Sport and Exercise (n = 1 2017, n = 2 2019)
2015-Present The Journal of Translational Behavioral Medicine (n = 1 2015, n = 3 2018; n = 1 2019)
2014-Present The Journal of Sport Rehabilitation (n = 2 2014; n = 2 2015)
2013-Present Association for Applied Sport Psychology Conference Submission Reviewer (n = 8 2014; n = 4 2013)
2013-Present The Journal of Sport and Exercise Psychology (n = 1 2014; n = 2 2013; n = 1 2017)
2013- Present British Journal of Education, Society & Behavioural Science (n = 1 2013)
2013-Present The Sport Psychologist (n = 1 2014; n = 1 2013)