

**Elizabeth A. Whitney, PhD, CHES®**

Assistant Professor, Health Education

College of Education

Department of Kinesiology & Health Promotion, The University of Kentucky

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**EDUCATION:**

2009-2013 Doctor of Philosophy (Ph.D.) Health Education & Promotion (Concentration in School Health) Kent State University

2007 - 2008 Masters of Science (MS) in Exercise Physiology, Kent State University

2003 - 2007 Bachelor of Science (BS) in Exercise Science, Kent State University

**CERTIFICATION:**

2011 - Present Certified Health Education Specialist (CHES), National Commission for Health Education Credentialing, Inc. (NCHEC), CHES #19090

**PROFESSIONAL EXPERIENCES:**

2014 - Present Assistant Professor, Health Education, Department of Kinesiology & Health Promotion, University of Kentucky, Lexington KY

2013 - 2014 Assistant Professor, Health Education, Department of Sport Science & Wellness Education, University of Akron, Akron OH (3/2 load)

2009 - 2013 Graduate Assistant, School of Health Sciences (Health Education/Promotion), Kent State University, Kent OH (taught 2/2 load as GA)

2012 & 2013 Adjunct Faculty, College of Education, Health, and Human Services, Kent State University - Stark Campus, North Canton OH

2011 Adjunct Faculty, Department of Health and Human Performance, Cleveland State University, Cleveland OH

2009 Consultant, Centers for Disease Control & Prevention, National Institute of Occupational Safety & Health, Cincinnati OH

2009 Internship, American School Health Association (ASHA), Kent OH

2007 - 2008 Graduate Assistant, School of Health Sciences (Exercise Physiology), Kent State University.

**RESEARCH INTERESTS:** *Child/adolescent health issues, teacher education pedagogy (pre-service teachers), K-12 classroom-based strategies*

**PUBLICATIONS:** \*denotes student co-author

12. Herbert, P., & **Whitney, E.** Physical Activity Stations: Opportunities for Teachers and Students during the School Day. (In-Press) *Strategies*, 31(5), 37-41. 2018
11. Fedewa, A.L., Cornelius, C., Whitney, E., & Ahn, S. The Use of Bicycle Workstations to Increase Physical Activity in a Secondary School Classroom. *Health Psychology Report*. (In-Press).
10. **Whitney, E.**, & Herbert, P. Healthy Eating on a Budget: A Lesson in Frugality. *Strategies*. 2018 (In-Press)
9. Fedewa, A., **Fettrow E.**, Erwin, H., Ahn, S., & Farook, M. Academic-based movement breaks and aerobic-based movement breaks: Are there differential effects on physical activity, and achievement? *Research Quarterly for Exercise and Sport*, 89(2): 153-163.
8. Lineberry, M., **Whitney, E.**, & Noland, M. The Role of School Nurses, Challenges, and Reactions to Delegation Legislation: A qualitative approach. *The Journal of School Nursing*, 34(3): 222-231, 2017.
7. **Whitney, E.**, & \*Ross, D. Games as a Force for Good: Strategies for Incorporating Pokémon Go in the Classroom. *KAHPERD Journal*. 54(2): 18 – 23, 2017.
6. **Whitney, E.**, & Herbert, P. Wellness Night: Cultivating Healthy Partnerships with Schools, Families, and the Community. *Strategies: A Journal for Physical and Sport Educators*. 30(2): 45-48, 2017.
5. **Whitney, E.**, Sanford, R., & Bennett, S. Pre-Service educators' perceptions of CAN training. *The Journal of Health Education Teaching*, 8(1), 1 – 16, 2017.
4. Herbert, P.C., & **Whitney, E.** The 'Food for Thought' Taste-Off: Getting Elementary School Students to Try New Fruits & Vegetables. *Strategies*, 29(6), 40 – 43, 2016.
3. **Whitney, E.** Using GoNoodle to Introduce Health Concepts in the K – 5 Classroom. *Strategies, Educators Corner*. 29(4), 44 – 48, 2016.
2. **Fettrow, E.** Health Education in the Twitosphere: Will you follow?? *The Journal of Health Education Teaching*, 7(1), 15 – 22, 2016.
1. **Fettrow, E.**, Symons, C., & Wagner, L. An analysis of the relationship between perceived school connectedness, bullying, academic achievement, and selected demographics among female high school athletes. Dissertation, 2013.

**PRESENTATIONS:** \*denotes student co-author

47. \*Ross, D., & **Whitney, E.** Title: Student Attitudes & Perceptions toward Classroom-based Physical Activity. KAHPERD, 2018, Lexington, KY.
46. \*Brown, M., & **Whitney, E.** Title: Examining Attitudes and Confidence in Teaching Health Concepts among Pre-Service Elementary Educators. KAHPERD, 2018, Lexington, KY.
45. \*Bourg, H., & **Whitney, E.** Title: Yoga as a Means for Mental Health Management in Schools. KAHPERD, 2018, Lexington, KY.
44. Ross, D.\* & **Whitney, E.** Title: Perceived Benefits and Barriers of Classroom Physical Activity Breaks. Research Presentation. ASHA, 2018, Indianapolis, IN.
43. **Whitney, E.**, & Herbert, P. Title: Physical Activity Stations: Opportunities for Teachers and Students During the School Day. ASHA, 2018, Indianapolis, IN.
42. \*Brown, M., **Whitney, E.**, Herbert, P. Title: Utilizing the Whole School, Whole Community, Whole Child Approach to Address Barriers to Changing the Food Environment in Community-Sponsored Sports. Research Presentation. ASHA, 2018, Indianapolis, IN.
41. **Whitney, E.** Title: Making the Case for Collaboration in Health Education. Oral Presentation. SHAPE HETE/PETE, 2018. Salt Lake City, UT.
40. **Whitney, E.** Title: Health Education in the Elementary School. Oral Presentation. SHAPE HETE/PETE, 2018. Salt Lake City, UT.
39. **Whitney, E.** Title: Curriculum Development as a Skill in Professional Preparation Programs. Oral Presentation. SHAPE HETE/PETE, 2018. Salt Lake City, UT.
38. Krajny, S., & **Whitney E.** Title: Making Health Content Relatable: A look at Case Studies and Critical Incidents. KAHPERD 2017, Lexington KY.
37. \*Ross, D., & **Whitney, E.** Title: Student Attitudes and Perceptions toward Classroom-based Physical Activity: A focus group study. KAHPERD 2017, Lexington KY.
36. \*Brown, M., & **Whitney, E.** Title: Children's Perceptions of the Food Environment While Participating in Community-Sponsored Fastpitch Softball in Rural Kentucky. KAHPERD 2017, Lexington KY.
35. Krajny, S., & **Whitney, E.** Title: Case Studies and Critical Incidents: Making Health Personal. ASHA 2017, St. Louis, MO.
34. \*Brown, M., **E. Whitney**, & Herbert, P. Title: The Quality of Foods and Beverages Sold and Served to Children Participating in Community Sports: Research Presentation. ASHA 2017, St. Louis, MO.
33. **Whitney, E.**, & \*Ross, D. Title: Games as a Force for Good: Strategies for Incorporating Pokemon Go in the Classroom. ASHA 2017, St. Louis, MO.
32. **Whitney, E.**, & Herbert, P. Title: Healthy Eating on a Budget: A Lesson in Frugality. ASHA 2017, St. Louis, MO.

31. Herbert, P., & **Whitney, E.** Title: School-wide Wellness Initiatives: Opportunities to Engage Students, Teachers, Parents, and the Community. ASHA 2017, St. Louis, MO
30. **Whitney, E.** Title: Beyond Knowledge: Pre-service educators' perceptions of crisis response training. ASHA 2017, St. Louis, MO.
29. Rosen, B., Erbe, R., Solari-Williams, K., **Whitney, E.**, Shipley, M., Catalano, H., Hutzelman, E., Forsyth, E., McNeill, E., & Miller, S. Title: Building Blocks to Becoming an Effective Leader through Mentorship: A 2017 Future Leadership Academy Project. Oral Presentation. ASHA 2017, St. Louis, MO.
28. **Whitney, E.**, & Ross, D. Title: Games as a force for good: Strategies for incorporating Pokémon Go in the classroom. Oral Presentation. GLOCER 2017, Sarasota FL.
27. **Whitney, E.** Title: Health Fairs as learning centers: Stimulating interest in health issues among elementary school students. GLOCER 2017, Sarasota, FL.
26. **Whitney, E.**, Fedewa, A., Erwin, H., Soyeon, Al, & Farook, M. Title: Brain boosts: Does the type of movement matter in the elementary classroom? Research Presentation. GLOCER 2017, Sarasota, FL.
25. **Whitney, E.**, Fedewa, A., Erwin, H., Soyeon, A., & Farook, M. Title: Academic-based movement breaks and aerobic-based movement breaks: Is there a differential effect for children's physical activity, achievement and behavior? Southern SHAPE, 2017, Baton Rouge LA.
24. **Whitney, E.** Title: Incorporating Meaningful Clinical Experiences in HETE Professional Preparation Programs. Oral Presentation. Southern SHAPE, 2017, Baton Rouge LA.
23. **Whitney, E.**, & Herbert, P. Title: The Food for Thought Taste Off. Oral Presentation. Southern SHAPE, 2017, Baton Rouge, LA.
22. Krajny, S., & **Whitney, E.** Title: Paint Chip Storytelling: A Strategy for Discussing Sensitive Health Information. KAHPERD 2016, Lexington KY.
21. \*Ross, D., & **Whitney, E.** Title: Pokémon Go: A Beginner's Guide. KAHPERD 2016, Lexington KY.
20. \*Brown, M., **Whitney, E.** & Herbert, P. Title: SNACS: Recommendations for improving the quality of foods/beverages provided to kids during community-sponsored sporting events. KAHPERD 2016, Lexington, KY.
19. Herbert, P., and **Whitney, E.** Title: Wellness Night: Cultivating healthy partnerships with schools, families, and the community. ASHA 2016, Baltimore MD.
18. **Whitney, E.** Title: Data, Data, Data! Helping pre-service health educators use YRBSS data to inform health education practice. Oral Presentation. ASHA 2016, Baltimore MD.
17. **Whitney, E.**, & Herbert, P. Title: The Food for Thought Taste-Off: Getting Elementary School Students to Try New Fruits and Vegetables. Oral Presentation. ASHA 2016, Baltimore MD.
16. **Whitney, E.** Title: Doing the Most Good: Promoting Healthy Eating among Central Kentucky's Youth. UK Center for Clinical & Translational Sciences Conference, 2016, Lexington KY
15. **Whitney, E.**, & \*Kidd, M. Title: Assessing the Relationship between Sports Participation and Self-Esteem among Middle – School Students. Center for Clinical & Translational Sciences Conference, 2016, Lexington KY.

14. **Fettrow, E.** Title: The Utilization of Strategies Teachers Use to positively connect students to school. Research Presentation. KAHPERD 2015, Lexington KY
13. **Fettrow, E.** (2015). Title: Partnership to Promote Healthy Eating. Oral Presentation. KAHPERD 2015, Lexington KY.
12. **Fettrow, E.** Title: Doing the most good: University-community collaboration. Oral Presentation. SHAPE HETE/PETE, 2015, Atlanta GA.
11. **Fettrow, E.** Title: Wiggle with it: Promoting physical activity in the classroom through the use of GoNoodle brain breaks. Oral Presentation. SHAPE HETE/PETE, 2015, Atlanta GA.
10. **Fettrow, E.,** Sanford, R., & Bennett, S. Title: CAN training among educators. ASHA 2015, Orlando FL.
9. **Fettrow, E.,** & Erwin, H. Title: GoNoodle for Health. Oral Presentation. ASHA 2015, Orlando FL.
8. \*Lineberry, M., **Fettrow, E.,** & Noland, M. Title: Delegation of Nursing tasks to non-licensed assistive personnel in the school." ASHA 2015, Orlando FL.
7. **Fettrow, E.** Title: Health Education in the Twitosphere: Will you follow??" SOPHE 2014, Baltimore MD.
6. **Fettrow, E.,** & Wagner, L. Title: Mapping Out School-Based Research Policies to Facilitate Smooth Collaboration. ASHA 2013, Myrtle Beach SC.
5. Johns, J., **Fettrow, E.,** Krajny, S., and Symons, C. Title: Supporting Literacy Development in the Health Education Classroom through Classwide Peer Tutoring. ASHA 2013, Myrtle Beach SC.
4. **Fettrow, E.,** Crawley, M. Title: Analyzing the influence of credit flexibility program(s) on the health and physical education instruction in secondary school students. ASHA 2011, Louisville KY.
3. **Fettrow, E.** Title: Health and Learning: A lesson for all classroom teachers. Oral Presentation. ASHA 2011, Louisville KY
2. Crawley, M., **Fettrow, E.** Title: Increasing Physical Activity throughout the Span of a School Day. Oral Presentation. ASHA 2010, Kansas City, MO.
1. Bernert, D. & **Fettrow, E.** Title: Using Differentiated Approaches to Address Diversity in Health Education. Oral Presentation. ASHA 2010, Kansas City, MO

## GRANTS:

### **External Funding for Research (funded)**

- 2016 – 2018 (PI) United States Department of Agriculture (USDA)/National Institute of Food and Agriculture (NIFA). Title: K-8 Health Education Curriculum & Professional Development for Department of Defense Education Activity (DoDEA) Teachers. \$159,586
- 2015 (PI) Walmart Community Grant. Title: Healthy Habits for Healthier Futures. \$500.00

### **External Funding for Research (not-funded)**

- 2016 (Co-I) National Institutes of Health (NIH), Science Education Partnership Award (SEPA)/R25 Title: KY Teach: Get Healthy. \$1,200,000
- 2015 (Co-I) Robert Wood Johnson Foundation/Pew Charitable Trust. Phase I Grant Application Title: Empowering an Appalachian Community in Kentucky. \$44,996
- 2015 Aetna Foundation, Phase I Grant Application. Title: Cultivating Healthy Communities \$25,000
- 2015 American Association of University Women (AAUW). Research Publication (Writing) Grant \$6,000

### **Internal Funding for Research (funded):**

- 2017 UK College of Education, Research & Creative Activities Award. Title: Assessing Knowledge, Attitudes, Perceived Self-Efficacy, and Individual-level Dispositions among Pre-Service Elementary Educators Before and After Implementing K-5 Health Education Curricula. \$7,100
- 2015 UK Center for Clinical & Translational Sciences, Small Grant. Title: Promoting Healthy Eating Among Members of the Boys & Girls Club of Kentucky. \$5,000

### **Internal Funding for Research (not-funded):**

- 2014 UK VP for Research, Summer Faculty Fellowship. Title: Promoting Healthy Eating Among Members of the Boys & Girls Club of Kentucky. \$7,000

## HONORS & RECOGNITION:

- 2019 KAHPERD College/University Teacher of the Year, Health Education
- 2018 UK College of Education Teacher Who Made a Difference
- 2017 American School Health Association Emerging Professional
- 2012 American School Health Association Outstanding Doctoral Student

**INSTRUCTOR SUMMARY:** *Teaching contributions in following programs: Undergraduate Health Education Teacher Education Program (TEP), Undergraduate Health Promotion Program (non-teacher certification), Undergraduate Elementary Education Program (not KHP), and Graduate Health Promotion Program.*

**TEACHING:**

**Courses Taught**

- KHP 674: Foundations of Health Education & Promotion (graduate course) (n = 1)
- KHP 380: Health in the Elementary School (n = 9)
- KHP 330: Planning and Implementing School Health Programs (n = 5)
- KHP 509: Youth Violence (developed new course) (n = 2)
- KHP 270: Introduction to Health Education & Promotion (n = 8)
- KHP 371: Supervision of Student Teachers (n = 9)
- EXP 510: Interprofessional Teamwork in Global Health \*facilitator (n = 2)

**Faculty Professional Development**

Presentation U! Faculty Fellows Cohort #4 (Fall 2015 - Spring 2016)

**STUDENT RESEARCH & ADVISING:**

**KHP Doctoral Student Dissertation Co-Chair**

1. Donovan Ross, Ph.D. KHP - co-chair with Melody Noland
2. Mallory Brown, Ph.D. KHP - co-chair with Mindy Ickes
3. Michelle Lineberry, Ed.D. KHP - co-chair with Melody Noland

**Doctoral Student Dissertation Committee Member**

1. Seth Eckler, Ph.D., KHP
2. Paula Gisler, Ph.D., College of Nursing
3. Kate Schwartzkoph-Phifer, Ph.D, College of Health Sciences

**Doctoral Student Advisory Committee Member**

1. Monica Mundy, Ph.D.

**Master's Students Thesis Advisory Committee**

1. Katie Haus, M.S. Health Promotion
2. Kamryn Michel, M.S. Health Promotion

**Master's Students Comprehensive Exam Committee**

1. Meghan Berger, M.S. Health Promotion
2. Kathleen Adams, M.S. Health Promotion
3. Kristi Faber, M.S. Health Promotion
4. Nicole Brooks, M.S. Health Promotion
5. Vilma Bursac, M.S. Health Promotion

**Graduate Student Mentorship**

KHP 644: Research Methods, KHP - faculty mentor

EXP 395: Internship, School Psychology - conducted weekly check-ins with Lauren Mongonia concerning her internship with Girls on the Run (an afterschool program dedicated to improving the health and well-being of girls in Fayette Co.)

## **SERVICE:**

### **Journal Manuscript Reviewer:**

Journal for Interprofessional Post Graduate Research (JIPR)  
Journal of Interprofessional Education & Practice  
Journal of Physical Education, Recreation, & Dance (JOPERD)  
Strategies: A Journal for Sport and Physical Educators  
American Journal of Health Education (AJHE)  
Journal of School Violence (JSV)

### **Professional:**

ASHA Leadership & Recognition Committee (2016 – current)  
ASHA Future Leaders Academy (2016 – 2018)  
KAHPERD Board of Directors, Health VP – elect (2019 – 2020)  
SHAPE America Honor Award Selection Committee (2018)  
ASHA Abstract Reviewer (2015 – current)  
ASHA Student Volunteer Coordinator (2009 – 2011)

### **University:**

University Senate, COE Senator (2018 – 2019)  
Co-facilitator EXP 510 Course (Spring 2018 – 2019)  
UK Women's Forum, member (2015 – Present)

### **College:**

COE Evaluation Center, Advisory Committee (2018 – Present)  
COE Merit Formula Task Force (2016)  
Next Generation Educator Professional Preparation Work Group (2014)  
Program Faculty Chair Colleague, Health Education (2017 – Present)

### **Department:**

SeeBlue Friday KHP Information Session Delivery (UG HP) – (November 16<sup>th</sup>, 2018)  
UK Graduate & Professional School Open House, Transylvania University (November 14<sup>th</sup>, 2018)  
Faculty Mentor/Advisor to the Deans' Inter-professional Honors Colloquium (Spring 2019)  
KHP Representative to the COE Technology Advisory Committee (2018 – current)  
Member, Ad Hoc Committee on Peer Review of Teaching (2017)  
Member, Special Title Series Exercise Physiology Committee Search (2017)  
Chair, Lecturer Search Committee (2016)  
Member, KHP Study Abroad Chair Advisory Committee (2016)  
Member, KHP Student Travel Awards Committee (2015 – Fall 2017, resume Fall 2018)  
NCATE Portfolio Preparation, Health Education Teacher Education (2014)  
KHP Teacher Education (Health) Program Interviews (current)

### **Community/State:**

Kentucky Department of Education, Health/PE Standards Advisory Panel Member (July – December 2017)  
School for the Creative & Performing Arts (SCAPA), Health Education Lesson Implementation (April 2017)  
Girl Scouts of Kentucky's Wilderness Road Council, Healthy Living Program (November 2016)  
Tates Creek Elementary – After School Program (Coordinated Health Lessons) – April 2016  
TWEENS Coalition, Member (current)  
Kentucky Board of Education, Health Subcommittee Member (2015)  
Warner Elementary School Health Fair (Summer 2015, Spring 2016, Summer 2016, Spring 2017) – ongoing collaborative work.



**Past Service and/or Projects:**

NCATE/CAEP Portfolio Reviewer (2013 – 2014)

HED Curriculum Reviewer, Michigan Department of Education (2012)

Curriculum Development/Revision in HED, Kent OH (2009-2012)