

Professional Activity Report
2010-11

Division of Health and
Physical Education

Western Oregon University

Division of Health and Physical Education
Professional Activities
July 1, 2010 - June 30, 2011

Refereed Publications

Armstrong, W. J., Grinnell, D. C., & Warren, G. S. (2011). The acute effect of whole-body vibration on the vertical jump height. *Journal of Strength and Conditioning Research* 24(10): 2835-2839, 2010.

Armstrong, W. J. (2011). Wavelet-based intensity analysis of mechnomyographic signals during single-legged stance following fatigue. *Journal of Electromyography and Kinesiology*. (in press)

McGregor, J. A., **Armstrong, W. J.**, Yaggie, S. J., Boltt, E. M., Parshad, R., Bailey, J. J., Johnson, S. M., Goin, A. M., & Kelly, S. R. (2011). Lower extremity fatigue increases complexity of postural control during a single-legged stance. *Journal of NeuroEngineering and Rehabilitation*. (in press)

Cardinal, B. J., Sorensen, S., & **Cardinal, M. K.** (2011). Physical education graduation requirements at American colleges and universities: 2009-10. *Research Quarterly for Exercise and Sport*, 82(Suppl. 1), A35-A36.

Trump, T., & **Henderson, J.** (2010). Breast cancer advocacy internships: student motivations, intentions and perceptions. *Journal of Cancer Education*, e175-e179.

Davis, S. & **Henderson, J.** (2011). This is a pretty place: Visions of smokestacks and factories in 1910 and 2010. *Journal of Public Health*, 33(1) 143-146.

Henderson, J. & Dixon-Gray, L. (2011). The benefits of a university and state health agency collaboration for the prevention of alcohol-exposed pregnancies in Oregon. *Fetal Alcohol Research, Journal of Population Therapeutics and Clinical Pharmacology*, 18(1) e65-e73.

Johnson, B., **Henderson, J.**, **Pedersen, P. J.**, & **Stonecipher, L.** (2011). Framing asthma: A content analysis of US newspapers. *Journal of Asthma and Allergy Educators*, 2(3) 135-142.

Lopez-Cevallos, D. F., Garside, L.I., Vazquez, L. & Polanco, K. (2011). Use of health services among vineyard and winery workers in the north Willamette Valley, Oregon. *Journal of Community Health*, doi 10.1007/s10900-011-9425-z.

McNamee, J., **Timken, G.**, Peterson, J., Coste, S., & Tompkins, T. (2011). Reorienting secondary school physical education: A fitness club model. *Research Quarterly for Exercise & Sport*, 82(1; Supplement).

Other Published Works

Asleson, E. (2011). *Triathlon training notes*. Albany YMCA Triathlon Club.

Henderson, J. (2010). Targeting HER2-positive breast cancer: Beyond trastuzumab. *Hot Topics*, Alamo Breast Cancer Foundation, <http://www.alamobreastcancer.org>

Lopez-Cevallos, D. F. & Garside, L. I. (2011). Use and satisfaction with health services among north Willamette Vineyard Workers. *¡Salud! Services*, Tuality Healthcare Foundation, January 31; 27p.

Lopez-Cevallos, D. F. (2010). *Voceros de Salud: The Latino Health Ambassadors Network*, Benton County Health Department-Northwest Health Foundation, July 30; 41p.

Timken, G., & McNamee, J. (In Press). Teaching model-based physical education. In L. Ciccomascolo & E. Sullivan. *The Dimensions of Physical Education and Health Education: An Introduction to the Discipline*. Boston: Jones & Bartlett.

Timken G., & Lutz, A. (2010). Cycling. In J. Stiehl and J. Steffan (Eds.) *Teaching Lifetime Outdoor Pursuits*. Champaign, IL: Human Kinetics.

Refereed Presentations

Armstrong, W. J. (2011, June). *Morlet-vonTscherner intensity analysis of mechnomyographic signals during single-legged stance following fatigue*. Presentation at the American College of Sports Medicine Annual Meeting, Denver, CO.

McGregor, J. A., **Armstrong, W. J.**, Yaggie, J. A., Bollt, E. M., Parshad, R., Bailey, J. J., Johnson, S. M., Goin, A. M., & Kelly, S. R. (2011, June). *Fatiguing exercise increases complexity of postural control: Control entropy of high-resolution accelerometry*. Presentation at the American College of Sports Medicine Annual Meeting, Denver, CO.

Welch, J. D., Jones, J. R. & **Armstrong, W. J.** (2011, April). *Analysis of mechanomyography and electromyography during the h-reflex using a wavelet-based intensity analysis*. J.D. Presentation at Annual Meeting of the American College of Sports Medicine – Northwest Chapter, Eugene, OR.

Cardinal, B. J., Sorensen, S., & **Cardinal, M. K.** (2011, April). *Physical education graduation requirements at American colleges and universities: 2009-2010*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Conference, San Diego, CA.

Farrell, K., & Bruce, E. (2011, April). *Perceived influence of enrollment in PE 131, Individual Health and Fitness, on the wellness habits and attitudes of Western Oregon University students*. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Conference, San Diego, CA.

Hautala, R. (2011, March). *Using systematic observation to improve your teaching*. Paper presented at the Scholarship of Teaching and Learning Conference, Georgia Southern University, Statesboro, GA.

Henderson, J. (2011, May). *From Campus to Congress: Advocacy Internships*. Presentation at the National Breast Cancer Coalition Advocacy Conference, Washington, DC.

Trump, T. & **Henderson, J.** (2010, October). *Student perceptions of professional training in breast cancer advocacy*. Poster presented at the International Symposium on Breast Cancer Prevention, Purdue University, West Lafayette, IN.

Lopez-Cevallos, D. F. & Chi, C. (2010, November). *Assessing utilization of health services in Ecuador: Socioeconomic inequalities, provision of services and remittances*. Poster presented at the First Global Symposium on Health Systems Research, Montreux, Switzerland.

Pedersen, P. J., Parker, J., & La Cursia, N. (2011, April). *Obesity, bias and bullying: Examining our instructional messages*. Paper presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, San Diego, CA.

McNamee, J., **Timken, G.,** Peterson, J., Coste, S., & Tompkins, T. (2011). *Reorienting secondary school physical education: A fitness club model*. Poster presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation & Dance, San Diego, CA.

Invited Presentations

Allen, W. (2011) Guest class lectures

HE 211, *Relaxation response conditioning with traditional Chinese controlled breathing "Qigong"*.

HE 366, *GHB, date rape drug and its unseen dangers*.

Allen, W. (2010, August). *Mindfulness Practices in Qigong*. Workshop for fifty-five life sentence inmates at the Oregon State Penitentiary.

Bruce, E. (2011, February). *Wellness Q & A*. Landers Hall, Monmouth, OR.

Cardinal, M. K. (2011, January). *A model for service learning: Involvement of local home-schooled, charter school, and daycare children in teacher preparation courses*. Presented at the Health and Physical Education Higher Education Conference, Silver Falls, OR.

Cardinal, M. K. (2010, October). *Zumba: Latin dance-based aerobic exercise*. Invited session presented at the Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference, West Salem, OR.

Hammermeister, A. (2010, September). Guest presentation for WOU Summer Bridge Program, *Healthy Living*.

Kelly, T. (2011, March). Nutrition for Competitive Tennis. Presentation to Dallas HS Girls Tennis.

Timken, G. (2011). NASPE PIPELine K-12 Instructional Strategies at Red Mesa School District, Teec Nos Pos, AZ; on the Navajo Reservation.

Thomas, D. (2010, November). *Health Reform Bill: Implications and Impact*. 2010 Forum on Health Policy and Advocacy: From Local to Global, sponsored by WOU Phi Kappa Phi.

Grants and Contracts Awarded

Armstrong, W. J. (2011). WOU Foundation (\$1020). *EMG-MMG-EEG coherence and corticomuscular coupling*.

Armstrong, W. J. (2011). Academic Infrastructure Committee Award (\$16,000). TurboSonic Whole Body Vibration unit.

Asleson, E. (2011). City of Monmouth, OR. (\$250). WOU Triathlon support.

Cardinal, M. K. (2011). Capital Project Funds Award (\$18,000). Sound system and audio-video equipment for OPE gymnasium.

Caster, B. (2011). Student Technology Committee Award (\$2,452). Flip video cameras and laptop computer for Exercise Science lab classes.

Kelly, T. (2011). Academic Infrastructure Committee Award. (\$55,665). Air Displacement Plethysmography (ADP) Body Composition Measuring System (Bod Pod).

Lopez-Cevallos, D.F., Consultant (2011-2012). *Poder Comunitario* (Latino Community Empowerment), Outreach Collaborative for a Healthy Oregon, Oregon State University, Linn County (Total grant: \$25,000; Consultant: \$3,000).

Lopez-Cevallos, D.F.. Evaluator (2010-2011). Community Needs and Assets Assessment, *Casa Latinos Unidos de Benton County*. Northwest Health Foundation Kaiser Community Fund (Total grant: 50,000; Evaluator: \$6,000).

Thomas, D. (2011). Academic Infrastructure Committee Award (\$2,007). Batteries for laptop cart computers in HPE.

Faculty Development Awards

Category I Travel

Armstrong, J.
Bruce, E.
Cardinal, M.
Daramola, C.
Farrell, K.
Hautala, R.
Henderson, J. (2 awards)
Lopez-Cevallos, D.
Timken, G.

Category II Travel

Bruce, E.
Caster, B
Cardinal, M.
Hammermeister, A.
Hedstrom, M. (2 awards)
Farrell, K.
Thomas, D.
Ward, P.

Professional Service

Allen, W.: Textbook Review: Taking Sides: Clashing Views on Bioethical Issues, 14th Edition
McGraw-Hill Publishing

Advisor: WOU Martial Arts Club Academic Year
Seminar WOU Martial Arts Club (Feb, 2011)

Advisor: Oregon State Hospital Tai Chi Rehabilitation Program

Polk County CDC Healthy Communities Advisory Committee

HPE Curriculum Committee
Selection Committee, Delmer Dewey, Julia McCulloch Smith and Outstanding Graduate
Student of the Year Awards

Armstrong, J.: Managing Editor, *Clinical Kinesiology*
Manuscript Reviewer: *Medicine & Science in Sports & Exercise*
European Journal of Sport Science
Journal of Sound and Vibration
Research in Sports Medicine
Journal of Athletic Training

HPE Curriculum Committee, Chair
WOU Academic Requirements Committee
WOU Institutional Review Board Committee

Asleson, E.: Co- Director, WOU Triathlon

Albany Triathlon Training Series: Provided training seminars for 30 YMCA multi level triathletes. Mentored ages 17-75 years to complete a triathlon.

WOU Prof Chat – fall 2010

WOU Running group: Mentored and prepared 40 WOU students who ran/walked the Corvallis Half Marathon

YMCA Volunteer Award: Triathlon and Race organizer May 2011

Bruce, E.: Co-chair and Coordinator, HPE Division Sessions for Academic Excellence

WOU Faculty Development Committee
Library Liaison (Physical Education)

Cardinal, M.: Dance Research Abstract Review Panel, Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance

Scholar/Artist Selection Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance

Research Committee, National Dance Association, American Alliance for Health, Physical Education, Recreation and Dance

Alliance Scholar Committee, American Alliance for Health, Physical Education, Recreation and Dance

HPE Personnel Review Committee
HPE Awards Committee (Physical Education)
COE Faculty Peer Mentoring Committee, Chair

Coordinator, WOU Physical Education Majors' Volunteers' Assistance at the Oregon Alliance for Health, Physical Education, Recreation, and Dance Conference

Caster, B.: Manuscript Reviewer

Clinical Kinesiology
Medicine & Science in Sport & Exercise

Abstract Reviewer, American College of Sports Medicine - NW Chapter Annual Meeting

OUS Germany Advisory Board, representing the interests of WOU and OUS students within the OUS/Baden-Württemberg exchange program.

Assistant Coordinator, German American Partnership Program (GAPP) high school international exchange between Corvallis High School - Hochrhein Gymnasium.

Executive Committee Member, WOU **PURE** (Program for Undergraduate Research Experiences)
WOU Health & Wellness Center Building Committee
University Personnel Review Committee

Farrell, K.: HPE Union Representative

Senate Curriculum Committee
WOU Faculty Athletic Representative
HPE Social Committee

Hammermeister, A.: HPE Library Liaison (Health)

Advisor, Human Trafficking Club, WOU
Advisor, Advisor for Green Dot Club, WOU
Grant Advisory Committee, Sexual Violence Against Women, WOU

Hautala, R.: Faculty Senate (Vice President)

HPE Curriculum Committee
HPE Personnel Review Committee
COE Assessment Council
Honors Committee (Chair)
Werner Center Advisory Committee

Henderson, J.: Manuscript Reviewer
Journal of School Health, 2010

FDA Consumer Representative, Endocrinology and Metabolic Drugs Advisory Committee,
Food and Drug Administration (FDA), Washington DC., 2010

Emerging Leader Program, National Breast Cancer Coalition

HPE Personnel Review Committee
Senate Graduate Committee

Kelly, T.: Advisor – Oregon State Fair Sports, Health, & Recreation venue

Textbook Reviewer: *Nutrition for Sport and Exercise*, Dunford & Doyle, Belmont, CA:
Wadsworth.

Orienteering and Outdoor Survival Training to Boy Scouts of the Cascade Pacific Council
Orienteering Training to LDS Girls Youth Group

Faculty Advisor, WOU Outdoor Recreation Club

HPE Library Committee

SPARC Committee Chair, WOU, College of Education

Lopez-Cervillos, D. F.: Manuscript Reviewer

Social Science & Medicine (2008-present);

Journal of Health Care for the Poor and Underserved (2008-present);

Journal of Rural Health (2009-present);

Ethnicity & Health (2010-present);

Revista Panamericana de Salud Publica (2010-present)

Health Policy and Planning (2010-present)

Journal of Higher Education Outreach and Engagement (2011-present)

Migrant and Seasonal Farmworker Research Advisory Council, 2010 - present.

WHO Health Workforce Information Reference Group, 2010-present.

Oregon Community Health Worker Advisory Council, July-December 2010.

Board Member: Upstream Public Health, Portland, OR, 2009-present.

Casa Latinos Unidos de Benton County, Corvallis, OR, 2008-present.

Oregon Latino Health Coalition, Portland, OR, 2010-present.

Advisor, Bilingual Community Health Education Outreach Initiative, Dean's Office, College of Education, Western Oregon University, 2010-2011.

WOU Faculty Development Committee

Pedersen, P. J.: Textbook Editing

Health: The Basics, 10th Ed., Pearson Benjamin Cummings Publishers, Development of new features and updating of information for Chapter 5: Healthy Relationships and Sexuality

Presider, *Bullying Prevention Programs*, (April, 2011). American Association for Health Education (AAHE) Annual Convention, San Diego, CA.

Member: Polk Extension Citizen Advisory Network

Arts Selection Committee, Oregon Arts Commission, WOU Health & Wellness Center

WOU Health & Wellness Center Building Committee, 2009-present

COE Assessment Council

WOU Joint Committee on Faculty Evaluation

Chair, Community Health Faculty Search Committee

Timken, G.: Reviewer, AAHPERD Research Consortium abstracts

Member, Council for Children's Expanded Physical Education (CCEPE)
& Co-Planner for 2011 annual conference

Reviewer, Advisory Board for PE Central Instant Activity & Assessment submissions

Volunteer, Ashbrook Independent School, Corvallis

Faculty Senate
Academic Infrastructure Committee (Chair)
COE Licensure & Clinical Experience Council
HPE Curriculum Committee

Thomas, D.: Co-chair and Coordinator, HPE Division Sessions for Academic Excellence, 2011

Community Health Assessment and Group Evaluation for Polk County
CDC Healthy Communities Program 2010-2011

HPE Awards Committee (Health)
WOU International Education and Services Committee

Awards

Cardinal, M. (2011). Recognized as a Fellow by the North American Society for Health, Physical Education, Recreation, Sport, and Dance.

Henderson, J. (2010). Scholar-Advocate Award, Alamo Breast Cancer Foundation.

Lopez-Cevallos, D. (2011, April). Nominated and inducted into the Honor Society of Phi Kappa Phi.

Thomas, D. (2011, April). Nominated and inducted into the Honor Society of Phi Kappa Phi.

Recognitions

Henderson, J. (2011). Faculty of the Month, National Association of College & University Resident Halls, WOU campus.