

CURRICULUM VITAE
University of Idaho

NAME: Emma Grindley

DATE: Jan 2018

TITLE: Lecturer

DEPARTMENT: Movement Sciences

OFFICE LOCATION AND CAMPUS ZIP:

Physical Education Building, Room103
875 Perimeter Drive, MS2401, Moscow, ID 83844-2401

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DATE OF UI EMPLOYMENT: Fall 2007

EDUCATION

Aug 2001 – May 2005 Ed.D Sport And Exercise Psychology, West Virginia University, West Virginia, USA.

Dissertation: Predicting Adherence in Injury Rehabilitation: Utility of a Screening Tool And Physical Therapists' Predictions. Advisor: Samuel Zizzi, EdD.

Award: School of physical education departmental award for outstanding student 2003.

Certification: Certified Consultant for the Association for Applied Sport Psychology (AASP) # 241

Aug 2001 – May 2005 MA Community Counseling, West Virginia University, West Virginia, USA.

Certification: National Board of Certified Counselors (NBCC) 2005- cont # 203800

Jan 1999 - May 2000 MS Human Performance. Frostburg State University, Maryland, USA.

Thesis: Investigation into the Effects of Sodium Citrate Ingestion on 400m Swim Performance

Award: Departmental award for academic excellence 2000.

April 1997- May 1997 Certification of English Language Teaching to Adults. St Giles College, Brighton, England, UK.

Oct 1993 - June 1996 BSc(Hons) Sports Studies 2:1. University of Wolverhampton, England, UK.

Dissertation: Physiological and Psychological Variations of Basic Motor Function During the Menstrual Cycle.

EXPERIENCE

Teaching

2007-cont *Course Instructor*, University of Idaho, Movement Sciences

2007 *Course Instructor*, Shenandoah University, Division of Physical Therapy

2006-2007 *Co-Instructor*, Shenandoah University, Division of Athletic Training

2005-2007 *Course Instructor*, Lord Fairfax Community College Department of Science and Health Professions

Course Instructor, West Virginia University School of Physical Education

2002-2003 *Co-group Leader*, West Virginia University Counseling Department

Co-instructor, West Virginia University School of Physical Education

Director of English, Project International, UK

English Teacher, Project International, UK

English Teacher, Shane English School, Taiwan

Academic administrative appointments

2009-2011 & *Coordinator of Practicum and Internship Experience*, Exercise Science students,
2013-cont Movement Sciences, University of Idaho.

2009-2011 *Coordinator of HPRD Core Curriculum*, department of Movement Sciences,
University of Idaho.

Non academic appointments

2004-2007 Mental Health Counseling

Children's Services of VA: Crossroads Counseling, Chestnut Ridge Day Hospital WV, and Fairmont State University WV. Worked as a mental health care provider. Provided education and counseling services to a broad array of children, parents, students and adults requiring help to enhance their lives and well being. Common issues included how to live with and treat major depression, suicidality, anxiety, bi-polar disorder, addiction, and schizophrenia. In addition, self-esteem, coping with emotions, dealing with relationships, fear, conflict, anger management, parenting, and career indecision were common issues. Interventions include individual and group therapy, experiential therapy, art therapy, physical activity, and play to assist with lifestyle change.

2004 Academic Advising Assistant.

Undergraduate Academic Advising Center. WVU, Morgantown, WV. Responsibilities were to assist with the advising center in coordinating academic advising workshops for freshmen, to schedule appointments, and to direct queries.

Research Assistant

International Center for Performance Excellence. WVU, Morgantown, WV. Responsibilities included the researching and development of an online course for the psychological aspects of sports injury.

2001-2003 Research Fellow.

Office of Drug Abuse Intervention Studies, WVU. Involved with literature searches and reviews. Assisting with data collection, database construction, data entry, and analysis. Also the development of evaluation instruments, and problem identification and solving. Worked as part of numerous teams to produce original research and to monitor established projects specifically targeting adolescents' tobacco awareness and smoking cessation. Grant funded examples of research include American Indian- Hope and Honor N.O.T 2002 and Not On Tobacco (N.O.T) 2001-2.

2000-2001. *Orthopedic and Sports Medicine Assistant.*

Virginia Orthopedics and Sports Medicine. Williamsburg VA. Responsibilities included assisting physicians with patient care and administrative duties.

1999 - 2000. *Human Performance Lab Assistant.*

Frostburg State University, MD. Responsibilities included the management and running of the university's Human Performance Lab. Duties included testing students and public in a variety of elements of fitness, maintenance of equipment and inventory, guest lecturing, and student supervision.

TEACHING ACCOMPLISHMENTS

Courses Taught at the University of Idaho (UI), Moscow ID.

Course Instructor. Psychology of Injury and Referral (AT 514) – online- 10-20- Masters Of Athletic Training

Course Instructor. Practicum for TA for Physical Activity (PEP 495)

Course Instructor. Internship Preparation & Professional Development (MVSC 445) - 30 Undergraduate Students.

Course Instructor. Athletic Training Clinical Experience I- Observation (PEP 171) - 15 Undergraduate Students.

Course Instructor. Health Behavior Change (HPRD 404) - 90 Undergraduate Students. Collaborative teaching with 1 other faculty.

Course Instructor. Programming Planning and Marketing for Healthy, Active Lifestyles (HPRD 486) - 60 Undergraduate Students. Collaborative teaching with 3 other faculty.

Course Instructor. Practicum in Physical Activity and Wellness Behavior Change (HPRD 350) – 120 Undergraduate Students. Collaborative teaching with 1 other faculty.

Course Instructor. Social and Environmental Aspects of Physical Activity and Wellness (HPRD 351) – 90 Undergraduate Students.

Course Instructor. Practicum (PEP/HS 495) – 30-60 Undergraduate Students per semester.

Course Instructor. Internship (PEP/HS 498) – 15-30 Undergraduate Students per semester.

Course Instructor. Psychosocial Determinants of Health (H&S 451) – 80 Undergraduate Students

Course Instructor. Design and Analysis in Physical Recreation (PEP/REC 455) – 40 Undergraduate Students

Course Instructor. Advanced Planning and Design in Educational Research (ED 586) – 10 Doctoral Students

Course Instructor. Contemporary Issues in Health and Physical Activity (PEP 530) – 18 Masters Students

Course Instructor. Physical Activity, Wellness, and Behavior Change (HPRD/MVSC 201) – 140 Undergraduate Students. Collaborative teaching.

Course Instructor. Psychosocial Aspects of Injury, Illness, & Loss: Recognition, Intervention, & Referral – Online course – 10 Undergraduate Students

Assistant. Sport Psychology Seminar. -10 Doctoral and Master's Students

Course Instructor. Health Promotion and Program Planning (H&S 436) - 40 Undergraduate Students

Course Instructor. Community and Global Health (H&S 316) – 40 Undergraduate Students

Course Instructor. Consumer Health (H&S 450) – 40 Undergraduate Students

Course Instructor. Drugs in Society (H&S 289) – 40 Undergraduate Students

Courses Taught at Shenandoah University (SU), Winchester VA.

Course Instructor. Psychosocial Aspects of Physical Therapy (PT 685)– 45 Doctoral Physical Therapy Students

Assistant Instructor. Psychological Referral and Intervention of Athletic Injury (AT 504). An online course -15 Master's Students

Courses Taught at Lord Fairfax Community College (LFCC), Middletown VA.

Course Instructor. Personal Wellness (HLT 116) – 20-30 Undergraduate Students

Course Instructor. Stress and Stress Management (HLT 215) – 20-30 Undergraduate Students

Course Instructor. Fitness Walking (PED 117) - 15 Undergraduate Students

Courses Taught/Co-taught at West Virginia University (WVU), Morgantown WV.

Course Instructor. Exercise and Health Psychology (SEP 383) – 25-35 Undergraduate Students

Course Instructor. Sport in American Society (SS 271) – 30-40 Undergraduate Students

Course Instructor. Psychological Perspectives of Sport (SS 272) – 35-40 Undergraduate Students

Co-instructor. Psychological Perspectives of Sport (SS 272) -25-30 u Undergraduate Students summer session.

Co-group leader. Human Sexuality discussion class- 10 Undergraduate Students

Other Teaching

Director of English. Responsible for the management and academic support of eight English teachers.

Taught children from 8-20 years old – Italian, Taiwanese, Spanish, Hong Kong Chinese. Gained experience of preparing students for Trinity Exams, at all levels. Provided afternoon sports, evening entertainment, and excursions.

English Teacher. Numerous classes of three hours duration to children of all ages and nationalities.

English Teacher. Numerous one to two hour English classes for children and adults (ages4-81), and business English. Developing programs of study, devising and implementing tests. Assisting in the establishment of a school.

Dissertation committees**Thesis and Dissertation**

Barnicle, S (2013). Committee Member

Masters, T (2011). Committee Member

Wiggin, L (2010). Committee Member

Gut, E (2010). Committee Member

Prelim Supervisor

Eva Gut 2009-2010. Examining the Impact and Impressions of a Relaxation Training Intervention on Collegiate Dance Students.

Jennifer Knight 2010. Understanding Athlete's Experiences of Pre Competitive Emotions.

Materials and courses developed

In all courses that I have taught (see above) I have developed the courses and the materials that accompany them. In all situations course development took the form of designing the syllabus, finding readings, creating assignments and assessments, creating learning exercises and activities, grading and providing feedback, and taking charge of classroom management. In

addition, each semester feedback from students, personal self reflection, and feedback from peer reviews are integrated to enhance learning, decrease student acts of dishonesty, and to ensure for a quality learning experience.

Invited Lectures

Delivered invited lectures to undergraduate and graduate students studying athletic training, physical education, coaching, physical therapy, and individuals training to be physician assistants. Lectures have also been delivered to local businesses and community members. Presentations have been conducted at several community and university sites as well as at different universities. Duration 1-4 hours. 2001-2012.

Examples of Topics:

Doing Behavior Change- Local Lion's Club

Use of Theory for Health Planning – Master's Students

Rehabilitation Psychology – Athletic Training Students

Communication in the Athletic Training Room – Athletic Training Students

Understanding Adherence for Physicians' Assistants – 30 students

Introduction to Sport and Exercise Psychology for Physical Therapists - 25 students.

Sport and Exercise Psychology's Potential Use Within a Fitness and Rehabilitation Facility –35 staff.

SCHOLARSHIP ACCOMPLISHMENTS

Publications

Peer Reviewed

International Relations Committee (2009). Initiative of the AASP International Relations Committee. *Journal of Applied Sport Psychology*, 21, 475-476. Involved in the review, translation, and editing of international researchers' abstracts for publication into English.

Watson, J.C, Clement, D., Blom, L., & Grindley, E. (2009). Mentoring: Processes and Perceptions of Sport and Exercise Psychology Graduate Students. *The Journal of Applied Sport Psychology*, 22 (2), 231-246.

Grindley, E., Zizzi, S, & Nasypany, A. (2008). Author Response to Invited Commentary. *The Journal of Physical Therapy*, 88 (12), 1543-1544.

Grindley, E., Zizzi, S, & Nasypany, A. (2008). The Use of Protection Motivation Theory, Affect and Barriers to Predict Adherence to Injury Rehabilitation. *The Journal of Physical Therapy*, 88 (12), 1529-1539

Naoi, A., Grindley, E., & Nasypany, A. (2008). Psychological Factors Related to the Assessment and Treatment of Chronic Lower Back Pain Patients: Review and Recommendations. *The Research Bulletin of Health and Sports Sciences*, 7, 25-36.

Grindley, E., & Zizzi, S. (2005). Using a multidimensional approach to predict motivation and adherence to rehabilitation in older adults. *Topics in Geriatric Rehabilitation*.

Book Chapters

Vosloo, J., Zakrajsek, R., & Grindley, E. (2016). From Mentee to Mentor: A Case Study for the Neophyte Supervisor, In *Global Practices and Training in Applied Sport, Exercise, and Performance Psychology*. Routledge: New York.

Vosloo, J., Zakrajsek, R., & Grindley, E. (2014). From Mentee to Mentor: Considerations for the Neophyte Supervisor, In *Becoming a Sport, Exercise, and Performance Psychology Professional: A Global Perspectives*. Psychology Press: New York.

Other

Grindley, E. & Keeler, L. (2012). Health and Exercise Psychology Keynote Review. *Association of Applied Sport Psychology Newsletter*. Spring 2012.

Presentations

Keeler, L., Vosloo, J., & Grindley, E. (2013). The Use of Interviewing, Behavior Change and Concept Mapping as Motivational Educational Tools within Kinesiology/Health Departments. Poster presented at the Social Determination Theory Conference, New York.

Grindley, E., Keeler, L., & Partridge, J. (2011). Teaching Exercise and Health Psychology: Activities, Assignments, & Application. Workshop at AASP Annual Conference in Honolulu, Hawaii.

Burton, D., Hoar, S., Grindley, E., Knight, J., Evans, M., Pickering, M., & Link, C (2010). Competitive State Anxiety: Moving Beyond Band-Aids to Solve Measurement Dilemmas. Presentation at AASP Annual Conference in Providence, Rhode Island.

Gut, E., Grindley, E., & Gillham A. (2010). Examining the Effectiveness and Impressions of a Relaxation Training Intervention for Collegiate Dance Students. Presentation at AASP Annual Conference in Providence, Rhode Island.

Vosloo, J., Zakrajsek, R., Grindley, E., & Naoi, A. (2010). Long-Term Consultation, Mentoring, and Supervision: Ten years, six consultants, three coaches, and one team. Workshop presented at AASP Annual Conference in Providence, Rhode Island.

Hoar, S., Burton, D., Grindley, E., Knight, J., Evans, M., Pickering, M., Link., C., Reimer, J. (2010). Competitive State Anxiety: A Construct in Search of a New Measurement Model. NASPSA 2010 Arizona.

Gut, E., Grindley, E., Gillham A. (2010) Examining the Effectiveness and Impressions of a Relaxation Training Intervention for Collegiate Dance Students. Presentation at the Northwest Student Sport and Exercise Psychology Symposium in Moscow, ID.

Hammermeister, J. Hoar, S, Vernacchia, R., Grindley, E., & Burton, D (2010). Professional Panel-Open Q&A. Presentation at the Northwest Student Sport and Exercise Psychology Symposium in Moscow, ID.

- Grindley, E., & Nasypany N. (2010). Integrated Rehabilitation: Understanding the Physical and Psychological Recovery From Injury. Presentation at the Northwest Student Sport and Exercise Psychology Symposium in Moscow, ID.
- Grindley, E. (2009) Starting and Sticking With an Active Lifestyle: Tips & Transferable Life Skills For You And Yours. Presentation at Annual Idaho Association for Health, Physical Education, Recreation, and Dance (IAHPERD) Conference in Moscow, Idaho.
- Gut, E., & Grindley, E. (2009) Gaining access to utilize sport psychology with a dance population. Poster presentation at AASP Annual Conference in Salt Lake City, Utah.
- Grindley, E. (2009) Psychosocial Concerns In Sports Medicine. Idaho Athletic Trainer's Association Annual Meeting. Coeur d'Alene, Idaho.
- Grindley, E. (2009) How to play nice part two. Presentation at ATHENA women's group meeting in Moscow, ID.
- Grindley, E. (2008) How to play nice: A team approach to getting it done. Workshop presented at the 2008 Women's Leadership Conference in Moscow, ID.
- Keeler, L., Blom, L., & Grindley E. (2008) Energize It! Learning Group Counseling Techniques to Inject Energy, Direction, and Insight In To Your Team Sport Psychology Sessions. Workshop presented at AAAP Annual Conference in St Louis, MO
- Grindley, E. (2008) Psychosocial Intervention and Referral for Athletic Injury, Illness, and Loss. Keynote Address presented at the Northwest Student Sport and Exercise Psychology Symposium in Moscow, ID
- Deaner, H., Parker, P., Grindley, E., & Lubker, J. (2007) Doing More With Less: How to Survive at a University Without a Sport Psychology Program. Symposium presentation at AAASP Annual Conference in Louisville, KY.
- Parker, P., Wilson, M., Borlabi, W., Blom, L., Hurst, J., & Grindley, E. (2006) Transitioning from Student to Professional: Peer Mentoring for the First Real Job. Symposium presentation at AAASP Annual Conference in Miami, FL.
- Watson, J., Clement, D., Blom, L., & Grindley, E. (2006). An Evaluation of Graduate Student Mentoring Programs in Sport and Exercise Psychology. Poster presentation at AAASP Annual Conference in Miami, FL.
- Grindley, E., Zizzi, S., & Nasypany, A. (2005) Using Protection Motivation Theory, Mood, and Barriers to Assess Physical Therapy Patients' Perceptions at the Onset of Injury Rehabilitation. Oral presentation by second author at AAASP Annual Conference in Vancouver.
- Zizzi, S., Grindley, E., Sibold, J., & Ostrow, A. (2005). Predicting Injury Occurrence and Adherence Using Orthopaedic and Psychosocial Variables in University and

Community Samples. Poster presentation by first author at the 11th World Congress of Sport Psychology ISSP in Australia.

Parker, P., Grindley, E., Downey, V.P., & Watson, II J.C. (2004). Televised Sport Aggression: The Effect Of Sport News Media On State Hostility in Collegiate Athletes and Nonathletes. Poster presented at the AAASP Annual Conference in Minneapolis.

Zizzi, S., Grindley, E., Watson, J., Ayers, S., & Keeler, L. (2003). Exercise and smoking behaviors among new exercisers and habitually active college students. Poster presented at the AAASP Annual Conference in Philadelphia, PA.

Clark, T., Zizzi, S., Goodrich, D., Parker, P., Blom, L., Grindley, E., & Naoi, A. (2002). The development of a community based workshop series: Providing exposure to psychological skills. Poster presented at the AAASP Annual Conference in Tucson, AZ.

Massey, C., Morris, T., Swenson, L., & Grindley, E. (2002). Cigarette Smoking Among Rural Young Adults: Associations With Mental Health and Drug Use. Oral presentation at the 2002 National Conference on Tobacco or Health San Francisco, CA.

Zizzi, S., Grindley, E., & Perna, F. (2002). Applied exercise psychology: A multidisciplinary program for disease prevention and exercise adherence. Colloquium presented at the AAASP Annual Conference in Tucson, AZ.

Grant Involvement

Vella., CA et al. (2013) Dose response of high-intensity interval training and CVD risk factor reduction. RO1, National Institutes of Health, NHLBI, PI. Funding requested: \$2,920,544

Jain, S., Duvall, E., Grindley, E., Reardon, R., Dancy, J (2010). Effectiveness of 12 week Brain Fitness program: Quasi-experimental study with senior citizens. IU College of Education Innovation and Creativity Grant. Submitted April 2010 for \$10000. Not funded.

Paul, D., R. et al (2009). Streams of stakeholders creating a confluence to support a healthy community. National Institutes of Health. Submitted December 2009 for \$957,011.45. Role in Project: co-investigator. Not Funded.

Brown, H., Grindley, E., & Goc-Karp, G. (2009) Initiative to integrate sustainability into the HPERD curriculum Sustainable Idaho Greening the Curriculum. Project funded for \$3878.

Thompson, G., & Bradley, K. (2008). McCall Outdoor Science School, Idaho. Live Well Idaho: encouraging healthy and active lifestyles for Idaho students. Champions For Healthy Kids Grant from the General Mills Foundation. Submitted for \$10 000. Role in project: Fitness Consultant.

Nasypany, A., & Grindley, E. (2007) University of Idaho Faculty Service - Learning Grant. Submitted for \$1000. Project funded for \$750.

Nasypany, A., Schmieg, R., & Grindley, E. (2007). A Need and Feasibility Study of a Teacher Excellence Center/Initiative at Shenandoah University. SU Faculty Development Grant. Submitted for \$2140. Project not funded.

Grindley, E. (2006). Faculty Travel Grant, LFCC. Awarded \$750

Watson, J., Clement, D., Blom, L., & Grindley, E. (2005). Understanding the Mentoring Process for Graduate Students in Sport and Exercise Psychology. WVU Internal Grant. Awarded \$430

Zizzi, S., & Grindley, E. (2005). Improving adherence to injury rehabilitation in a community setting: A theory guided approach to secondary prevention. Seed grant submitted to WVU Injury Control Research Center. Amount \$25 000. Project not funded.

Zizzi, S., Alt, J., Hurst, J., Keeler, L., Grindley, E., Lubker, J., & Parker, P. (2003). Using an integrated assessment approach to teach athletic training students psychosocial competencies. Grant pre-proposal submitted to the National Athletic Trainers Association. Project not funded.

Doctoral Student Travel Grant, WVU School of Physical Education 2002 & 2003.

SERVICE

Professional Organizations

Listed in the United States Olympic Committee Sport Psychology and Mental Training Registry, 2008-2012.

Active member of the Health and Exercise Psychology Committee, AASP. 2007- 2013.

Active member of the Health and Exercise Psychology and Wellness Special Interests Group, AASP. 2003- 2013.

Active member of the Psychology of Injury and Rehabilitation Special Interest Group, AASP. 2007-2013.

Active member of the International Relations Committee, AASP. 2003- 2011. Student Representative 2003- 05. Public Relations 2005 -2011.

Member of the Marketing Committee for the 2009AASP Expo.2007-2009.

Professional Conference Reviews

Reviewer for AASP conference program. 2008- 2013.

Journal Reviews

Research Quarterly for Exercise and Sport. March 2010

Patient Intelligence. Dove Press. American Alliance for Health, Physical Education, Recreation & Dance. April 2010

Institutional Level

Athena Board Member-At- Large 2009-2010. Treasurer 2010 – 2012.

University of Idaho, College of Education Safety Committee 2009-2011.

Quality Enhance Plan proposal submission to identify and address an area of students learning for enhancement: Writing Across The Curriculum. LFCC, 2006.

Member of the Strategic Planning Committee for Teaching at WVU, 2004.

Co-president of the graduate Sport and Exercise Psychology Club Duties include coordinating presenters, attending faculty meetings, and ensuring communication between students and faculty. 2002-3.

Memberships

Association of Applied Sport Psychology (AASP).2000-2013.

American Psychological Association (APA). 2008 – 2012.

National Board of Certified Counselors (NBCC) 2005 – 2014.

Athena. – 2008-2012.

Healthiest Nation Alliance. 2008-cont.

British Association of Sport and Exercise Sciences (BASES). 1996-2004.

Professional Counselors Association, West Virginia. 2004- 2006.

Community Service

Commissioner for Moscow Parks and Recreation Commission, Moscow ID. 2008-2013 .

Paradise Path Taskforce Member, Moscow ID 2010-2012.

Team member for Relay for Life, Moscow ID 2009, 2010.

Community Wellness Team member, Moscow, ID 2009-2014.

Volunteer at West Virginia University Hospital, pediatrics department summer 2003.