

# *Professional Activities* *2014-2015*

*Faculty of the Division of  
Health and Exercise Science*



**Division of Health and Exercise Science**

**Professional Activities**  
**July 1, 2014 - June 30, 2015**

**Publications**

- **Armstrong, W.J.** (2014). Wavelet-based intensity analysis of the mechanomyograph and electromyograph during the H-reflex. *European Journal of Applied Physiology*. DOI 10.1007/s00421-014-2975-x
- **Cardinal, M. K.** (In press). How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students. *Dance Research Journal of Korea*.
- Cardinal, B. J., & **Cardinal, M. K.** (In press). A movement möbius: Intersecting dance and exercise science. *Dance Research Journal of Korea*.
- Cardinal, B. J., Rogers, K. A., Kuo, B., Locklear, R. L., Comfort, K. E., & **Cardinal, M. K.** (In press). Critical discourse analysis of motivational content in commercially available exercise DVDs: Body capital on display or psychological capital being developed? *Sociology of Sport Journal*.
- Cardinal, B. J., Park, E. A., Kim, M., & **Cardinal, M. K.** (In press). 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*.
- Cardinal, B. J., Park, E. A., Kim, M., & **Cardinal, M. K.** (2015). National review of U.S. medical education curricula for physical activity-related content. [Abstract No. 290]. *Medicine and Science in Sports and Exercise*, 47(Suppl. 5), 69.
- Cardinal, B. J., Kirk, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & **Cardinal, M. K.** (2015). Motivational content in commercially available exercise DVDs. *Journal of Sport and Exercise Psychology*, 37(Suppl.), S99.
- Cardinal, B. J., & **Cardinal, M. K.** (2015). Regulating physical activity education for the public's health and safety and the field's continued relevance and survival: Licensure for exercise leadership – it's time! [Editorial]. *Journal of Physical Education, Recreation and Dance*, 86(5), 3-5. doi: 10.1080/07303084.2015.1023101

- **Cardinal, M. K.** (2015). Introducing the core arts dance standards: Identifying possibilities for integration and reciprocity with physical education. *Journal of Physical Education, Recreation and Dance*, 86(2), 3-7.
- **Cardinal, M. K.** (2014). How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students. Conference proceedings of the *International Symposium of the Korean Society of Dance: Ingenious Convergence of Dance Culture I*, Seoul, South Korea.
- **Kirby, S.,** Byra, M., Readdy, T., & Wallhead, T. (2015). Effects of spectrum teaching styles on college students' psychological needs satisfaction and self-determined motivation. *European Physical Education Review*, DOI: 10.1177/1356336X15585010

### **Presentations – National and International**

- Salvador, J.J., Yetts, A. C., Kleen-Brown, J.D., Carmichael, G.E., Harris, J.L., Searles, M.K., & **Armstrong, W.J.** (2015, April). *Slope of time-to-maximum of the total intensity of the mechanomyograph during incremental electrical stimulation*. Poster presented at the National Conference on Undergraduate Research, Cheney, WA.
- Garcia, T.J., Brill, E.W., Reynolds, J.D., Salvador, J.J., Valezquez-Mosqueda, C., Silva, W.K., & **Armstrong, W.J.** (2015, April). *Spinal reflex excitability and homosynaptic depression following bouts of whole-body vibration*. Poster presented at the National Conference on Undergraduate Research, Cheney, WA.
- Hatfield, C. A., Baker, L.A., Hellesto, A.R., Heuberger, P.E., McAdams, A.W., Huff, M.L. & **Armstrong, W. J.** (2015, April). *High-resolution accelerometry and oxygen consumption during incremental treadmill exercise*. Poster presented at the National Conference on Undergraduate Research, Cheney, WA.
- **Bruce, E.** (2014, July). *Brain and body by batman – the art & science of the dark knight*. Invited presentation at the Comics Arts Conference, San Diego, CA.
- **Cardinal, M. K.** (November, 2014). *How can dance science inform the art of dance? Listening to the wellness-related concerns of dance students*. Invited lecture presented at the International Symposium of the Korean Society of Dance: Ingenious Convergence of Dance Culture I, Seoul, South Korea.
- Cardinal, B. J., Kirk, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & **Cardinal, M. K.** (June, 2015). *Motivational content in commercially available exercise DVDs*. Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.

- Cardinal, B. J., Park, E. A., Kim, M., & **Cardinal, M. K.** (May, 2015). *National review of U.S. medical education curricula for physical activity-related content*. Poster presented at the 2015 Annual Meeting, World Congress on Exercise is Medicine, and World Congress on the Basic Science of Exercise Fatigue of the American College of Sports Medicine, San Diego, CA.
- Cardinal, B. J., Kirk, K. E., Kuo, B., Locklear, R. L., Rogers, K. A., & **Cardinal, M. K.** (March, 2015). *Body demographics of instructors and demonstrators in commercial exercise DVDs*. Poster presented at the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Seattle, WA.
- **Cardinal, M. K.** (2015, March). *Exploring elements of rhythm through creative dance, Eurythmics and STOMP*. Session presented at the annual meeting of the Society of Health and Physical Educators (SHAPE) America, Seattle, WA.
- **DeWitt, N** (2015, May). *Exploring the foodwork practices of couples adapting to a shared lifestyle*. Presentation at the International Congress of Qualitative Inquiry, Champaign-Urbana, IL.
- **Farrell, K., Bruce, E.** Burris, B. & Stonecipher, L. (2015, March). *Wellness course influence on behaviors and attitudes of university students*. Poster presented at SHAPE (Society of Health and Physical Educators) America, Seattle, WA.
- **Hautala, R.** (2015, March). *An analysis of the effect of course content delivery changes on student performance on course final exams*. Poster presented at the Scholarship of Teaching and Learning Conference, Savanna, Ga.
- **Hautala, R.** (2015, March). *Putting LEAP into action: One class at a time*. Oral presentation at the Scholarship of Teaching and Learning Conference, Savanna, Ga.
- **Sellers, S., Bruce, E., & Roberts, J.** (2014, July). *Investigating public health concepts in Y: The last man*. Poster presented at the Comics Arts Conference, San Diego, CA.

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

- **Cardinal, M. K.** (2014, October). *Dancing with streamers*. Session presented at the Oregon Society of Health and Physical Educators (SHAPE) Conference, McMinnville, OR.

- **DeWitt, N.** (2014, October). *Service integration model: Collective impact in action in rural Polk county*. Poster presented at the Oregon Public Health Association Meeting, Corvallis, OR.
- **Farrell, K.** (2014, September). *How to avoid the freshman fifteen*. Western Oregon University, Monmouth, OR.
- **Hammermeister, A.** (2014, October). *Eating disorders seminar*. Abby's House, Western Oregon University, Monmouth, OR.
- **Hammermeister, A.** (2015, January and May). *Sexuality seminar*. Residence Halls, Western Oregon University, Monmouth, OR.
- **Hammermeister, A.** (2015, March). *Nutrition seminar*. Residence Halls, Western Oregon University, Monmouth, OR.
- **Kelly, T.** (2015, February). *Strategies for avoidance of cardiovascular disease*. Invited presentation for the Central School District faculty and Staff Wellness Program, Independence, OR.
- **Kelly, T.** (2015, January). *Winter camping and survival*. Presentation for the Willamette District Boy Scout Adult Leaders, Salem, OR.
- **Sellers, S.** (2015, April). *Healthy relationships and self-care*. Kappa Delta Chi 2015 Regional Conference, Western Oregon University, Monmouth, OR.
- **Taylor, J.** (2015, February). *Inclusion in 4-H*. Oregon State University Extension Services, Corvallis, OR.
- **Thomas, D.** (2015, March). *Taking a break: Self-care for students*. Presentation for Women of Culture Celebration, MSSP, Monmouth, OR.

### **Awards and Recognition**

#### **Armstrong, W. J.**

- Nominee, Pastega Award for Excellence in Scholarship

#### **Cancel-Tirado, D.**

- Governor appointee to the Oregon Commission for Women, 2015-2018

#### **Hammermeister, A.**

- Nominee, Academic Faculty Advisor of the Year
- Nominee, Abby's House Woman of the Year

**Roberts, J.**

- Nominee, Academic Faculty Advisor of the Year

**Conferences and Workshops Organized****Cancel-Tirado, D.**

- Conference Planning Committee, Northwest Council of Family Relations Annual Conference.

**Hammermeister, A.**

- Facilitator for Green Dot Bystander Training, November 2014, WOU

**Maty, S. C.**

- Co-planner and facilitator for the Oregon Gerontological Association's 2015 Annual Conference titled, "*Creating Age-Friendly Environments: Now and in the Future,*" Marylhurst University, May 1, 2015.
- Symposium Planning Committee, 2016 Epidemiology Congress of the Americas

**External Grants and Contracts****Cardinal, M.K.**

- Korean Society of Dance – travel support (airfare, land transportation, accommodations, and symposium registration) to present research findings at the International Symposium of the Korean Society of Dance.

**Western Oregon University Grants and Contracts****Academic Infrastructure Technology Grant**

- **Cardinal, M.K.** - \$ 3,779.70 award. Purchase of Sennheiser wireless remote microphone sets for OPE gym and Division faculty use for courses.

**WOU Foundation Grant**

- **Cardinal, M. K.** - \$1000 award. Travel support for Division of Health and Exercise Science Majors of the Year to attend SHAPE America Conference to receive their awards.
- **Armstrong, W. J.** - \$1,000 award. Travel support for Exercise Science students presenting at the National Conference on Undergraduate Research.

**Supplemental Technology Funds for Strategic Innovations**

- **Kelly, T.** - \$20,754 award. Purchase of a second metabolic measurement system for the Exercise Science lab.

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

- **Allen, W.**
- **Bruce, E.A.**
- **Cancel-Tirado, D.**
- **Cardinal, M.K.**
- **DeWitt, N.**
- **Farrell, K.**
- **Hautala, R.**
- **Kirby, S.**
- **Maty, S.C.**
- **Roberts, J.**
- **Sellers, S.**

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

- **Cardinal, M. K.**
- **Timken, G.**

#### **Service to the Profession**

##### **Armstrong, W. J.**

- Managing Editor: *Clinical Kinesiology*
- Manuscript Reviewer: *Clinical Kinesiology, Journal of Electromyography and Kinesiology, Medicine and Science in Sport and Exercise, Muscle & Nerve, Journal of Basic and Applied Research International, Journal of Physical Therapy Science*

##### **Cancel-Tirado, D.**

- Member, Board of Directors, *Casa Latinos Unidos of Benton County*
- Reviewer, *National Council on Family Relations Conference*
- Elected Secretary/Treasurer *Family Health Section, National Council on Family Relations, 2015-2017*
- Elected Oregon Representative, *Northwest Council on Family Relations 2012-2014*
- Moderator, *National Council on Family Relations Conference*
- Appointed Member, Oregon Commission for Women

##### **Cardinal, M. K.**

- Editorial Board Member, *Journal of Physical Education, Recreation and Dance*, Society for Health and Physical Educators (SHAPE America)
- 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
- Co-Host, Visiting Scholar Naoki Suzuki from Tokyo Gakugei University, Japan, Division of Health and Exercise Science, Western Oregon University

- Contributor, Dance Student Handbook (provided additional information regarding dance careers and dancer wellness), Department of Theatre and Dance, Western Oregon University
- Program Coordinator, Dancer Wellness Screening and Workshop, Department of Theatre and Dance, Western Oregon University

**Caster, B.**

- Manuscript Reviewer, *Medicine and Science in Sport and Exercise*
- Section Editor, *PURE Insights* undergraduate research journal
- IE3 Global - Germany Advisory Board, representing the interests of WOU and Oregon university students within the Oregon/Baden-Württemberg (Germany) exchange program.
- External Reviewer for new faculty hiring (reviewed and rated application materials for one finalist as part of piloted external review process in hiring), Kinesiology Tenure Track Position, Montana State University
- Assistant Coordinator for the German American Partnership Program (GAPP) high school international exchange between Corvallis High Schools - Hochrhein Gymnasium (Germany).
- 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)

**DeWitt, N.**

- Member, Central Service Integration Team (SIT), Monmouth/Independence, OR
- Manuscript Reviewer, *Journal of School Health*
- Member, Tobacco Advisory Council, Polk County Family & Community Outreach

**Hautala, R.**

- Manuscript Reviewer, *Strategies, Research Quarterly for Exercise and Sport*
- Abstract/Program Reviewer – Review of Session Submissions for Scholarship of Teaching and Learning Conference

**Maty, S. C.**

- Section Councilor, Epidemiology Section, American Public Health Association
- Governing Councilor-elect, Epidemiology Section, American Public Health Association
- Member, Board of Directors, Oregon Gerontological Association
- Member, Data workgroup, Alzheimer's Association of Oregon
- Abstract Reviewer for the American Public Health Association Annual Meeting
- Moderator, Scientific Sessions, APHA Annual Meeting
- Abstract Reviewer for the Society for Epidemiologic Research Annual Meeting
- Manuscript Reviewer: *International Journal of Epidemiology, Journal of Epidemiology and Community Health, Social Science & Medicine, Nutrition, Metabolism & Cardiovascular Diseases, American Journal of Public Health, American Journal of Preventive Medicine*

**Pedersen, P.**

- Abstract/Program Reviewer: Society for Public Health Education
- Manuscript Reviewer, *Journal of Health Education*



**Sellers, S.**

- Board Member, Marion and Polk YMCA
- Board Member, Valley Inquiry Charter School PTC (grant writing, curriculum review)

**Taylor, J.**

- Manuscript Reviewer, *Clinical Kinesiology*

**Timken, G.**

- Abstract Reviewer, SHAPE America
- Manuscript Reviewer, *Journal of Teaching in Physical Education, Journal of Adventure Education and Outdoor Learning*
- Member, Council for Children's Expanded Physical Education (CCEPE)
- Advisory Board for PE Central: Instant Activity and Physical Education Hall of Shame

**Vala-Haynes, E.**

- Facilitator, Tobacco-Free WOU campaign
- Member, Polk County Suicide Prevention Coalition
- Data Consultant, Rural and Migrant Health Office, Oregon Health Authority

**Service to Western Oregon University**

**Allen, W.**

- Faculty Mentor for visiting Chinese Scholar Hu Fang, Cheng Du University, Chengdu, China. January 2014 - June 2014.

**Armstrong, W.J.**

- Member, Division of Health & Exercise Science Personnel Review Committee
- Chair, Institution Review Board

**Bruce, E.A.**

- Vice-Chair, Faculty Development Committee
- Member, Search Committee for President of WOU

**Cancel-Tirado, D.**

- Member, University Diversity Committee
- Member, Faculty Senate
- Member, WOU Food Pantry Advisory Committee
- Advisor, Community and Family Health Student Organization

**Cardinal, M. K.**

- Participant, Dance Major Interviews, Dance Program
- Mentor, COE Peer Mentoring Program

- University Personnel Review Committee, WOU
- Faculty Development Committee, WOU
- Student Awards Committee, Division of Health and Exercise Science
- Co-Coordinator, Physical Education students' participation in Talmadge Middle School Community Health Fair
- Coordinator, Local home-schooled children's weekly participation in teacher education course (PE 330)
- Advisor, Senior Project for Dance Major Degree, Kirstyn Pagano
- Member, Masters Project Committee, Ashley Taylor

**Caster, B.**

- Coordinator, Exercise Science Program
- Mentor, COE Peer Mentoring Program
- Executive Committee Member, PURE (Program for Undergraduate Research Experiences)
- Member, Academic Excellence Showcase Planning Committee
- Member, College of Education Assessment Council
- Secretary, WOU Chapter of Phi Kappa Phi Honor Society
- Member, Senate Ad Hoc Committee on Scheduling
- Member, Commencement Ceremony Faculty Marshals

**DeWitt, N.**

- Member, Faculty Development Committee

**Farrell, K.**

- WOU Faculty Athletics Representative
- Co-Coordinator, Physical Education students' participation in Talmadge Middle School Community Health Fair
- Member, Health and Exercise Science LEAP Ad Hoc Committee, PE 131 outcomes

**Hammermeister, A.**

- Co-Advisor, Green Dot Club

**Hautala, R.**

- 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
- Member – COE Peer Mentoring Committee

**Kelly, T.**

- Member, Faculty Senate Graduate Committee
- Graduate Coordinator, Health & Exercise Science
- Member, Masters Professional Project Committee, WOU (Ty Atwater)

- Faculty sponsor, WOU Outdoor Recreation Club

**Kirby, S.**

- Member, Health and Exercise Science LEAP Ad Hoc Committee, PE 131 outcomes

**Maty, S.C.**

- Member, HEXS Personnel Review Committee

**Pedersen, P.**

- Member, COE Assessment Council
- Member, COE Consortium
- Member, HEXS Personnel Review Committee
- SEP Advisory Committee
- Member, Richard Woodcock Educational Center Building Committee
- Mentor, COE Peer Mentoring Program

**Roberts, J.**

- Academic Excellence Co-Chair
- Chair, HEXS Curriculum Committee

**Sellers, S.**

- Honors Thesis Advisor, Melissa Cooley

**Taylor, J.**

- Member, Faculty Senate Curriculum Committee

**Thomas, D.**

- Coordinator, HEXS Academic Excellence Sessions
- Coordinator, Outstanding Undergraduate Major of the Year Award
- Facilitator, Poverty Simulation Course

**Timken, G.**

- Member, University, Faculty Senate Academic Infrastructure Committee
- Co-Chair, Faculty Senate Ad Hoc LEAP Committee
- Member, COE Licensure & Clinical Experience Council
- Member, COE Student Petition Review Committee
- Chair, HEXS Personnel Review Committee

**Vala-Haynes, E.**

- Member, Institutional Review Board
- Member, HEXS Curriculum Committee