

# *Professional Activities* *2015-2016*

*Faculty of the Division of  
Health and Exercise Science*



Western Oregon  
UNIVERSITY

**Division of Health and Exercise Science**  
**Professional Activities**  
**July 1, 2015 - June 30, 2016**

**Publications**

- **W.J. Armstrong**, J.D. Welch, F. Borg, and T.W. Beck. High-resolution accelerometry resolved by time-frequency and principle pattern analysis. *International Journal of Sports and Exercise Medicine*. 1:012, 2015.
- **Cardinal, M. K.** (2016). Service learning programs in dance education. In L. Y. Overby (Ed.): *Public scholarship in dance: Teaching, choreography, research, service, and assessment for community engagement*. Champaign, IL: Human Kinetics.
- Kim, M., Cardinal, B. J., & **Cardinal, M. K.** (2015). Diversifying physical activity course curricula to meet institutional expectations and satisfy student needs in higher education: An introductory framework (Viewpoint Column). *Journal of Physical Education, Recreation and Dance*, 86(9), 5-8. doi: 10.1080/07303084.2015.1086608
- Cardinal, B. J., Rogers, K. A., Kuo, B., Locklear, R. L., Comfort, K. E., & **Cardinal, M. K.** (2015). Critical discourse analysis of motivational content in commercially available exercise DVDs: Body capital on display or psychological capital being developed? *Sociology of Sport Journal*, 32(4), 452-470. doi: <http://dx.doi.org/10.1123/ssj.2014-0157>
- Cardinal, B. J., Park, E. A., Kim, M., & **Cardinal, M. K.** (2015). If Exercise is Medicine®, where is exercise in medicine? Review of U.S. medical education curricula for physical activity-related content. *Journal of Physical Activity and Health*, 12, 1336 -1343. doi: <http://dx.doi.org/10.1123/jpah.2014-0316>
- **Cardinal, M. K.** (2015). How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students. *Dance Research Journal of Korea*, 73(4), 75-89.
- Cardinal, B. J., Comfort, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & **Cardinal, M. K.** (2015). Body demographics of instructors and demonstrators in commercial exercise DVDs. *Research Quarterly for Exercise and Sport*, 86(Suppl. 2), A93-A94.
- McNamee, J. & **Timken, G.** (In Press). Outdoor pursuits in physical education: Lessons from the trenches, *JOPERD*
- McNamee, J. & **Timken, G.**, Peterson, J., Coste, S., & Tompkins, T. (In Press). Adolescent girls' physical activity, fitness and psychological well-being during a health club physical education approach. *European Physical Education Review*.

## Presentations – National and International

- **Armstrong, W.J.**, Garcia, T. J., Brill, E. W., Reynolds, J. D., Salvador, J. J., Valezquez-Mosqueda, C, & Silva, W. K. (2016, June). *Spinal reflex excitability and homosynaptic depression following bouts of whole-body vibration of varying frequencies*. Poster presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- **Bruce, E.A.**, (2015, July). *Batman, Gotham, and the ecological model for health promotion*, Presentation at the Comics Arts Conference, San Diego, CA.
- **Bruce, E.A.**, (2016, April). *Star wars: The science awakens*, Presentation at the Emerald City Comic Con, Seattle, WA.
- **Cancel-Tirado, D.**, Garside, Leda, and . J., Davis, L.(2016, April). ¡Salud! An Industry Response to Migrant Workers Healthcare needs in Oregon. In C. Wilmsen (Chair), *Root Causes of Occupational Safety and Health Outcomes of Non-Salaried Workers*. Symposium conducted at the meeting of the Association of American Geographers, San Francisco, CA.
- Kim, M., Cardinal, B. J., & **Cardinal, M. K.** (2016, April). *Diversifying physical activity course curricula to meet institutional expectations and satisfy student's needs: An introductory framework*. Paper presented at the College/University Instructional Physical Activity Program and Wellness half-day workshop held in conjunction with the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Minneapolis, MN.
- **Cardinal, M. K.** (2015, August). *Exploring elements of rhythm, part I: Movement, creations, and Eurythmics*. Invited session presented at the Rhythm and Moves, Inc. Conference, San Francisco, CA.
- **Cardinal, M. K.** (2015, August). *Exploring elements of rhythm, part II: Move, create and STOMP*. Invited session presented at the Rhythm and Moves, Inc. conference, San Francisco, CA.
- **DeWitt, N.** (Spring 2016). *Tasty cupcakes make you happy: Exploring the role of virtual food in digital spaces*. Presentation at the International Congress of Qualitative Inquiry (ICQI) 2016 Annual Meeting. University of Illinois. Urbana, IL.
- **DeWitt, N.** (Spring 2016). *Health implications of the division of food-related labor in couples*. Poster presentation at the International Institute of Qualitative Methodology: Thinking Qualitatively Workshop Series. University of Alberta. Edmonton, AB.
- **Hautala, R. M.** (March, 31, 2016). *Me, do SoTL Research? But, I'm no Trent Maurer!*, Presentation at the Scholarship of Teaching and Learning Commons, Savannah, GA.
- **Timken, G.**, & McNamee, J. (2016). *Outdoor pursuits in physical education: Lessons from the trenches*. Presentation at the 2016 AIESEP International Conference, Laramie, WY.
- **Timken, G.**, (2016, May 16-20). *Teaching secondary / middle school physical education teachers*. Multiple presentations at Beijing Institute of Education, Beijing China.

- **Vala-Haynes, E.**, Valeggia, C.R., (2016). *Variations in Contraceptive Use Among Indigenous Women of South America: The Toba of NamQom, Argentina*. Oral Presentation at the International Conference on Family Planning in Bali, Indonesia.
- Jadhav, A., **Vala-Haynes, E.**, (2016). *Quality of Care and Female Sterilization: Measuring Consent in 12 Countries*. Oral Presentation at the International Conference on Family Planning in Bali, Indonesia.

### **Presentations - State and Local**

- Cardinal, B. J., Rogers, K. A., Kuo, B., Rosalee L. L., Kirk, K. E., & **Cardinal, M. K.** (2015, October). *Body demographics of instructors and demonstrators in commercial exercise DVDs*. Poster presented at the annual Oregon Society of Health and Physical Education [SHAPE] Conference, Forest Grove, OR.
- Cardinal, B. J., Rogers, K. A., Kuo, B., Rosalee L. L., Kirk, K. E., & **Cardinal, M. K.** (2015, October). *Motivational content in commercially available exercise DVDs*. Poster presented at the annual Oregon Society of Health and Physical Education [SHAPE] Conference, Forest Grove, OR.
- **Hammermeister, A.**, (2015, July). *Healthy relationships*, WOU DREAM Conference sponsored by Department of Human Services Child Welfare.
- **Hammermeister, A.**, (2016, April). *Human sexuality 201, advanced question and answer series*, WOU, Arbor Park Residence Community.
- **Kelly, T.** (2015, Nov.). *Healthy masculinity campus athletics project (HMCAP)*. Presentation for WOU Athletics Coaches, Werner University Center.
- **Kelly, T.** (2016, April). *Hiking in Oregon*. Presentation for the WOU Community Lecture Series, ITC.
- **Kelly, T.** (2016, Feb.). *Physical activity, nutrition and risk of cardiovascular disease*. Presentation for Central School District, Monmouth, OR.
- **Maty, S.C.**, (2015) *The Impact of Bias on Research Validity*. Academy for Integrative Health and Medicine meeting, National College of Natural Medicine, Portland, Oregon.
- Fenn, M., Magana, M., Lesmeister, M., **Taylor, J.**, Hamm, J., Krahn, G., & Houglum, L.. (2015). *Yes in my back yard! Including diverse youth in 4-H programs*. Oregon Public Health Association annual conference. Corvallis, OR. Oral presentation.
- **Timken, G.**, (2015, Oct.). *Throw tennis: Teaching tactics through game play*. Presentation at the OSHAPE conference, Forest Grove, OR.

## **Awards and Recognition**

### **Cancel-Tirado, Doris**

- WOU Abby's House Women of the Year 2015-2016

### **Pedersen, Peggy**

- Phi Kappa Phi Honor Society Inductee

## **Conferences and Workshops Organized**

### **Maty, Siobhan**

- Symposium Planning Committee, 2016 Epidemiology Congress of the Americas

### **Timken, Gayle**

- Council for Children's Expanded Physical Education (CCEPE) & Co-Planner 2016, 35<sup>th</sup> annual conference

## **External Grants and Contracts**

### **Cancel-Tirado, Doris**

- Robert Wood Johnson Foundation: New Connections Grant -\$100,000

### **Cardinal, Marita**

- (2015). Travel support to present sessions. Funding provided by Rhythm and Moves, Inc. Amount funded: airfare, land transportation, accommodations, and conference registration.

## **Western Oregon University Grants and Contracts**

### **Academic Infrastructure Technology Grants**

- **Cardinal, M. K.** (2016). Two Vixia camcorders, two Sennheiser wireless remote microphone sets, two Manfrotto tripods, four JBL portable speakers, and assorted ancillaries, for OPE gym and Division faculty use for courses. Funding provided by the Academic Infrastructure Committee. Amount funded: **\$3,540.10.**
- **Wenzel, A., Timken, G., Farrell, K., & Vala-Haynes, E.** (Impact of sit-to-stand desks on academic success of fifth grade students. WOU AIC grant, Funded by AIC, rejected by administration, \$17,888.

### **Faculty Development – Category I and II, Professional Travel**

- Bruce, Eric
- Cancel-Tirado, Doris
- Cardinal, Marita
- DeWitt, Natalie
- Hautala, Bob
- Maty, Siobhan
- Roberts, Jennifer
- Taylor, Jennifer
- Timken, Gayle
- Vala-Haynes, Emily

### **Faculty Development – Category III, Major Project/Research (\$3500 each)**

- Cardinal, Marita
- Timken, Gayle
- Vala-Haynes, Emily
- Hautala, Bob
- Farrell, Kathy

### **Faculty Development – Category IV, Re-Assignment for Scholarship**

- Vala-Haynes, Emily
- DeWitt, Natalie

### **Service to the Profession**

#### **Armstrong, William**

- Managing Editor: *Clinical Kinesiology*
- Manuscript Reviewer:  
*British Journal of Education, Social, and Behavioural Science*  
*British Journal of Medicine and Medical Research*  
*Clinical Kinesiology*  
*Journal of Athletic*  
*Journal of Electromyography and Kinesiology*  
*Journal of Strength and Conditioning Research*  
*Keystone Journal of Undergraduate Research*
- Chair, Institution Review Board
- Member, Academic Requirements Committee

#### **Bruce, Eric**

- Chair, Faculty Development Committee
- Faculty Mentor, Ackerman Hall Outdoor Adventure Student Community, WOU, 2015-2016.

**Cancel-Tirado, Doris**

- Oregon Commission For Women, Appointed Member
- National Council of Family Relations, Family Health Section, Secretary/Treasury
- Northwest Council of Family Relations, Oregon Board Representative
- Manuscript Reviewer:  
*Journal of Men's Health*
- Abstract/Program Reviewer, *National Conference of Family Relations, Family Health Section*

**Cardinal, Marita**

- Leadership Team Member and Lead Writer for Oregon Dance Content Standards, Oregon Partnership for Arts Learning Standards, Oregon Alliance for Arts Education and Oregon Department of Education (included advocacy for adoption of the Oregon Dance Standards at final two State Board of Education meetings).
- Manuscript Reviewer:  
*Women in Sport and Physical Activity*

**Caster, Brian**

- Regional interview committee member for the **ASSE International Congress-Bundestag Youth Exchange** (full youth exchange and scholarship program joint sponsored by United States Congress and the Federal Republic of Germany Bundestag)
- **IE3 Global - Germany Advisory Board**, representing the interests of WOU and Oregon public university students within the Oregon/Baden-Württemberg (Germany) exchange program.
- Assistant Coordinator for the **German American Partnership Program (GAPP)** high school international exchange between Corvallis High Schools and Hochrhein Gymnasium (Germany).
- Manuscript Reviewer:  
*International Journal of Exercise Science*

**DeWitt, Natalie**

- Society of Public Health Educators (SOPHE) 2017 Planning Committee, Co-chair of Events & Awards Committee
- Polk County Community Health Improvement Plan (CHIP)
- Manuscript Reviewer:  
*Journal of School Health*
- Service Integration Team (Attendee), Central Team

**Farrell, Kathy**

- NCAA Faculty Athletic Representative Advanced Leadership Institute Planning Committee

**Hautala, Bob**

- Manuscript Reviewer:  
*Strategies  
Research Quarterly for Exercise and Sport  
Adapted*

**Kelly, Tom**

- HEXS Graduate Student Coordinator

**Maty, Siobhan**

- Member, Governing Council, Epidemiology Section, American Public Health Association
- Member, Board of Directors, Oregon Gerontological Association
- Member, Data workgroup, Alzheimer's Association of Oregon
- Abstract Reviewer: American Public Health Association Annual Meeting
- Abstract Reviewer: Society for Epidemiologic Research Annual Meeting
- Manuscript Reviewer:  
*American Journal of Public Health  
American Journal of Preventive Medicine  
International Journal of Epidemiology  
Journal of Epidemiology and Community Health  
Social Science & Medicine*

**Pedersen, Peggy**

- Abstract/Program Reviewer: Society for Public Health Education
- Manuscript Reviewer:  
*American Journal of Health Education  
Health Promotion Practice*
- Willamette Promise Career Day Participant

**Sellers, Shawn**

- Marion and Polk Counties Family YMCA Board of Directors
- YMCA Camp Silver Creek Alumni Association Board Member and Volunteer
- Valley Inquiry Charter School Board Member
- Parent Teacher Committee Board Member and Volunteer

**Taylor, Jennifer**

- Manuscript Reviewer, *Clinical Kinesiology*
- Oregon Inclusive 4-H Committee
- National Institute of Food and Agriculture 4-H Vulnerable Populations Youth with disabilities working group chair.
- Oregon 4-H Strategic Planning committee: Access Equity and Inclusion
- PURE Committee

**Thomas, Daryl**

- Marion County Local Alcohol and Drug Prevention Committee
- White Paper- subcommittee report on AOD needs assessment for Marion County
- International Education and Services Committee
- ICSP Scholarship Evaluation Board



**Timken, Gayle**

- Manuscript Reviewer:  
*Journal of Teaching in Physical Education*  
*Journal of Adventure Education and Outdoor Learning*
- Member, Council for Children's Expanded Physical Education (CCEPE) Co-Planner  
2016 35<sup>th</sup> annual conference
- Advisory Board for PE Central: Instant Activity

**Vala-Haynes, Emily**

- Member, Polk County Suicide Prevention Coalition
- Data Consultant, Rural and Migrant Health Office, Oregon Health Authority
- Manuscript Reviewer:  
*Journal of Primary Prevention*
- Member, Institutional Review Board

**Service to the University****Allen, Warren**

- WOU SEP Fireside Chat Faculty Panel

**Cancel-Tirado, Doris**

- University Diversity Committee
- College of Education Diversity Committee
- Division of Health and Exercise Science, Personnel Review Committee

**Cardinal, Marita**

- Academic Infrastructure Committee, Western Oregon University
- University Personnel Review Committee, Western Oregon University
- Student Awards Committee, Division of Health and Exercise Science

**Caster, Brian**

- WOU Academic Excellence Showcase Campus Planning Committee
- WOU Commencement Faculty Marshall
- Phi Kappa Phi Honor Society, WOU Chapter 223 Secretary and membership coordinator
- College of Education Assessment Council
- Division of Health and Exercise Science Personnel Review Committee - Chair
- Search Committee member: Exercise Science Internship Coordinator
- Section Editor for *PURE Insights* undergraduate research journal, Western Oregon University

**DeWitt, Natalie**

- Friends of the Food Pantry
- HEXS Division representative, WOUFT collective bargaining team
- Member, Faculty Development Committee
- Volunteer & Faculty Volunteer Organizer, Western Oregon University Food Pantry (Winter break, 2015)
- WOU University Housing: Prof Chat (Fall 2015)

**Farrell, Kathy**

- WOU Faculty Athletic Representative
- Search Committee Member: WOU Head Volleyball Coach

**Hammermeister, Amy**

- Abby's House Board Member
- Member. COE Diversity Committee
- Chair, WOU Athletics Consent and Bystander Intervention Workshops Series Committee

**Hautala, Bob**

- Abstract/Program Reviewer: *Scholarship of Teaching and Learning Commons*
- Mentor/Sponsor for Student Presentation, Dance Program, Academic Excellence Day, Western Oregon University
- Division of Health and Exercise Science Representative at the Transfer Student Orientation Advising and Registration event (TSOAR), Academic Advising and Learning, Western Oregon University
- Participated as Adjudicator for Dance Scholarship Auditions, Dance Program, Western Oregon University
- Member – Faculty Senate and Senate Executive Committees
- Chair, Honors Committee
- Member – Werner Center Advisory Committee
- Member – Technology Extended Campus Committee
- Member – Maurice Initiative Selection Committee

**Kelly, Tom**

- Member, WOU Graduate Committee
- Faculty sponsor, WOU Outdoor Recreation Club

**Maty, Siobhan**

- Member, Personnel Review Committee, Division of Health & Exercise Science
- WOU Faculty Senate Curriculum Committee
- Participant, WOU Summer Assessment Institute: Assessing the Liberal Education, America's Promise (LEAP) undergraduate learning outcomes. Center for Academic Innovation, Western Oregon University, Summer-Fall 2015

**Pedersen, Peggy**

- Member, COE Assessment Council
- Member, COE Consortium
- Member, HEXS Personnel Review Committee
- SEP Advisory Committee

- Member, Richard Woodcock Educational Center (RWEC) Building Committee
- Member, 1% Art Committee, RWEC
- Chair, Search Committee, EXS Internship Coordinator
- Commencement Ceremony Faculty Marshal
- University Strategic Planning Committee

**Taylor, Jennifer**

- Faculty Senate
- Western Accessibility Awareness Month Committee (WAAM)

**Thomas, Daryl**

- Coordinator, HEXS Academic Excellence Sessions
- Coordinator , Outstanding Undergraduate Major of the Year Award

**Timken, Gayle**

- University Assessment Facilitation Steering Committee
- College of Education Diversity Committee
- HEXS, Personnel Review Committee