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## ***Educational Background***

Ph.D.	Arizona State University	2003	Curriculum and Instruction (Physical Education)
M.S.	Texas Christian University	1998	Exercise Physiology
B.A.	Northern Kentucky University	1996	Physical Education (Recreation/Fitness)

## ***Experience***

**University of Kentucky** Lexington, Kentucky (5/10 – present) Position: Associate Professor  
**University of Kentucky** Lexington, Kentucky (8/04 – 5/10) Position: Assistant Professor  
**Cal Poly – Pomona** Pomona, California (9/03 –8/04) Position: Assistant Professor  
**Arizona State University** Tempe, Arizona (8/00–5/03) Position: Graduate Teaching Assistant  
**Mesa Public Schools** Mesa, Arizona (8/02–5/03) Position: Physical Education Dept. Intern.  
**AzAHPERD** Tempe, Arizona (11/00-11/01) Position: Convention Co-Manager  
**Episcopal School of Dallas** Dallas, Texas (9/98-6/00) Position: Physical Education Teacher

## ***Refereed Publications***

Beets, M. W., Huberty, J., Beighle, A., Moore, J. B., Webster, C., Ajja, R., & Weaver, R. G. (in press). Impact of policy environment characteristics on physical activity and sedentary behaviors of children attending afterschool programs. *Health Education and Behavior*.

Huberty, J., Beets, M. W., Beighle, A., Saint-Maurice, P.F., & Welk, G. (*in press*). Effects of Ready for Recess, an environmental intervention, on physical activity in 3rd - 6th grade children. *Journal of Physical Activity and Health*.

Beets, M. W., Huberty, J., & Beighle, A. (*in press*). Systematic observation of physical activity in afterschool programs: Preliminary findings from Movin' Afterschool intervention. *Journal of Physical Activity and Health*.

Huberty, J. L., Beets, M. W., Beighle, A., & McKenzie, T. (in press). Association of staff behaviors and afterschool program features to physical activity: Findings from Movin' Afterschool. *Journal of Physical Activity and Health*.

Beets, M. W., Weaver, R. G., Beighle, A., Webster, C., & Pate, R. R. (*in press*). Physical activity levels of children attending day-long summer camps. *Journal of Physical Activity and Health*.

Ickes, M. J., Erwin, H. E., & Beighle, A. (*in press*). Systematic review of recess interventions to increase physical activity. *Journal of Physical Activity and Health*.

Erwin, H. E., Abel, M. G., Beighle, A., Noland, M. P., Worley, B., & Riggs, R. (*in press*). The contribution of recess to children's school-day physical activity. *Journal of Physical Activity and Health*.

Beets, M.W., Rooney, L., Tilly, F., Beighle, A., & Webster, C. (*in press*). Evaluation of policies to promote physical activity in afterschool programs: Are we meeting current benchmarks? *Preventive Medicine*. 51(3-4), 299-301.

Beets, M.W., Wallner, M. & Beighle, A. (*in press*). Defining standards and policies for promoting physical activity in afterschool programs. *Journal of School Health*. 80(8), 411-417.

Sallis, J.F., McKenzie, T.L., Beets, M.W., Beighle, A., Erwin, H., & Lee, S. (2012). Physical education's role in public health: Steps forward and backward over 20 years and HOPE for the future. *Research Quarterly for Sport and Exercise and Sport*. 83(2), 125-135.

Weaver, R. G., Beets, M.W., Webster, C., Beighle, A. & Huberty, J. (2012). A conceptual model for training afterschool program staffers to promote physical activity and nutrition. *Journal of School Health*, 82(4), 186-195.

Beets, M. W., Huberty, J. L., & Beighle, A. (2012). Pedometer-determined physical activity of children attending afterschool programs: Research- and practice-based implications. *American Journal of Preventive Medicine*.42(2), 180-184.

Beighle, A. & Moore, M. (2012). Physical activity before and after school. *Journal of Physical Education Recreation and Dance*. 83(6). 25-28.

Huberty, J., Wolcott, D., Coleman, J., Beighle, A., & Apenteng, B. (2012). The role of schools in youth physical activity participation: Staff and parent perceptions. *Health Education Research*, June 2012, epub ahead of print.

Siahpush, M., Huberty, J.L., Beighle, A. (2012). Does the effect of a school recess intervention on physical activity vary by gender or race? Results from the Ready for Recess pilot study. *Journal of Public Health Management & Practice*, 18(5), 416-22.

Fairclough, S.J., Beighle, A., Erwin, H., & Ridgers, N.D. (2012). School day segmented physical activity patterns of high and low active children *Bio Med Central Public Health*, 12, 406.

Beighle, A., Erwin, H., Morgan, C. & Alderman, B. (2012). Children's in-school and out-of-school physical activity during two seasons. *Research Quarterly in Sport and Exercise*. 83(1), 103-107.

Beets, M. W., Beighle, A., Bottai, M., Rooney, L., & Tilley, F. (2012). Pedometer-determined step count guidelines for afterschool programs. *Journal of Physical Activity and Health*. 9(1), 71-77.

- Erwin, H. E., Fedewa, A., Beighle, A., & Ahn, S. (2012). A quantitative review of physical activity, health, and learning outcomes associated with classroom-based physical activity interventions. *Journal of Applied School Psychology*. 28(1), 14-36.
- Beets, M. W., Banda, J., Erwin, H. E., & Beighle, A. (2011). A pictorial view of the physical activity socialization of young adolescents outside of school. *Research Quarterly for Exercise and Sport*. 82(4), 769-778.
- Erwin, H. E., Beighle, A., Morgan, C. F., & Noland, M. P. (2011). Effect of a low-cost, teacher-directed classroom intervention on elementary students' physical activity. *Journal of School Health*. 81, 455-461.
- Beets, M. W., Morgan, C. F., Banda, J., Bornstein, D., Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. (2011). Convergent validity of pedometer and accelerometer estimates of moderate-to-vigorous physical activity of youth. *Journal of Physical Activity and Health*. 8(Suppl), S295-S305.
- Huberty, J.L., Beets, M.W., Beighle, A., & Welk, G.J. (2011). Environmental modifications to increase physical activity during recess: Preliminary findings from Ready for Recess. *Journal of Physical Activity and Health*. 8(Suppl), S249-S256.
- Huberty, J.L., Siahpush, M., Beighle, A., Fuhrmeister, E., Silva, P., & Welk, G. (2011) Ready for Recess: A pilot study to increase physical activity in elementary school children. *Journal of School Health*, 81(5), 251-257.
- Abel, M. G., Hannon, J.C., Mullineaux, D., & Beighle, A. (2011). The use of step count rates to determine ambulatory intensity thresholds. *Journal of Physical Activity and Health*. 8(1), 45-51.
- Erwin, H. E., Abel, M., Beighle, A., & Beets, M. (2011). Effects of integrating physical activity with mathematics on activity levels. *Health Promotion Practice*. 12(2), 244-251.
- Huberty, J.L., Beets, M.W., Beighle, A., & Balluff, M. (2010). Movin after school: A community-based support for policy change in the afterschool environment. *Childhood Obesity*. 6(6), 337-341.
- Beighle, A., Beets, M. W., Erwin, H. E., Huberty, J., Moore, J. B., & Stellino, M. (2010). Physical activity promotion in afterschool programs. *After School Matters*, 11, 24-32.
- Beighle, A., Erwin, H. E., Beets, M. W., Morgan, C. F., & Le Masurier, G. C. (2010). America on the move: School-based physical activity promotion. *International Journal of Physical Education*, 47(2), 2-16.
- Erwin, H. E., Docheff, D., & Beighle, A. (in press). Get kids moving in the classroom. *Journal of Physical Education, Recreation and Dance*. 81(9), 15-17.
- Beighle, A., Erwin, H. E., Beets, M. W., & Morgan, C. F. (2010). Comprehensive school physical activity programs: Introduction. PElinks4u online publication at <http://www.pelinks4u.org/articles/cspap0610.htm>

- Beighle, A. (2010). Maximizing recess physical activity. PElinks4u online publication at <http://www.pelinks4u.org/articles/Beighle0610.htm>.
- Moore, J.B., Schneider, L., Lazorik, S., Shores, K.A., Beighle, A., Jilcott, S.B., & Newkirk, J. (2010). Rationale and Development of the Move More North Carolina: Recommended Standards for After-School Physical Activity. *Journal of Public Health Management and Practice*. 16(4):359-366
- Ryan, C., Beighle, A., Greenwell, V., Rice, L., Tackett, J., Vance, T., & Walker, R. (2010). Resources for Increasing Physical Activity in Children and Youth. *Strategies*.
- Prusak, K., Vincent Graser, S., Pennington, T., Beighle, A., & Morgan, C. (2010). Systemic Success in Physical Education: The East Valley Phenomenon. *Journal of Teaching Physical Education*. 29, 85-106.
- Beets, M. W., Bornstein, D., Beighle, A., Cardinal, B. J., & Morgan, C.F. (2010). A 13 country review of pedometer-measured physical activity patterns of youth. *American Journal of Preventive Medicine*.38(2), 208-216.
- Beighle, A., Erwin, H., Castelli, D., & Ernst, M. (2009). Preparing physical educators for the role of physical activity director. *Journal of Physical Education Recreation and Dance*. 80(4), 24-29
- Huberty, J, Balluff, M., Beighle, A., Berg, K. & Sun, J. (2009). Club POSSIBLE: Feasibility of a community collaborative after-school physical activity program for children ages 5-12 years. *Journal of Parks and Recreation Administration*, 27(2), 97-111.
- Beets, M., Beighle, A., Erwin, H., & Huberty, J. (2009). Impact of After-School Programs to Increase Physical Activity and Fitness – A meta-analysis. *American Journal of Preventive Medicine*. 36(6), 527-537.
- Beets, M.W., Le Masurier, G., Beighle, A., Rutherford, J., Rowe, D., Morgan, C. Wright, M., Darst, P., & Pangrazi, R.P. (2008). Can BMI-referenced pedometer step count recommendations be developed for U.S. youth? Findings and future directions. *Journal of Physical Activity and Health*, 5I(5), 665-674
- Beighle, A., Alderman, B., Morgan, C.F., & Le Masurier, G. (2008). Seasonality in children's pedometer-measured physical activity levels. *Research Quarterly in Exercise and Sport*, 79(2), 256-260.
- Morgan, C.F., Beighle, A., & Pangrazi, R.P. (2007). Physical education's contribution to daily physical activity levels of elementary school children. *Research Quarterly in Exercise and Sport*, 78(5), 407-412.
- Reed, J.A., Beighle, A., Phillips, D.A., & Pangrazi, R.P. (2007). Promoting lifelong physical activity in physical education: What should physical educators be accountable for in the 21<sup>st</sup> century. *Journal of ICHPERSD*, XLIII(3), 5-9.

- Castelli, D. & Beighle, A. (2007). Physical education teacher as the school activity director. *Journal of Physical Education Recreation and Dance*. 78(5), 25-29.
- Tudor-Locke, C., Lee, S.M., Morgan, C.F., Beighle, A., & Pangrazi, R.P. (2006). Children's pedometer-determined physical activity patterns during the segmented school day. *Medicine and Science in Sports and Exercise*. 38(1), 1732-1738.
- Beighle, A., Morgan, C.F., Le Masurier, G., & Pangrazi, R. P (2006). Children's physical activity during recess and outside of school. *Journal of School Health*, 76(10), 516-520.
- Beighle, A. & Pangrazi, R.P. (2006). Understanding children's physical activity level: Activity time and steps per minute. *Journal of Physical Activity and Health*, 3(2), 221-229.
- Alderman, B., Beighle, A. & Pangrazi, R.P. (2006). Enhancing physical activity motivation in a quality physical education program. *Journal of Physical Education Recreation and Dance*. 77(2), 41-45, 51.
- Ernst, M., Beighle, A., Corbin, C.B., & Pangrazi, R. P. (2006). Appropriate and inappropriate uses of Fitnessgram: A commentary. *Journal of Physical Activity and Health*, 3(suppl 2), S90-S100.
- Hager, L. & Beighle, A. (2006). Promoting physical activity through physical education: Increasing parental involvement. *Teaching Elementary Physical Education*. 17(1), 28-31.
- Le Masurier, G., Beighle, A., Corbin, C., Darst, P.W., Morgan, C.F., Pangrazi, R.P., Vincent, S. & Wilde, B. (2005). Pedometer-determined physical activity levels of youth. *Journal of Physical Activity and Health*, 2(2), 159-168.
- Beighle, A., & Darst, P.W. (2004). Fitness scavenger hunts for middle school students. *Strategies*, 17(6), 13-15.
- Beighle, A. (2004). Teaching healthy lifestyles with low organized games. *Teaching Elementary Physical Education*. 15(6), 23-25.
- Beighle, A. Morgan, C.F. & Pangrazi, R. P. (2004). Using pedometers in elementary physical education. *Teaching Elementary Physical Education*, 15(1), 17-18.
- Morgan, C.F., Beighle, A., & Pangrazi, R.P. & Pangrazi, D. (2004). Using self-assessment for fitness evaluation. *Teaching Elementary Physical Education*, 15(1), 19-22.
- Pangrazi, R.P., Beighle, A, Vehige, T., & Vack, C. (2003) Evaluating the effectiveness of the State of Arizona's Promoting Lifestyle Activity for Youth program. *Journal of School Health*.73(8), 317-321.
- Morgan, C.F., Pangrazi, R.P., & Beighle, A. (2003). Using pedometers to promote physical activity in physical education. *Journal of Physical Education Recreation and Dance*. 74(7), 33-38.
- Beighle, A., & Pangrazi, R.P. (2002). The 7 habits of highly effective physical education teachers. *Teaching Elementary Physical Education*. 13(4), 6-9.

Beighle, A., Pangrazi, R.P., & Vincent, S.D. (2001). Pedometers, physical activity, and accountability. *Journal of Physical Education Recreation and Dance*. 72(9), 16-19.

## **Abstracts**

Beighle, A. & Erwin, H.E. (2011). School-Based Physical Activity Promotion: Lessons Learned from a Bottom-Up Approach. Poster presented at the annual meeting of the American Association for Health, Physical Education, Recreation, and Dance, San Diego, CA

Erwin, H. E., Schwartz, J. C., Beighle, A., Stellino, M., Abel, M. G., & Koufoudakis, R. M. (2011). Lesson influence on motivation and physical activity in physical education, *Research Quarterly for Exercise and Sport*, 82(Suppl. 1), A39.

Erwin, H. E., Koufoudakis, R. M., Beighle, A., & Schwartz, J. C. (2011). Elementary children's physical activity during indoor recess videos, *Research Quarterly for Exercise and Sport*, 82(Suppl. 1), A39.

Weaver, R.G., Beets, M.W., Webster, C., Beighle, A., Huberty, J., (2011). *A conceptual model for training afterschool program staffers to promote physical activity and nutrition*. Poster presented at the 'Student works in progress' poster session at the annual meeting of the American Association for Health, Physical Education, Recreation, and Dance, San Diego, CA.

Erwin, H. E., Beets, M. W., Beighle, A., & Sims, M. (2010). Relation of social and physical environments to children's physical activity. *Research Quarterly for Exercise and Sport*, 81(Suppl. 1), A108.

Nichols, J.K., Erwin, H.E., & Beighle, A. (2009). Physical activity levels in and out of School. *Research Quarterly in Sports and Exercise*. 80(1 Suppl).

Beighle, A. & Beets. M. (2007). Do body mass index referenced step count recommendations apply to US children (6-12 years)? *Research Quarterly in Sports and Exercise*. 78(1 Suppl).

Alderman, B., Beighle, A., Morgan, C., & Le Masurier, G. (2006). Seasonality of objective measured physical activity in elementary aged school children. *Research Quarterly in Sports and Exercise*. 77(1 Suppl), 22.

Morgan, C.F, Beighle, A., & Pangrazi, R.P. (2005). Does physical education benefit the least active children? *Research Quarterly for Sports and Exercise*, 76(1 Suppl), A-84.

Tudor-Locke, C., Lee, S.M., Morgan, C.F., Beighle, A., & Pangrazi, R.P. (2004). Sex-specific activity patterns of the segmented school day *Research Quarterly for Sports and Exercise*, 75(1 Suppl).

Treasure, D.C., Pangrazi, R.P., Kuczka, K.K., Beighle, A. & Morgan, C. (2003). Development and implementation of a statewide coach education program [Abstract]. *Association for the Advancement of Applied Sport Psychology*. Philadelphia, PA.

## **Books**

- Pangrazi, R.P. & Beighle A. (2010). *Dynamic Physical Education for Elementary School Children* (16<sup>th</sup> ed.) San Francisco: Benjamin Cummings.
- Pangrazi, R.P, Beighle, A., & Pangrazi, D. (2009). *Promoting Physical Activity and Health in the Classroom*. San Francisco: Benjamin Cummings.
- Pangrazi, R.P., Beighle, A., & Sidman, C. (2007). *Pedometer Power* (2<sup>nd</sup> ed). Champaign, IL: Human Kinetics.
- Pangrazi, R.P. (2004). *Dynamic Physical Education for Elementary School Children* (14<sup>th</sup> ed.). San Francisco: Benjamin Cummings. (Aaron Beighle-Contributing Author).
- Pangrazi, R.P., Beighle, A., & Sidman, C. (2003). *Pedometer Power*. Champaign, IL: Human Kinetics.

## **Chapters**

- Beighle, A. (2007). Active and Healthy Schools. In Pangrazi, R.P., *Dynamic Physical Education for Elementary School Children* (15<sup>th</sup> ed.) pp 296-308. San Francisco: Benjamin Cummings.
- Beighle, A. (2007). Cooperative Skills. In Pangrazi, R.P., *Dynamic Physical Education for Elementary School Children* (15<sup>th</sup> ed.) pp 520-537. San Francisco: Benjamin Cummings.
- Beighle, A. (2007). Integrating Academic Concepts. In Pangrazi, R.P., *Dynamic Physical Education for Elementary School Children* (15<sup>th</sup> ed.) pp 213-234. San Francisco: Benjamin Cummings.
- Beighle, A. (2007). Lifetime Activities. In Pangrazi, R.P., *Dynamic Physical Education for Elementary School Children* (15<sup>th</sup> ed.) pp 582-608. San Francisco: Benjamin Cummings.

## **Position Statements, Reports, & Manuals**

- Beighle, A. (2012) *Increasing physical activity through recess. A research brief*. San Diego, CA: Robert Wood Johnson – Active Living Research.
- Beighle, A. & Erwin, H. (2010). *Child care setting and physical activity manual*. Kentucky Department of Public Health, Frankfort, KY.
- Centers for Disease Control and Prevention and National Association for Sport and Physical Education (in review). *Developing a Comprehensive School Physical Activity Program: A Guide for Schools* (working title). Atlanta, GA

Move More After-School Collaborative (2009). *Move More North Carolina: Recommended standards for after-school physical activity*. North Carolina Division of Public Health, Raleigh, NC.

National Association for Sport and Physical Education (2008). *Comprehensive school physical activity programs: A position statement from the National Association for Sport and Physical Education*. Reston, VA.

Centers for Disease Control and Prevention (2006). *Physical education curriculum analysis tool (PECAT)*. Atlanta, GA.

Beighle, A. (2005). *Getting Kids Physically Active: A guide for after-school staff*. Lexington Fayette Urban County Government Health Department and University of South Florida Prevention Research Center.

Corbin, C., Pangrazi, R., Beighle, A., Le Masurier, G., & Morgan, C. (2004). *Physical activity for children: A statement of guidelines for children ages 5-12*. 2<sup>nd</sup> Ed. NASPE Publications.

## **Grants**

### Funded Grants

- |                |  |
|----------------|--|
| May 2011       | International Perspective on School-Based Physical Activity for Youth. Submitted April 4, 2011. (University of Kentucky, Office of the Vice President for Research, Research Support Grant). Co-PI – Aaron Beighle, \$5,000 funded.                                |
| June 2010      | P 20 School Health and Wellness Lab (University of Kentucky, College of Education). Co-PI – Aaron Beighle, \$50,000 funded.  |
| January 2010   | School-based physical activity international collaboration. (University of Kentucky, College of Education). Co-PI – Dr. Aaron Beighle; \$4,825 funded.   |
| December 2008  | UK Physical Activity and Wellness Schools (UK PAWS) Institute Conference and Workshop Awards (UK Vice President for Research and College of Education Associate Dean's Office) PI – Dr. Aaron Beighle; \$3000 funded.  |
| May 2008       | Effects of environmental changes at recess on physical activity (PA) levels in socioeconomically disadvantaged children in Nebraska. (Robert Wood Johnson Foundation- Active Living Research) PI – Dr. Jennifer White; Co-I – Dr. Aaron Beighle; \$352,641 funded. |
| November 2007  | Relation of Children's Perceptions of Their Environment to Physical Activity Levels: A Mixed Methodology Approach (AAHPERD Research Consortium Grant Program - Phase II application) PI – Dr. Heather Erwin; Co-I – Dr. Aaron Beighle; \$9,000 funded.             |
| September 2007 | Fellow - <i>Postgraduate Course on Research Directions and Strategies in Physical activity and Public Health</i> hosted by the University of South Carolina Prevention Research Center and the CDC.  |



- September 2007 Using Pedometers to Measure Moderate Intensity Physical Activity in Youth (*Walk4Life Pedometer Grant*) PI – Dr. Aaron Beighle; \$2000 funded.
- September 2007 Improving Health through Physical Activity (University of Kentucky’s Health Education through Extension Leadership Program PI – Dr. Melody Noland; Co-I Dr. Aaron Beighle, \$60,097 funded
- June 2007 Get Healthy Kentucky Schools (Kentucky Governor’s Office for Wellness and Physical Activity) Co-PI – Dr. Aaron Beighle; \$6000 funded.
- November 2006 Integrating Kinesthetic Learning Experiences in Elementary Classrooms (University of Kentucky – College of Education) PI – Dr. Heather Erwin; Co-I – Dr. Aaron Beighle; \$6,000 funded.
- December 2003 Travel funding for presentations at AAHPERD convention in New Orleans, LA. (*Cal Poly – Pomona – Faculty Center for Professional Development Grants* ); \$900 funded.
- November 2003 Examining the physical activity levels of students during discretionary time (*Research, Scholarship, and Creative Activities Program (RSCS) – California Faculty Association*) PI – Dr. Aaron Beighle; \$3000 funded.
- November 2003 Travel funds to present at the AAHPERD convention in New Orleans, LA (*Cal Poly Pomona – CLASS College Travel Grant*); \$600 funded.
- September 2003 Examining the physical activity of children (*Walk4Life Pedometer Grant*) PI – Dr. Aaron Beighle; \$8000 funded.

#### Grant Proposals

- September 2011 A One-year Study of CSPAP Implementation by Two Cohorts of Certified Directors of Physical Activity. Submitted September 15, 2011. (National Association for Sport and Physical Education Research Consortium, \$30000 requested).
- August 2011 Building the Next Generation of Active Youth through Directors of Comprehensive School Physical Activity Programs. Submitted August 1, 2011. (Robert Wood Johnson Foundation – Active Living Research Rapid Response, \$150,000 requested). Co-PI Dr. Aaron Beighle
- April 2011 International Perspective on School-Based Physical Activity for Youth. Submitted April 4, 2011. (University of Kentucky, Office of the Vice President for Research, Research Support Grant, \$4,098 requested). Co-PI-Dr. Heather Erwin, Dr. Aaron Beighl
- October 2010 PAWS (Physical Activity and Wellness Supervisors) for Good Health in Schools.

(Foundation for a Healthy Kentucky, Kentucky Healthy Futures Initiative, \$787,488 requested). PI- Dr. Heather Erwin, Co-I – Dr. Aaron Beighle

- October 2010 Connect UK-US New Partnership Fund. (British Council Connect: A Meeting of Minds, \$20,000 requested). PI-Dr. Stuart Fairclough, Co-I – Dr. Aaron Beighle
- May 2009 The effects of structured v autonomy supportive activity opportunities on children's afterschool program PA. (Robert Wood Johnson Foundation- Active Living Research) PI – Dr. Aaron Beighle; \$399,896 not funded.
- January 2009 ¡A Mover y Aprender Cardinal Valley! Submitted February 4, 2009. (Salud America! - Robert Wood Johnson Foundation) PI – Dr. Heather Erwin; Co-I – Dr. Aaron Beighle; \$73, 864 not funded.
- September 2006 Impact of Perceived Access and Physical Activity Preferences on Children's Physical Activity Levels (AAHPERD Research Consortium Grant Program - Phase II application) PI – Dr. Aaron Beighle; \$15,000 not funded.
- June 2005 Promoting physical activity through quality physical education (University of Kentucky Research Support Grant) PI- Dr. Aaron Beighle; \$17,160 not funded.
- November 2005 Community based childhood obesity prevention (Robert W. Johnson Foundation and Injury Prevention Coalition for Kids) PI – Dr. Susan Pollack; Co-I – Dr. Aaron Beighle; \$60,000 not funded.
- December 2005 Promoting physical activity for Kentucky's youth (University of Kentucky, Summer Faculty Fellowship Program) PI – Dr. Aaron Beighle; \$6,000 not funded.
- October 2004 An Intervention to Promote Walking to School as a Means to Increase Physical Activity (AAHPERD Research Consortium Grant Program) PI – Dr. Kim Miller, Co-I – Dr. Aaron Beighle; \$5,000 not funded.
- December 2004 School-based Physical Activity Decreases Body Mass Index (RFA-ES-04-003, entitled "Obesity and the Built Environment") PI – Dr. Joan Griffith; Co-I – Dr. Aaron Beighle; \$250,000 not funded.
- December 2004 The Built Environment as a Contributor to Obesity in School-aged Children. (RFA-ES-04-003) entitled "Obesity and the Built Environment") PI – Dr. Janet Kurzynke; Co-I – Dr. Aaron Beighle; \$250,000 not funded
- December 2004 Understanding the Physical Activity Levels of Kentucky's Youth (University of Kentucky, Summer Faculty Fellowship Program) PI – Dr. Aaron Beighle; \$6,000 not funded.
- April 2003 Making every step count: A program to increase the physical activity of children via pedometer implementation in physical education (*Carol M White Physical Education Program (PEP) Grant*) Co-PI – Mrs. Deb Pangrazi; Co-PI – Dr. Aaron Beighle; \$250,000 not funded.

## ***Presentations***

### **National**

- Beighle, A. and Lee, S. (2011). Assessing physical activity with pedometers. Webinar for PEP Grant recipients. Washington, D.C. November 2011.
- Beighle, A., and Erwin, H. E. (2011). Dynamic Physical Education within the United Kingdom framework. Presentation at Liverpool John Moores University in Liverpool, England. November 2011.
- Erwin, H. E., and Beighle, A. (2011). Implementing Dynamic Physical Education in the secondary schools. Presentation at Liverpool John Moores University in Liverpool, England. November 2011.
- Beighle, A., and Erwin, H.E. (2011). Lessons Learned: Implementing Classroom Physical Activity. Presentation at the National Conference for the American School Health Association. Louisville, KY. October 2011.
- Beighle, A., Lepore, M., and Abbadessa, E. (2011). Physical Education: The Foundation. NASPE CSPAP Webinar Series. Reston, VA. October 2011.
- Beighle, A. (2011). Comprehensive School Physical Activity Programs. GOPHER PEP Summit 2011. Owotonna, MN. October 2011.
- Beighle, A. (2011). *Physical Education Curriculum Analysis Tool*. Sterling, KS. September 2011.
- Beighle, A. (2011). School-based physical activity promotion. Keynote presentation at the West Virginia Health and Physical Education Academy. Sutton, WV. July 2011.
- Carson, R. Castelli, D., Beighle, A., Roberts, G., Moore, M. and Ward, K. (2011). NASPE Director of Physical Activity Training. Fort Worth TX. June 2011
- Castelli, D., Beighle, A., and Carson, R. (2011). NASPE Director of Physical Activity Training. Wichita, KS. July 2011.
- Beighle, A., Carson, R., and Castelli, D. (2011). NASPE Director of Physical Activity Training. Kansas City, KS. July 2011.
- Beighle, A., Carson, R., and Castelli, D. Learn about the NASPE Director of Physical Activity Training and Certification Program. Presented at the American Alliance for Health Physical Education Recreation and Dance. San Diego, CA. March 2011
- Beighle, A., Huberty, J., and Beets, M. Environmental modification to increase physical activity during recess: Preliminary findings from Ready for Recess. Presented at the Active Living Research Conference. San Diego, CA. February 2011
- Beighle, A. (2010). *Physical Education Curriculum Analysis Tool*. Austin TX. November 2010.

Beighle, A. (2010). Picture this: Physical activity in the schools. CDC DASH Adolescent and School Health Partner Meeting. Kansas City, MO. October 2010.

Beighle, A. (2010). *Physical Education Curriculum Analysis Tool*. Jackson MS. October 2010.

Erwin, H. & Beighle A. (2010). Effectiveness of a low-cost classroom based physical activity intervention. Presentation at the National Conference for the American School Health Association. Kansas City, MO. October 2010

Beighle, A. (2010). *Physical Education Curriculum Analysis Tool*. Woodstock IL. August 2010.

Beighle, A. (2010). School-based physical activity promotion: Maximizing minutes. Invited presentation at the Virginia Summit on Childhood Obesity. Richmond, VA. May 2010

Beighle, A. (2010). *Physical Education Curriculum Analysis Tool*. Bridgewater, NJ. February 2010.

Bergeson, C., Beighle, A., Chriqui, J., Schneider, L., & Topper, L. (2009). What it takes to achieve high physical activity and physical education standards in schools. Invited panel presentation at the Weight of the Nation conference. Washington, DC. July 2009.

Beighle, A. (2009). Leading school-based physical activity promotion: The role of the physical educator. Presentation at the National Association for Sport and Physical Education's Physical Education Teacher Educators Conference. Myrtle Beach, SC, October, 2009.

Beighle, A. (2009). *Physical Education Curriculum Analysis Tool*. Bridgewater, NJ. October 2009.

Beighle, A, Beets, M.W, Erwin, H., & Morgan, C. F. (2009). School-Based Physical Activity Promotion for Youth: A Comprehensive Approach. Tutorial presentation at the annual meeting of the American Alliance for Health Physical Education Recreation and Dance. Tampa, FL. April 2009

Beets, M. W., Beighle, A., Erwin, H. E., & White, J. (2009). Impact of After-School Programs to Increase Physical Activity: A meta-analysis. Paper presented at the AAHPERD National Convention and Exposition. Tampa, FL. April 2009

Beighle, A. (2009). *Physical Education Curriculum Analysis Tool*. Jackson, MS. February 2009.

Beighle, A. (2008). *Physical Education Curriculum Analysis Tool*. Muncie, IN. October 2008.

Beighle, A. (2008). Getting more for your movement: Maximizing physical activity experiences. Presentation at the Dreaming a Lean and Green School: A Symposium on Healthy Food, Fitness and Environments, Denver, CO. September 2008

Miller, A. D., Erwin, H., Abel, M., & Beighle, A. (2008). *Making math move: The influence of integrated physical activity on elementary students' math motivation*. Poster presented at the American Educational Research Association, New York, NY.

- Beighle, A. (2008). *Physical Education Curriculum Analysis Tool*. Pre-conference workshop at the Virginia Health and Physical Activity Institute. Harrisonburg, VA July 2008.
- Beighle, A. & Beets, M. (2007). *Effects of a comprehensive physical activity program: Using school wellness policies to promote physical activity*. Poster presentation at the annual American Public Health Association meeting. Washington, D.C. November 2007.
- Beighle, A. and Erwin, H. (2007). Creating a physical activity culture in schools: A physical activity director approach. Presentation at the Physical Activity in Contemporary Education Conference. Champaign, IL. September 2007.
- Erwin, H. and Beighle, A. (2007). The Influence of Integrating Kinesthetic Learning Experiences in Elementary Classrooms. Presentation at the Physical Activity in Contemporary Education Conference. Champaign, IL. September 2007.
- Beighle, A. (2007). *Physical Education Curriculum Analysis Tool*. Pre-conference workshop at the Virginia Health and Physical Activity Institute. Harrisonburg, VA July 2007.
- Beighle, A. (2007). *Physical Education Curriculum Analysis Tool*. Pre-conference workshop at the Tennessee Association for Health Physical Education Recreation and Dance; Franklin, TN.
- Griffith, J., Gantz, S., & Beighle, A. (2006). *Pediatric overweight: Bringing it home*. Workshop presented at the annual Pediatric Academic Societies meeting. April 29-May 2, 2006, San Francisco, CA.
- Beighle, A. (2006). *Getting Kids Physically Active*. Teleconference presentation sponsored by the Centers for Disease Control. December 13, 2006.
- Beighle, A. & Morgan, C. (2006). *Using pedometers in physical education*. Presentation at the annual meeting of the American Alliance for Health Physical Education Recreation and Dance, April 25-29, 2006, Salt Lake City, UT.
- Morgan, C.F, Beighle, A., & Pangrazi, R.P. (2005). *Does physical education benefit the least active children?* Oral presentation made at the annual conference of the American Alliance for Health Physical Education Recreation and Dance, Chicago, IL.
- Pangrazi, R. P., Beighle, A., Geigert, N., Tighe, F., & DeLine, J. (2004). *The changing face of elementary school: Childhood obesity*. AAHPERD National Convention, New Orleans, Louisiana.
- Darst, P., Darst, C., Beighle, A., & Anderson, T. (2004). *University PETE programs and experienced teachers: A collaborative approach to professional development*. AAHPERD National Convention, New Orleans, Louisiana.
- Darst, P., Darst, C., Morgan, C.F., & Beighle, A. (2004). *Promoting physical activity with middle school students: Innovative fitness ideas, introductory activities, and novel sports and games*. Southwest AHPERD Annual Conference, Santa Fe, New Mexico.
- Vincent, S.D., Prusak, K., & Beighle, A. (2003). *Using pedometers and self-fitness testing to*

*promote lifestyle physical activity.* Northwest District, Southwest District, and State of Nevada American Alliance for Health, Physical Education, Recreation and Dance Combine Conventions. Reno, Nevada.

Pangrazi, R.P., Darst, P.W., Orlowicz, C., Beighle, A., & Morgan, C.M. (2003). *Motivating and monitoring physical activity for all.* Northwest District, Southwest District, and State of Nevada Association for Health, Physical Education, Recreation and Dance Combined Conventions. Reno, Nevada.

Pangrazi, R.P., Pangrazi, D., Prusak, K., Vincent, S.D., & Beighle, A. (2002). *Management, pedometers, and physical fitness.* American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting. San Diego, CA.

Corbin, C.B., Pangrazi, R.P., Vincent, S.D., & Beighle, A. (2002). *Physical activity for children: Preparing future guidelines.* American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting. San Diego, CA.

## **State**

Beighle, A. and Erwin, H. (2011). Do we have to run the mile today? Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, Lexington, KY. November 2011.

Beighle, A. (2011). Let's Move in Kentucky Schools. Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, Lexington, KY. November 2011.

Beighle, A. (2011). Putting the PHYSICAL back in physical education. Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, Lexington, KY. November 2011.

Beighle, A. Branding the Profession. Keynote Address: West Virginia Association for Health and Physical Education. Annual State Conference. Sutton, WV. October 2011.

Beighle, A. Comprehensive School Physical Activity Programs. Kentucky School Boards Association NASBE Physical Activity Advisory Council Meeting. Frankfort, KY. March 2011.

Beighle, A, & Benton, D. School physical activity promotion. Kentucky Safe and Health Schools Conference. Louisville, KY. November 2010.

Beighle, A. & Erwin, H. Maximizing physical activity during the school day. Action for Health Kids professional development. Beattyville, KY. November 2010.

Beighle, A. (2010). Physical activity in schools: Impacting learning and health. At Louisville Health Schools Symposium, Louisville, KY. June 2010.

Erwin, H. & Beighle, A. (2010). School physical activity. At Kentucky Education Collaborative for State Agency Children Annual Conference. Richmond, KY. July 2010

- Beighle, A. (2009). *Getting Kids Physically Active*. Keynote presentation at the Kentucky Coalition for School Age Childcare Annual Conference. March 11, 2009, Louisville, KY.
- Beighle, A. (2007). *Quality Physical Education*. Presentation at the Kentucky Regional School-based Physical Activity Conference, October 4, 2007, Grayson, Kentucky (Presented at 4 other locations throughout Kentucky).
- Beighle, A. (2007). *Physical Activity in the Classroom*. Presentation at the Kentucky Regional School-based Physical Activity Conference, October 4, 2007, Grayson, Kentucky. (Presented at 4 other locations throughout Kentucky)
- Beighle, A. (2007). *Using Recess to Increase Physical Activity*. Presentation at the Kentucky Regional School-based Physical Activity Conference, October 4, 2007, Grayson, Kentucky. (Presented at 4 other locations throughout Kentucky)
- Beighle, A. (2007). *School-based physical activity promotion*. Presentation at the Family Resource Youth Service Centers Annual Victory over Violence Conference, July 12, 2007.
- Beighle, A. (2007). *The PECAT: A brief overview*. Presentation at the Kentucky Physical Activity Conference. February 23, 2007; Louisville, Kentucky.
- Beighle, A. (2007). *Physical Education Curriculum Analysis Tool*. Pre-conference workshop at the Kentucky Physical Activity Conference. February 22, 2007; Louisville, Kentucky
- Beighle, A. (2007). *Physical Activity in the Schools*. Presentation made at the meeting of the Family Resource Youth Service Centers Northern Kentucky Region. February 1 and 6, 2007, Florence, Kentucky.
- Beighle, A. (2006). *Active healthy schools: A culture*. Presentation made at the Kentucky Growing Healthy Kids conference, November 18, 2006, Lexington, KY.
- Beighle, A. (2005). *An active overview of physical education*. Invited presentation at the Health Promotions Schools of Excellence Institute, June 7<sup>th</sup>, Louisville, Kentucky.
- Beighle, A. (2005). *Physical activity and learning: What can schools do?* Invited presentation at the Coordinated School Health Institute, June 22<sup>nd</sup>, Lexington, Kentucky.
- Beighle, A. (2005). *Monitoring student physical activity level: Using the Activitygram*. Invited presentation for the Practical Living Academy at Eastern Kentucky University, June 29<sup>th</sup>, Richmond, Kentucky.
- Beighle, A. (2005). *Promoting physical activity in the schools*. Invited presentation at the Coordinated School Health Institute, July 18<sup>th</sup>, Bowling Green, Kentucky.
- Beighle, A. (2005). *Using pedometers to enhance physical education*. Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, October 28th, Louisville, Kentucky.
- Beighle, A. (2005). *Physical activity, physical fitness, and academic achievement*. Presented at the

annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, October 29<sup>th</sup>, Louisville, Kentucky.

McElwain, P, Beighle, A., Donica, B, Wagoner, C., Benton, D., Ciarroccki, B. & Adams-Blair, H. (2005). *What does the physical activity and nutrition bill mean to you?* Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, October 29<sup>th</sup>, Louisville, Kentucky.

Beighle, A. (2004). *Using pedometers in schools*. Invited presentation at Kentucky's Physical Activity Committee meeting, Frankfort, KY.

Beighle, A. & Metzker, A. (2004). *Using pedometer in physical education*. California Association for Health Physical Education Recreation and Dance Convention, Pasadena, California.

Beighle, A. & Ernst, M. (2004). *Physical activity and physical fitness for youth*. California Association for Health Physical Education Recreation and Dance Convention, Pasadena, California.

Beighle, A., Jones, B., & Smith, J. (2002). *Using pedometers, fitness routines and fitness self-testing to promote physical activity*. Texas Association for Health Physical Education Recreation and Dance Annual Meeting. Fort Worth, Texas.

Beighle, A., Jones, B., & Brockhagen, K. (2002). *Teaching responsible behavior in elementary physical education*. Texas Association for Health Physical Education Recreation and Dance Annual Meeting. Fort Worth, Texas.

Beighle, A., & Morgan, C.F. (2002). *Pedometer activities to promote lifestyle activity*. Arizona Association for Health, Physical Education, Recreation, and Dance Annual Meeting. Tucson, AZ.

Beighle, A. (2002). *Pedometers in the school setting*. Arizona/Nevada Summit. Kingman, AZ.

Orlowicz, C., & Beighle, A. (2002). *Education through movement*. Washington School District Summer Academy 2002. Phoenix, AZ.

Fairfield, G., Darst, C. & Beighle, A. (2001). *Using pedometers in the school setting*. Arizona Association for Health, Physical Education, Recreation, and Dance Annual Meeting. Phoenix, AZ.

## **Graduate Student Masters and Doctoral Committees**

### **Masters or Rank II committee**

Emily Brenner – Co-Chair (Masters/Thesis)

Justin Nichols – Committee Member (Masters/Thesis)

Jackie Branham – Committee Member (Masters/Thesis)

Miles Noland – Committee Member (Rank II)

Amy Crumbaugh – Chair (Masters)

Seth Eckler – Chair (Masters/Thesis)

Jenna Schwartz – Chair (Masters/Thesis)

Ryann Koufadakis – Committee Member (Masters/Thesis)



**Doctorate or Rank I committee**

Jill Day – Committee Member (Doctorate/Dissertation)

Lisa Carr – Committee Member (Rank I)

Kathy Yeary – Committee Member (Rank I)

Justin Nichols – Co-Chair

AJ Mortar - Co-Chair

Kathy Broadnax –Chair

**Teaching**

KHP 250 – Teaching Teams Sports (2 semesters)

KHP 260 - Teaching Individual Activities (5 semesters)

KHP 263 – Curriculum Design and Development for Development Sport Skills (5 semesters)

KHP 360 – Elementary Physical Education Methods (2 semesters)

KHP 546 – Teaching Effectiveness (2 semesters)

KHP 546 – Promoting Lifelong Physical Activity for Youth (2 semesters)

**Service****Department**

Student Teaching Coordinator

University Supervisor for Student Teachers

Search Committee – Pedagogy Position 2005

Search Committee – Pedagogy Position 2006

NCATE 2007 Initial Program Committee

NCATE 2007 Advanced Program Committee

Lovaine Lewis Scholarship Selection Committee 2009

Lovaine Lewis Scholarship Selection Committee 2010

UK Physical Activity Wellness Schools Institute – Co-Director 2009-present

**College**

College of Education Professional Development Committee

College of Education Inclusiveness Task Force

College of Education NCATE standard 3 committee

College of Education Courses and Curriculum committee

**University**

Institutional Review Board – Non medical alternate member

**Local**

Lexington Fayette County Health Department Tweens Nutrition and Fitness Coalition.

Fayette County Public Schools Physical Education Curriculum Committee – Chair

Fayette County Public Schools Health Advisory Board

**State**

UK Regional Representative for “Commonwealth Governor’s Wellness Summit”

Grant Reviewer, Associated Students of Arizona State University (2003)

AzAHPERD Board of Directors (2000-2001)

Kentucky Action for Healthy Kids Task Force

Reviewer for Get Moving Kentucky! Youth health lesson plans  
Action for Healthy Kids Bluegrass Region Member  
Kentucky Physical Activity Advisory Board  
Kentucky Physical Activity Conference Planning Committee  
KAHPERD Physical Education Summer Workshop Co-Chair  
HEEL nominee for the National Physical Activity Guidelines Advisory Committee  
Kentucky Board of Education School Health Committee – National Association of School Boards  
of Education Project  
Kentucky Physical Activity Advisory Board – Chair  
Kentucky Coordinated School Health Advisory Council  
Kentucky Action for Health Kids Advisory Committee  
Kentucky Department of Education Coordinated School Health Higher Education Committee

### **National**

NASPE Physical Education Teacher Education Conference Planning Committee (2006).  
NASPE Elementary Physical Education Teacher of the Year Selection Committee (2007)  
Reviewer for the Center for Disease Control and Prevention's Health Education Curriculum  
Analysis Tool  
Trainer for the Centers for Disease Control and Prevention's Physical Education Curriculum  
Analysis Tool  
Contributing Writer for the Center for Disease Control and Prevention's Physical Education  
Curriculum Analysis Tool  
National Association for Sport and Physical Education Teacher of the Year Selection Committee  
(2004)  
Column editor for *Teaching Elementary Physical Education (2003-2006)*  
Manuscript reviewer for *Teaching Elementary Physical Education*  
Manuscript reviewer for *Quest*  
Manuscript reviewer for *Research Quarterly for Exercise and Sport*  
Session Presider – Free Communication Session, AAHPERD National Conference 2009, Tampa,  
FL.  
National Physical Activity Plan. Invited member of the Working Group for the Education sector.  
Centers for Disease Control. Invited member or writing team for "Developing a Comprehensive  
School Physical Activity Program: A Guide for Schools (*working title*).  
NASPE Physical Education Steering Committee  
NASPE Physical Education Steering Committee – Chair  
NASPE Director of Physical Activity Task Force  
National Physical Activity Plan – Education Sector academic representative  
NASPE Delegate Representative for the Physical Education Steering Committee  
Research Consortium Student Works-in-Progress Poster Session Mentor 2011  
NASPE PETE Luncheon Presider 2011  
AAHPERD Let's Move in Schools – Task Force

### **Honors and Awards**

Fellow – 2007 Postgraduate Course on Research Directions and Strategies in physical Activity and  
Public Health.

Metzler-Freedman Exemplary Paper Award – Journal of Teaching in Physical Education for  
“Systematic success in physical education: The east valley phenomenon. Prusak, K., Pennington,  
T., Graser, S., Beighle, A. & Morgan, C.

### **Professional Memberships**

Member of the American Alliance for Health, Physical Education, Recreation and Dance

Member of the Kentucky Association for Health, Physical Education, Recreation and Dance

Member of the National Association for Sports and Physical Education

Member of the National Association for Kinesiology and Physical Education in Higher Education