

# Amy Stringer

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## EDUCATION

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- THE UNIVERSITY OF NORTH CAROLINA AT GREENSBORO** 2004  
GREENSBORO, NORTH CAROLINA  
Doctor of Philosophy in Exercise and Sport Science with an emphasis in Pedagogy  
Secondary area: Cultural Studies  
Doctoral Dissertation: *Middle School Principals' Perceptions of Physical Education and Their Impact on Physical Education Programs*  
Advisor: Thomas Martinek
- GRAND VALLEY STATE UNIVERSITY** 1999  
ALLENDALE, MICHIGAN  
Educational Technology Certification
- MICHIGAN STATE UNIVERSITY** 1995  
EAST LANSING, MICHIGAN  
Masters of Science in Physical Education and Exercise Science with an emphasis in Curriculum and Program Design
- THE UNIVERSITY OF TOLEDO** 1987  
TOLEDO, OHIO  
Bachelor's degree in Physical Education and Exercise Science. Additional course work in Health Education

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## PROFESSIONAL EXPERIENCE

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- Assistant Professor**  
WESTERN CAROLINA UNIVERSITY CULLOWHEE, NORTH CAROLINA  
Health and Physical Education Department August 2017- Present
- Health Education Teacher Trainer**  
NORTH CAROLINA SCHOOL HEALTH TRAINING CENTER GREENVILLE, NORTH CAROLINA  
June 2017- Present
- Assistant Professor**  
BREVARD COLLEGE BREVARD, NORTH CAROLINA  
Exercise Science Department – Physical Education/Health Education  
Health and Physical Education Coordinator August 2015- August 2017
- Faculty**  
UNITED STATES SPORTS ACADEMY DAPHNE, ALABAMA  
International Physical Education Teacher Education KUALA LUMPUR, MALAYSIA  
International diploma in physical education and sports coaching August – November, 2014
- Faculty**  
AMERICAN PUBLIC UNIVERSITY SYSTEM CHARLES TOWN, WEST VIRGINIA  
Consultant - Course Design August – December 2013  
School of Education Graduate Faculty January 2013- August 2015

### **Assistant Professor**

ELON UNIVERSITY

ELON, NORTH CAROLINA

Health and Human Performance Department – Physical Education/Health Education

Health and Physical Education Coordinator

*August 2008- 2012*

School of Education Scholarship Committee Chair

*August 2010- 2012*

### **Diabetes Prevention Research**

*June 2005 – August 2006*

THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

CHAPEL HILL, NORTH CAROLINA

Worked on a large multi site diabetes prevention study (STOPP-T2D/HEALTHY)

### **College Teaching Experience**

*Fall 2005*

THE UNIVERSITY OF NORTH CAROLINA AT GREENSBORO

GREENSBORO, NORTH CAROLINA

Exercise and Sport Science - Pedagogy

### **Health Resource Teacher**

*August 2000 - 2005*

GUILFORD COUNTY SCHOOLS

GREENSBORO, NORTH CAROLINA

Taught Family Life Education in 8 different middle schools

### **Teen Program Director /Children’s Fitness Specialist**

*August 1999 – August 2000*

PYRAMIDS WELLNESS CENTER

GREENSBORO, NORTH CAROLINA

Designed, supervised, and taught school-age programs at a wellness center

### **Physical Wellness Teacher and Coordinator**

*August 1995 – June 1999*

WEST OTTAWA PUBLIC SCHOOLS

HOLLAND, MICHIGAN

Taught in a public middle school of 1800 students

### **Physical Education Research Assistant**

*1993 - 1995*

MICHIGAN STATE UNIVERSITY

EAST LANSING, MICHIGAN

Member of a consortium of physical education professors from 9 Michigan Universities in the development of a statewide K-12 PE curriculum

### **Physical Education Teacher and Coordinator**

*January 1988 - 1993*

QUISQUEYA CHRISTIAN SCHOOL

PORT-AU-PRINCE, HAITI

Taught and coached in an multi-cultural American school of 300 students representing over 30 countries

### **Student Teacher**

*Fall 1987*

ALLIANCE ACADEMY

QUITO, ECUADOR

Student teaching experience in a multi-cultural American school of 500 students

## **COURSES TAUGHT**

- Secondary physical education – pedagogy
- Elementary physical education - pedagogy
- Physical fitness for children and adolescents
- Secondary health education – pedagogy
- Measurement & evaluation in physical education
- Contemporary issues in wellness
- Wellness activities
- Foundations of physical education and sport
- Student teacher supervision
- Scandinavia in the modern world
- Elementary school health and physical education (graduate course)
- Physical education and sports coaching methodology
- Adapted physical education
- Motor learning and control
- Introduction to exercise science
- Personal health
- First year experience
- Wellness activities
- Personal fitness and conditioning

- Physical education for the elementary school teacher
- Mental and emotional health for classroom teachers and their students
- Sexual health through the lifespan
- Lifetime sports
- Games approach to teaching physical education\*

- Health and fitness\*
- Sports first aid\*
- Psychology of physical performance\*
- Physical education facilities and sports event management\*

\* *International Diploma Curriculum*

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## COMPLETED PUBLICATIONS

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- Stringer, A. J. (1995). The amount and use of K-12 physical education instructional time in Ingham County Schools. Ingham County (MI) School District, Self Study. *Michigan's Exemplary Physical Education Curriculum*
- Stringer, A. J. (1995). Compassion for others. Instructional resource material. *Michigan's Exemplary Physical Education Curriculum*
- Stringer, A. J. (1995). Rope jumping. Instructional resource material. *Michigan's Exemplary Physical Education Curriculum*
- Stringer, A. J. (1996). Overhand strike. Instructional resource material. *Michigan's Exemplary Physical Education Curriculum*
- Stringer, A. J. (1998). Effective teaching strategies. Lessons – User's Guide. *Michigan's Exemplary Physical Education Curriculum*
- Stringer, A. J. (2006). Middle school health and fitness fair. In S. M. M. Matsudo (Ed.), *The Best Practices for Physical Activity Promotion Around the World* (pp. 49-50). Sao Paulo, Brazil: CELAFISCS
- HEALTHY (Ed.). (2006). *Physical Education Teacher Handbook*. Washington D.C.: National Institutes of Health
- Stringer, A. J., Kamphoff, C. S., Jamieson, K. M., Scrogum, J. E. & Harrell, A. (2006). Division one softball media guides: Projects of institutional image making? *Southeastern Women's Studies Association. Conference Proceedings*
- HEALTHY (Ed.). (2006). Sixth Grade Physical Education Lesson Plans.
- HEALTHY (Ed.). (2007). Seventh Grade Physical Education Lesson Plans
- Jamieson, K. M., Stringer, & A. J., Andrews, M. B. (2008). Athletic fatness: Forgiving corpulence in elite bodies. *Sociology of Sport Journal*, 25(1)148-163.
- Grube, D. P., Ryan, S., Lowell, S. L., & Stringer, A. (2018). Effective Classroom Management in Physical Education: Strategies for Beginning Teachers. *JOPERD* 89:8, 47-52.
- Chandler, R., Stringer, A. (2019). A Comprehensive Exploration Into Utilizing High Intensity Interval Training (HIIT) in Physical Education Classes. *Journal of Health Physical Education Recreation and Dance*. Publication Forthcoming.

Stringer, A., McNamee, J., Moe, E., & Chandler, R.M. (2019). Using Enhanced Communication to Promote Professional Growth in Physical Education Teachers: A Case Study. *The North Carolina Journal*. Publication Forthcoming.

## PRESENTATIONS

- Allen, H. R., DeJong, G., & Stringer, A. J. (1995, March). *The amount and use of K-12 physical education instructional time in Ingham County Schools*. Presentation made at the meeting of the Ingham County School District – Self Study. Michigan’s Exemplary Physical Education Curriculum
- Stringer, A. J., Kamphoff, C. S., Jamieson, K. M., Scrogum, J. E. & Harrell, A. (2004, March). *Institutional Image Making: A missing feminist revolution in the promotion of women’s athletics*. Presentation made at the meeting of the Southeastern Women’s Studies Association, Savannah, GA.
- Stringer, A. J. (2004, November). *Answering student questions about sex education*. Presentation made at the meeting of the North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance, Greensboro, NC.
- Stringer, A. J. (2005, November). *Answering student questions about sex education-II*. Presentation made at the meeting of the North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance, Greensboro, NC.
- Stringer, A. J. (2006, June). *Using heart rate monitors effectively*. Presentation made at the Healthy Study physical activity coordinator’s training. Rockville, Maryland
- Jamieson, K. M., Stringer, & A. J., Andrews, M. B. (2006, November). *Hitting it fat: (Anti)healthism among elite golfers*. Paper presented at the 27th Annual Meeting of the North American Society for the Sociology of Sport, Vancouver, BC.
- Stringer, A.J. (2006, November). *The Principal’s Impact on Physical Education: Strategies for an Improved Relationship and Professional Growth*. Presentation made at the meeting of the North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance, Greensboro, NC.
- Stringer, A. J. (2007, March). *How Principals Impact Physical Education Programs*. Presentation made at the meeting of the American Alliance for Athletics, Health, Physical Education, Recreation and Dance, Baltimore, MD.
- Stringer, A. J. (2007, October). *The Influence of Athletics on Physical Education Programs*. Presentation made at the History and Future Directions for Research on Teaching and Teacher Education in Physical Education conference, Pittsburg, PA.
- Stringer, A.J., Plimpton, C.E., Davis, J.A., Lemerise, M., DeJong, G. (2008, April). *Advocating for your Physical Education Program*. Presentation made at the meeting of the American Alliance for Athletics, Health, Physical Education, Recreation and Dance, Fort Worth, TX.
- Stringer, A. J., Gianakos, S.L., Molzon, K. A. (2008, November). *Promoting your Physical Education Program*. Presentation made at the North Carolina Alliance of Athletics, Health, Physical Education, Recreation, and Dance convention in Winston-Salem, NC.
- Stringer, A. J. (2009, January). *Student Teaching Abroad*. Presentation made at the meeting of the National Association of Kinesiology and Physical Education in Higher Education, Sarasota, FL.

- Stringer, A. J. (2009, October). *Global Opportunities in pre service teacher education: Study abroad, student teaching abroad, and service learning abroad in physical education*. Presentation made to the Physical Education–Teacher Education conference, Myrtle Beach, SC.
- Molzon, K. A., Temple, J.R., Llewellyn, T.A., & Stringer, A.J. (2009, November). *Survey of Grading Practices in Secondary School Physical Education*. Presentation made at the North Carolina Alliance of Athletics, Health, Physical Education, Recreation, and Dance convention in Winston-Salem, NC.
- Stringer, A. J. (2010, July). *Preparing Pre-Service Teachers to Address Literacy in K-12 Physical Education Programs*. Presentation made at the International Council of Sport Science and Physical Education conference in Havana, Cuba.
- Stringer, A. J., Jamieson, K.M., Bailey, M.L., Pullen, M.E., & Wood, J.A. (2011, February). *Physical Education in US News 2009-2010: A Critical Content Analysis*. Poster Presentation made at the Southern District American Alliance of Health, Physical Education, Recreation, and Dance convention in Greensboro, NC.
- Bailey, M.L., Jackson, J.G., Stringer, A. J., & Rusterholz, S.R. (2012, January). *Physical Education in US News 2010-2011: A Critical Content Analysis*. Poster Presentation made at the National Association of Kinesiology and Physical Education in Higher Education conference in San Diego, CA.
- Stringer, A. J. (2012, January). *From “Vacation” to “Existential Pilgrimage”: Purposeful Design of Study Abroad Experiences in Kinesiology*. Presentation made at the National Association of Kinesiology and Physical Education in Higher Education conference in San Diego, CA.
- Stringer, A. J. (2012, October). *Stimulating Higher Level Thinking Through Physical Education*. Presentation made to the National Association for Sport and Physical Education: Physical Education - Teacher Education conference, Las Vegas, NV.
- Stringer, A. J., Edge, K.A., Molzon, K.A., Bailey, M.L. (2013, April). *Impact on Student Learning: Student Teaching Assessment Project and Beyond*. Presentation made to the National Association for Sport and Physical Education: American Alliance of Health, Physical Education, Recreation, and Dance National Convention, Charlotte, NC.
- Stringer, A. J. (2016, July). *Calendar Options: From Exam Schedule to Mobile Phone Alerts*. Presentation made to the Annual Sakai LAMP Camp Pedagogy and Technology Conference, Knoxville, TN.
- Stringer, A.J., & Chandler, R.M. (2016, November). *Do this not that: Exercise physiology update for fitness design*. Presentation made at the North Carolina Alliance of Athletics, Health, Physical Education, Recreation Dance and Sports Management convention in Winston-Salem, NC.
- Chandler, R.M., Stringer, A.J. (2017, March). *Exercise Physiology Checkup: Safe and effective fitness*. Presentation made at the Society for Health and Physical Educators convention in Boston, MA.
- Stringer, A.J., & Chandler, R.M. (2018, January). *What to do about students exhibiting an unconscious bias? Considerations for student screening prior to internship*. Presentation made at the National Association of Kinesiology in Higher Education conference in Phoenix, AZ.

Chandler, R.M., & Stringer, A.J. (2018, January). *Bringing lab to life*. Presentation made at the National Association of Kinesiology and Physical Education in Higher Education conference in Phoenix, AZ.

Stringer, A.J., Chandler, R., & Kaysing, N.M. (2019, January). *What high intensity interval training brings to secondary PE programs*. Presentation made at the National Association of Kinesiology in Higher Education conference in Savannah, GA.

Chandler, R.M., Stringer, A.J., & Kaysing, N.M. (2019, January). *Can high intensity interval training make a positive difference to children in an underperforming school?* Presentation made at the National Association of Kinesiology in Higher Education, Savannah, GA.

Stringer, A.J., & Chandler, R. (2019, April). *Considerations for the use of high intensity interval training in secondary physical education*. Presentation made at the 21<sup>st</sup> International Conference on Physical Education and Sport Sciences in Venice, Italy.

Chandler, R.M., & Stringer, A.J. (2019, April). *Cardiometabolic risk factor response to supplemental high intensity exercise in middle school children*. Presentation made at the 21<sup>st</sup> International Conference on Physical Education and Sport Sciences in Venice, Italy.

Stringer, A., Boone, N., Towner, B. (2019, September). *Hot Topics for HETE and PETE faculty*. Presentation made to the North Carolina College Conference in Winston-Salem, NC.

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## GRANTS AND PROPOSALS

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Stringer, A. J. (2006). *Bibliographies made easy: A proposal for adoption of bibliographic software*. ATACC Grant, Elon University (\$800.00) – Awarded.

Stringer, A. J. (2006). *Heart rate monitors as pedagogical tool in teacher preparation*. Center for the advancement of teaching and learning grant, Elon University - (\$4,349.25) – Awarded (plus additional support from Dean = total of \$5,046.00).

Carpenter, J., Richardson, J., Curry, B., Pyne, K., Stringer, A.J. (2011). *Shared Classroom Experiences as Methods Course Texts*. The Center for the Advancement of Teaching and Learning, Elon University. Teaching and Learning Grant (\$4,444.00).

Chandler, R.M., Stringer, A.J., & Kaysing, N.M. (2017). Provost's Internal Support Grant, Western Carolina University. (\$9535.50)

Chandler, R., Becker, D. R., Stringer, A., Grist, C. (2019). *High Intensity Interval Training and Cognitive Functioning in Prekindergarten Children*, National Association for Kinesiology in Higher Education Hellison Interdisciplinary Grant, \$5,000.00.

Lowell, S. L., Stringer, A., "Intentional Learning Grant 2019," Sponsored by WCU Provost's Office, Western Carolina University, \$1,221.00.

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## PROFESSIONAL CERTIFICATIONS

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NORTH CAROLINA TEACHER CERTIFICATION - *Physical Education and Health K-12*

STATE OF MICHIGAN REPRODUCTIVE HEALTH AND HIV/AIDS TEACHER'S CERTIFICATION

AMERICAN PUBLIC UNIVERSITY SYSTEM – Online teaching certification

AMERICAN RED CROSS – FIRST AID, CPR, A.E.D. CERTIFICATION

SAFETALK – SUICIDE PREVENTION

ASSIST – SUICIDE PREVENTION TRAINING OF TRAINERS

DARKNESS TO LIGHT – CHILD SEXUAL ABUSE PREVENTION CERTIFICATION

REDUCING THE RISK (STI/STD AND PREGNANCY PREVENTION) CERTIFICATION

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### PROFESSIONAL ASSOCIATIONS

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- Member of the Society of Health and Physical Educators (SHAPE America)
- Member of the North Carolina Alliance for Athletics, Health, Physical Education, Recreation, Dance and Sports Management
- Member of Action for Healthy Kids (North Carolina and National)
- Executive Board Member of the North Carolina College Conference (Physical Education and Health Education)
- Member of the National Association of Kinesiology and Physical Education in Higher Education

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### PROFESSIONAL SERVICE

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#### COMMUNITY SERVICE

- Greensboro Youth Soccer Association –Spring and Fall Coaches' training 1999 & 2000
- Girl Scouts of America – Sports and fitness badge 2002 & 2003
- A Healthy Start Inc. – Presentations: “Girls and body image” (Spring, 2000), “Puberty- What you need to know” (November, 2003)
- High Point Hispanic Center - Physical activity program (Summer, 2002)
- Stoney Creek Golf Course – Jr. Golf Clinic (2000 - 2005)
- Girls Inc. – Physical activity program (August 2, 2007)
- First Tee of the Triad – Lead Coach (April – August, 2015)

#### PUBLIC SCHOOLS SERVICE

- Guilford County Schools – “Hispanic Night” participant (Family Life representative) Fall 2003
- Guilford County Schools - Southwest Middle School Health and Fitness Fair – Body Composition Bioelectrical Impedance Analysis (Spring 2004-2007)
- Dillard Middle School – Special needs physical education consultant (Fall/Winter 2005/06)
- Guilford County Schools – McIver Education Center. Soccer event participant-volunteer. (Fall 2009)
- Alamance-Burlington Schools – Continuing education course: Holistic Health for Teachers. (Spring 2009)
- Peel District–Mineola Public School, Port Credit, Ontario, Canada. Sixth grade physical education class, guest speaker. Using heart rate monitors (Oct. 2009) Volunteer (Jan. 2010, 2011, 2013 and 2014)

- Grant reviewer – A+ Fit School. North Carolina Health and Wellness Trust Fund. Spring 2010
- Hawfields Middle School – Using and Managing Heart Rate Monitors in Physical Education (May, 2010)
- Sylvan Elementary School – Field day volunteer (June, 2010)
- Grady Brown Elementary School – Playground equipment consultant (February – June, 2011)
- NC Health Education Training Center - Trainer
- North Carolina Alliance for Athletics Health, Physical Education, Recreation and Dance Delegate to Southern District (AAHPERD convention 2008, Fort Worth, TX.)
- North Carolina Physical Education Analysis Profile – Project member. University-based teacher education sub-committee (2009)
- A+ Fit Schools North Carolina – Grant reviewer (2009-2010)
- Robinson High School, NC – High School Health Education, Reducing the Risk, Fidelity Study (Oct. 2017)
- Henderson County Schools- Puberty Education in-service. (October, 2018)
- Caldwell County Schools, NC – In-service on suicide Prevention. SafeTALK certification (August, 2018)
- Jackson County Schools, NC – In-service training with certification for health educators on puberty education (November , 2018)

#### NATIONAL BOARD CERTIFICATION SERVICE

- National Board for Professional Teaching Standards– Physical Education content validation study participant (December, 2002)
- Guilford County Schools – National Board Mentor (4 physical education teachers) 2002-06

#### NATIONAL PROFESSIONAL SERVICE

- *Psychological Reports and Perceptual and Motor Skills* – Consulting reader and reviewer

#### UNIVERSITY SERVICE PRESENTATIONS

- University of North Carolina at Greensboro –Guest lecturer “Youth fitness and training” (Spring ‘02)
- University of North Carolina at Greensboro – Guest lecturer “Mentoring at-risk youth: Sex Education” (Spring 2002 & 2004)
- University of North Carolina at Greensboro – Guest lecturer “Teaching Sex Education” (Fall 2002, Summer 2003, Spring 2006)
- University of Toledo – Physical education teacher education “Virtual mentor” 2000-2005
- University of North Carolina at Greensboro – Guest lecturer “Qualitative Inquiry” (Spring 2005) “Foundations of the Field – Physical Education” (Spring 2005), “Sport in Society: Global and Ethnic Relations” panelist (Spring 2006)
- North Carolina A&T University – Summer high school honors camp, academic judge (Summer 2005)
- University of North Carolina at Chapel Hill – Guest lecturer “Internal Respiration” (Fall 2005)
- University of North Carolina at Greensboro - “Foundations of the Field – Physical Education”



(Fall 2005 and Spring 2006)

- University of North Carolina at Greensboro – Guest lecturer “Re-visioning physical education teacher preparation programs”. (November, 2008)
- University of North Carolina at Greensboro – Guest lecturer “Physical Education in US Society”. (May, 2010 and February, 2014)
- University of North Carolina at Greensboro – Guest lecturer “Physical Education in US Society”. (May, 2010 and February, 2014)
- University of North Carolina at Greensboro – Guest lecturer “Physical Education: International Opportunities”. (March, 2015)
- University of North Carolina at Greensboro – Guest lecturer “Introduction to Kinesiology” Panelist. (April, 2015)
- Brevard College – Guest lecturer “Physical Fitness Testing –Youth Field Tests”. (September, 2015)
- Brevard College – Guest lecturer “Writing Effective Goals and Objectives for your Internship”. (Fall and Spring semester, 2015 & 2016)

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## HONORS AND AWARDS

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“North Carolina Middle School Health Teacher of the Year” 2004-2005 – North Carolina Alliance of Athletics, Health, Physical Education, Recreation and Dance

“Hultquist Award” 2006. Teacher Change in Physical Education: A proposal for research. Awarded by Elon University, Faculty Research and Development

“Letter of Commendation for Teaching Excellence in Physical Education and Sport Coaching” 2014. Awarded by the Malaysian Ministry of Education and the United States Sports Academy

“Provost Internal Support Grant” 2017. Catamount H.I.I.T. Chandler, R., Stringer, A., and Kaysing, N. Awarded by the Provosts office, Western Carolina University