

**Tommy Holden, Ph.D.**  
North Carolina State University  
Department of Health and Exercise Studies  
Campus Box 8111  
1309 Carmichael Gymnasium  
Raleigh, NC 27695  
Tommy\_Holden@ncsu.edu

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**Education**      **North Carolina State University**, Raleigh, N.C., 2004  
*Doctor of Philosophy* in Parks, Recreation and Tourism Management,  
Park and Natural Resource Recreation  
Focus in Adventure Recreation, Minor in Geographic Information Systems

**Campbell University**, Buies Creek, N.C., 1997  
*Master of Business Administration*

**North Carolina State University**, Raleigh, N.C., 1995  
*Bachelor of Science* in Biological Sciences/Business Management

**Professional  
Experience**

**Teaching Professor, Outdoor Leadership Minor  
N.C. State University**

**Department of Health and Exercise Studies** **2/18-Present**

- Maintain teaching responsibility for the Outdoor Leadership Minor of six to seven credit hours (12 to 14 contact hours) per semester and associated field trips of three to nine days (overnight) trips per semester, including a distance education class.
- Secure funding through grants for program use.
- Advise students taking the Outdoor Leadership Minor.
- Manage and update policies and procedures manual, course websites and course packs.
- Manage and budget Outdoor Leadership trips, equipment and program.
- Maintain and order equipment for Outdoor Leadership Minor.
- Instruct courses such as *Backpacking, Basic Canoeing, Whitewater Canoeing, Basic Rock Climbing, Sea Kayaking, Mountaineering, Mountain Biking, and Backcountry Instruction Methodology*.
- Serve as point person for all Health and Exercise Studies transportation coordination including two vans and four trailers (maintenance, parking permits, inspections and repair).
- Maintain active involvement in numerous collaborative projects across campus such as University committees, facility renovations, search committees and outreach contributions.
- Minors coordinator and administratively responsible for clearing departmental minor students for graduation.
- Serve as point person for surplus for Health and Exercise Studies and Department of Materials Support.
- Act in consultation with department head for personnel and operations budget including an independent summer school budget.
- Serve as liaison between Health and Exercise Studies and Wellness and Recreation on resources and facilities renovations.

**Teaching Professor and Department Head, N.C. State University**

**Department of Health and Exercise Studies**

**7/16-1/18**

- Supervise 34 full-time faculty and one full-time staff member.
- Direct all academic operations serving over 15,500 students per year.
- Approve and direct curriculum development and campus/distance education course offerings, including over 70 activity courses on campus and over 30 distance education courses, four minors (Outdoor Leadership, Coaching, Sport Science and Health), an emerging Emergency Medicine program and an emerging Dance minor.
- Manage a \$2.5 million personnel and operations budget including an independent summer school budget.

- Mentor all faculty and staff.
- Appoint departmental committee assignments.
- Make hiring, reassignment, promotion, and salary adjustment recommendations.
- Approve and direct additional pay for faculty, travel authorizations and teaching assistants.
- Administratively responsible for clearing departmental minor students for graduation.
- Maintain teaching responsibility for the Outdoor Leadership Minor of three to four credit hours (six to seven contact hours) per semester and associated field trips of three to nine days (overnight) trips per semester, including a distance education class.
- Maintain active involvement in numerous collaborative projects across campus such as University committees, facility renovations, search committees and outreach contributions.
- Work closely with Director of University Recreation on facility, field and equipment related issues.
- Collaborate with the Athletics Department and University Recreation on resources and facilities renovations.

**Department Head and Teaching Associate Professor, N.C. State University**

**Department of Health and Exercise Studies**

**9/14-6/16**

- Supervise 34 full-time faculty and one full-time staff member.
- Direct all academic operations serving over 15,500 students per year.
- Approve and direct curriculum development and campus/distance education course offerings, including over 70 activity courses on campus and over 30 distance education courses, four minors (Outdoor Leadership, Coaching, Sport Science and Health), an emerging Emergency Medicine program and an emerging Dance minor.
- Manage a \$2.5 million personnel and operations budget including an independent summer school budget.
- Mentor all faculty and staff.
- Appoint departmental committee assignments.
- Make hiring, reassignment, promotion, and salary adjustment recommendations.
- Approve and direct additional pay for faculty, travel authorizations and teaching assistants.
- Administratively responsible for clearing departmental minor students for graduation.
- Maintain teaching responsibility for the Outdoor Leadership Minor of three to four credit hours (six to seven contact hours) per semester and associated field trips of three to nine days (overnight) trips per semester, including a distance education class.
- Maintain active involvement in numerous collaborative projects across campus such as University committees, facility renovations, search committees and outreach contributions.
- Work closely with Director of University Recreation on facility, field and equipment related issues.
- Collaborate with the Athletics Department and University Recreation on resources and facilities renovations.

**Teaching Associate Professor, N.C. State University**

**Department of Health and Exercise Studies**

**Outdoor Leadership Minor**

**8/12-8/14**

- Teach an eight class load (16 contact hours) each semester and lead a minimum of three weekend field trips (12 days total per semester).
- Serve on departmental and university committees.
- Secure funding through grants for program use.
- Advise students taking the Outdoor Leadership Minor.
- Present at national conferences on outdoor leadership topics.
- Manage and update policies and procedures manual, course websites and course packs.
- Manage and budget Outdoor Leadership trips, equipment and program.
- Maintain and order equipment for Outdoor Leadership Minor.

- Instruct courses such as *Backpacking, Basic Canoeing, Whitewater Canoeing, Basic Rock Climbing, Sea Kayaking, Mountaineering, Mountain Biking, and Backcountry Instruction Methodology*.

**Teaching Assistant Professor, N.C. State University**

**Department of Physical Education, Outdoor Leadership Minor 8/08-7/12**

- Manage and budget Outdoor Leadership trips, equipment and program.
- Advise students taking the Outdoor Leadership Minor.
- Maintain and order equipment for Outdoor Leadership Minor.
- Maintain course websites, course packs and minor websites.
- Instruct courses such as *Backpacking, Basic Canoeing, Whitewater Canoeing, Basic Rock Climbing, Sea Kayaking, Mountaineering, Mountain Biking and Backcountry Instruction Methodology*.

**Adjunct Instructor, N.C. State University**

**Department of Parks, Recreation and Tourism Management 1/02-8/08**

- Supervise internship students during their summer internships.
- Taught PRT 152, *Introduction to Parks, Recreation and Tourism Management*.
- Taught PRT 380, *Analysis and Evaluation in Parks, Recreation*.
- Taught PRT/PEO 215, *Principles and Practices in Outdoor Leadership*.

**Lecturer and Co-Coordinator, N.C. State University**

**Department of Physical Education, Outdoor Leadership Minor 8/04-7/08**

- Manage and budget Outdoor Leadership trips.
- Advise students taking the Outdoor Leadership Minor.
- Revise and write curricula for the Outdoor Leadership Minor.
- Maintain and order equipment for Outdoor Leadership Minor.
- Develop and maintain course websites and minor websites.
- Instruct activity courses such as *Backpacking, Basic Canoeing, Whitewater Canoeing, Basic Rock Climbing, Sea Kayaking, Mountaineering, and Mountain Biking*.

**Visiting Lecturer, N.C. State University**

**Department of Physical Education 8/02-7/04**

- Instructor in Physical Education Department, Outdoor Leadership Minor.
- Instruct activity courses such as *Backpacking, Basic Canoeing, Whitewater Canoeing, Rock Climbing, Sea Kayaking, and Mountaineering*.

**Seasonal Instructor for the North Carolina Outward Bound School 6/01-8/10**

- Lead instructor for sea kayaking courses located at the Outer Banks, NC and Assistant instructor for sea kayaking courses in the Bahamas.
- Lead instructor for mountain courses located in North Carolina.
- Technical skill emphasis on flatwater canoeing, whitewater canoeing, rock climbing, backpacking, sea kayaking, and ropes course.
- Interpersonal skill emphasis on group dynamics, feedback, risk management, evacuations, student evaluations, and instructor evaluations.

**Teaching Experience**

**Outdoor Leadership Minor Courses**

1. **HESM 216**, *Backcountry Instruction Methodology*, NCSU HES Department, Spring, 2011 to Present.
2. **HESO 277**, *Mountain Biking*, NCSU HES Department, Fall, 2004 to Present.
3. **HESO 262**, *Whitewater Canoeing*, NCSU HES Department, Spring, 2004 to 2007.
4. **HESO 283**, *Mountaineering*, NCSU HES Department, Spring, 2004 and 2005.
5. **HESO 284**, *Sea Kayaking*, NCSU HES Department, Fall, 2003 to Present.
6. **HESO 255**, *Basic Canoeing*, NCSU HES Department, Fall, 2002 to Spring, 2014.
7. **HESO 257**, *Backpacking*, NCSU HES Department, Fall, 2002 to Spring, 2013.
8. **HESO 258**, *Basic Rock climbing*, NCSU HES Department, Fall, 2002 to Present.

9. **HESM/PRT 215**, *Principles and Practices in Outdoor Leadership*, NCSU PRTM and HES Departments, Spring, 2007.

#### **Distance Education**

1. **HESO 258**, *Basic Rock Climbing*, NCSU HES Department, Summer, 2014.
2. **HESO 277**, *Mountain Biking*, NCSU HES Department, Spring, 2012 to present.

#### **Department of Health and Exercise Studies Activity Courses**

1. **HESF 111**, *Indoor Group Cycling*, NCSU HES Department, Summer, 2011 to Summer, 2013.
2. **PE 107**, *Run Conditioning*, NCSU PE Department, Summers, 2010 & 2011.
3. **PE 101**, *Fitness and Wellness*, NCSU PE Department, Summer, 2009.

#### **Parks, Recreation and Tourism Management Courses**

1. **PRT 152**, *Introduction to Parks, Recreation and Tourism Management*, NCSU Parks, Recreation and Tourism Management, Spring 2002 and Summer Session 1, 2006, 2007, and 2008.
2. **PRT 380**, *Analysis and Evaluation in Parks, Recreation*, NCSU Parks, Recreation and Tourism Management, Summer Session 2, 2006 and Summer Session 1, 2007 and 2008.
3. **Internship Supervisor**, Supervised PRTM students during their summer internships, Summer 2002.

### **Scholarship**

#### **Refereed Activity**

##### **Conference Proceedings**

1. Holden, T and Schneider, S. (2017). YouTube It? – Using Technology to Train Staff, Attract Participants, and Diversify your Program. In J. Hazelrigs, B. Kime, A. Martin, D. Taft, & W. Taylor (Eds.), *Proceedings of the 29<sup>th</sup> Association of Outdoor Recreation and Education*. Bloomington, IL: Association of Outdoor Recreation and Education.
2. Holden, T. (2016). Abstract. “On belay?” – A discussion of safe, efficient and effective progressions for teaching belaying. In J. Hazelrigs, B. Kime, A. Martin, D. Taft, & W. Taylor (Eds.), *Proceedings of the 28<sup>th</sup> Association of Outdoor Recreation and Education*. Bloomington, IL: Association of Outdoor Recreation and Education.
3. Cooper, R. and Holden, T. (2014). What’s in a name– A roundtable discussion about certification rubrics and titles. In J. Hazelrigs, B. Kime, A. Martin, D. Taft, & W. Taylor (Eds.), *Proceedings of the 27<sup>th</sup> Association of Outdoor Recreation and Education*. Bloomington, IL: Association of Outdoor Recreation and Education.
4. Holden, T. (2013). Menu planning with technology. In J. Hazelrigs, B. Kime, A. Martin, D. Taft, & W. Taylor (Eds.), *Proceedings of the 26<sup>th</sup> Association of Outdoor Recreation and Education*. Bloomington, IL: Association of Outdoor Recreation and Education.
5. Holden, T. (2012). Managing risk for field trips- A practical approach. In J. Hazelrigs, B. Kime, A. Martin, D. Taft, & W. Taylor (Eds.), *Proceedings of the 25<sup>th</sup> Association of Outdoor Recreation and Education*. Bloomington, IL: Association of Outdoor Recreation and Education.

##### **Book Chapters**

1. Holden, T. (2012). Stretching. In Department of Health and Exercise Studies, North Carolina State University, *Focus on Fitness and Wellness*. (4th ed.). Plymouth: Hayden McNeil.
2. Holden, T. (2009). Sea kayaking. In M. Wagstaff & A. Attarian (Eds.), *Outdoor adventure technical skills: A curriculum guide*. Champaign, IL: Human Kinetics.
3. Attarian, A., Holden, T., Sibthorp, J., & Bachert, D. (2006). Outdoor recreation and the environment. In P. Gaskill (Ed.), *Introduction to leisure services in North Carolina (5<sup>th</sup> edition)* (pp.155-174). Dubuque, Iowa: Kendall/Hunt.

##### **Conference Presentations, National**

1. Holden, T. and Schneider, S. (2016, November). *YouTube It? – Using Technology to Train Staff, Attract Participants, and Diversify your Program*. Association of Outdoor Recreation and Education, Minneapolis, Minnesota.

- Holden, T. (2015, November). *"On Belay?" – A discussion of safe, efficient and effective progressions for teaching belaying*. Association of Outdoor Recreation and Education, Atlanta, Georgia.
- Holden, T. and Cooper, R. (2013, November). *What's in a Name– A Roundtable Discussion About Certification Rubrics and Titles*, Association of Outdoor Recreation and Education, College Park, Maryland.
- Holden, T. (2012, November). *Menu Planning with Technology*, Association of Outdoor Recreation and Education, Snowbird, Utah.
- Holden, T. (2011, November). *Managing risk for field trips- A practical approach*, Association of Outdoor Recreation and Education, San Antonio, Tx.
- Holden, T. (2007, September). *Sea kayaking the Outer Banks, Cape Lookout National Seashore*, West Coast Sea Kayak Symposium, Port Townsend, W.A.
- Holden, T. (2007, September). *Sea kayak equipment and boat packing 101!*, West Coast Sea Kayak Symposium, Port Townsend, W.A.

#### **Conference Presentations, Regional**

- Holden, T. (2007, April). *Tides and crossings simplified*, East Coast Sea Kayak and Canoe Festival, Charleston, S.C.
- Holden, T. (2007, April). *Sea kayak equipment and boat packing 101!*, East Coast Sea Kayak and Canoe Festival, Charleston, S.C.
- Holden, T. (2006, April). *Tides and crossings simplified*, East Coast Sea Kayak and Canoe Festival, Charleston, S.C.
- Holden, T. (2006, April). *Canoeing the Upper Missouri River*, East Coast Sea Kayak and Canoe Festival, Charleston, S.C.
- Holden, T. (2005, April). *Tides and crossings simplified*, East Coast Sea Kayak and Canoe Festival, Charleston, S.C.
- Holden, T. (2005, April). *Sea kayaking the Outer Banks, Cape Lookout National Seashore*, East Coast Sea Kayak and Canoe Festival, Charleston, S.C.

#### **Conference Paper Presentations, International**

- Holden, T. (2004, November). *The impacts of satellite phone use on a North Carolina Outward Bound experience*, 32<sup>nd</sup> Annual International Association for Experiential Education, Norfolk, Va.
- Holden, T. (2002, October). *Making the tough calls: Wireless technology in the backcountry*, International Conference of Outdoor Recreation and Education, Charleston, SC.

#### **Conference Paper Presentations, National**

- Holden, T. (2008, November). *The impacts of satellite phone use on a North Carolina Outward Bound experience*, Association of Outdoor Recreation and Education, San Diego, Ca.
- Holden, T. (2004, January). *The impacts of satellite phone use on a North Carolina Outward Bound experience*, Coalition for Education in the Outdoors, Bradford Woods, IN.
- Holden, T. (2002, April). *Making the tough calls: Cellular technology in the backcountry*, Association for Experiential Education, Unicoi State Park, Ga.

#### **Non-Refereed Activity**

##### **Conference Paper Presentations, Regional**

- Holden, T., Leung, Y.F., and Attarian, A. (2002, February). *Knowledge of Leave No Trace practices on the Animas River trail, Durango, Co.* Southeastern Recreation Research, Athens, Ga.

##### **Conference Poster Presentations, Regional**

- Holden, T., Ingle, C., Meyer de Gonzalez, K., and Leung, Y.F. (2003, February). *Poster signs preferred over footprints, but both reduce social trail use*, Southeast Recreation Research Conference, Asheville, NC.

##### **Conference Proceedings**

- Holden, T. (2005). *The impacts of satellite phone technology on a North Carolina Outward Bound experience*. In K. Paisley, A. Young, C. Bunting, & K. Bloom (Eds.) *Research in outdoor*

*education: Vol. 7. Coalition for education in the outdoors seventh biennial research symposium* (pp. 52-57). Cortland: State University of New York College.

2. Holden, T. (2003). Making the tough calls: Wireless technology in the backcountry. In the 16<sup>th</sup> Annual international conference of outdoor recreation and education conference proceedings.

#### **Journal/Manuscript Reviewer**

1. Reviewer. (2020). *Journal of Recreation, Education and Leadership*.
2. Reviewer. (2018). *Journal of Recreation, Education and Leadership*.
3. Reviewer. (2017). *Journal of Recreation, Education and Leadership*.
4. Reviewer. (2015). *Journal of Recreation, Education and Leadership*.
5. Reviewer. (2011). *Journal of Recreation, Education and Leadership*.

#### **Technical Reports**

1. Attarian, A. & Holden, G.T. (2002). Managing rock climbing groups at Crowder's Mountain State Park, North Carolina. Report submitted to Crowder's Mountain State Park, Kings Mountain, NC. Raleigh, NC: North Carolina State University, Department of Parks, Recreation & Tourism Management.
2. Attarian, A. & Holden, G.T. (2001). The literature and research on challenge courses: An annotated bibliography. Raleigh, NC: North Carolina State University, Department of Parks, Recreation & Tourism Management.

#### **Conference Participation**

1. Exhibitor for the North Carolina Outward Bound School, East Coast Sea Kayak and Canoe Festival, Charleston, S.C., April 11-13, 2003.
2. Student Scholarship Recipient, *National Association of Recreation Resource Planners*, Boise, Idaho, May 5-8, 2002.
3. Exhibitor for the North Carolina Outward Bound School, *International Conference Association for Experiential Education*, Charleston, W.Va., November 1-4, 2001.

#### **Doctoral Dissertation**

1. Holden, T. (2004). The impacts of satellite phone technology on a North Carolina Outward Bound experience. Unpublished doctoral dissertation, North Carolina State University, Raleigh.

#### **Department Course Packets (Lab Manuals)**

1. Holden, T. (2014, Spring). *HESM 216 Backcountry Instructional Methodology course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
2. Holden, T. (2014, Spring). *HESO 277 Mountain biking course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
3. Holden, T. (2014, Spring). *HESO 284 Sea kayaking course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
4. Holden, T. (2013, Spring). *HESO 283 Mountaineering course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
5. Holden, T. (2013, Spring). *HESO 262 Whitewater canoeing course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
6. Holden, T. (2013, Spring). *HESO 255 Flatwater canoeing course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
7. Holden, T. (2013, Spring). *HESO 257 Backpacking course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).
8. Holden, T. (2013, Spring). *HESO 258 Basic rock climbing course pack*. (Available from East Coast Digital Printing, 951 Aviation Parkway, Suite 600, Morrisville, NC 27560).

#### **University Service and Committees**

1. Health and Exercise Studies Departmental representative for DASA Vice Chancellor and Dean search, Spring 2020.
2. Committee on Lake Raleigh Woods Trail Design, 2017-Present.

3. The Quadrivium Project, *Woodstock and Beyond: Songs of Love and Protest*, August, 2019.
4. The Quadrivium Project, *The Great Cover Up*, January, 2019.
5. Carmichael Gym Renovation Project Committee member, 2016-2018.
6. The Quadrivium Project, *Deep Cuts: The Spirit of FM Radio*. Stewart Theater, September, 2018.
7. The Quadrivium Project, *Packapalooza*, August, 2018.
8. University Council on Athletics member, 2014-2018.
9. The Quadrivium Project, *Led Zeppelin Tribute*. Stewart Theater, August, 2017.
10. DASA Strategic Plan Leadership Team, 2016-2017.
11. Chair of Department Head Search Committee, Department of Music, 2015-2016.
12. Faculty Academic Committee member, University Council on Athletics, 2014-2017.
13. Finance, Facilities and Personnel Committee member, University Council on Athletics, 2015-2017.
14. Goal Team 5C Committee member, Division of Academic and Student Affairs, 2015-2016.
15. University Faculty Senate Executive Committee member, 2014-2015.
16. Co-Chair, University Personnel Policy Committee, Faculty Senate, 2014-2015.
17. University Faculty Senate Senator, 2011-2015.
18. Watauga Medal Committee member, 2014-2015.
19. University Personnel Policy Committee member, Faculty Senate, 2011-2013.
20. Division of Academic and Student Affairs Outstanding Teacher Committee member, 2013-2015.
21. University Student Centers Board of Directors Faculty Senate representative, 2013-2014.
22. University Transportation Task Force member, 2013.
23. University Courses and Curricula Committee member, 2009-2012.
24. University Recreation Outdoor Adventures Coordinator Search Committee member, Spring, 2012.
25. Representative for the Outdoor Leadership Program for the Lake Raleigh Boathouse Project, 2009-Present.
26. Representative for the Outdoor Leadership Program on the Carmichael Gym Expansion Project, 2003-2008.

### **Departmental Service and Committees**

1. Faculty Mentor for Dance Minor new hire, Health and Exercise Studies, 2019-2020.
2. Surplus Coordinator for Health and Exercise Studies, 2014-Present.
3. Health and Exercise Studies DVF sub committee member, 2018-2019.
4. Personnel (DVF) Committee, Department of Health and Exercise Studies, 2018-Present.
5. Search Committee member, Department of Health and Exercise Studies, 2018-2019.
6. Coordinator of Minors, Department of Health and Exercise Studies, 2014-Present.
7. Chair of Ad-Hoc Committee, Department of Health and Exercise Studies, 2015-2018.
8. Chair of Personnel (DVF) Committee, Department of Health and Exercise Studies, 2015-2018.
9. Curriculum Committee member for Department of Health and Exercise Studies, 2005-2018.
10. Chair of Awards Committee, Department of Health and Exercise Studies, 2015-2017.
11. Personnel Committee member for Department of Health and Exercise Studies, 2008-2014.
12. Chair of Advisory Committee, Department of Physical Education, Spring, 2012.
13. Chair of Search Committee for Outdoor Educator Position, Department of Physical Education, Spring, 2011.
14. Committee member for the Challenge Course Advisory Committee, 2009-2011.
15. Minors Committee member for Department of Physical Education, 2006-2010.
16. Chair for Curriculum Committee for Department of Physical Education, 2008-2009.
17. Chair for Publications/Marketing Committee for Department of Physical Education, 2007-2008.
18. Risk Management Committee member for Department of Physical Education, 2007-2008.
19. Advisory Committee member for Department of Physical Education, Fall, 2007.
20. Technology Committee member for Department of Physical Education, 2002-2008.

21. Outdoor Leadership Minor Committee member for Department of Physical Education, 2002-2010.
22. Activity Chair for Sea Kayaking, Mountain Biking, Flatwater Canoeing, and Mountaineering, 2004-Present.
23. Search Committee Member for Campus Recreation Outdoor Adventures Assistant Director position, Summer and Fall, 2006.
24. Search Committee Chair for Department of Physical Education Lecturer position, Spring, 2006.
25. Marketing Committee member for Department of Physical Education, 2004-2007.
26. Supervisor for Undergraduate Internship Students, Parks, Recreation and Tourism Management, Summer, 2002.
27. Advisor for Student Recreation Association, Parks, Recreation and Tourism Management, 2001-2003.

### **Certifications**

1. The American Institute for Avalanche Research and Education (AIARE) Level 1 Training. January 2020.
2. Professional Mountain Bike Instructor Association (PMBIA), Level 1 Instructor. December, 2019. Expiration December, 2022.
3. American Canoe Association (ACA), Coastal Kayak Instructor Level 3. Expiration December, 2023.
4. American Canoe Association (ACA), Whitewater Canoeing: Tandem and Solo Instructor Level 4. Expiration December, 2023.
5. Wilderness First Responder (WFR), May 2019. Expiration May, 2022.
6. American Red Cross CPR Certification, August, 2017. Expiration August, 2021.
7. American Canoe Association (ACA), Swiftwater Rescue, Level 4, April, 2015.
8. American Mountain Guides Association (AMGA), Single Pitch Instructor Course, May, 2010.

### **Professional Memberships**

1. The American Institute for Avalanche Research and Education (AIARE), 2020-Present
2. Professional Mountain Bikers Instructors Association (PMBIA), 2019-Present
3. American Canoe Association (ACA), 2011-Present
4. American Mountain Guides Association (AMGA), 2011-Present
5. American Alpine Club (AAC), 2015-Present
6. Access Fund, 2017-Present
7. Association of Outdoor Recreation and Education (AORE), 2008-2017

### **Awarded Grants**

1. Student Affairs Education and Technology Fund, \$2600, June, 2013.
2. Departmental Funding, \$1200, May, 2012.
3. Student Affairs Education and Technology Fund, \$8,500, Rock Wall Resurface, September, 2011.
4. Student Affairs Education and Technology Fund, \$1,800, September, 2011.
5. Student Affairs Education and Technology Fund, \$5,500, September, 2010.
6. Student Affairs Parent's Fund grant, \$3,500, September, 2009.
7. Student Affairs Education and Technology Fund, \$3,500, September, 2009.

### **Awards**

1. Alumni Association Outstanding Teacher Award. Spring, 2019.
2. North Carolina State University Outstanding Teacher Award. Spring, 2019.
3. Division of Academic and Student Affairs Outstanding Teacher Award. Spring, 2019.
4. Health and Exercise Studies Outstanding Teaching Award Nominee for DASA. Fall, 2018.
5. Department of Health and Exercise Studies X Factor Award, May 2018.
6. Department of Health and Exercise Studies Paul Derr Award for Excellence in Teaching, May 2013.
7. Department of Physical Education Student's Choice Award for Teaching Excellence, May 2010.



## Research Projects

1. Principal investigator, Project: The impacts of satellite phone technology on an Outward Bound Wilderness experience, Funded by NCSU and North Carolina Outward Bound School, 2003-2004.
2. Research assistant, Project: Managing rock climbing groups at Crowder's Mountain State Park, Funded by The Access Fund, 2002-2003.
3. Research assistant, Project: The literature and research on challenge courses: An annotated bibliography, Funded by NCSU and Alpine Towers International, 2001.

## Web-Related Projects

1. HESO 258, *Basic Rock Climbing*, Distance Education, Spring 2014.
2. HESO 277, *Mountain Biking*, Distance Education, Spring, 2012- present.
3. Attended NCSU's Office of Information Technology's workshops on Microsoft Access, Fall, 2007.
4. Revise, rewrite, and create on-line course packs for activity courses *Backpacking*, *Basic Canoeing*, *Whitewater Canoeing*, *Basic Rock Climbing*, *Sea Kayaking*, *Mountaineering*, and *Mountain Biking*, NCSU HESO Department, Spring, 2005 to Present.
5. Create streaming video of course field trip for *Whitewater Canoeing*, NCSU PE Department, Spring 2004, 2005, and 2006.
6. Design and maintain websites for activity courses *Backpacking*, *Basic Canoeing*, *Whitewater Canoeing*, *Basic Rock Climbing*, *Sea Kayaking*, *Mountaineering*, and *Mountain Biking*, NCSU HESO Department, Fall, 2003 to Present.
7. Design and maintain websites for theory courses PRT 152, *Introduction to Parks, Recreation and Tourism Management*; PRT 380, *Analysis and Evaluation in Parks, Recreation*; and PRT/PEO 215, *Principles and Practices in Outdoor Leadership*, NCSU Department of Parks, Recreation and Tourism Management Department, Summer, 2006 to Present.
8. Utilize 'Gradebook' program on university server for activity courses *Backpacking*, *Basic Canoeing*, *Whitewater Canoeing*, *Basic Rock Climbing*, *Sea Kayaking*, *Mountaineering*, and *Mountain Biking*, NCSU PE Department, Fall, 2003 to 2012.
9. Utilize 'Gradebook' program on university server for theory courses PRT 152, *Introduction to Parks, Recreation and Tourism Management*; PRT 380, *Analysis and Evaluation in Parks, Recreation*; and PRT/PEO 215, *Principles and Practices in Outdoor Leadership*; NCSU Department of Parks, Recreation and Tourism Management Department, Summer, 2006 to 2012.
10. Attended Learning Technology Services workshops on Dreamweaver, Fireworks, Wolfware, Pinnacle Studio, and Adobe Photoshop software, Fall, 2003.

## Outreach Contributions

1. Consultant to North Carolina State Parks Big Canoe Program, Spring, 2019.
2. Instructor/trainer for the North Carolina Outward Bound School Sea Kayaking Outer Banks instructors, May 4-6, 2014.
3. Low Challenge Course Program Facilitator, Health and Exercise Studies Faculty, September 20, 2013.
4. Adult Fitness Instructor, November, 2011.
5. Adult Fitness Instructor, Yates Mill Canoeing, April, 2011.
6. Instructor for Rock Climbing Elective Instruction for Exploris Middle School. Rock Climbing, Games and Initiatives for Exploris Middle School. January 28<sup>th</sup>, February 4<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>, 2011.
7. Adult Fitness Instructor, Fauxrock Rock Wall, November, 2010.
8. Adult Fitness Instructor, Lake Raleigh Canoeing, April, 2010.
9. Lake Raleigh Cleanup Organizer and Participant, April 15, 2009.
10. Ropes Course Land Clearing Organizer and Participant, March 2009.
11. Bike Maintenance Workshop Instructor for Focus on Fitness Day, NCSU Centennial Campus, October 16, 2008.
12. Canoeing Instructor for Focus on Fitness Day, NCSU Centennial Campus, October 23, 2007.

13. Instructor for Betsy Jeff Penn 4-H Camp, Flatwater and Moving Water Canoe Trainings, June 2-3, 2007.
14. Instructor for Wake County Park, Yates Mill Pond clean up with Exploris Middle School, May 10, 2007.
15. Guest Lecturer for PRT 152, *Introduction to Parks, Recreation and Tourism Management*, February 23, 2007.
16. Guest Lecturer for PRO 217, *Challenge Course Programming*, December 6, 2006.
17. Guest Lecturer for PRT 150, *Orientation to Parks, Recreation and Tourism Management*, November 17, 2006.
18. Guest Instructor for Wake County Yates Mill Pond "Paddling the Pond" program, September 9, 2006.
19. Guest Instructor for Wake County Yates Mill Pond "Paddling the Pond" program, June 10, 2006.
20. Guest Instructor for Wake County Yates Mill Pond "Paddling the Pond" program, July 8, 2006.
21. Co-Instructor for Student Affairs Paddling Day at Yates Mill Pond, May 2, 2006.
22. Governor Morehead School of the Blind Rock Climbing Instructor at NCSU Fauxrock, November 17, 2005.
23. Basic Bicycle Maintenance Clinic for NCSU Outing Club, September 21, 2005.
24. NCSU Professional Growth Committee Basic Canoeing Workshop, April 7, 2005.
25. Guest Lecturer for PRT 150, *Orientation to Parks, Recreation and Tourism Management*, February 17, 2005.
26. Governor Morehead School of the Blind Rock Climbing Instructor at NCSU Fauxrock, February 9, 2005.
27. *Collegian Travel and Adventure Magazine, Summer 2005*, Outdoor Leadership Minor write-up, December 1, 2004.
28. Governor Morehead School of the Blind Rock Climbing Instructor at NCSU Fauxrock, November 17, 2004.
29. Advise and help construct new paddling trails at Cape Lookout National Seashore, North Carolina Outer Banks Paddle Trails Association, Fall, 2004.
30. Coordinator for Outward Bound Service Learning Project. Presentation, Rock Climbing, and Service Learning at Umstead State Park, October 21-24, 2003.
31. Rock Climbing Instructor at NCSU Climbing Wall with Exploris Middle School, February 7 and 14, 2003.
32. Rock Climbing Instructor at NCSU Climbing Wall with Wood Residence Hall, February 28, 2003.