

Thomas A. Watterson

234 Lanterns Wick Trail
Sylva, NC 28779
tawatterson@wcu.edu
Phone: (813) 760-2584

EDUCATION

- 2012 Ph.D., University of South Florida,
Major: Curriculum & Instruction
Cognate – Physical Education Teacher Education
- 1999 M.A., University of South Florida,
Major: Physical Education Teacher Education with Adapted Certification
- 1995 B.S., University of South Florida,
Major: Physical Education Teacher Education
Minor: Apprenticeship in Athletic Training

PROFESSIONAL EXPERIENCE

2013 to present **WESTERN CAROLINA UNIVERSITY**
Associate Professor & Program Coordinator

Responsible for the HPE & coaching minor program scheduling, continuous improvement reports, strategic planning, and lab school coordination. Teaching undergraduate and graduate classes in the Health and Physical Education department in the College of Teaching and Learning. Classes have included Pedagogy, Foundations, Measurements, Kinesiology I & II, Care and Prevention and Intern Supervision for all levels.

2011 to 2013 **UNIVERSITY OF SOUTH FLORIDA**
University Instructor & Supervisor

Responsible for undergraduate and graduate classes in the Physical Education & Exercise Science department. Classes also included teaching Applied Exercise Science for both sets of majors, Biomechanics, and online master's classes.

University Supervisor for both Physical Education and Exercise Science interns and responsible for conducting teacher training for a newly created residency programs at local secondary schools and field supervision.

Assistant Director for the Active Gaming Lab: Duties include incorporating lesson plans to be used in the teaching of physical education using active games and research liaison between the active gaming lab and the local community.

2009 to 2011

UNIVERSITY OF SOUTH FLORIDA

Doctoral Graduate Assistant

Responsible for undergraduate and graduate classes for Physical Education and Exercise Science Majors and various other College of Education pre-service teachers. A University supervisor for junior and senior level internships and research assistant for multiple studies in the Physical Education and Exercise Science Department.

2000 to 2009

TAMPA PREPARATORY SCHOOL

P.E. Department Head

Instrumental in added classes that encourage fitness for life concepts for the changing adolescent. Responsible for teaching Physical Education, Sports Medicine, and a newly created Fitness for Life class for all grades 6-12.

Athletic Trainer

Responsible for care and prevention for all student athletes in grades 6-12. Provide coverage for all home practices and games as well as treatment and rehab for all students. Duties also included developing strength programs for pre and post seasons for all student athletes and was the onsite clinical instructor for the University of South Florida student athletic trainers.

2002 to 2004

UNIVERSITY OF SOUTH FLORIDA

Adjunct Instructor

Responsible for the teaching of athletic training students in the Sports Medicine Curriculum while preparing them for the NATA exam. Taught Prevention of Athletic Injuries and Emergency Care and Prevention.

1996 to 2000

HEALTHSOUTH (Physical Therapy)

Athletic Trainer

Responsible for rehabilitation of patients in accordance with the plan of care established by the Physical Therapist and the referring Physician. HEALTHSOUTH outreach program: Duties including coverage of all high school sports along with development of strength and conditioning programs pre and post season for all the high school athletes in covering schools.

1996 to 1997

TAMPA BAY STORM (Head Trainer)

Athletic Trainer

Responsible for prevention, treatment, and rehabilitation of more than 30 Professional athletes. Provided coverage of all practices and games and actively involved in all aspects of the athletes' healthcare. Direct liaison between players, coaches, and covering Physician. Earned a World Championship ring.

1995 to 1996 **UNIVERSITY OF SOUTH FLORIDA (Physical Education)**
Graduate Assistant Physical Education Department
Responsibilities including teaching and assisting in Physical Education classes and labs. Internships at special education schools as well as grading and assessing undergraduate papers and tests.

1995 to 1996 **UNIVERSITY OF SOUTH FLORIDA (Sports Medicine)**
Graduate Assistant Athletic Trainer
Responsibilities including Training Room and game coverage for over 200 athletes. Main focus was on coordination of student athletic trainers' educational programs and event coverage for all sports.

Research and Scholarly Activities

Dissertation Topic

Changes in attitudes and behaviors toward physical activity, nutrition, and social support for middle school students using the AFIT app as a supplement to instruction in a Physical Education class. The study explored the teacher and student's perspective on using mobile technology for physical education classes. Students self reported their nutritional and physical activity with a newly developed app (application) on the iPad. The teacher had their own app that organized the student's self-reported information and gave immediate feedback on their progress. Psychosocial measures of confidence, family, and friend support were also tested for significance.

Created AFIT app – Released in iTunes for the iPad/iPhone/iPod touch 2/12.

Created AFITpro app – Released in iTunes for the iPad/iPhone/iPod touch 8/12.

Created website – www.aitmodel.com for information and data storage.

PUBLICATIONS

Wells, G., Chandler, R., **Watterson, T.**, Beaudet, B. & Fiaud, V. (Under Review).
Kinesiology gets moving! The NAKHE leadership development workshop goes outside. *International Journal of Kinesiology in Higher Education*.

Watterson, T., Wells, G., Claxton, D., & Grube, D. (2018). Speak out day with future teachers taking the lead. *Journal of Physical Education, Recreation & Dance*, 89(4), 14-19.

Watterson, T., Keath, A., Wells, G., Beaudet, B., & Watkins, K. (2017). Can a mobile app motivate adolescents into a healthier lifestyle? *Journal of Modern Education Review*, 7(6), 425-433.

Watterson, T., Sanders, S., & Keath, A. (2015). Can mobile devices motivate students in physical activity. *Games-Supported Interactive Learning*, 1(1), 35-45.

- Patience, M., Kilpatrick, M., Sun, H., Flory, S.B., & **Watterson, T.** (2013). Sports game play: A comparison of moderate to vigorous physical activities in adolescents. *Journal of School Health, 63*(11), 818-823.
- Mellecker, R., Witherspoon, L., & **Watterson, T.** (2013). Active Learning: Educational Experiences enhanced through technology driven game play. *Journal of Educational Research, 102*(5), 352-359.
- Flory, S., Sanders, S., **Watterson, T.**, & Williams, L. (2012). Transforming Teacher Education in the Virtual World. In Sanders & Witherspoon (eds.) *Reflections on making the case for contemporary use of technology in teaching physical education, promoting physical activity, and fighting childhood obesity*. IAP, Charlotte.
- Mellecker, RR, Witherspoon, L, **Watterson, T.** (2012). Acquisition of Nutritional Knowledge Using Footgaming in the Classroom Setting. Lecture Notes in Computer Science. DOI: 10.1007/978-3-642-33466-5.
- Hansen, L., **Watterson, T.**, & Smith, B. (2010). Cobalt Flux: Lesson plan and training manual. Dance, get fit, and have fun. Cobalt Flux, Inc.

PRESENTATIONS

- Watterson, T.** (2019). Best Practices in Kinesiology: Showcasing our successes. Leadership Development Workshop Follow Up. National Association of Kinesiology in Higher Education Annual Conference. Savannah, GA.
- Watterson, T.**, Wells, G., & Chandler, R. (2018). Leadership Development Workshop, National Association of Kinesiology in Higher Education. Northern Arizona University, Flagstaff, AZ.
- Watterson, T.** (2018), Making Learning Stick. Coulter Faculty Center Summer Institute, Cullowhee, NC.
- Watterson, T.** (2018). Engage your brain: Work smarter, not harder. Walk and Learn session presented by Health Academy Academic Fellow. College of Education and Allied Professions, Cullowhee, NC.
- Watterson, T.** (2017). Using Mobile Technologies in & out of the Classroom. Summer Wellness Institute, Kingsport, TN.
- Watterson, T.** (2017). AFIT for Adolescent Health. Technology Expo for the College of Education and Allied Professions, Cullowhee, NC.

Singleton, D., **Watterson, T.**, & McKnight, M. (2016). Brain Breaks and Energizers for Schools. Presented at the Collaborative Regional Educational Workshop (CREW), Cherokee, NC.

Watterson, T., Singleton, D. & McKnight, M. (2016). Creating Developmentally Appropriate Games and Activities for Today's Students. Presented at the Collaborative Regional Educational Workshop (CREW), Cherokee, NC.

Keath, A., **Watterson, T.**, Baek, J.H., & Goad, T. (2016). Get Your Feet Wet with EdTech. Presented at the National PE Institute. Asheville, NC.

Watterson, T. (2016). Technology Applications in Health and Physical Education. Presented at the International Health and Physical Education Institute. Cullowhee, NC.

Watterson, T., Dean, K. (2015). Speak Out Day for SHAPE America. Presented at the NCATE poster presentation. Cullowhee, NC.

Menickelli, J., Troy, M., **Watterson, T.**, Cooper, C., & Grube, D. (2015). Activity Monitor Accuracy in Assessing Caloric Expenditure in Obese Adults. Presented at the Society of Health and Physical Educators America National Convention. Seattle, WA

Singleton, D., **Watterson, T.**, & McKnight, M. (2015). Brain Breaks and Energizers for Elementary Schools. Presented at the Collaborative Regional Educational Workshop (CREW), Cherokee, NC.

Watterson, T., Singleton, D. & McKnight, M. (2015). Brain Breaks and Energizers for Secondary Schools. Presented at the Collaborative Regional Educational Workshop (CREW), Cherokee, NC.

Watterson, T., Singleton, D., & McKnight, M. (2015). Putting the School Health Guidelines to Work: Team up for School Health and Wellness. Presented at Smoky Mountain High School Health Expo.

Beudet, B., Wells, G., & **Watterson, T.** (2015). EDTPA: Coming to a School Near You! Presented at the National Association for Kinesiology in Higher Education National Convention. Clearwater, FL.

Watterson, T., Jacobs, R., & Beudet, B. (2015). How We Can Use Technology to Showcase What We Do. Presented at the National Association for Kinesiology in Higher Education National Convention. Clearwater, FL.

Wells, G., Beudet, B., & **Watterson, T.** (2015). Making Kinesiology Personal: Bringing the Science to Life. Presented at the National Association for Kinesiology in Higher Education National Convention. Clearwater, FL.

- Singleton, D., **Watterson, T.**, & McKnight, M. (2015). Apples to Zumba: Guidelines for Healthy Eating & Physical Activity. Presented at the Annual Teacher Workshop at Smoky Mountain High School.
- Watterson, T.** (2014). The How-To Guide for Mobile Technology. Presented at the National PE Institute. Asheville, NC.
- Flory, S., **Watterson, T.**, & Haichun, S. (2014). Influence of an m-Health App on Elementary Students' Nutrition Confidence. Presented at American Alliance for Health, Physical Education, Recreation and Dance. St. Louis, MO.
- Watterson, T.** (2013). Impact of an "App" on Psychosocial Measurements of Physical Activity. Presented at the American Alliance for Health, Physical Education, Recreation and Dance. Charlotte, NC.
- Watterson, T.** (2012). Exploring the use of technology in Physical Education and its impact on Nutrition and Physical Activity. Presented at the University of South Florida College of Education Technology Summit. Tampa, FL.
- Haichun, S., **Watterson, T.**, & Witherspoon, L. (2012) Invited Speakers. Exergaming and Motivation in Physical Education: From Research to Practice. Presented at Southern District American Alliance for Health, Physical Education, Recreation and Dance. Orlando, FL.
- Watterson, T.** (2012). How mobile learning (m-learning) can be used in Physical Education and Health Curriculums. Presented at Southern District American Alliance for Health, Physical Education, Recreation and Dance. Orlando, FL.
- Patience, M.A., Kilpatrick, M.W, Sun, H. Flory, S.B., **Watterson, T.A.** (2012). Sports Game Play In Middle School Physical Education: A Comparison Of Moderate To Vigorous Physical Activities. Presented at Southeast American College Of Sports Medicine Annual Meeting. Jacksonville, FL.
- Sanders, S., **Watterson, T.** (2011). Intentional Teaching Applies To Physical Development, Too! Presented at National Association for the Education of Young Children Conference. Orlando, FL.
- Sanders, S., Flory, S., & **Watterson, T.** (2011). Physical Education in a Technological World. Presented at the Florida Virtual School Conference. Orlando, FL.
- Alfonso, R., **Watterson, T.**, & Faucette, N. (2010). Field Day Fantasy! Fun, Freedom, & Fear-free Event. An instructional presentation on a non-competitive field day. Presented at Florida Alliance of Health, Physical Education, Recreation, Dance and Sport Conference. Orlando, FL.

RESEARCH

- 2018 Co-investigator on Technology in the School System. Collaboration with Professors from three Universities studying the differences between proficient and novice Health and Physical Education teachers using technology in their curriculum.
- 2017 Primary investigator on Pre-Service Health and PE teachers and their interaction with a newly created middle school in Jackson County.
- 2016 Primary investigator on researching a mobile app (AFIT) on motivation of middle schools into a healthier lifestyle. Study consisted on having a control group, that received traditional teaching on nutrition and activity, and an experimental group that used mini iPads with a motivational app for tracking. Results showed that using the mobile app improved motivational factors, over the control group, for a healthier lifestyle.
- 2014 Co-investigator on activity monitor accuracy in assessing caloric expenditure in obese adults. The study consisted of 19 adults with an obese BMI number. The study examined wrist worn accelerometers and their accuracy with caloric expenditure.
- 2014 Co-investigator on local school's initiatives for using School Health Guidelines to promote healthy eating and physical activity. Received training from American Cancer Society and the Center for Disease Control for creating and tracking local support initiatives.
- 2012 Co-investigator on the influence of a mobile health app on elementary students' nutrition confidence. The study consisted of 61 first and second graders in a treatment-control repeated measures analysis.
- 2011 Co-investigator on a comparison of moderate to vigorous physical activity (MVPA) in flag rugby, flag football, and basketball. The study consisted of 107 middle school subjects, which wore accelerometers for measurements of MVPA minutes between sport activities.
- 2010 Active Learning Pilot Study. Educational experiences enhanced through technology driven game play in grades 3-5. Foot gaming pads were implemented in grades 3-5 in a local elementary. Students were able to play educational games using only their feet and content knowledge gains were statistically analyzed.

GRANTS

Lowell, S., & **Watterson, T.** (2018). NCAAHPERD-SM Student Major Presentation. SUTEP Grant. Awarded \$2,000.

Watterson, T., Livsey, K., & Wall-Bassett, B. (2018). Healthy Habits: Timing for Developing Sustainable Healthy Behaviors in Children and Adolescents. National Institute of Health Grant for \$322,932. In Progress.

Watterson, T., & Hudson, D. (2018). Building a Collaborative Network of Health and Human Performance Facilities to Better Utilize Health and Human Performance Measures and Feedback for Supporting Health Behaviors of rural North Carolinians. UNC Systems IPG for \$74,980. Submitted May 2018, not awarded.

Watterson, T., & Wells, G. (2018). Intentional Learning Plan Grant. Provost Office. Awarded \$1,250.

Lowell, S., & **Watterson, T.** (2017). Collaboration NCAAHPERD-SM Professional Development and Classroom Implementation Program. SUTEP Grant. Awarded \$2,100.00.

Watterson, T., & Wells, G. (2016). Intentional Learning Plan Grant. Provost Office. Awarded \$1,000.

Lowell, S., & **Watterson, T.** (2016). NCAAHPERD-SM Student Major Presentation. SUTEP Grant. Awarded \$2,313.60.

Watterson, T. (2016). Engaging Businesses for Health. Building the evidence base for private sector investment in the health of the community. A Robert Wood Johnson Foundation Grant for \$250,000. Submitted May 2016, not awarded.

Watterson, T. (2015). AFIT Research Study. School of Teaching and Learning Research Support Grant. Awarded \$5,060.

Watterson, T. (2014). AFIT Research Study. Provost's External Funding Support Grant for \$10,000. Submitted July 2014., not awarded.

Kilpatrick, M., **Watterson, T.**, Patience, M. (2011). A Comparison of Moderate to Vigorous Physical Activity (MVPA) in Flag Rugby, Flag Football, and Basketball. Flag Rugby Association. Awarded \$15,000.

Flory, S., **Watterson, T.** (2011). Health at School, Work and Home – Polk County, FL Center for Disease Control Community Transformation Grant Assistant Evaluator – \$1.5 million budget of a \$15 million grant Submitted July 2011, not awarded.

Watterson, T. (2011). Balance of Nutrition and Physical Activity Integrating Technology. National PTA Healthy Lifestyles Grant. \$1000. Submitted September 2011, not awarded.

SERVICE

Western Carolina University service

Health & Physical Education Program Coordinator	2018-
University Athletics Committee	2018-
Professional Education Council	2018-
HPE Search Committee Member Liberal Studies position I	2018
HPE Search Committee Member Liberal Studies position II	2018
Office of Field Experience Search Committee	2018
Faculty Advisor to the Dean	2017-
Health Educators Academy Member	2017-
Nominations and Elections Committee Member	2017-
HPE Internship Evaluation Committee	2017-
HPE Retention Committee	2017-
Botner Superior Teaching Award Committee Member	2016-
STL Director Evaluation Committee	2017-
HPE Search Committee Member Liberal Studies position	2017
HPE Search Committee Member Pedagogy position	2017
BOG Excellence in Teaching Award Committee	14/15
HPE Search Committee Member Exercise Science position	13/15
STL Scholarly Development Committee	2014-
Department Social Committee	2014-
CAEP Technology Committee	2014-
University Video Capture Policy Committee	14/15
Program Coordinator for HPE majors club	2014-
HPE Peer Review Committee	2014
Student Faculty advisor	2013-

Professional service

Tampa Preparatory School HPE Curricular Review	2018
Newly Created Lab School Initiative	2017-
National Speak Out Day in DC, with WCU Students	2014-
PE Central app entry website editor	2013-
PE Central app development advisory board member	12/13

Community service

Advisory Council Catamount School	2018-
High School Cross Country Volunteer Coach	2018-
Community Healthy Living Festival Activities	2017
Hosted Community Get Fit Challenge Games	2016
Hosted middle school Cross Country meet	2016

Middle School Cross Country Assistant Coach	2016
Blast Off program member for at risk students – Midwest/Rec center	14/16
Recreational soccer coach	13/14

University of South Florida service

Technology Action Group (TAG) departmental representative	2012
Physical Education program revision committee member	2012
College of Education Committee - internship assessment instrument dev.	11/12
iTeach initiative member for integrating technology into teaching	2011
Developmental team member for secondary school’s residency program	2011
Inter Rated Reliability Committee member for SACS Assessment	2010
Search Committee member for Elementary Physical Education position	09/10
Search Committee member for Secondary Physical Education position	09/10

PROFESSIONAL MEMBERSHIP

National Association for Kinesiology in Higher Education
 American Alliance for Health Physical Education Recreation and Dance
 North Carolina Alliance for Health Physical Education Recreation and Dance
 National Association for the Education of Young Children
 National Strength & Conditioning Association

CERTIFICATIONS

American Red Cross CPR & First Aid Instructor
 Previously held
 National Athletic Training Association Certification
 Florida Licensed Athletic Trainer
 Certified Strength and Conditioning Specialist

AWARDS

College/University Teacher of the Year, NCPEA (Awarded 2017)
 Botner Superior Teaching Award (nominee 2019)
 Mentor of the year award, SHAPE (nominee 2019)
 Innovative Scholarship Award, WCU (nominee 2018)
 Botner Superior Teaching Award, WCU (nominee 2018)
 Faculty of the Year Award, WCU (nominee 2018)

UNIVERSITY TEACHING EXPERIENCE

Western Carolina University

Graduate Level

HPE 621-01: Rsrch Hlth & Human Perf
HPE 610-20: Adv Cont & Strat Schl Hlth Int
HPE 583: Phys Ed Adv Intrnshp.

Undergraduate Level

HPE 212: Found of Health-Phys Ed.
HPE 223: Appl Kines I Anat Phys Biomech.
HPE 225: Appl Kines II/Exer Physiology.
HPE 240: Care/Prevent Athletic Injuries
HPE 256: Physical Education Pedagogy.
HPE 311: Eval & Assess in HPE.
HPE 343: Classrm Mgt for Health & PE
HPE 354: Lifetime Sport and Phys Act I.
HPE 488: Health & PE Internship.
HPE 489: HPE Internship II: K-8.
HEAL 250: First Aid and Safety Education
HEAL 123: Health and Wellness

University of South Florida

Graduate Level

PET6444: ID and C: Dance and Gymnastics – online
PET6706: Analysis of Research PE - online

Undergraduate Level

PET3312: Biomechanics	HSC3301: HSNMS for the Young Child
PET4380: Appl Ex Sci	PET4942: Phys Ed Intern: Elementary
PET4401: Class Mgt, Org, Admin of PE	PET4946: Internship in PE: Elementary
HLP4722: Health/Phys Ed for Child	PET4947: Phys Ed Intern: Secondary
PET3031: Motor Behavior	PET3012: Prof Devl in Phys Educ I
PET3441: Inst Des/Con:Mid Sch PE	PET4944: Internship in PE: Secondary
EDG4909: Applied Ex Sci	HUN2201: Nutrition-online
HLP4722: Health/Phys Ed for Child – online	PET3624: Emergency Mgmt in AT
	PET2622: Care & Prevention of injuries