Debby F. Singleton

Western Carolina University

Human Services

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## Education

CERT, University of North Carolina at Chapel Hill, 2007.

Major: Public Health

MA, University of North Carolina at Chapel Hill, 1986.

Major: Physical Education: Exercise Science

Supporting Areas of Emphasis: Adult Fitness

Thesis Title: "The Aerobic Training Effect of the New & Improved Jane Fonda Workout"

BS, Longwood University, 1984.

Major: Health & Physical Education: K-12

Supporting Areas of Emphasis: Adult Fitness

## Licensures and Certifications

Project Wild Facilitator, NC Wildlife Resources Commission. (November 2009 - Present).

K-12 Health & Physical Education, Virginia and North Carolina. (June 1984 – Present).

ACA Level 1/2 Stand Up Paddleboard Instructor, American Canoe Association. (August 2014 - December 31, 2021).

Epinephrine Administration Certification, WCU Health Services. (March 2, 2020 - March 1, 2021).

ACSM Certified Exercise Physiologist, American College of Sports Medicine. (July 1997 - December 2020).

PSIA Level II Alpine Ski Instructor, Professional Ski Instructors of America. (December 1990 - June 2020).

Wilderness First Aid & CPR, American Red Cross. (May 2020 - May 2021).

## Professional Memberships

National Physical Activity Society, NPAS, member, National. (August 2017 - Present).

American Canoe Association, ACA, International. (August 2014 - Present).

National Parks & Recreation Association, NRPA, National. (August 2014 - Present).

North Carolina Parks & Recreation Association, NCRPA, State. (September 2013 - Present).

Adventure Cycling Association, National. (January 2006 - Present).

American Whitewater, AW, National. (January 2006 - Present).

Appalachian Trail Conservancy, ATC, National. (January 2006 - Present).

Rails to Trails Conservancy, RTC, National. (January 2006 - Present).

North Carolina Alliance for Athletics, Physical Education, Recreation, Health, Dance and Sport Management, NCAAHPERD-SM, State. (January 2000 - Present).

Professional Ski Instructors of America, PSIA, National. (November 1986 - Present).

IDEA Health & Fitness, IDEA. (January 1986 - Present).

Society of Health & Physical Educators, SHAPE, National. (June 1984 - Present).

American College of Sports Medicine, ACSM, International. (August 1983 - Present).

## Development Activities Attended

Self-Study Program, "NHI101x: Drawing Nature, Science and Culture: Natural History Illustration 101", The University of Newcastle, Australia, 3 credit hours. (June 2017 - August 2018).

Workshop, "PSIA Personal Development Clinic", Professional Ski Instructors of America, Davis, WVA, US, 12 credit hours. (February 7, 2018 - February 8, 2018).

Tutorial, "Campus Security Authority Training", Western Carolina University, Cullowhee, NC - North Carolina. (November 30, 2017).

Workshop, "ACA National Paddlesports Conference & Instructor Update Clinic", American Canoe Association, Bryson City, NC, US, 12 credit hours. (October 20, 2017 - October 21, 2017).

Workshop, "Low Ropes Course Training", Parks & Recreation Management Program-WCU, Cullowhee, NC - North Carolina, US, 12 credit hours. (August 14, 2017 - August 15, 2017).

Workshop, "PSIA Alpine Workshop Clinic", Professional Ski Instructors of America, Banner Elk, NC, US, 12 credit hours. (February 22, 2016 - February 23, 2016).

Workshop, "Pedagogies of Hope: Social Responsibility, Engaged Teaching and Future of Education", WCU: Center for Service Learning, Cullowhee, NC, US. (October 6, 2015).

Workshop, "Infographics", WCU: Coulter Faculty Commons, Cullowhee, NC - North Carolina, US. (September 17, 2015).

## Awards and Honors

* Recognized by Chancellor’s List recipients. Each semester.
* Nominated for Faculty of the Year Award by WCU Student Government Association, March 2018.
* High School Ski-Snowboard Racing Coach of the Year, Cataloochee Ski Area, March 2017.
* Selected as one of five finalists for the WCU Award for Excellence in Community Engagement, 2017.
* Nominated for the First Year Advocate Award, 2014, 2015.
* Recognized by Honors College for 4.0 Award, 2014, 2015.
* Received the Excellence in Teaching Liberal Studies Award, 2009.
* Selected as one of the five finalists for the Chancellor’s Distinguished Teaching Award, 2008.
* Selected as one of the five finalists for the Last Lecture Award, 2008.
* Received the Chancellor’s Meritorious Award for Engaged Teaching, 2008.
* Nominated for the Chancellor’s Meritorious Award for Engaged Teaching, 2007.
* Nominated for the Excellence in Teaching Liberal Studies Award, 2006, 2008, 2012, 2013.
* Selected as one of the five finalists for the Taft B. Botner Award for Teaching Excellence, 2004.
* Recognized as “Most Outstanding Faculty Member”, 2002; Student Government Association.
* Nominated for the Chancellor’s Distinguished Teaching Award, 2000.
* Awarded WCU “Outstanding Faculty Member” by Student Government Association, 1998.
* Recognized as a WCU “Outstanding Student Affairs Department Head”, 1998.
* Awarded WCU “Golden Apple” Award, 1997, presented to outstanding faculty/staff.
* WCU Fitness Center Student Staff recognized as “Outstanding Student Operating Program”, 1996.

## TEACHING

## Teaching Experience

Western Carolina University

HPE 360, Sexual Heal Thru Lifespan, 1 course.

PE 203, Snowboarding, 2 courses.

PE 204, Alpine Skiing, 2 courses.

PRM 224, Srvy of Outdr Advntre Actvtes, 3 courses.

PRM 255, Active Recreation & Leisure, 7 courses.

PRM 260, Prof Planning in PRM, 5 courses.

PRM 270, Leadership/Group Dyn Rec, 3 courses.

PRM 293, Topics in PRM, 1 course.

PRM 310, Stand Up Paddling, 6 courses.

PRM 350, Univ & Career Planning in PRM, 2 courses.

PRM 370, Capstone Internshp Orientatn, 10 courses.

PRM 383, Mini-Internshp I in PRM, 6 courses.

PRM 430, Entrepreneur & Comm Rec, 5 courses.

PRM 434, High Advent Travl-Outfit, 2 courses.

PRM 435, PR Sites-Facilities-Pgms, 2 courses.

PRM 461, Mgt & Admin of PRM, 6 courses.

PRM 480, Independent Study, 9 courses.

PRM 483, Capstone Intrnshp in PRM I, 10 courses.

PRM 484, Capstone Internshp in PRM II, 6 courses.

PRM 485, Intrnshp in Prks-Rec Mgt, 4 courses.

PRM 486, Field Experience, 1 course.

PRM 493, Topics in Parks-Rec Mgt, 5 courses.

USI 130, University Experience, 1 course.

## Directed Student Learning

Directed Individual/Independent Study, "The Influence of Nature," Human Services. (August 2020 - November 2020).  
Advised: Katherine Murray

Directed Individual/Independent Study, "Invasive Species of Chimney Rock Park," Human Services. (May 2020 - August 2020).  
Advised: Jessica Maddox

Directed Individual/Independent Study, "International Instructor Guidebook," Human Services. (September 2019 - December 2019).  
Advised: Ryan Paquette

Directed Individual/Independent Study, "Environmental Educator Certification," Human Services. (August 2019 - December 2019).  
Advised: Conner White

Directed Individual/Independent Study, "Leadership & Facilitation of Inclusion Activities," Human Services. (August 2019 - November 2019).  
Advised: Ashley Johnson

Directed Individual/Independent Study, "Active Recreation & Leisure Teaching & Leading," Human Services. (August 2019 - November 2019).  
Advised: Keely Greene

Directed Individual/Independent Study, "Development of Leadership, Teaching, & Risk Management Skills for Stand Up Paddling," Human Services. (August 2019 - October 2019).  
Advised: William Walker

Directed Individual/Independent Study, "Exploration of Adventure Based Activities," Human Services. (June 2019 - August 2019).  
Advised: Robert Duplak

Directed Individual/Independent Study, "Survey of Trails in Jackson County, NC," Human Services. (May 2019 - July 2019).  
Advised: Barrett Wall

Directed Individual/Independent Study, "Professionalism in Parks & Recreation Management," Human Services. (May 2019 - July 2019).  
Advised: Jacqueline Lanner

## RESEARCH

## Published Intellectual Contributions

Other

Singleton, D. F. (2020). *PRM Student Handbook*.

Singleton, D. F. (2019). *PRM Capstone Internship Requirements*.

Singleton, D. F. (2019). *Parks & Recreation Management Student Handbook 2019*.

Singleton, D. F. (2018). *Capstone Internship*. https://www.wcu.edu/learn/departments-schools-colleges/ceap/humanserv/prm/resources-for-prm-students.aspx

Schultz, C. S., Singleton, D. F., Bobilya, A. J., Middleton, G. D., & Tholkes, B. F. (2018). *Parks and Recreation Management Student Handbook 2018*. http://www.wcu.edu/learn/departments-schools-colleges/ceap/humanserv/prm/

## Presentations Given

Singleton, D. F., Burcaw, J. (Leader), NCRPA State Conference 2018, "From Hungry Hippos to Harry Potter: Move More through Pop Culture," NCRPA, Winston Salem, NC. (October 25, 2018).

Singleton, D. F., NCRPA State Conference 2018, "Strategies for the Life Work Pendulum," NCRPA, Winston Salem, NC. (October 24, 2018).

Singleton, D. F., NCRPA Monthly Wellness Webinar, "#OutdoorLearning, #Collaboration, #Parks&Rec," NCRPA, Online, NC. (May 30, 2018).

Singleton, D. F., Collaborative Regional Educational Workshop (CREW), "Living for Snow Days, Holidays, & Summer Vacation? Achieving Life Work Balance for Educators," Cherokee Central School, Cherokee, NC. (October 5, 2017).

Singleton, D. F., Collaborative Regional Educational Workshop (CREW), "What Happened to Biophilia & How to Revive it for our Kids," Cherokee Central School, Cherokee, NC. (October 5, 2017).

Singleton, D. F., North Carolina Recreation & Parks Association Conference, "Leisure & Work-Life Balance," NCRPA, Charlotte Convention Center, Charlotte, NC. (October 25, 2016).

Singleton, D. F. (Presenter & Author), Watterson, T. A. (Presenter & Author), McKnight, M. (Presenter & Author), Collaborative Regional Educational Workshop, "Brain Breaks & Energizers," North Carolina School Board, Cherokee Central Schools, Cherokee, NC. (October 6, 2016).

Watterson, T. A. (Presenter & Author), Singleton, D. F. (Presenter & Author), McKnight, M. (Presenter & Author), Collaborative Regional Educational Workshop, "Creating Developmentally Appropriate Games and Activities for Today’s Students.," North Carolina School Board, Cherokee Central Schools, Cherokee, NC. (October 6, 2016).

Singleton, D. F., Adventure Education Conference, "What's SUP? The Beta on Starting a SUP Program," Southwestern Community College, Sylva, NC. (November 13, 2015).

Singleton, D. F., M. J., Hasbrouck, T., Ward, R., Drauszewski, M., Helms, M., Smoker, A. C., Browne, J., Adventure Education Conference, "WHEE Get Active: A Winning Combination," Southwestern Community College, Sylva, NC. (November 13, 2015).

Singleton, D. F. (Presenter & Author), Watterson, T. A. (Presenter & Author), McKnight, M. (Presenter & Author), Collaborative Regional Educational Workshop, "Brain Breaks and Energizers for Elementary Schools," North Carolina School Board, Cherokee Central School, Cherokee, NC. (October 30, 2015).

Watterson, T. A. (Presenter & Author), Singleton, D. F. (Presenter & Author), McKnight, M. (Presenter & Author), Collaborative Regional Educational Workshop, "Brain Breaks and Energizers for Secondary Schools," North Carolina School Board, Cherokee Central School, Cherokee, NC. (October 30, 2015).

Singleton, D. F. (Presenter & Author), Bennett, J. (Presenter & Author), Turke, E. (Presenter & Author), Women's Leadership Conference, "Leisure & The Work-Life Balance," Western Carolina University, Intercultural Affairs, Western Carolina University, Cullowhee, NC. (March 28, 2015).

Singleton, D. F., TEAM Up for School Health & Wellness, "Apples to Zumba: Putting the School Health Guidelines," Western Carolina University, NC Action for Healthy Kids, Jackson County Department of Public Health, CDC, NC PTA, Smoky Mountain High School. (March 19, 2015).

Watterson, T. A. (Presenter & Author), Singleton, D. F. (Presenter & Author), Team up for School Health and Wellness, "Putting the School Health Guidelines to Work: Team up for School Health and Wellness," Action for healthy kids, CDC, ACS, Smoky Moutain High School. (March 19, 2015).

Singleton, D. F., NC Tour: Our State, Our Time, "History of Outdoor Recreation in Western NC," Western Carolina University, Cullowhee, NC. (February 12, 2015).

## Media Contributions

Internet

Wallet Hub. (May 20, 2020).

Western Carolina University News. (March 26, 2020).

Wallet Hub. (July 2, 2019).

Other

Student Athlete Profile: Eynde Frazier. (March 23, 2018).

## Contracts, Grants and Sponsored Research

Grant

Singleton, D. F. (Co-Principal), Clapp, A. G. (Co-Principal), Poole, T. (Co-Principal), Grant, "WildWatch: A Community Based Outdoor Classroom Project", SUTEP, Western Carolina University, $1,500.00, Funded. (sub: October 2017, start: November 2017, end: May 2018).

Singleton, D. F., M. E., Grant, "We Run the School", College of Education & Allied Professions, Western Carolina University, $0.00, Not Funded. (sub: September 2015, start: August 2015, end: September 2015).

Sponsored Research

Singleton, D. F., Watterson, T. A. (Co-Principal), McNight, M. (Co-Principal), Sponsored Research, "School Health Guidelines to Promote Healthy Eating and Physical Activity", WCU, Centers for Disease Control, American Cancer Society, Federal, $0.00. (sub: November 2013, start: November 2013, end: July 2017).

## Intellectual Contributions in Submission

Journal Articles

Chandler, R., Wells, G. M., Singleton, D. F., & Stringer, A. The health and fitness impacts of a university health class on college students. *International Journal of Kinesiology in Higher Education*.

## Other Research/Scholarly Activity

"Fitness Level of Health Liberal Studies Students" (On-Going). (August 2002 - Present).  
Within our Health Liberal Studies courses, we collect pre and post fitness testing data each semester. Upon analysis, we have determined a positive correlation between the class and the improvement of personal fitness levels. Ongoing research which focuses on a more longitudinal model is projected.

"WCU Trail APP". (August 2013 - April 2016).  
Collaborating with Dr. Dan Clapper, CIS students and graphic design faculty and students on the creation of a WCU Trail APP for smart phones, tablets, and other mobile devices. The trail app utilizes data from the WHEE Adventure Guides.

## SERVICE

## University Service

Committee Member, Human Services Department DCRD Committee. (August 2020-Present)

Committee Member, Online Learning Management Review Team. (January 2020 - Present).

Committee Member, Institutional Internship Committee. (November 2018 - Present).

Faculty Advisor, WCU Ski-Snowboard Team. (September 2017 – May 2020).

Committee Member, Integrated Design for Outdoor Gear Certificate. (April 2017 – August 2019).

Chairperson, PRM Internship & Jobs Clearinghouse. (August 2015 - Present).

Guest Speaker, PRM 254 Introduction to Outdoor Pursuits. (September 2014 - Present).

Committee Member, PRM Scholarship. (August 2014 - Present).

Committee Member, WHEE for Life. (August 2014 - Present).

Committee Member, Western Outdoor Council (WOC). (August 2010 - Present).

Chairperson, PRM Advising & Capstone Internships. (August 2005 - Present).

Faculty Advisor, PRM Major Advisor. (August 2002 - Present).

Attendee, Graduation, PRM Graduation. (May 2001 - Present).

Committee Member, PRM Search Committee. (January 2020 - May 2020).

Committee Member, CEAP Diversity Committee. (August 2017 - August 2019).

Faculty Advisor, PRM 461 Greenday @ the Greenway. (January 2019 - May 2019).

Committee Member, PRM Search Committee. (January 2019 - April 2019).

Volunteer Facilitator, Poverty Simulation. (February 6, 2019).

Committee Member, LEAD: Outdoor Gear Conference. (September 2017 - November 2018).

Volunteer Facilitator, Poverty Simulation. (November 26, 2018).

Faculty Advisor, PRM 461 WHEE Adventure Guide Refresh. (January 2018 - May 2018).

Faculty Advisor, PRM 461 Games Night Event. (February 2018 - April 2018).

Faculty Mentor, Undergraduate Research Expo. (March 2005 - March 2018).

Committee Member, PRM Search Committee. (March 30, 2017 - June 30, 2017).

Committee Member, CEAP Scholarship Committee. (September 2016 - May 2017).

Committee Member, Nominations & Elections Committee. (November 2015 - February 2017).

Guest Speaker, HPE 360: Sexual Health Guest Speaker. (January 2017).

Faculty Advisor, PRM Club. (August 2014 - December 2016).

Committee Member, Coulter Faculty Commons Strategic Planning Committee. (September 2016 - October 2016).

Committee Member, Cullowhee Canoe Slalom. (August 2016 - October 2016).

Consultant, Race Course Consultant HSCC Hunger Walk 5K. (August 2016 - October 2016).

Workshop Organizer, WHEE for Life-SUP. (June 2016 - August 2016).

Guest Speaker, WCU Orientation. (June 2016).

Committee Member, PRM Search Committee. (February 2016 - June 2016).

Committee Member, Reid Gym Social Committee. (August 2015 - June 2016).

Committee Member, WCU Mountain Sports Festival. (January 2015 - June 2016).

Mentor, PE 365: Physical Activity & Aging. (January 2016 - May 2016).

Committee Member, PRM Program Review. (June 2015 - May 2016).

Mentor, HPE 360: Sexual Health. (January 2016 - April 2016).

Guest Speaker, PE 365: Physical Activity & Aging. (April 7, 2016).

Assisted with Coordination of Student Help & Activities, Parents Night Out HPE. (March 5, 2016).

Faculty representative and transportation coordinator, Adventure Education Conference. (October 2015 - November 2015).

Committee Member, HS Department Admin Asst Search Committee. (August 2015 - November 2015).

Consulted and provided expertise, PRM 361 SUP Clinic. (October 2015).

Committee Member, Cullowhee Canoe Slalom. (August 2015 - October 2015).

Faculty Advisor, All Majors Fair. (September 30, 2015).

Committee Member, Welcome Team for Freshman Move In. (August 2015).

Guest Speaker, WHEE Teach. (August 13, 2015).

Committee Member, Display Case (Reid). (August 1, 2003 - July 2015).

Guest Speaker, WCU Orientation. (June 2015).

Committee Member, Reid Gym Social Committee. (August 2014 - June 2015).

Attendee, Graduation, PRM Graduation. (December 2014 - May 2015).

## Professional Service

Consultant, Jackson County Trails & Greenway Committee, Cullowhee, NC. (December 2019 - Present).

Committee Member, North Carolina Recreation & Parks Association: Wellness Advisory Group, NC. (October 2017 - Present).

Chairperson, Jackson County Trails & Greenway Committee, Cullowhee, NC. (March 2018 - December 2019).

Committee Member, Jackson County Community Health, Sylva, NC. (February 2016 - June 2018).

Committee Member, Adolescent Pregnancy Prevent Coalition Committee, Sylva, NC. (August 2009 - June 2018).

Committee Member, Jackson County Trails & Greenway Committee, Sylva, NC. (April 2017 - April 2018).

Program Organizer, Healthy Living Festival: JC Healthy Carolinians Committee, Cullowhee, NC. (January 2018 - March 2018).

Head Coach, SMHS Ski-Snowboard Team, Sylva, NC. (November 2016 - March 2017).

Coach, Fairview Elementary School Running Club, Sylva, NC. (October 2015 - May 2016).

Coach, SMHS Ski-Snowboard Team. (November 2015 - March 2016).

Committee Member, Jackson County 4H Program Review, Sylva, NC. (February 2016).

Special Provider, Fairview Elementary School Wellness Program, Sylva, NC. (August 2015 - October 2015).

Consultant & Collaborator, Cataloochee Ski Area, Maggie Valley, NC. (July 2014 - January 2015).

## Public Service

Faculty Advisor, PRM 461 Trails Assessment Committee, Cullowhee, NC. (January 2018 - May 2018).

Volunteer, NC Science Olympiad: State Tournament, Raleigh, NC. (April 21, 2018).

Faculty Advisor, PRM 255 Healthy Living Festival Games & Activities, Cullowhee, NC. (January 2018 - March 2018).

Volunteer, NC Science Olympiad: Western Regional Tournament, Cullowhee, NC. (March 10, 2018).

## School Service

"Course Consultant for Fairview 3K", 5 services, No, Western Region of NC, Jackson (500) (Fairview Elementary), 100 B-12 students served, 100 parents served, 30 teachers served, 2 administrators served. (January 2019 - May 2019).

"School Health Advisory Council (SHAC)", 4 services, No, Individual District(s), Jackson (500), 6 administrators served. (August 2017 - June 2018).

"Course Consultant for Fairview Flyin' Eagle 5K Race", 5 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 70 B-12 students served, 180 parents served, 30 teachers served, 2 administrators served. (March 2018 - May 2018).

"PRM 461 Fairview Running Club/5K Project", 6 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 70 B-12 students served, 140 parents served, 10 teachers served, 3 administrators served. (February 2018 - May 2018).

"PRM 461 Fairview Trail Revitalization Project", 6 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 70 B-12 students served, 140 parents served, 10 teachers served, 3 administrators served. (February 2018 - May 2018).

"PRM 461 Wildwatch-Catamount School Project", 6 services, No, Individual District(s), Jackson (500) (The Catamount School), 25 B-12 students served, 50 parents served, 1 teachers served, 2 administrators served. (January 2018 - May 2018).

"PRM 461: SMHS Outdoor Education Module", 6 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 30 B-12 students served, 60 parents served, 2 teachers served, 1 administrators served. (February 2018 - April 2018).

"Science Olympiad Mentor, Volunteer, Chaperone", 10 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 18 B-12 students served, 40 parents served, 2 teachers served, 2 administrators served. (September 2017 - April 2018).

"Volunteer SMHS Concession Stand", 6 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 100 B-12 students served, 100 parents served, 2 administrators served. (August 2017 - October 2017).

"School Health Advisory Council (SHAC)", 4 services, No, Individual District(s), Jackson (500), 6 administrators served. (August 2016 - June 2017).

"Course Consultant for Fairview Flyin' Eagle 5K Race", 5 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 60 B-12 students served, 180 parents served, 30 teachers served, 2 administrators served. (February 2017 - May 2017).

"5K Race Consulting: SMHS HOSA Club", 5 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 30 B-12 students served, 2 teachers served, 1 administrators served. (February 2017 - April 2017).

"Science Olympiad Mentor, Volunteer, Chaperone", 10 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 18 B-12 students served, 40 parents served, 2 teachers served, 2 administrators served. (September 2016 - April 2017).

"SMHS Ski-Snowboard Team Coach", 25 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 15 B-12 students served, 30 parents served, 1 administrators served. (November 2016 - March 2017).

"SMHS JV-Varsity Women's Basketball Teambuilding Workshop", 3 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 24 B-12 students served, 3 teachers served, 1 administrators served. (September 2016 - November 2016).

"Fairview Walk to School Day", 5 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 350 B-12 students served, 125 parents served, 10 teachers served, 3 administrators served. (August 2016 - October 2016).

"Volunteer SMHS Concession Stand", 6 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 100 B-12 students served, 100 parents served, 2 administrators served. (August 2016 - October 2016).

"SMHS Show Choir Boosters-Secretary", 6 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 54 B-12 students served, 60 parents served, 2 teachers served, 2 administrators served. (September 2015 - June 2016).

"School Health Advisory Council (SHAC)", 8 services, No, Individual District(s), Jackson (500), 6 administrators served. (August 2015 - June 2016).

"Race Coordinator for Fairview Flyin' Eagle 5K Race", 10 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 60 B-12 students served, 180 parents served, 30 teachers served, 2 administrators served. (February 2016 - May 2016).

"Active Routes to Schools: Cooperative Projects", 15 services, No, Individual District(s), Jackson (500) (Cullowhee Valley, School of Alternatives), 250 B-12 students served, 100 parents served, 5 teachers served, 4 administrators served. (January 2016 - May 2016).

"Fairview Running Club", 10 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 45 B-12 students served, 20 parents served, 5 teachers served, 2 administrators served. (October 2015 - May 2016).

"Outdoor Recreation Careers Presentation", 1 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 24 B-12 students served, 2 teachers served. (April 2016).

"Science Olympiad Mentor and Chaperone", 10 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 18 B-12 students served, 2 teachers served. (January 2016 - April 2016).

"SMHS Show Choir NYC Trip: Chaperone", 8 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 34 B-12 students served, 50 parents served, 3 teachers served, 2 administrators served. (February 2016 - March 2016).

"SMHS Ski-Snowboard Team Coach", 25 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 15 B-12 students served, 30 parents served, 1 administrators served. (November 2015 - February 2016).

"5K Race Consulting: Scotts Creek", 3 services, No, Individual District(s), Jackson (500) (Scotts Creek Elementary), 1 teachers served, 1 administrators served. (September 2015 - October 2015).

"Grant Collaboration & Assistance", 2 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 2 teachers served. (September 2015 - October 2015).

"Volunteer SMHS Concession Stand", 6 services, No, Individual District(s), Jackson (500) (Smoky Mountain High School), 100 B-12 students served, 100 parents served, 2 administrators served. (August 2015 - October 2015).

"Fairview Running Club", 10 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 88 B-12 students served, 180 parents served, 7 teachers served, 2 administrators served. (March 2015 - May 2015).

"Active Routes to Schools: Cooperative Projects", 20 services, No, Individual District(s), Jackson (500) (Cullowhee Valley, Fairview, Heritage Christian Academy), 250 B-12 students served, 200 parents served, 10 teachers served, 4 administrators served. (January 2015 - May 2015).

"Race Coordinator for Fairview Flyin' Eagle 5K Race", 20 services, No, Individual District(s), Jackson (500) (Fairview Elementary), 88 B-12 students served, 180 parents served, 30 teachers served, 2 administrators served. (December 2014 - May 2015).

"JCPTA-Health Initiatives Committee Member", 4 services, No, Individual District(s), Jackson (500), 1 teachers served, 1 administrators served. (September 2013 - May 2015).

## Awards and Honors

Service, Community

WCU Award for Excellence in Community Engagement, Provost Office, Service, Community, Regional. (March 2017).

Service, University

CEAP Service Award, College of Education & Allied Professions, Service, University. (March 2020).