

UNIVERSITY OF KENTUCKY  
DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION  
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## HEATHER E. ERWIN

### EDUCATION

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2006 University of Illinois at Urbana-Champaign Urbana, IL  
*Ph.D. – Pedagogical Kinesiology*

2003 University of Arkansas Fayetteville, AR  
*M.Ed. – Adapted Physical Education*

2001 Central Missouri State University Warrensburg, MO  
*B.S. – Physical Education*

### PROFESSIONAL EXPERIENCE

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2006-present University of Kentucky Lexington, KY  
*Director of Graduate Studies (2013-present)*  
*Associate Professor (2012-present)*  
*Assistant Professor (2006-2012)*

- ❖ KHP 200: History and Philosophy of Physical Education and Sport
- ❖ KHP 250: Team Sports
- ❖ KHP 300: Psychology and Sociology of Physical Education and Sport
- ❖ KHP 344: Physical Education in the Secondary School
- ❖ KHP 382: Physical Education for the Elementary Teacher
- ❖ KHP 579: Adapted Physical Education
- ❖ KHP 601: Teaching Effectiveness in Kinesiology and Health Education
- ❖ KHP 644: Research Techniques Applied to Kinesiology and Health Promotion
- ❖ UK 101: Academic Orientation (for KHP majors)
- ❖ QEP Presentation U! Faculty Fellows Cohort #6 (Fall 2016-Fall 2017)
- ❖ Quality Matters Certification (Summer 2017)

2003-2006 University of Illinois at Urbana-Champaign Urbana, IL  
*Head Instructor*

- ❖ Kinesiology 268: Children's Movement
- ❖ Kinesiology 361: Curriculum in Grades K-6
- ❖ Kinesiology 363: Instructional Strategies in Physical Education

*University of Illinois Teaching Assistant/Sports Fitness Program  
Coordinator*

- ❖ Aquatics Coordinator/Assistant Director
- ❖ Individual/Dual Activities Coordinator

2001-2003 Springdale School District  
*Elementary Physical Education Teacher*

Springdale, AR

- ❖ T.G. Smith Elementary Springdale, AR
- ❖ Bernice Young Elementary Springdale, AR

## PUBLICATIONS

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### *Manuscripts*

Fedewa, A. F., Fettrow-Whitney, E., **Erwin, H. E.**, Ahn, S., & Farook, M. (*in press*). Academic- and aerobic-based movement breaks: Are there differential effects on physical activity and achievement? *Research Quarterly for Exercise and Sport*.

**Erwin, H. E.**, Beighle, A., Routen, A. C., & Montemayor, B. (*in press*). Perceptions of using sit-to-stand desks in a middle school classroom. *Health Promotion Practice*.

Fedewa, A. F., Cornelius, C., **Erwin, H. E.**, & Ahn, S. (*in press*). Examining the influence of teacher behavior on curriculum-based movement breaks. *Journal of Educational Research*.

**Erwin, H. E.** (2017, October). *Standing desks in the classroom*. Moving Minds blog online publication at <http://blog.moving-minds.com/2017/10/12/standing-desks-classroom/>

Johnson, C. E., **Erwin, H. E.**, Kipp, L., & Beighle, A. (2017). Student perceived motivational climate, enjoyment, and physical activity in middle school physical education. *Journal of Teaching in Physical Education*, 36, 398-408.

**Erwin, H. E.** (2017, August). *Maintaining student behavior in an active classroom*. Moving Minds blog online publication at <http://blog.moving-minds.com/2017/08/30/maintain-student-behavior-classroom/>

**Erwin, H. E.** (2017). Multiple recess periods per day: Creatively scheduling instructional time. *Journal of Physical Education, Recreation, and Dance*, 88(8), 3-4.

- Erwin, H. E.** (2017, July). *Active classroom layouts and games for limited space*. Moving Minds blog online publication at <http://blog.moving-minds.com/2017/07/28/active-classroom-layouts-games/>
- Fedewa, A. F., Abel, M. G., & **Erwin, H. E.** (2017). The effects of using stationary bicycle desks in classrooms on adolescents' physical activity. *Journal of Occupational Therapy, Schools & Early Intervention*, 10(1), 78-89.
- Erwin, H. E.** (2017). Full STEAM Ahead in Physical Education. *Journal of Physical Education, Recreation, and Dance*, 88(1), 3-4.
- McMullen, J., Ickes, M., Noland, M., **Erwin, H. E.**, & Helme, D. (2017). Development of "College CHEF," a campus-based, culinary nutrition program. *American Journal of Health Education*, 48, 22-31.
- Erwin, H. E.**, Beighle, A., & Eckler, S. (2017). PETE preparation for CSPAP at the University of Kentucky. *Journal of Physical Education, Recreation, and Dance*, 88(1), 36-41.
- Koufoudakis, R. M, **Erwin, H. E.**, Beighle, A., & Thornton, M. (2016). How feedback and goal-setting impact children's recess physical activity. *International Journal of Exercise Science*, 9(4), 497-506.
- Erwin, H. E.**, Rose, S. A., Small, S. R., & Perman, J. (2016). Physical activity levels in an after school program with high needs participants. *Afterschool Matters*, 23, 33-38.
- Erwin, H. E.**, Fedewa, A. L., Ahn, S., & Thornton, M. (2016). Elementary students' physical activity levels and behavior when using stability balls. *American Journal of Occupational Therapy*, 70(2), 700220010.
- Weaver, R. G., Webster, C. A., **Erwin, H. E.**, Beighle, A., Beets, M. W., Choukroun, H., & Kaysing, N. (2016). Modifying the System for Observing Fitness Instruction Time to measure teacher competencies related to physical activity promotion: SOFIT+. *Measurement in Physical Education and Exercise Science*, 20(2), 121-130.
- Sims, M. E., Abel, M., Clasey, J., Beighle, A., Fedewa, A., & **Erwin, H. E.** (2016). Validation of the System for Observing Dance Activities in the Classroom Environment. *Research in Dance Education*. DOI: 10.1080/14647893.2016.1150451

- Erwin, H. E.** (2016). The use of social media by physical educators – How do we ensure quality control? *Journal of Physical Education, Recreation, and Dance*, 87(2), 3-4.
- Fedewa, A. L., **Erwin, H. E.**, Young, D. J. & Alumbaugh, A. (2015). Physical activity and children with disabilities. *American Exchange Quarterly*, 19(2), 74-80.
- Webster, C., Russ, L., Spyridoula, V., Goh, T. L., & **Erwin, H. E.** (2015). Integrating movement in academic classrooms: Understanding, applying, and advancing the knowledge base. *Obesity Reviews*, 16, 691-701.
- Fedewa, A., Ahn, S., **Erwin, H. E.**, & Davis, M. C. (2015). A randomized controlled design investigating the effects of classroom-based physical activity on children's fluid intelligence and achievement. *School Psychology International*, 36(2), 135-153.
- Centeio, E. E., **Erwin, H. E.**, & Castelli, D. M. (2014). Comprehensive School Physical Activity Programs: Characteristics trained teachers. *Journal of Teaching in Physical Education*, 33, 492-510.
- Erwin, H. E.**, Beets, M. W., Centeio, E., & Morrow, J. R. (2014). Best practices and recommendations for increasing physical activity for youth. *Journal of Physical Education, Recreation and Dance*, 85(7), 27-34.
- Carson, R. L., Castelli, D., Beighle, A., & **Erwin, H.** (2014). School-based physical activity promotion: A conceptual framework for research and practice. *Childhood Obesity*, 10, 100-106.
- Erwin, H. E.**, Ickes, M. J., Ahn, S., & Fedewa, A. F. (2014). Impact of recess interventions on children's physical activity – A meta-analysis. *American Journal of Health Promotion*, 28, 159-167.
- Erwin, H. E.**, Beighle, A., Carson, R. L., & Castelli, D. M. (2013). Comprehensive school-based physical activity programs: A review. *Quest*, 65, 412-428.
- Webster, C., **Erwin, H. E.**, & Parks, M. (2013). Relationships between and changes in preservice classroom teachers' efficacy beliefs, willingness to integrate movement, and perceived barriers to movement integration. *Physical Educator*, 70, 314-335.

Fedewa, A. L., Candelaria, A., **Erwin, H. E.**, & Clark, T. P. (2013). Incorporating Physical activity into the schools using a three-tiered approach. *Journal of School Health, 83*(4), 290-297.

**Erwin, H. E.**, Babkes Stellino, M., Beets, M. W., Beighle, A., & Johnson, C. E. (2013). Physical education lesson content and teacher style and elementary students' motivation and physical activity levels. *Journal of Teaching in Physical Education, 32*, 321-334.

Ickes, M. J., **Erwin, H. E.**, & Beighle, A. (2013). Systematic review of recess interventions to increase physical activity. *Journal of Physical Activity and Health, 10*, 910-926.

**Erwin, H. E.**, Koufoudakis, R. M., & Beighle, A. (2013). Children's physical activity levels and reactivity during indoor recess videos. *Journal of School Health, 83*, 322-327.

Beighle, A., & **Erwin, H. E.** (2013). FRIG'N physical education: Management strategies to maximize physical education. *Journal of Physical Education, Recreation and Dance, 84*(1), 16-17.

Swanson, M., Schoenberg, N., **Erwin, H. E.**, & Davis, R. (2013). Perspectives on physical activity and exercise among Appalachian youth. *Journal of Physical Activity and Health, 10*, 42-47.

**Erwin, H. E.**, Fedewa, A. L., & Ahn, S. (2012). Student academic performance outcomes of a classroom physical activity intervention: A pilot study. *International Electronic Journal of Elementary Education, 4*, 473-487.

Sims, M., & **Erwin, H. E.** (2012). A set of descriptive case studies of four dance faculty members' pedagogical practices. *Journal of Dance in Education, 12*, 131-140.

Alderman, B. L., Benham-Deal, T. B., Beighle, A., **Erwin, H. E.**, & Olson, R. L. (2012). Physical education's contribution to daily physical activity among middle school youth. *Pediatric Exercise Science, 24*, 634-648.

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

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

- Erwin, H. E.**, Abel, M. G., Beighle, A., Noland, M. P., Worley, B., & Riggs, R. (2012). The contribution of recess to children's school-day physical activity. *Journal of Physical Activity and Health, 9*, 442-448.
- Beighle, A., **Erwin, H. E.**, Morgan, C. F., & Alderman, B. (2012). Children's in-school and out-of-school physical activity during two seasons. *Research Quarterly for Exercise and Sport, 83*, 103-107.
- 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*, 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.
- Graber, K. C., **Erwin, H. E.**, Woods, A. M., Rhoades, J., & Zhu, W. (2011). A national profile of teacher education faculty: The construction of an online survey. *Measurement in Physical Education and Exercise Science, 15*(4), 245-256.
- 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.
- Fedewa, A. L., & **Erwin, H. E.** (2011). Stability balls and students with attention and hyperactivity concerns: Implications for on-task and in-seat behavior. *American Journal of Occupational Therapy, 63*, 393-399.
- 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.
- Erwin, H. E.**, Abel, M., Beighle, A., & Beets, M. (2011). Effects of integrating physical activity with mathematics on activity levels. *Health Promotion Practice, 12*, 244-251.
- Webster, C., Monsma, E., & **Erwin, H. E.** (2010). The role of biographical characteristics in preservice classroom teachers' school physical activity promotion attitudes. *Journal of Teaching in Physical Education, 29*, 358-377.

- Erwin, H. E.**, Docheff, D., & Beighle, A. (2010). 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., & Le Masurier, G. C. (2010). America on the move: School-based physical activity promotion. *International Journal of Physical Education*, 47(2), 2-16.
- 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.
- Erwin, H. E.** (2010, June). Implementing classroom physical activity. PELinks4u online publication at <http://www.pelinks4u.org/articles/erwin0610.htm>
- Beets, M. W., Beighle, A., **Erwin, H. E.**, & White, J. (2009). Review of after-school programs to increase physical activity – A meta-analysis. *American Journal of Preventive Medicine*, 36, 527-537.
- Beighle, A., **Erwin, H. E.**, Castelli, D., & Ernst, M. (2009). Preparing physical educators for the role of physical activity director. *Journal of Physical Education, Recreation and Dance*, 80, 24-29.
- Erwin, H. E.**, & Castelli, D. M. (2008). National physical education standards: A summary of student performance and its correlates. *Research Quarterly for Exercise and Sport*, 79, 495-505.
- Erwin, H. E.** (2008). Middle school students' leisure activity engagement: Implications for park and recreation administrators. *Journal of Park and Recreation Administration*, 26(3), 59-74.
- Erwin, H. E.** (2008). Test-retest reliability of a preadolescent environmental access to physical activity questionnaire. *Journal of Physical Activity and Health*, 5(Suppl. 1), S62-S72.
- Woods, M. K., & **Erwin, H. E.** (2008). Using good B.E.H.A.V.I.O.R. in creating the learning environment. *Journal of Physical Education, Recreation, and Dance*, 79(4), 14-16.
- Erwin, H. E.**, Woods, A. M., Woods, M. K., & Castelli, D. (2007). The association of children's environmental access in relation to motor competence, physical activity, and fitness. *Journal of Teaching in Physical Education*, 26, 404-415.

- Castelli, D., & **Erwin, H. E.** (2007). A comparison of personal attributes and experiences among physically active and inactive children. *Journal of Teaching in Physical Education*, 26, 375-389.
- Castelli, D. M., Hillman, C. H., Buck, S., & **Erwin, H. E.** (2007). Physical fitness and academic achievement in 3<sup>rd</sup> and 5<sup>th</sup> grade students. *Journal of Sport and Exercise Psychology*, 29, 239-252.
- Erwin, H. E.**, & Bachtel, A. (2007). TAG (Teaching Active Games) for the holidays. *Strategies*, 21, 21-24.
- Lambdin, D., & **Erwin, H. E.** (2007). School wellness policy: Community connections. *Journal of Health, Physical Education, Recreation and Dance*, 78(6), 29-32.
- Conn, J. H., & **Erwin, H. E.** (2007). Dying for proper supervision in physical education. *Indiana Journal of Health, Physical Education, Recreation, and Dance*, 36, 42-44.
- Erwin, H.**, & Valley, J. (2005). Creating a web site for advocacy. *Teaching Elementary Physical Education*, 16(5), 26-30.
- Erwin, H.** (2005). Developing future physical educators through the sports fitness program. *Illinois Journal for Health, Physical Education, Recreation, and Dance*, 55, 5-7.
- Erwin, H.**, & Castelli, D. (2004). Building and facilitating physical education through web quests. *Teaching Elementary Physical Education*, 15 (5), 28-31.
- Conn (Erwin), H. E.** (2004). The effect of cup stacking on reaction time, movement time, and ambidexterity in fourth grade students. *Missouri Journal of Health, Physical Education, Recreation, and Dance*, 14, 8-16.
- Erwin, H.** (2004). Expectations versus realities of a beginning physical education teacher. *Arkansas Journal of Health, Physical Education, Recreation, and Dance*, 39 (1), 27-28.



*Books, Chapters, and Manuals*

- Erwin, H. E., & Centeio, E. E.** (*in press*). Advocating for CSPAPs. In R. Carson & C. Webster (Eds.). *CSPAP: Evidence-based Research to Practice*. Human Kinetics: Champaign, IL.
- Beighle, A., **Erwin, H. E.**, & Webster, C. (*in press*). Physical activity during school. In R. Carson & C. Webster (Eds.). *CSPAP: Evidence-based Research to Practice*. Human Kinetics: Champaign, IL.
- Darst, P. W., Pangrazi, R. P., Brusseau, T., & **Erwin, H. E.** (2015). *Dynamic physical education for secondary school students*. (8<sup>th</sup> ed.). San Francisco: Pearson-Benjamin Cummings.
- Erwin, H. E.** (2015). *Instructor's resource manual and test bank for Dynamic physical education for secondary students* by Darst, P. W., Pangrazi, R. P., Brusseau, T., & Erwin, H. E. (8<sup>th</sup> ed.). San Francisco: Pearson-Benjamin Cummings.
- Erwin, H. E.** (2013). Coordinated school health program: Role of physical education. In D. C. Wiley & A. C. Cory (Eds.). *Encyclopedia of School Health*. Sage Publications: Thousand Oaks, CA.
- American Alliance for Health, Physical Education, Recreation and Dance. (2013). *Comprehensive school physical activity programs: Helping students achieve 60 minutes of physical activity each day* [Position statement]. Reston, VA: Author. Contributing author.
- Erwin, H. E.** (2013). *Instructor's resource manual and test bank for Dynamic physical education for elementary school children* by Pangrazi, R. P. & Beighle, A. (17<sup>th</sup> ed.). San Francisco: Pearson-Benjamin Cummings.
- Erwin, H. E.** (2012). Physical education. In J. Rippe (Ed.). *Encyclopedia of Lifestyle Medicine and Health*. Sage Publications: Thousand Oaks, CA.
- Erwin, H. E.** (2012). *Instructor's resource manual and test bank for Dynamic physical education for secondary school students* by Darst, P. W., Pangrazi, R. P., Sariscsany, M. J., & Brusseau, T. (7<sup>th</sup> ed.). San Francisco: Pearson-Benjamin Cummings.
- Erwin, H. E., & Sariscsany, M. J.** (2010). *Instructor's resource manual and test bank for Dynamic physical education for elementary school children* by Pangrazi, R. P. & Beighle, A. (16<sup>th</sup> ed.). San Francisco: Pearson-Benjamin Cummings.

**Erwin, H. E.** (2009). *Instructor's manual and test bank for Promoting physical activity and health in the classroom* by Pangrazi, R. P., Beighle, A., & Pangrazi, D. San Francisco: Pearson-Benjamin Cummings.

*Abstracts*

- Erwin, H. E.**, Koufoudakis, R. M., Beighle, A., & Thornton, M. (2014). *Using goal setting to increase children's recess physical activity*. In R. L. Carson (Chair), *Examples of Comprehensive School Physical Activity Program Intervention Research*. Symposium presentation at the annual meeting of the American Alliance for Health, Physical Education, Recreation and Dance, St. Louis, MO.
- Thornton, M. L., Moore, E., Johnson, C., **Erwin, H. E.**, & Babkes-Stellino, M. (2014). *Relationship between recess physical activity levels and the built environment*. Presentation submitted to the American Alliance for Health, Physical Education, Recreation and Dance, St. Louis, MO.
- Erwin, H. E.**, Beighle, A., Johnson, C., Moore, E., Thornton, M., & Benton, D. (*in press*). Impact of professional development on student activity during physical education. *Research Quarterly for Exercise and Sport*.
- Erwin, H. E.**, Beighle, A., Fedewa, A. L., Candelaria, A., & Schwartz, J. (*in press*). Relationship between physical activity and student behaviors: An exploratory study. *Research Quarterly for Exercise and Sport*.
- 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.
- 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.
- Erwin, H. E.** (2009, September/October). The question: What is the link between physical activity/physical fitness and academic performance? *UpdatePlus*, 30.
- Erwin, H. E.** (2009, May/June). The question: How do neighborhood environments influence children's physical activity and obesity? *UpdatePlus*, 26.
- Beets, M. W., Beighle, A., **Erwin, H. E.**, & Huberty, J. (2009). Impact of after-school programs to increase physical activity – A meta-analysis. *Research Quarterly for Exercise and Sport*, 80(Suppl. 1), A22.

- Nichols, J. K., **Erwin, H. E.**, & Beighle, A. (2009). Physical activity levels of children in and out of school. *Research Quarterly for Exercise and Sport*, 80(Suppl. 1), A32.
- Castelli, D. M., McMahon, M., Frakes, R., & **Erwin, H. E.** (2009). Fitness4Everyone: Longitudinal change through physical education programming. *Research Quarterly for Exercise and Sport*, 80(Suppl. 1), A52.
- Erwin, H. E.** (2009, March/April). The question: Does autonomy influence girls' self-determination and physical activity during physical education? *UpdatePlus*, 25.
- Castelli, D. M., **Erwin, H. E.**, & Woods, M. K. (2008). Effects of media on physical education performance outcomes. *Research Quarterly for Exercise and Sport*, 79(Suppl. 1), A44.
- Erwin, H. E.**, Castelli, D., & Woods, M. K. (2007). Standards-based outcomes of 4<sup>th</sup> and 5<sup>th</sup> grade students. *Research Quarterly for Exercise and Sport*, 78(Suppl. 1), A55.
- Castelli, D., Woods, M. K., Nordmeyer, E. E., Valley, J., Graber, K. C., **Erwin, H. E.**, Bolton, K., & Woods, A. M. (2007). Perceived versus actual motor competence in children. *Research Quarterly for Exercise and Sport*, 78(Suppl. 1), A51-A52.
- Woods, A. M., Bolton, K. N., **Erwin, H. E.**, Graber, K. C., Castelli, D., Valley, J., & Woods, M. K. (2007). Influences of perceived motor competence and motives on children's physical activity. *Research Quarterly for Exercise and Sport*, 78(Suppl. 1), A77.
- Castelli, D. M., & **Erwin, H. E.** (2006). Relationship between children's fitness levels and complex motor performance. *Medicine and Science in Sports and Exercise*, 38(5), Supplement S474-S475.
- Castelli, D.M., **Erwin, H.E.**, Buck, S., & Hillman, C.H. (2006). The relationship between motor skill competency and cognitive processes in children. *Research Quarterly for Exercise and Sport*, 71(Suppl. 1), A22.
- Erwin, H.**, & Castelli, D. (2005). Complex motor task relationships with fitness and physical activity in children. *Research Quarterly for Exercise and Sport*, 76(Suppl. 1), A14-15.
- Erwin, H.E.**, & Castelli, D.M. (2005). Do physical activity and fitness influence motor competency? *Missouri Journal of Health, Physical Education, Recreation, and Dance*, 15, 80.

Buck, S. M., Hillman, C. H., Castelli, D., **Erwin, H.**, Son, A., & Bice, M. (2004). The influence of physical fitness on cognitive processing in 7-11 year old children. *Journal of Sport & Exercise Psychology*, 26, S44.

PRESENTATIONS

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*National*

- Erwin, H. E.**, & Beighle, A. (2018, March). *“He’s like the Dr. Seuss of PE.”* Research presented at the Society for Health and Physical Educators Conference, Nashville, TN.
- Erwin, H. E.**, Beighle, A., Routen, A. C., & Montemayor, B. (2017, March). *Feasibility of sit-to-stand desks in a middle school classroom.* Presentation presented at the Society for Health and Physical Educators Conference, Boston, MA.
- Fettrow-Whitney, E. A., Fedewa, A., **Erwin, H.**, Ahn, S., & Farook, M. (2017, January). *Academic-based movement breaks and aerobic-based movement breaks? Is there a differential effect for children’s physical activity, achievement, and behavior?* Poster presentation at the Southern Society for Health and Physical Educators Conference, Baton Rouge, LA.
- Webster, C. A., Weaver, R., Stylianou, M., Spyridoula, V., Welk, G., Beets, M. W., **Erwin, H. E.**, ...Pedros, M. (2016, April). In C. Webster (Chair), *New developments in Comprehensive School Physical Activity Program measurement.* Workshop session at the Society for Health and Physical Educators America conference, Minneapolis, MN.
- Beighle, A., & **Erwin, H. E.** (2016, April). *Branding physical education: Capitalizing on SHAPE America’s “Health.Moves.Minds.”* Oral presentation at the Society for Health and Physical Educators Conference, Minneapolis, MN.
- Erwin, H. E.**, Goc Karp, G., & Carson, R. (2015, October). *Professional preparation programs for CSPAP leaders.* Panel discussion at the Physical Education Teacher Education Conference, Atlanta, GA.
- Erwin, H. E.**, & Beighle, A. (2015, October). *Physical education for the classroom teacher course – Using a CSPAP approach.* Oral presentation at the Physical Education Teacher Education Conference, Atlanta, GA.
- Beighle, A., & **Erwin, H. E.** (2015, October). *CSPAP, PETE, and PA...Oh My!* Oral presentation at the Physical Education Teacher Education Conference, Atlanta, GA.
- Fettrow, E., & **Erwin, H. E.** (2015, October). *Using GoNoodle to teach health concepts in the elementary/middle school.* Oral presentation at the American School Health Association Conference, Orlando, FL.

- Thornton, M., **Erwin, H. E.**, Moore, E., & Johnson, C. (2015, March). Effects of stability balls on student activity and teacher perceptions. Oral presentation at the Society for Health and Physical Educators Conference, Seattle, WA.
- Thornton, M., Babkes Stellino, M., Moore, E., Johnson, C., & **Erwin, H. E.** (2015, March). *Gender inequalities in elementary recess physical activity*. Poster presentation at the Society for Health and Physical Educators Conference, Seattle, WA.
- Carson, R. L., **Erwin, H. E.**, Goc Carp, G, Heidorn, B., Webster, C. A., van der Mars, H., Bauenhauer, B., & Brusseau, T. A. (2015, March). In R. L. Carson (Chair), *Integrating CSPAP in PETE programs: Sharing insights and identifying strategies*. Workshop session conducted at the Society for Health and Physical Educators America conference, Seattle, WA.
- Babkes Stellino, M., Thornton, M., & **Erwin, H. E.** (2015, March). *Elementary teachers' autonomy support for children's recess physical activity motivation*. Oral presentation at the Society for Health and Physical Educators Conference, Seattle, WA.
- Beighle, A., & **Erwin, H. E.** (2015, March). *Motivation in the gym: Theory to practice*. Presentation at the Society for Health and Physical Educators Conference, Seattle, WA.
- Erwin, H. E.**, & Beighle, A. (2014, April). *Incorporating active assessments in physical education*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, St. Louis, MO.
- Beighle, A., & **Erwin, H. E.** (2014, February). *Using a four part lesson in PE*. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance Conference, Lexington, KY.
- Erwin, H. E.**, Beighle, A., Moore, E., Thornton, M., & Johnson, C. (2014, February). *Teaching fitness activities K-12*. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance Conference, Lexington, KY.
- Erwin, H. E.**, & Beighle, A. (2014, February). *Boosting physical activity during physical education time*. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance Conference, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2013, April). *Maximizing physical activity in physical education*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Charlotte, NC.

- Erwin, H. E.**, Beighle, A., Johnson, C., Moore, E., Thornton, M., & Benton, D. (2013, April). Impact of professional development on student activity during physical education. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Charlotte, NC.
- Erwin, H. E.**, Beighle, A., Fedewa, A. L., Candelaria, A., & Schwartz, J. (2013, April) *Relationship between physical activity and student behaviors: An exploratory study*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Charlotte, NC.
- Erwin, H. E.**, Beighle, A., Benton, D., Scanlan, T., & Wooten, S. (2012, October). *Physical activity in physical education: One district's move to improve*. Presentation at the Physical Education Teacher Education Conference, Las Vegas, NV.
- Stellino, M. B., **Erwin, H. E.**, & Beighle, A. (2012, June). *Exploration of children's school- and home-based physical activity correlates: An Expectancy-Value Theory approach*. Presentation at the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
- Small, S. R., Rose, S. A., Perman, J., & **Erwin, H. E.** (2012, February). *Evaluation of physical activity levels in an after-school program*. Presentation at the American Federation for Medical Research, New Orleans, LA.
- Beighle, A., & **Erwin, H. E.** (2011, October). *Lessons learned: Implementing classroom physical activity*. Presentation at the National Conference for the American School Health Association, Louisville, KY.
- Beighle, A., & **Erwin, H. E.** (2011, March). *School-based physical activity promotion*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, San Diego, CA.
- Erwin, H. E.**, Beighle, A., Morgan, C., & Noland, M. P. (2010, October). *Preliminary findings of a low-cost classroom intervention*. Oral presentation at the 84<sup>th</sup> Annual American School Health Association School Health Conference, Kansas City, MO.
- Banda, J., Beets, M. W., **Erwin, H. E.**, & Beighle, A. (2009, November). *Using photographs to understand young-adolescents' perceptions of their physical activity socialization*. Paper presented at the American Public Health Association, Philadelphia, PA.
- Erwin, H. E.**, Beets, M. W., Morgan, C., & Beighle, A. (2009, April). *Implementing classroom-based physical activity*. Tutorial presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Tampa, FL.



- Morgan, C., Beighle, A., **Erwin, H. E.**, & Beets, M. W. (2009, April). *Physical education's role in promoting physical activity for youth*. Tutorial presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Tampa, FL.
- Beets, M. W., **Erwin, H. E.**, Beighle, A., & Morgan, C. (2009, April). *Considerations for developing effective after-school programs to promote physical activity*. Tutorial presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Tampa, FL.
- Beighle, A., Morgan, C., Beets, M. W., & **Erwin, H. E.** (2009, April). *Maximizing recess physical activity*. Tutorial presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Tampa, FL.
- Graber, K. C., **Erwin, H. E.**, Woods, A. M., Rhoades, J., & Zhu, W. (2008, April). *Demographic characteristics of physical education teacher educators by Carnegie classification*. Research symposium presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Graber, K. C., Woods, A. M., **Erwin, H. E.**, Rhoades, J., & Valley, J. (2008, April). *Professional characteristics of physical education teacher educators*. Research symposium presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Castelli, D. M., **Erwin, H. E.**, & Woods, M. K. (2008, April). Effects of media on physical education performance outcomes. Oral presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Miller, A. D., **Erwin, H.**, Abel, M., & Beighle, A. (2008, March). *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., & **Erwin, H. E.** (2007, October). *Preparing physical educators to be school physical activity directors*. Presentation at the History and Future Directions of Physical Education Teacher Education Conference, Pittsburgh, PA.
- Erwin, H. E.**, & Beighle, A. (2007, September). *The influence of integrating kinesthetic learning experiences in elementary classrooms*. Oral

presentation at the Physical Activity in Contemporary Education Conference, Urbana-Champaign, IL.

Beighle, A., & **Erwin, H. E.** (2007, September). *Creating a physical activity culture in schools: A comprehensive physical activity director approach*. Oral presentation at the Physical Activity in Contemporary Education Conference, Urbana-Champaign, IL.

Castelli, D., Graber, K. C., **Erwin, H. E.**, Woods, A. M., & Zhu, W. (2007, April). *A national profile of teacher education faculty: The construction of an online survey*. Oral presentation at the American Educational Research Association, Chicago, IL.

**Erwin, H. E.**, & Castelli, D. (2007, April). *Physical activity and other performance outcomes of the national physical education standards*. Round table presentation at the American Educational Research Association, Chicago, IL.

**Erwin, H. E.**, Castelli, D., & Woods, M. K. (2007, March). *Standards-based outcomes of 4<sup>th</sup> and 5<sup>th</sup> grade students*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Baltimore, MD.

Castelli, D., Woods, M. K., Nordmeyer, E. E., Valley, J., Graber, K. C., **Erwin, H. E.**, Bolton, K., & Woods, A. M. (2007, March). *Perceived versus actual motor competence in children*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Baltimore, MD.

Woods, A. M., Bolton, K. N., **Erwin, H. E.**, Graber, K. C., Castelli, D., Valley, J., & Woods, M. K. (2007, March). *Influences of perceived motor competence and motives on children's physical activity*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Baltimore, MD.

**Erwin, H.E.** (2006, October). Children's physical activity levels in relation to their access to physical activity. Round table presentation at the Physical Education Teacher Education Conference, Long Beach, CA.

Graber, K.C., **Erwin, H.E.**, Woods, A.M., & Zhu, W. (2006, October). *Here's looking at you again PETE: Profiling the present*. Oral presentation at the Physical Education Teacher Education Conference, Long Beach, CA.

Docheff, D., & **Erwin, H.E.** (2006, April). *Curriculum: The driving force for clear visions in physical education*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT.

Rhea, C., & **Erwin, H.E.** (2006, April). *Biomechanical knowledge of practicing physical education teachers*. Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT.

Castelli, D.M., **Erwin, H.E.**, Buck, S., & Hillman, C.H. (2006, April). *The relationship between motor skill competency and cognitive processes in children*. Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT

**Erwin, H.E.**, & Castelli, D.M. (2005, April). *What do motor competent and non-competent children look like?* Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.

Castelli, D.M., Hillman, C.H., Buck, S., & **Erwin, H.E.** (2005, April). *Cognitive processes, fitness, and motor competency in children*. Research symposium presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.

Docheff, D., Conn, J., & **Erwin, H.E.** (2005, April). *Developing leaders through sport and physical education*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.

Docheff, D., Graber, K.C., Conn, J., & **Erwin, H.E.** (2005, April). *Finding the presenter in you: The future is now!* Workshop presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.

### *International*

**Erwin, H. E.**, & Beighle, A. (2015, November). *Motivating students in physical education*. Presentation at the Asia Pacific Physical Education Conference, Hong Kong, China.

Beighle, A., & **Erwin, H. E.** (2015, November). *Maximizing physical activity in physical education*. Presentation at the Asia Pacific Physical Education Conference, Hong Kong, China.

Beighle, A., & **Erwin, H. E.** (2011, November). *Dynamic Physical Education within the United Kingdom framework*. Presentation at Liverpool John Moores University in Liverpool, England.

**Erwin, H. E., & Beighle, A.** (2011, November). *Implementing Dynamic Physical Education in the secondary schools*. Presentation at Liverpool John Moores University in Liverpool, England.

*Regional*

Fedewa, A. L., & **Erwin, H. E.** (2015, March). *School-based physical activity and behavioral, academic, and mental health outcomes in children.* Center for Clinical and Translational Science Conference, Lexington, KY.

Beighle, A., & **Erwin, H. E.** (2012, November). *Using the classroom to foster physical activity and positive academic performance.* Presentation at the 2012 Innovation Summit, Lexington, KY.

**Erwin, H. E.** (2011, November). *Physical activity for children in day cares.* Presentation at Healthy from the Start: Nutrition, Physical Activity and Screen Time Practices for Early Child Care and Education Centers in Kentucky, Frankfort, KY.

**Erwin, H. E.,** & Beighle, A. (2011, October). *Making every minute count: Putting moderate to vigorous physical activity into the school day.* Presentation at the 3<sup>rd</sup> annual Making Every Minute Count workshop in Georgetown, KY.

Beighle, A., & **Erwin, H. E.** (2010, November). *Making every minute count: Putting moderate to vigorous physical activity into the school day.* Presentation at the Making Every Minute Count workshop in Beattyville, KY.

Beighle, A., & **Erwin, H. E.** (2010, November). *Promoting physical activity in childcare settings.* Presentation at the Community Early Childhood Council Annual Meeting, Frankfort, KY.

*State*

**Erwin, H. E.,** & Beighle, A. (2017, November). *Innovative instant activities to jumpstart your classes!* Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance, Lexington, KY.

**Erwin, H. E.,** & Beighle, A. (2016, November). *Effective management strategies for maximizing student physical education.* Presentation at the Virginia Association for Health, Physical Education, Recreation and Dance, Richmond, VA.

Beighle, A., & **Erwin, H. E.** (2016, November). *Using a multi-activity model.* Presentation at the Virginia Association for Health, Physical Education, Recreation and Dance, Richmond, VA.

**Erwin, H. E.,** & Beighle, A. (2016, November). *Activities to infuse fitness into every lesson.* Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance, Lexington, KY.

- Beighle, A., & **Erwin, H. E.** (2016, November). *Strategies for increasing physical activity during physical education*. Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2013, January). *Implementing classroom-based physical activity and HOPSports*. Presentation at John Cooper School, The Woodlands, TX.
- Erwin, H. E.** (2012, November). *Disability awareness*. Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance, Louisville, KY. - This presentation was conducted with eight undergraduate/graduate students: Moore, E., Thornton, M., Johnson, C., Albaba, Z., Blanton, J., Ford, R., Sadler, L., & Turner, A.
- Erwin, H. E.** (2011, November). *SPACE creation!: Supporting physical activity in the classroom environment*. Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2011, November). “*Do we have to run the mile?*” Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2010, August). *Physical Activity Promotion in Early Child Care Settings*. Presentation at the Infant-Toddler Institute, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2010, May). *Promoting physical activity in child care settings*. Presentation at the Health Communities: Moving Communities from Programs to Policy Conference, Lexington, KY.
- Eckler, S., Beighle, A., & **Erwin, H. E.** (2009, November). *Children’s school day and recess activity at two schools*. Poster session at the Kentucky Association for Health, Physical Education, Recreation and Dance Conference, Lexington, KY.
- Erwin, H. E.** (2009, November). *Creative activities for students and teachers: CATS “Fantastic Four” Part Lessons*. Presentation presented at the Kentucky Association for Health, Physical Education, Recreation and Dance Conference, Lexington, KY. – This presentation was conducted with nine undergraduate students.

- Erwin, H. E.** (2009, June). *Maximizing physical activity in K-12 physical education*. Presentation at the Physical Activity and Wellness Schools Institute, Lexington, KY.
- Erwin, H. E.** (2008, October). *Secondary physical education: No T.I.M.E. to waste*. Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance Conference, Louisville, KY. – This presentation was conducted with five undergraduate students: Eckler, S., Koufoudakis, R., Kuligoski, C., Schwartz, J., & Timaji, A.
- Erwin, H. E.** (2007, November). *Extreme Makeover: Games Edition!* Presentation at the Kentucky Parks and Recreation Society Conference, Lexington, KY.
- Erwin, H. E.** (2007, June). *Sport education: A method for motivating students in physical education*. Presentation at the Summer Kentucky Association for Health, Physical Education, Recreation and Dance Workshop, Lexington, KY.
- Erwin, H. E.** (2007, February). *Integrating movement in the classroom*. Presentation at the Kentucky Physical Activity Conference, Louisville, KY.
- Erwin, H.E.** (2006, November). *Winning the behavior management GAME*. Presentation at the Kentucky Association of Health, Physical Education, Recreation, and Dance Conference, Lexington, KY.
- Erwin, H.E.** (2005, November). *Validation of a preadolescent environmental access to physical activity questionnaire*. Student-Mentor Award presentation at the Illinois Association for Health, Physical Education, Recreation and Dance, St. Charles, IL.
- Erwin, H.E.** (2005, November). *Is graduate school right for me?* Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance, St. Charles, IL.
- Docheff, D., Graber, K.C., Conn, J., & **Erwin, H.** (2005, November). *Effectively teaching teachers through presentations*. Presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance Conference, St. Charles, IL.
- Erwin, H.E., & Bachtel, A.** (2005, November). *Physical education for all seasons: Games and activities for every holiday*. Presentation at the Missouri Association for Health, Physical Education, Recreation and Dance, Lake of the Ozarks, MO.

**Erwin, H.E.**, & Rhea, C. (2005, November). *Opportunity knocks!! Will you take it?* Presentation at the Indiana Association of Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.

Rhea, C., & **Erwin, H.E.** (2005, November) *Investigating new ways to teach biomechanics to physical education majors.* Presentation at the Indiana Association of Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.

Valley, J., & **Erwin, H.** (2004, November). *Create, navigate, advocate, and disseminate: Web site development to promote quality physical education.* Presentation conducted at the Illinois Association of Health, Physical Education, Recreation, and Dance Conference, St. Charles, IL.

**Erwin, H.**, & Castelli, D. (2004, November). *Do physical activity and fitness influence motor competency?* Poster session and oral presentation at the Missouri Association of Health, Physical Education, Recreation and Dance Conference, Lake of the Ozarks, MO.

Castelli, D., & **Erwin, H.** (2003, September). *Technology applications regarding physical activity and health.* Presentation conducted for Eric Dishman of Intel's Health Research Program, Champaign, IL.

**Conn, H.**, & Gorman, D. (2003, November). *The effect of cup stacking on reaction time, movement time, and ambidexterity in fourth grade students.* Poster session presented at the Arkansas Association of Health, Physical Education, Recreation, and Dance Conference, Hot Springs, AR.

Ferguson, R., Hardy, K., & **Conn, H.** (2003, November). *Predictors of success on the Praxis II physical education assessment.* Poster session presented at the Arkansas Association of Health, Physical Education, Recreation, and Dance Conference, Hot Springs, AR.

#### *Invited Presentations*

Fedewa, A., & **Erwin, H. E.** (2015, March). *School-based physical activity and behavioral, academic, and mental health outcomes in children.* Presentation at the Center for Clinical and Translational Science Spring Conference, Lexington, KY.

**Erwin, H. E.** (2014, July). *School physical activity and academic achievement: Evidence, strategies, and future directions.* Presentation at the Leadership Summit on Childhood Obesity, Lexington, KY.



- Beighle, A., & **Erwin, H. E.** (2013, February). *PECAT for Higher Education Institutions*. Presentation at the American Cancer Society/Centers for Disease Control and Prevention Advanced Academy, Atlanta, GA.
- Erwin, H. E.** (2012, August). *Mini moves: Incorporating physical activity in the classroom and at home*. Presentation at the Infant-Toddler Institute, Lexington, KY.
- Erwin, H. E.,** & Ickes, M. (2011, September). *Physical activity is academic!* Presentation to the Kentucky Childhood Obesity Task Force, Frankfort, KY.
- Erwin, H. E.** (2011, June). *Programs, policies, and Media Smart*. Presentation at the Growing Healthy Kids Conference, Lexington, KY.
- Erwin, H. E.** (2011, June). *Creating healthy, hunger-free communities come together*. Presentation at the Growing Healthy Kids Conference, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2011, May). *Current health and wellness trends for physical educators*. Presentation for Boone County Schools physical education teachers, Boone County, KY.
- Erwin, H. E.,** & Beighle, A. (2011, May). *Leading elementary teachers to promote physical activity and health in the classroom*. Presentation for Boone County Schools physical education teachers, Boone County, KY.
- Erwin, H. E.** (2011, March). *Youth physical activity during the school day: A buried treasure*. Presentation for the University of Illinois Kinesiology and Community Health Colloquium series, Urbana-Champaign, IL.
- Fedewa, A., & **Erwin, H. E.** (2010, October). *Physical activity: Implications for classroom behavior and learning*. Presentation at the University of Kentucky, College of Education, Educational Policy Colloquium, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2010, July). *School-based physical activity: Moving and learning*. Presentation at the Alternative Strategies for Educating Students at Risk Conference, Richmond, KY.
- Erwin, H. E.** (2010, July). *Physical activity in schools: Connecting programs to policy*. Presentation at the Growing Healthy Kids Institute, Lexington, KY.
- Erwin, H. E.** (2009, May). *Increase physical activity and physical education in schools*. Presentation at Shaping Kentucky's Communities Summit: Policies, Programs and People to Reduce Obesity, Lexington, KY.

- Beal, R. K., Riggs, R., & **Erwin, H.E.** (2008, February). *Integrating physical activity with core content*. Presentation at the University of Kentucky College of Education Field Supervisor's meeting, Lexington, KY.
- Erwin, H. E.** (2007, June). *Appropriate physical activity for youth*. Presentation at Lexington-Fayette Urban County Government Division of Parks and Recreation staff training, Lexington, KY.
- Erwin, H. E.** (2007, March). *Movement M&Ms*. Presentation at Kentucky Literacy, Eating, Activity for Preschoolers (LEAP) In-service for preschool teachers, Frankfort, KY.
- Erwin, H.E.,** & Buck, S.M. (2005, December). *Children's cognitive processes and fitness*. Presentation at the Raising Student Achievement Conference, St. Charles, IL.
- Castelli, D.M., Woods, A.M., **Erwin, H.E.,** & Woods, M. (2005, November). *Evidence-based practice in physical education: Riding the wave of change*. Presentation for Rantoul School District Physical Education In-service Workshop, Rantoul, IL.
- Castelli, D.M., Yang, L., & **Erwin, H.E.** (2005, September). *Technology integration in physical education*. Presentation for Champaign IV School District Physical Education In-service Workshop, Champaign, IL.
- Castelli, D., Buck, S., & **Erwin, H.** (2004, February). *The influence of physical fitness on cognitive processing in 7-11 year old children*. Presentation conducted at a Champaign 4 School District Elementary Physical Education In-service, Champaign, IL.

GRANTS

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*Funded*

- July 2015      Enhancing the Outcomes of a Behavioral Parent Training Intervention (National Institutes of Health/National Institute of General Medical Sciences, Subaward from University of Vermont, 1P20GM103644). PI – Craig Rush; Co-PI Christina Studts; Co-I Heather E. Erwin, Co-I Aaron Beighle, \$20,000)
- January 2012      Evaluating the Effects of a Physical Activity Intervention Program on the Satisfaction and Activity Levels of Preschool Children with and without Identified Disabilities (Health and Wellness Incentive Program Sponsored by the Human Development Institute). PI – Alicia Fedewa; Co-I Heather E. Erwin, \$1,000.
- April 2011      International Perspective on School-Based Physical Activity for Youth (University of Kentucky, Office of the Vice President for Research, Research Support Grant). PI – Heather E. Erwin; \$5,000.
- November 2010      Academic-Community Coalition for a School-Based Obesity Prevention/Treatment Program (National Institute of Child Health and Human Development). PI – Todd Cheever; Co-I Heather E. Erwin; \$28,971.
- May 2010      P20 School Health and Wellness Lab (University of Kentucky, College of Education). Co-PI – Heather E. Erwin; \$50,000.
- January 2010      School-Based Physical Activity International Collaboration (University of Kentucky, College of Education). Co-PI – Heather E. Erwin; \$4,825.
- July 2010      An Intergenerational Intervention to Reduce Appalachian Health Disparities (National Institutes of Health/NIDDK). PI – Nancy Schoenberg; Co-I – Heather E. Erwin; \$3,585,630.
- August 2009      Physical Activity and Wellness Schools (PAWS) (Elaine and Steve Harris, private donors). PI – Melody Noland; Co-I – Heather E. Erwin; Renewal: \$20,000.
- January 2009      Effect of Choice on Student Motivation and Physical Activity Levels in Elementary Physical Education (University of Kentucky, Office of the Vice President for Research, Research Support Grant). PI – Heather E. Erwin; \$10,000.

- December 2008 UK Physical Activity and Wellness Schools (UK PAWS) Institute Conference and Workshop Awards (University of Kentucky Vice President for Research). Co-PI – Aaron Beighle; Co-PI – Heather E. Erwin; \$3,000.
- August 2008 Physical Activity and Wellness Schools (PAWS) (Elaine and Steve Harris, private donors). PI – Melody Noland; Co-I – Heather E. Erwin; \$20,000.
- August 2008 Improving Health through Physical Activity: Design and Evaluation of Physical Activity Programs Implemented by FCS Extension Agents (Health Education through Extension Leadership, Commonwealth of Kentucky). PI – Melody Noland; Co-I – Heather E. Erwin; \$60,097.
- October 2007 Relation of Children’s Perception of their Environment to Physical Activity Levels: A Mixed Methodology Approach (AAHPERD Research Consortium Collaborative Grant Research Program). PI – Heather E. Erwin; \$9,555.
- June 2007 Get Healthy Kentucky Schools (Governor’s Office for Wellness and Physical Activity). Co-PI – Heather E. Erwin; \$6,000.
- December 2006 Integrating Kinesthetic Learning Experiences in Elementary Classrooms (University of Kentucky, College of Education Mini-grants). PI – Heather E. Erwin; \$6,000.
- December 2006 Children’s Perceptions of their Physical Activity. (University of Kentucky Faculty Summer Research Fellowship). PI – Heather E. Erwin; \$6,000.
- October 2004 Graduate College Travel Grant (University of Illinois at Urbana-Champaign). PI – Heather E. Erwin

*Proposals*

- August 2017 Pedal to Learn: Improving Student Academic Outcomes for Adolescents. (Institute of Educational Sciences). PI – Alicia Fedewa; Co-PI – Heather E. Erwin; \$1,400,000 requested.
- April 2017 An Activity Intervention to Improve Academic Outcomes for Adolescents. (Spencer Foundation Small Grants). Co-PI – Heather E. Erwin; \$49,500.00 requested.

- February 2017 Equipment Competition. (University of Kentucky Vice President for Research). PI – Heather E. Erwin; \$26,273.65 requested.
- March 2016 A School-Based Physical Activity Intervention for Children with and without ADHD Symptomology. (University of Kentucky Vice President for Research Support Grants). PI – Alicia Fedewa; Co-I – Heather E. Erwin; \$19,846 requested.
- March 2016 Developing an Inclusion Implementation Model for Health-Enhancing Physical Activity or Elementary Children with and without Disabilities. (NIH PAR 14-321 Developing Interventions for Health-Enhancing Physical Activity R21/R33). PI – Alicia Fedewa; Co-I – Heather E. Erwin, \$1,239,025 requested.
- November 2014 An Inclusion Model to Increase Daily Physical Activity for 5th Graders With and Without Disabilities (IM-HEPA). (National Institutes of Health). PI – Joan Mazur; Co-Investigators – Alicia Fedewa, Melinda Ault, Margaret Bausch, Heather E. Erwin; \$751,100 requested.
- March 2014 A Randomized Control Study Examining the Effects of Physical Activity on the Behavior of Pre-School Children at-risk for ADHD. (University of Kentucky Vice President for Research Support Grants). PI – Alicia Fedewa; Co-I – Heather E. Erwin; \$17,275 requested.
- March 2013 Presidential Youth Fitness Program Evaluation. (Presidential Youth Fitness Program). Co-PIs – Aaron Beighle & Heather E. Erwin; \$706,018 requested.
- February 2013 Healthier with a Buddy: Evaluating the Feasibility in Improving Nutrition and Physical Activity through Peer Influence. (University of Kentucky, Center for Clinical and Translational Science). PI – Alicia Fedewa; Co-I – Heather E. Erwin; \$100,000 requested.
- December 2012 Promoting healthy lifestyles in children by implementing CHANGE!: A school-based physical activity and healthy eating intervention. (Bupa Foundation Multi-Country grant). PI – Stuart Fairclough; Co-I – Heather E. Erwin; \$1,213,655 requested.

- October 2012 A Randomized Control Study Examining the Effects of Physical Activity on the Behavior of Preschool Children At-Risk for ADHD. (University of Kentucky, Office of the Vice President for Research, Research Support Grant). PI – Alicia Fedewa; Co-I - Heather E. Erwin; \$9,170 requested.
- September 2011 Appalachian Children Move More Together (National Institutes of Health/Healthy Habits: Timing for Developing Sustainable Healthy Behaviors in Children and Adolescents R03). PI – Alison Gustafson; Co-I – Heather E. Erwin; \$139,000 requested.
- September 2011 Appalachian Children Move More Together (University of Kentucky, Center for Clinical and Translational Science). PI – Alison Gustafson; Co-I – Heather E. Erwin; \$48,977 requested.
- March 2011 PAWS for Good Health in Kentucky Schools (Steele-Reese Foundation). PI – Melinda Ickes; Co-I – Heather E. Erwin; \$60,050 requested.
- January 2011 PAWS for Good Health in Kentucky (Humana Foundation). PI – Melinda Ickes; Co-I – Heather E. Erwin; \$50,000 requested.
- December 2010 Assessing the Effectiveness of CATCH in After-School Programs for Urban and Rural Low-Income Youth (General Mills Champions for Healthy Kids). PI – Alicia Fedewa; Co-I – Heather E. Erwin; \$10,000 requested.
- November 2010 PAWS (Physical Activity and Wellness Supervisors) for Good Health in Kentucky Schools (Knight Foundation). PI – Melinda Ickes; Co-I – Heather E. Erwin; \$75,000 requested.
- October 2010 PMI2 Connect UK-US New Partnership Fund (British Council Connect: A Meeting of Minds). PI – Stuart Fairclough; Co-I – Heather E. Erwin; \$20,085 requested.
- October 2010 PAWS (Physical Activity and Wellness Supervisors) for Good Health in Kentucky Schools (Berea College Appalachian Fund). PI – Heather E. Erwin; \$10,032 requested.
- October 2010 PAWS (Physical Activity and Wellness Supervisors) for Good Health in Schools (Foundation for a Healthy Kentucky, Kentucky Healthy Futures Initiative). PI – Heather E. Erwin; \$200,000 requested.

- May 2009      The Effects of Structured vs Autonomy Supportive Activity Opportunities on Children’s Afterschool Program Physical Activity (Active Living Research – Robert Wood Johnson Foundation). PI – Aaron Beighle; Co-I – Heather E. Erwin; \$399,896 requested.
- February 2009      iA Mover y Aprender Cardinal Valley! (Salud America! - Robert Wood Johnson Foundation). PI – Heather E. Erwin; \$73,864 requested.
- April 2008      Effect of Integrating Physical Activity on Math Retention (NEA Foundation Student Achievement Grant). PI – Heather E. Erwin; \$5,000 requested.
- January 2008      LEAP into Fun and Fitness (General Mills Champions for Healthy Kids Grant). PI – Heather E. Erwin; \$10,000 requested.
- May 2007      IMPACT Kentucky (University of Kentucky Commonwealth Collaborative). PI – Heather E. Erwin; \$9,700 requested.
- March 2007      Lansdowne Elementary Activity Zone (Take Action: Healthy People, Places, and Practices in Communities Project). PI – Anita Courtney; Co-I – Heather E. Erwin; \$5,000.
- January 2007      Impact of Perceived Access and Physical Activity Preferences on Children’s Physical Activity Levels (AAHPERD Research Consortium Collaborative Research Program). PI – Aaron Beighle; Co-I – Heather E. Erwin; \$14,994 requested.

AWARDS

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2016 Teacher Who Made a Difference Lexington, KY  
*Recognized at the Teachers Who Made a Difference breakfast, sponsored by the University of Kentucky College of Education*

2015 Hosted Dr. Ash Routen for research visit Lexington, KY  
*Research Associate in Physical Activity, Sedentary Behavior and Youth*  
Loughborough University, Loughborough, UK

2015 Journal of Teaching in Physical Education Chicago, IL  
*2014 JTPE Outstanding Reviewer Award*

2013 American Educational Research Association  
*Exemplary Paper Award - American Educational Research Association's Research Learning and Instruction in Physical Education Special Interest Group for 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.*

2013 NASPE Charlotte, NC  
*Helen M. Heitmann Curriculum and Instruction Young Scholar Award*

2011 AAHPERD San Diego, CA  
*Research Consortium Fellow*

2011 AAHPERD San Diego, CA  
*Nominated for the Mabel Lee Award*

2010 Teacher Who Made a Difference Lexington, KY  
*Recognized at the Teachers Who Made a Difference breakfast, sponsored by the University of Kentucky College of Education*

2009 NASPE Indianapolis, IN  
*Nominated for the Helen M. Heitmann Curriculum and Instruction Young Scholar Award*

2008 National Society of Collegiate Scholars Washington, DC  
*Nominated for the Inspire Integrity Award*

2007 NASPE Fort Worth, TX  
*Nominated for the NASPE Sport & Exercise Psychology Academy Dissertation Award*

2006 University of Illinois at Urbana-Champaign Urbana, IL  
*Laura J. Huelster Scholarship Award*





## MENTORING

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### *Doctoral Dissertation Committee Member (\*Dissertation Chair)*

- Jason Wilson, Ph.D., 2017-present
- Seth Eckler, Ph.D., 2015-present
- Eric Moore, Ph.D., 2012-present
- Igor Vasilj, Ph.D., 2017 – outside examiner  
*“Evaluating the Attitudes and Practices of Exercise Prescription among Psychotherapists”*
- Jennifer McMullen, Ph.D., 2014-2016  
*“The College CHEF: Cooking Healthfully, Educating For Life-Long Change”*
- Christine Johnson\*, Ph.D., 2012-2015  
*“Student Perceived Motivational Climate, Enjoyment, and Physical Activity in Middle School Physical Education”*
- Michelle Thornton\*, Ph.D., 2012-2015  
*“The Relationship between Physical Activity and On-Task Behavior in Early Primary School Students”*
- Meredith Sims\*, Ph.D., 2011-2013  
*“Validation and Descriptive Analysis of System for Observing Dance Activities in Classroom Environment”*
- Megan Danzl, Ph.D., 2013 – outside examiner  
*“Stroke Survivors, Caregivers, and Physical Therapists’ Perceptions of Patient and Caregiver Education in Stroke Rehabilitation”*
- Sallie Powell, Ph.D., 2012 – outside examiner  
*“Constructing the Modern Girl--Kentucky Style: An Examination of Gender and Race through the Lens of Kentucky Girls' High School Basketball Prior to Title IX”*

### *Masters Thesis Committee Member (\*Thesis Chair)*

Meredith Sims\*, M.S., 2008-2010  
Beth Eddy\*, M.S., 2008-2011  
Ryann Koufoudakis\*, M. S., 2009-2011  
Seth Eckler, M.S., 2009-2010  
Jenna Schwartz, M.S., 2009-2011

### *Masters Committee Member – Non-Thesis Track (\*Chair)*

Taylor Ballinger, M.S., 2014-2016  
Joshua Davis, M.S., 2014-2016  
Brittany Mullins, M.S., 2014-2016  
Lee Earlywine\*, M.S., 2014-2016  
Emily Lyden, M.S., 2014-2106  
Deena Mentonis, M.S., 2014-2016  
Jacob Noger, M. S., 2014-2016  
Lance Reed, M.S., 2014-2016  
Luke Persall, M.S., 2014-2016

Josh Pruitt, M.S., 2013-2015  
Adam Borman\*, M.S. 2012-2014  
Jenny Svoboda, M.S., 2012-2014  
Jesse Guffey\*, M.S., 2012-2013  
Philip Mathis, M.S., 2011-2013  
Marco dos Santos, M.S., 2011-2013  
Jerry Smith\*, M. S., 2011-2012  
Paul Ciurlys\*, M. S., 2010-2012  
Jamie Ness, M. S., 2010-2012  
Brittany McCarty\*, M. S., 2008-2011  
Bobby Arnold, M.S., 2007- 2010  
Lydia Childress\*, M.S., 2008-2010  
Amy Crumbaugh, M.S., 2007-2010

SERVICE

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*Department*

- ❖ KHP Advisory Committee  
2013-present
- ❖ Sport Leadership Tenure Track Search Committee  
2017
- ❖ Director of Graduate Studies, KHP  
2013-present
- ❖ KHP Living Learning Community Committee  
2013-present
- ❖ Teacher Education Program Kinesiology Chair  
2009-present
- ❖ KHP Chair Search Committee  
2008, 2012, 2015
- ❖ Education Abroad Committee member  
2012-2013
- ❖ Exercise Science Lecturer Search Committee (2 positions)  
2012
- ❖ Exercise Science Tenure Track Search Committee  
2011
- ❖ Future Directions Committee  
2009-present
- ❖ Sport Leadership Tenure Track Search Committee  
2008-2009
- ❖ Teacher Education Program faculty interview committee  
2006-present
- ❖ R.D. and Caroline Kirkpatrick Scholarship Fund Selection Committee  
member  
2007-2009

*College*

- ❖ College of Education Self Study Committee member  
2017-2018
- ❖ Periodic Review committee member, Department of Educational Leadership Studies  
2017
- ❖ Graduate Recruitment, Retention and Student Success Committee  
2015-present
- ❖ SOAR (Shaping Our Appalachian Region) Advisory Committee  
2015-present
- ❖ Faculty Council At-Large member for College of Education  
2015-2017
- ❖ Graduate Council member for College of Education  
2015-present
- ❖ Rules Task Force member for College of Education  
2014-2015
- ❖ Graduate Admissions and Standards Committee  
2013-present
- ❖ Co-Director of College of Education P20 Health and Wellness Lab  
2010-2014
- ❖ Masters Redesign (Rank II) Steering Committee  
2008-2012
- ❖ Teacher Educator certification for the Kentucky Teacher Internship Program  
2007-present  
LaDonda Porter – Beaumont Middle School 2007-2008  
William Springate – Bryan Station High School 2008-2009  
Scott Loscheider – Dixie Elementary 2009-2010  
Christie Kuligoski – Mary Queen of the Holy Rosary 2009-2010  
Garrett Tyson – Deep Springs Elementary 2010-2011  
Michael Webster – Tates Creek Middle School 2010-2011  
Jenna Schwartz – The Learning Center 2011-2012  
John Nord – Southern Elementary 2011-2012  
Alex Hunt – Picadome Elementary 2012-2013  
Samarie Anderson – Seton School 2012-2013  
Eric Cornett – Maxwell Elementary 2013-2014

Hannah Anderson – Dixie Elementary 2014-2015  
Jordan Manley – STEAM Academy 2015-2016  
Adam Boldt – The Learning Center 2015-2016  
Robert Ford – Jessie Clark Middle 2015-2016  
Ryan Ratliff – Conkwright Elementary 2016-2017  
Josh Webb – Cardinal Valley Elementary 2017-2018

- ❖ Undergraduate Admissions and Standards Committee  
2007-2010
- ❖ Scholarship Committee  
2007-2010

### *University*

- ❖ Guest lecturer in Dr. Alison Gustafson's DHN 403 Community Nutrition course, March 7, 2013
- ❖ Vetting Team #3: Inquiry in the Social Sciences Member to revise University of Kentucky's General Education Component  
2009-2010
- ❖ Expert reviewer for Family and Consumer Sciences *Active Gaming – Physical Activity Video Games* report, 2012

### *Community*

- ❖ Expert stakeholder for CDC report *Classroom Physical Activity Resource Development*, 2017
- ❖ SHAPE America Program Chair, Teaching & Learning  
2017-2018
- ❖ SHAPE Physical Activity and Health abstract reviewer  
2017
- ❖ Kentucky Department of Education, Advisory Panel for the Middle School Physical Education Standards  
2017
- ❖ Tenure and promotion reviewer for Northeastern University  
2017
- ❖ SHAPE America Presidential Scholarship Committee member, 2016-2018

- ❖ SHAPE America CSPAP Research Special Interest Group, Past Chair  
2015-2017
- ❖ SHAPE/AAHPERD Research Consortium Grant Program reviewer  
2008-2012, 2015-2017
- ❖ Expert reviewer for CDC guide: *Promising Practices for Recess in Schools*, 2016
- ❖ Professional Development for Scott County physical education teachers, July 30, 2015
- ❖ SHAPE America Whole School, Whole Community, Whole Child (WSCC) Model Task Force member, 2015
- ❖ *JOPERD* Editorial Board member, 2015-2018
- ❖ SHAPE America Scholarship Committee At-Large representative, 2015-2017
- ❖ Reviewer for Physical Education Teacher Education/Health Education Teacher Education Conference, 2015
- ❖ Professional Development for Fayette County physical education teachers, 2012-present
- ❖ Nutrition, Physical Activity, Obesity and Cancer Panel member at the Kentucky Cancer Consortium, Frankfort, KY, October 14, 2014
- ❖ NASPE Middle School Teacher of the Year Selection Committee, 2014
- ❖ Reviewer for *Journal of Teaching in Physical Education* special feature, 2014
- ❖ Tenure and Promotion reviewer for Ohio University  
2013
- ❖ Pedagogy Review Panel Chair - Teaching & Learning Research Consortium, AAHPERD  
2013
- ❖ Expert reviewer for CDC guide: *A Guide for Developing Comprehensive School Physical Activity Programs*, 2013
- ❖ Advanced Academy PECAT facilitator for the American Cancer Society/Centers for Disease Control and Prevention, Atlanta, GA, 2013

- ❖ Professional Development workshop presenter for John Cooper School classroom teachers, The Woodlands, TX, 2013
- ❖ Tenure and promotion reviewer for Mississippi State University  
2012
- ❖ CDC Physical Education Curriculum Analysis Tool Trainer  
2012-present
- ❖ Professional Development for Dixie Elementary classroom teachers,  
Fayette County Public Schools, 2012
- ❖ Kentucky Association for Health, Physical Education, Recreation and  
Dance  
Secondary Physical Education Section Chair  
2012
- ❖ Kentucky Coordinated School Health Higher Education Committee  
member, 2011
- ❖ Consultant for KET's *More than Child's Play: Increasing Physical  
Activity in our Schools* online professional development module, 2011
- ❖ Professional Development workshop presenter for Boone County  
School Physical Education program, 2011, 2012
- ❖ NASPE High School Teacher of the Year Selection Committee, 2011
- ❖ Expert reviewer for CDC report *Association between School-Based  
Physical Activity, Including Physical Education, and Academic  
Performance*, 2010
- ❖ NASPE Association Delegate Assembly member, 2010
- ❖ Head Start Body Start Physical Activity Consultant  
National Center for Physical Development and Outdoor Play  
2009-2011
- ❖ Physical Activity and Wellness Schools Institute Co-Chair  
2009-2010
- ❖ Monmouth University's Health & Physical Education program  
consultant  
2009
- ❖ Lieutenant Governor Mongiardo's Committee on Cardiovascular  
Health Member



2009

- ❖ Physical Education Teacher Education Conference Planning Committee Member, NASPE  
2009 National Physical Education Teacher Education Conference  
2008-2009
- ❖ Pedagogy Review Panel research abstract reviewer  
Research Consortium, AAHPERD  
2008-2012
- ❖ NASPE Reviewer  
Run for Something Better School Awards Program  
2009, 2010, 2013  
Opportunity to Learn: Guidelines for Elementary Physical Education document  
2008  
Fitness Education Project full proposal  
2008
- ❖ Kentucky Action for Healthy Kids  
Bluegrass Region Chair, 2007-present  
Kentucky Membership Coordinator, 2009-2011
- ❖ Kentucky Governor's Office of Wellness and Physical Activity  
National Governor's Association Grant Consultant  
*Healthy Kids, Healthy America* (\$100,000 funded)  
2007-2008
- ❖ University of Kentucky, College of Medicine  
Jumpin' Jaguars Project at Johnson Elementary  
Classroom Physical Activity Specialist  
2007-2011
- ❖ Journal Reviewer:  
*American Journal of Preventive Medicine*, 2013-present  
*Annals of Behavioral Medicine*, 2012 (guest reviewer)  
*BioMed Central Public Health*, 2014-present  
*BMJ*, 2015-present  
*Childhood Obesity*, 2011-present  
*Children, Youth and Environments*, 2016  
*Environmental Health Insights*, 2008  
*European Physical Education Review*, 2015-present  
*Health Education Research*, 2010-present  
*Health Promotion Practice*, 2008-present  
*Journal of Physical Activity and Health*, 2007-present  
*Journal of Physical Education, Recreation, and Dance*, 2007-present

*Journal of Public Health Management & Practice*, 2009  
*Journal of School Health*, 2007-present  
*Journal of Teaching in Physical Education*, 2008 (guest reviewer),  
2010-present  
*Learning and Individual Differences*, 2017-present  
*Measurement in Physical Education and Exercise Science*, 2016-  
present  
*Pediatrics*, 2014-present  
*Preventive Medicine*, 2014-present  
*Research Quarterly for Exercise and Sport*, 2007-present

- ❖ Lexington-Fayette Urban County Government Division of Parks and Recreation Research Consultant  
2007
- ❖ Lexington-Fayette County Health Department Tweens Nutrition and Fitness Coalition Member  
2006-present
- ❖ Kentucky Action for Healthy Kids Member  
2006-present

*Prior to University of Kentucky*

- ❖ American Alliance for Health, Physical Education, Recreation and Dance  
*Student Services Committee, Student Representative*  
2005-2006
- ❖ Contributing Editor, Research in Action Section, PE Central  
2005-2006
- ❖ Pedagogy Area of Study Committee, University of Illinois  
*Graduate Student Representative*  
2003-2005

**PROFESSIONAL MEMBERSHIPS**

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American Association of Physical Activity and Recreation

American School Health Association

Kentucky Association for Health, Physical Education, Recreation and Dance

Lexington-Fayette County Health Department Tweens Nutrition and Fitness Coalition

National Association for Sport and Physical Education

Society for Health and Physical Educators America

Revised on August 23, 2017