

CURRICULM VITAE

EDUCATION

- Psy.D. University of the Rockies, August 2016
School of Organizational Leadership
Major Field of Study: Health and Wellness Psychology
- M.S. University of Southern Mississippi, December 2003
School of Human Performance and Recreation
Major Field of Study: Sports Administration
- B.S. University of Southern Mississippi, August 2002
School of Human Performance and Recreation
Major Field of Study: Exercise Science

PROFESSIONAL APPOINTMENTS

Academic

- Assistant Professor, Stephen F. Austin State University, Department of Kinesiology and Health Science, August 2017 - present
 - Teaching academic classes
 - Scientific Research
 - Service
 - Mentorship of students
- Adjunct Instructor, Stephen F. Austin State University, Department of Kinesiology and Health Science, January 2013 – August 2017
 - Teaching academic classes
- Instructor, Northwestern State University, Department of Health and Human Performance, August 2007 – July 2009
 - Teach academic classes
 - Advise students
 - Scientific Research
 - Grant Writing

Other relevant experience

- Undergraduate Program Coordinator, Exercise Science, Stephen F. Austin State University, May 2022 – present
 - Establish a positive, collaborative approach toward continuous improvement and innovation within the program
 - Organize & facilitate program meetings on a regular basis
 - Facilitate curriculum development/revision as necessary & in accordance with standards & accreditation
 - Submit recommendations for curriculum & assessment updates to unit head
 - Oversee curriculum changes in courses within the program
 - Coordinate changes in program assessments
 - Work collaboratively & regularly with Office of Student Services & Advising, including the program advisor & the Director of Advising
 - Work collaboratively & regularly with Office of Assessment & Accountability personnel
 - Represent or facilitate representation of the program at leadership meetings within the academic unit & within the college
 - Represent or facilitate representation of the program at critical meetings/on critical committees related to curriculum, assessment, & accountability
 - Monitor program & student outcomes, lead analysis of data with faculty & unit head
 - Coordinate information resource management for accreditation & academic program review, including verifying information in Q-Classroom; facilitating & verifying the entering of information into Nuventive Improve/Academic Program Solutions; using institutional data dashboards; generating reports; leading analysis of data; coordinating action steps
 - Coordinate orientation & support of new faculty across all program areas, including the implementation of key program & unit assessments & the use of data management systems for accreditation & accountability (Nuventive Improve; Academic Program Solutions; Q-Classroom; field experience documentation)
 - Coordinate the completion of the Program Facilitator Report form for annual accountability purposes

- Exercise Physiologist, Fitness 360, August 2013 – December 2017
 - Fitness and Wellness Testing
 - Exercise Prescription
 - Personal Training of Special Populations
 - Wellness Coaching

- Presenter/Examiner, Primary Group Exercise, Aerobics and Fitness Association of America, April 2012 – May 2015

- Director, Arkansas State University, Department of Wellness and Health Promotion, July 2009 – August 2012
 - Facilitate workshops and examine workshop attendees for certification
 - Faculty/Staff Comprehensive Wellness Programming
 - Departmental Budgeting and Accounting
 - Health Insurance Comparative Research on Wellness Programming
 - Health and Wellness Seminars focusing on fitness, nutrition, stress management, and chronic disease
 - Smoking Cessation Program
 - Health and Wellness Incentive Programs
 - Fitness Testing
 - Exercise Prescription
 - Personal Training Program
 - Blood Lipid Profiles
 - Group Exercise Classes
 - Health and Wellness Counseling
 - Supervision of Exercise Science and Health Promotion Graduate Assistants and Interns
 - Grant Writing
 - Host - ASU Wellness Radio, KASU 91.9 FM

- Wellness Coordinator, Northwestern State University Department of Wellness and Recreation, November 2004 - August 2007
 - Director of Fitness Assessment Lab, (administering initial consultations, fitness assessments, metabolic profiles, blood lipid profiles)
 - Managed the Group Exercise program, teaching group exercise classes (Step, Yoga, Pilates, Kickboxing, Strength Training, Boot Camp, BOSU, Spin Cycle)
 - Implemented wellness incentive programs
 - Wellness lectures
 - Managed student fitness staff, student interns, and graduate assistants

- Fitness Assessment Manager, University of Southern Mississippi Recreational Sports August 2002 - December 2003
 - Managed the Fitness Assessment Center
 - Supervised Personal Fitness Instructors Program, which includes fitness testing, assessments, writing exercise prescriptions, and management of day-to-day operations, supervising personal trainers
 - Personal Training
 - Supervision of professional, student staff, interns, and graduate assistants

- Cardiac Rehabilitation Assistant/Wellness Center Assistant, South Central Regional Medical Center, January 2002 - August 2002
 - Assisted in day-to-day cardiac rehabilitation procedures
 - Exercise testing
 - Wellness center orientation

ACADEMIC/TEACHING EXPERIENCE

- HP 1660 - Beginning Aerobics
- HP 2000 - Health Fitness Management
- HP 2110 - Basic Movement and Rhythmic Activities
- HP 2270 - Physical Fitness
- HP 2670 - Introduction to Group Fitness Instruction
- HP 4300 - Recreational Sports Management
- HED 1010 - First Aid and CPR
- HED 1090 - Personal and Community Health
- HED 2000 - Health Education and Promotion
- HSC 151 - NSC Advanced First Aid/CPR/AED
- HSC 337 - Consumer Health
- HSC 351 - Substance Abuse Prevention and Addictive Behaviors
- HSC 430 - Health and Integrative Medicine
- HSC 475 - Stress Management
- HSC 475 - Worksite Health Promotion
- KINE 3340 - Foundations of Personal Fitness
- KINE 4331 - Organizational Administration and Leadership
- KINE 4350 - Personal Training Certification Preparation
- KINE 4368 - Exercise Psychology
- KINE 4375 - Sport and Exercise Psychology
- KINE 5360 - Graduate Psychophysiology
- KINE 5369 - Graduate Exercise Psychology

NATIONAL CERTIFICATIONS AND LICENSES

- NSC Instructor Trainer, National Safety Council, August 2013
- ZUMBA Dance Instructor, ZUMBA Fitness, March 2011
- Primary Group Fitness Instructor, Aerobic and Fitness Association of America, September 2009
- American Red Cross CPR, AED, and First Aid Certification, September 2009
- American Red Cross Instructor Trainer-First Aid/CPR, January 2005
- Group Fitness Instructor, American Council on Exercise, August 2004
- Certified Exercise Physiologist, American College of Sports Medicine, October 2001

PUBLICATIONS

- Chelette, A., **Whitehead, R.H.**, “*The Use of Artificial Intelligence for Exercise Prescription by Personal Trainers – A Call to Action*”. *Personal Training Quarterly*, 10(3), In-Review, September 2023.
- **Whitehead, R.H.**, Rice, S., “*Strategies for Weight and BMI Discretion When Administering the FitnessGram*”. *Strategies: A Journal for Physical Education and Sport Educators*, 36(4), 41-43, July-August 2023. DOI: 10.1080/08924562.2023.2222056
- **Whitehead, R.H.**, Moore, E.W., Whitehead, M.T., “*Understanding Weight Bias Among Personal Trainers and Practical Strategies*” *Personal Training Quarterly*, 8(4), 4-8, December 2022.

MANUSCRIPTS IN PREPARATION

- **Whitehead, R.H.**, Watt, M., Sumrall, K., & Whitehead, M.T., “*The Relationship Between Coping Styles and Mental Toughness in Police Officers, Fire Fighters, and EMT/Paramedic Personnel*”, *Journal of Athletic Training*, 2023
- **Whitehead, R.H.**, Bowden, V., & Whitehead, M.T., “*Effects of Mindful Meditation on Recreationally Active Females During the Luteal and Early Follicular Phase of The Menstrual Cycle on Body Image*”, *International Journal of Exercise Science*, 2023
- **Whitehead, R.H.**, Samuelson, H., Jankevicius, K., & Whitehead, M.T., “*The Effects of Mindful Meditation on Self-Esteem and Self-Compassion in Female Collegiate Dance Majors*”, *Journal of Dance Medicine and Science*, 2023
- **Whitehead, R.H.**, Whitehead, M.T., & Arcuri, M., *Evaluating Health and Fitness Professionals’ Attitudes and Beliefs Regarding Obesity*, *Journal of Sport and Exercise Psychology*, 2016

GRANTS & FUNDING

- **Whitehead, R.H.**, (2023). *Perkins Travel Grant*, Funding Received - \$500, Stephen F. Austin State University.
- **Whitehead, R.H.**, (2023). *ORGS Minigrant*, Funding Received - \$750, University Research Council - Stephen F. Austin State University.
- Chelette, A., **Whitehead, R.H.**, & Whitehead, M.T., (2022). *SFASU President’s Innovative Fund*, Funding Received - \$7,500, Stephen F. Austin State University.

- **Whitehead, R.H.**, Wagner-Greene, V.R., (2022). *SFA Project Support Minigrant*, Funding Received - \$1,500, Stephen F. Austin State University.
- **Whitehead, R.H.**, (2019). *Perkins Travel Grant*, Funding Received - \$500, Stephen F. Austin State University.
- **Whitehead, R.H.**, (2019). *ORGS Minigrant*, Funding Received - \$750, University Research Council - Stephen F. Austin State University.
- **Whitehead, R.H.**, Matthews, R., Whitehead, M.T., (2011). *Blue and You Foundation Grant*, Applied Funding - \$41,553.00, Blue and You Foundation.
- **Whitehead, R.H.**, Matthews, R., Whitehead, M.T., (2010). *Blue and You Foundation Grant*, Applied Funding - \$57,737.00, Blue and You Foundation.
- **Whitehead, R.H.**, McMillin, C., Whitehead, M.T., (2008). *Kentucky/Louisiana Campus Compact Service-Learning Course Mini Grant*, Funding Received - \$2993.98, Kentucky/Louisiana Campus Compact

PRESENTATIONS – PEER-REVIEWED

ORAL PRESENTATIONS - National

- **Whitehead, R.H.**, Phillips, D., Weisbrod, T., Beumel, D. “*Master Your Mindset & Crush Your Performance: Optimizing Strategies for Mindset Regulation Across Diverse Populations*”, Oral Presentation, National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2023
- **Whitehead, R.H.**, “*Body Image: Its Components & Effects on the Athletic and General Population and General Recommendations*”, Oral Presentation, National Strength and Conditioning Association National Conference, New Orleans, LA, July 2022
- **Whitehead, R.H.**, “*Strategies for Dealing with COVID Fatigue and Stress*”, Oral Presentation, National Strength and Conditioning Association National Conference, Orlando, FL, July 2021
- **Whitehead, R.H.**, Moore, W.E., Phillips, D., “*Scenarios Related to Exercise and Sport Psychology with Strength and Conditioning as well as the General Population*”, Oral Presentation, National Strength and Conditioning Association National Conference, Indianapolis, IN, July 2018
- **Whitehead, R.H.**, Moore, W.E., Phillips, D., “*The Four Areas of Exercise and Sport Psychology within Strength and Conditioning*”, Oral Presentation, National Strength and Conditioning Association National Conference, Las Vegas, NV, July 2017

- **Whitehead, R.H.**, “*Expanding Wellness: Making Wellness a Priority for Everyone*” Oral Presentation - 4th Annual National Corporate Health, Wellness, and Benefits Summit, San Francisco, CA. January 2012

ORAL PRESENTATIONS – State

- Chelette, A., **Whitehead, R.H.**, Bolden, L.K., “*Course Embedded Research Experiences to Improve Mastery of Movement Analysis*”, TAPHERD 39th Annual Summer Conference, San Marcos, TX, July 2023
- Watts, M.M., **Whitehead, R.H.**, “*Healthy Body Image Among Secondary Students*”, Oral Presentation, TAHPERD 36th Annual Summer Conference, Frisco, TX, July 2020

ORAL PRESENTATIONAL – Campus

- “*Exercise and Stress Management*” - A seminar on how importance exercise is in dealing with stress. Skilled learned: Progressive Relaxation - Arkansas State University, April 2011
- “*Wellness and Nutrition Roundtable*” - A question and answer session for employees to receive information concerning exercise, nutrition, and lifestyle/behavior modification - Arkansas State University, March 2011
- “*Heat Stress*” - Heat Stress Safety related to occupations within the labor and maintenance field - Arkansas State University, May 2010
- “*Break the Habit*” - ASU Smoking Cessation Program - A four-week cessation program to educate individuals on how to quit smoking - Arkansas State University. Multiple dates, 2009-2012
- *Freshman 15, “Myth or Reality”*- Presentations given to OR 1010 classes on the importance of maintaining their health and wellness into their college years - Northwestern State University, Multiple dates, 2004-2009
- “*Spring into a Healthier You*”- New Year’s Resolutions, Time Management, Obesity and Disease Control, Goal Setting, How to get started on an exercise program, Nutritional Tips - Northwestern State University, January 2007
- Freshman OR 1010 Personal Wellness: “*What does Wellness mean to you?*” - Northwestern State University, August 2006
- “*Finding Your Niche*” Personal Training and Exercise Prescription- Southern Fit Fest - University of Southern Mississippi, March 2006

- *“Spring Break Solution”*: Staying healthy during Spring Break - Northwestern State University, March 2006
- Exercise and Heart Disease (American Heart Month) *“The importance of exercise in prevention of heart disease”* - Northwestern State University, February 2006
- *“What is your New Year’s Resolution?”* Guidelines for Effective Weight Loss Management - Northwestern State University, January 2006
- *“Exercise and Stress Management”*: The importance of exercise in stress maintenance Northwestern State University, November 2005
- *“Know Your Nutrition”*: An overview of general nutrition guidelines and healthy lifestyle Northwestern State University, October 2005
- *“Sizing Down Yourself While Sizing Up Your Health!”* Making Wellness High on Your Priority List - Northwestern State University, September 2005
- *“Becoming a Healthier You”* An Overview of General Guidelines for Achieving Proper Wellness and Nutrition - Northwestern State University, August 2005

POSTER PRESENTATIONS - National

- **Whitehead, R.H.**, Jankevicius, K., Bowden, V., & Whitehead, M.T., *“Mindful Meditation Practice in Female Collegiate Athletes During the Menstrual Cycle”*, Poster Presentation – National Strength and Conditioning Association, Las Vegas, NV, July 2023
- Jones, E.J., Castleberry, F.C., **Whitehead, R.H.**, Aguerrevere, L.E., & Martinez, C., *“Biometric Analysis of Emotional Responses and Cognitive Effort to Stimuli in Euhydrated Versus Hyperhydrated States”* Poster Presentation, American College of Sports Medicine, San Diego, CA, May 2022
- **Whitehead, R.H.**, Jankevicius, K.E., Samuelson, H., & Whitehead, M.T., *“The Effects of Mindful Meditation on Self-Esteem and Self-Compassion in Female Collegiate Dance Majors”* Poster Presentation – National Strength and Conditioning Association, Orlando, FL, July 2021
- Whitehead, M.T., **Whitehead, R.H.**, McHenry, W.T., Sizemore, B.W., & Mortezaadeh, V.K., *“Performance Characteristics in High Intensity Training Athletes”* Poster Presentation, National Strength and Conditioning Association, Virtual, July 2020
- Whitehead, M.T., Sizemore, B., & **Whitehead, R.H.**, *“Functional Movement and Gender Differences in High Intensity Athletes”* Poster Presentation – National Strength and Conditioning Association, Washington D.C. July 2019

- **Whitehead, R. H.**, McMillan, C. & Whitehead, M., “*Impact of physical activity on metabolic syndrome in adolescent and young female*” Poster Presentation – 7th Annual National Conference for Girls and Women in Health and Physical Activity Shreveport, LA, February 2009
- McMillan, C., Owusu-Duku, B., & **Whitehead, R.H.**, “*An exploration of breast cancer regarding girls and women.*” Poster Presentation – 7th Annual National Conference for Girls and Women in Health and Physical Activity, Shreveport, LA, February 2008

POSTER PRESENTATIONS - State

- Bowden, V., Jankevicius, K., **Whitehead, R.H.**, & Whitehead, M.T., “*The Effects of Mindful Meditation on Body Image in Female Collegiate Athletes During the Late Luteal and Early Follicular Phases of The Menstrual Cycle*”, Poster Presentation – Texas ACSM Regional Conference, Waco, TX, February 2023
- Jankevicius, K.E., **Whitehead, R.H.**, Samuelson, H., & Whitehead, M.T., “*The Effects of Mindful Meditation on Self-Esteem and Self-Compassion in Female Collegiate Dance Majors*” Poster Presentation – Texas ACSM Regional Conference, Waco, TX, February 2021
- McHenry, W.T, **Whitehead, R.H.**, Sizemore, B.W., Mortezaazadeh, V.K., & Whitehead, M.T., “*Performance Differences in High Intensity Training Participants*” – Poster Presentation – Texas ACSM Regional Conference, Waco, TX, February 2020
- **Whitehead, R. H.**, and Whitehead, M. T., “*Health Status, Physical Activity, and Beliefs in Sedentary and Active College Females*” Poster Presentation - Arkansas Association for Health, Physical Education, Recreation and Dance Annual Conference, Little Rock, AR. November 2011
- **Whitehead, R. H.**, McMillan, C., & Thornton, M., “*Factors Associated with Metabolic Syndrome in Children and Adolescents*” Poster Presentation - Louisiana Association for Health, Physical Education, Recreation and Dance Annual Conference, Baton Rouge, LA, November 2008
- Wintersteen, S.E., Whitehead, M.T., Martin, T.D., Scheet, T.P., Webster, M.J., **Whitehead, R.H.**, & Zoeller, R.F, “*A Pilot Study of the Impact of Structured vs. Non- Structured Training Regimens on Health and Fitness Parameters in Police Officers and Cadets*” Poster Presentation - Louisiana Association for Health, Physical Education, Recreation and Dance Annual Conference, Baton Rouge, LA, November 2008

UNIVERSITY AND COMMUNITY SERVICE/COMMITTEES

- Chair - Garrison ISD Student Health Advisory Council, Spring 2023 - present
- Member - SFA College Council, Fall 2022 - present
- Member - Garrison ISD Student Health Advisory Council, Fall 2022 - present
- Member - SFA Graduate Research Conference Committee, Fall 2020 - present
- Member - Nacogdoches Junior Forum, September 2012 - December 2017
- Member - Healthy Nacogdoches Coalition, September 2012 - December 2017
- Chair - ASU Wellness Council, August 2011- August 2012
- ASU Omega Psi Phi Health and Wellness Fair Committee, June 26, 2010
- Member - HMG Health and Fitness Expo Committee, February 2010 - April 2010
- Chair - ASU Smoke Free Campus Committee, October 2009 - August 2010
- Water Aerobics Instructor - NSU Natatorium, September 2008 - 2009
- Member - NSU Wellness Coalition Board, April 2008 - 2009
- Recreational Director - Korean Teachers Education Program, July 2008 - August 2008
- Member - Les Amies Service Organization, Natchitoches, LA, August 2007 - July 2009
- Director and Member - NSU Total Wellness Program, August 2007 - May 2008
- Member - HealthFest Committee, January 2006 - 2008

COMMUNITY/PROFESSIONAL SERVICES

- Volunteer Director of the Nacogdoches Memorial Hospital Employee Wellness Program, August 2017 – December 2017
- Nacogdoches Health Coalition, August 2013 – December 2016
- Member, Tobacco Free Coalition of Craighead County, July 2011 – August 2012
- Assisted with Chris Roper Memorial Golf Tournament, April 2007
- Member - HealthFest Committee, January 2006-2008

NATIONAL SERVICE/BOARDS/COMMITTEES

- Chair, Executive Board, Sport and Exercise Psychology Committee, National Strength and Conditioning Association, July 2020 – 2022
- Executive Board Member, Sport and Exercise Psychology Committee, National Strength and Conditioning Association, July 2016 - present
- Wellness Article, “*The Freshman 15: Are You at Risk?*”, Coach Stacy’s Healthy U, <http://coachstacyshealthyu.com/2012/08/>, August 2012
- Member, Executive Board of Directors, National Association for Health and Fitness, January 2011 – 2012
- Arkansas Demonstration Center Coordinator, President’s Challenge Program, President’s Council on Fitness, Sport, and Nutrition, March 2010 - August 2012

AWARDS

- Faculty Senate Teaching Excellence Award, College of Education, Stephen F. Austin State University, March 2019
- Arkansas Governor's Council on Fitness Leadership Award, Individual Category, October 2011
- Arkansas Governor's Council on Fitness Departmental Leadership Award, Government Agency Category, October 2011
- Personal Fitness Instructor Leadership Award, University of Southern Mississippi, May 2003
- Dedicated Service Award, University of Southern Mississippi, May 2003

PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine
- American College of Sports Medicine, Central States Chapter
- American College of Sports Medicine, Southeast Chapter
- Aerobic and Fitness and Association of America
- American Council on Exercise
- Arkansas Association for Health, Physical Education, Recreation and Dance
- Louisiana Association for Health, Physical Education, Recreation and Dance
- Mississippi Alliance for Health, Physical Education, Recreation and Dance
- National Association for Health and Fitness
- National Intramural-Recreational Sports Association
- National Strength and Conditioning Association
- President's Challenge
- SHAPE
- Sports Professional Student Association
- Texas Association of Health, Physical Education, Recreation, and Dance
- Zumba Fitness

COMPUTER SKILLS

- EndNote Reference Software
- Microsoft Excel
- Microsoft Outlook
- Microsoft Power Point
- Microsoft Publisher
- Microsoft Word

- Qualtrics
- SPSS
- Survey Monkey

SOCIAL MEDIA

- www.linkedin.com/pub/robyn-whitehead-m-s-acsm-hfs-afaa/45/692/761