TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Stacey H. Bender Title: PFW Coordinator & Professor of Instruction

B. Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/Dissertation*
Ed.D.	2021	University of North Carolina-Greensboro	Kinesiology	*Addressing Physical Activity Behaviors in Early Motherhood*
MED	2012	Texas State University	Physical Education Teaching and Coaching	
BS	2010	Texas A&M University	Kinesiology and Exercise Science	

C. University Experience

Position	*University*	*Dates*
Adjunct Professor	Tulane University, LA	January 2025 – Present
Professor of Instruction	Texas State University, TX	September 2024 – Present
Senior Lecturer, HHP	Texas State University, TX	August 2019 – August 2024
PFW Coordinator, HHP	Texas State University, TX	January 2013 – Present
Lecturer, HHP	Texas State University, TX	January 2013 – August 2019
GIA/GTA, PFW/ESS	Texas State University, TX	January 2011 – September 2012

D. Relevant Professional Experience

Position	*Entity*	*Dates*
Camp Leader for Aquatics	Texas State University Autism Camp	July 2014 - Present
Lifeguard/BLS/CPR/AED/ First aid Instructor	Texas State University, TX	January 2013 - Present
Fitness Instructor	Total Wellness, TX	January 2011 - Present
Yoga Coach for Men's Golf Team	Texas State University	January 2014 - November 2016
Lifeguard	Lockhart City Pool, TX	May 2002 - August 2014

E. Other Professional Credentials (licensure, certification, etc.)

Intro to Mindfulness, MIEA.

Texas Teacher Certified PE K-12

Water Safety Instructor, American Red Cross. (September 14, 2025 – Present).
ACE Group Fitness Instructor, American Council on Exercise. (June 19, 2025 – Present)

BLS Instructor, American Red Cross. (January 12, 2017 - Present).

CPR, First AID, Lifeguard, American Red Cross. (January 12, 2017 - Present).

Arthritis Aquatics Program Instructor, Arthritis Foundation. (November 12, 2016 - Present).

Aquatics Exercise Instructor, AEA. (April 30, 2016 - Present).

Lifeguard Instructor, American Red Cross. (January 12, 2017 – August, 2025).

AFAA Primary Group Exercise Instructor, AFAA. (September 14, 2016 – March, 2025).

Zumba and Zumba Toning, Zumba. (October 11, 2016 – December 2024).

II. TEACHING

B. Courses Taught:

Texas State University:

ESS 1100 - LFTME FTNS & WELLNESS

ESS 1128 - AQUATIC THERAPY

ESS 1172 – FIELD SPORTS

ESS 1201 – GROUP EXERCISE INSTRUCTOR TRAINING

ESS 3180 - CPR, FIRST AID & BLS

ESS 3323 – PSYCHOSOCIAL ESS

ESS 3329 - MOTOR LEARNING

ESS 5322 – INCLUSION & DIVERSITY IN PHYSICAL ACTIVITY & SPORT

ESS 5356 - APP STATISTICS HHP

PFW 1101 - LIFETIME FIT & WELL -YOGA EMPHASIS

PFW 1101 - LIFETIME FIT & WELL

PFW 1110A - BEG AEROBICS

PFW 1110B - INT AEROBICS

PFW 1110K - RESTRICTED FIT ACT

PFW 1135A - WATER AEROBICS

PFW 1135B - AQUATIC CONDITIONING

PFW 1155G – RACQUETBALL

PFW 1160B – BEG VOLLEYBALL

PFW 1190B - BEG SWIMMING

PFW 1190C - INT SWIMMING

PFW 1301 – BEHAVIORAL & SOCIAL DIM OF PA & WELLNESS

C. Directed Student Learning (i.e. theses, dissertations, exit committees, etc.):

Texas State University

Spivey, L. (2023) - Honors Thesis Chair

Undergraduate Honors Thesis, *Upgrade Texas State: The need for inclusive design*

Pena, C. (2024) - Thesis Committee Member
ESS Masters Thesis, *Moral Reasoning in Adolescent Basketball Players: Exploring the Influence of Coach and Team Norms on Moral Behavior*

D. Courses Prepared and Curriculum Development:

ESS 1100 & PFW 1101 – Lifetime Fitness and Wellness, Revise Existing Course Content with McGraw Hill Connect, Hybrid and Online Format, Texas State University. April - August 2024.

ESS 1100 – Lifetime Fitness and Wellness, Revise Existing Course, Hybrid and Online Format, Texas State University. Taught: June 2018 - August 2021 & July-August 2024.

ESS 1128 – Aquatic Therapy, Revise Existing Course, Texas State University. May 2013 – May 2022.

ESS 1201 – Group Exercise Instructor Training, Revise Existing Course, Online Format, Texas State University. May – August 2020.

ESS 3180 – CPR/First Aid/AED, Full Creation, Texas State University. January 2023 – May 2023.

ESS 3323 – Psychosocial Aspects of Exercise and Sports Science, First Time Course Prep, Online Format, Texas State University. May 2025 -August 2025.
ESS 5322 – Inclusion and Diversity in Physical Activity and Sport, Full Creation, Accelerated, online course project (8-week Global Format), Texas State University. April – July 2024. *Worked with an instructional designer to turn ESS 5322 into an online 8-week course for TXTS Global. Completed Quality Matters' (QM) Review through Risepoint to ensure Canvas course also met all QM accessibility and standard requirements from the QM Higher Education Rubric (7th Ed.).*

ESS 5356 – Applied Statistics in Health and Human Performance, Full Creation, Accelerated, online course project (8-week Global Format), Texas State University. October – December 2024. *Worked with an instructional designer to turn ESS 5356 into an online 8-week course for TXTS Global. Completed Quality Matters' (QM) Review through Risepoint to ensure Canvas course also met all QM accessibility and standard requirements from the QM Higher Education Rubric (7th Ed.).*

ESS 5322 – Inclusion and Diversity in Physical Activity and Sport, Full Creation, Hybrid Format, Texas State University. May – December 2023.

PFW 1101 – Lifetime Fitness and Wellness, Revise Existing Course, Online Format, Texas State University. December 2021 & July-August 2024.

PFW 1110B - Intermediate Aerobics/Group Fitness, Revise Existing Course, Hybrid Format, Texas State University. May 2020.

PFW 1155G – Racquetball, Revise Existing Course, Texas State University. September 2018.

PFW 1190B & C – Beginning Swimming/Intermediate Swimming, Revise Existing Course, Texas State University. September 2018 – May 2020.

PFW 1301 – Social &Behavioral Dimensions of Physical Activity & Wellness, Full Creation. August 2016. Revise Existing Course, New Curriculum and New Textbook, Texas State University. August 2025 –December 2025.

F. Other:

Texas State University

AOP Mentorship, 6 AOP ESS graduate students per cohort. August 2025 – Present.

PFW GIA Mentorship, 2-4 HHP graduate students per semester. August 2019 – Present.

G. Teaching Professional Development Activities Attended

Workshop, " Teaching with Care: Understanding Student Mental Health in the Classroom", Faculty Succes, Texas State University, San Marcos, TX, United States. (November 12, 2025).

Continuing Education Program, "Autism Spectrum Aquatics", Aquatic Exercise Association (AEA), United States. (March 17, 2025).

Webinar, "Keeping children in Summer Camps and Field Trips Safer around Water", Live Like Cati, TX, United States. (March 6, 2025).

Workshop, "Supporting Neurodivergent Students", Faculty Succes, Texas State University, San Marcos, TX, United States. (February 27, 2025).

Conference Attendance, "TAPHERD Annual Conference," Galveston, TX, United States. (December 5, 2024 - December 6, 2024).

Workshop, "Mindfulness Institute for Emerging Adults", NOW CATS, Counseling Center, Texas State University, San Marcos, TX, United States. (July 12 – August 2, 2024).

Workshop, "Multicultural Curriculum Transformation and Research Institute", Center for Diversity and Gender Studies, Texas State University, San Marcos, TX, United States. (May 20-24, 2024).

Workshop, "Introduction to Quality Matters", TXST Global OEP, Texas State University, San Marcos, TX, United States. (April 12, 2024).

Conference Attendance, " AOAP Annual Conference and Exposition & NDPA Water Safety Conference," Reno, NV, United States. (February 10 - 13, 2024).

Workshop, "What's In Your Wallet? Teaching Tips That Pay Off for You and Your Students", Faculty Development, Texas State University, San Marcos, TX, United States. (January 30, 2024).

Conference Attendance, "TAPHERD Annual Conference," Fort Worth, TX, United States. (November 29, 2023 - December 1, 2023).

Workshop, "Advanced Adobe Acrobat Sign", ITAC, Texas State University, San Marcos, TX, United States. (April 26, 2023).

Conference Attendance, "TAPHERD Annual Conference," Corpus Christi, TX, United States. (November 30, 2022 - December 3, 2022).

Workshop, "Yuja Advanced: Features for Canvas," ITAC, Texas State University, San Marcos, TX, United States. (October 19, 2022).

Workshop, "Making PowerPoint Documents Accessible to Individuals with Disabilities," Office of the Vice President for Information Technology, Texas State University, San Marcos, TX, United States. (October 10, 2022).

Workshop, "Making Word Documents Accessible to Individuals with Disabilities," Office of the Vice President for Information Technology, Texas State University, San Marcos, TX, United States. (September 26, 2022).

Workshop, "Yuja Advanced: Editing and Captions," ITAC, Texas State University, San Marcos, TX, United States. (September 22, 2022).

Workshop, "YuJa Basics," ITAC, San Marcos, TX, United States. (September 20, 2022).

Conference Attendance, “AKA 16th Annual Leadership Workshop”, Virtual, United States. (January 25-27, 2022).

Conference Attendance, "TAPHERD Annual Conference," Arlington, TX, United States. (December 1, 2020 - December 4, 2021).

Workshop, "Inclusive Language and Pedagogy," HHP, San Marcos, TX, United States. (October 22, 2021).

Workshop, "Setting Your Intentions – Inclusive Syllabus Design," HHP, San Marcos, TX, United States. (June 22, 2021).

Conference Attendance, “University of North Carolina Greensboro Center for Women’s Health and Wellness Research Forum”, Virtual, United States. (April 9, 2021).

Conference Attendance, “AKA 15th Annual Leadership Workshop”, Virtual, United States. (January 26-28, 2021).

Conference Attendance, "TAPHERD Annual Conference," Virtual, TX, United States. (December 3, 2020 - December 5, 2020).

LGBTQiA Allies Training, Texas State University, San Marcos, TX, United States. (September 18, 2020).

Educational Programs and General Educational Assessment, Texas State University, San Marcos, TX, United States. (April 28, 2020).

Conference Attendance, “AKA 14th Annual Leadership Workshop”, Tampa, FL, United States. (January 27-28, 2020).

Creating an Active Learning LMS Page, Texas State University, San Marcos, TX, United States. (January 2020).

Advanced Online Course Training, Texas State University, San Marcos, TX, United States. (January 2019 - April 2019).

Conference Attendance, "TAPHERD Leadership," Granbury, TX, United States. (January 18 - 20, 2019).

Conference Attendance, "TAPHERD," Galveston, TX, United States. (November 28, 2018 - December 2, 2018).

Conference Attendance, "TAPHERD Leadership," Granbury, TX, United States. (January 12 - 14, 2018).

Conference Attendance, "TAPHERD," Fort Worth, TX, United States. (November 29, 2017 - December 2, 2017).

Conference Attendance, "TAHPERD Summer Conference," TAHPERD, San Marcos, TX, United States. (July 24, 2017 - July 25, 2017).

Workshop, "Active Learning," HHP, San Marcos, TX, United States. (June 2, 2017).

Workshop, "Active Learning Pre-workshop," HHP, San Marcos, TX, United States. (April 21, 2017).

Conference Attendance, "TEXFIT," University of Texas, Austin, TX, United States. (February 11, 2017).

Continuing Education Program, "American Red Cross LGI and LG Update," Student Recreation Department, San Marcos, TX, United States. (January 12, 2017 - January 13, 2017).

III. SCHOLARLY/CREATIVE

A. Works in Print

1. Books:

d. Chapters in Books:

Bielski, L., Cripe, E.T., Azim, K.A., **Bender, S.H.**, Campbell-Obaid, M., Frazier, K.E., Garcia-Hallett, J., Greene-Rooks, J.H., Harmon, A., Heller, N.A., Myles-Baltzly, C.C., Pennell, S.M., Richardson, I., & Frazer, A.K. (2026). Academic motherhood: Holistic Motherscholars lifting each other up the ladders. In K. Crawford & L. Windsor (Eds), *Academic chutes and ladders: How the hidden curriculum makes or breaks academic careers.* Bloomsbury.

Bender, S. H. (2023). Theory of Planned Behavior. In Evans, J, & Fehr, S. *Public health education theories and planning models*. (Chapter 4, pp. XX). Kendall Hunt Publishing.

Ho, H. K., Azim, K. A., Pennell, S. M., Myles-Baltzly, C. C., Heller, N.A., Campbell-Obaid, M., Eilert, M., Richardson, I., **Bender, S. H.**, Parker-Barnes, L. C., Key-DeLyria, S., Lim, S., Blanks Jones, J. L. & Greene-Rooks, J. H. (2023) “Forming a Motherscholar Research Collaborative” in Castillo Planas, M. & D. Castillo (eds), *Scholars in COVID Times*, Cornell University Press. https://doi.org/10.1515/9781501771637-002

2. Articles

a. Refereed Journal Articles:

Brooks, T.P., Hughes, A.N., **Bender, S. H.**, Blanks Jones, J.L., Parker-Barnes, L., Frazier, K.E., Greene-Rooks, J., Pennell, S.M., & Richardson, I. (2025). Exploring the identities, barriers, and interventions for motherscholars during a global pandemic. *Journal of Career Development, 52*(3), 385-406. https://doi.org/10.1177/08948453251323814

b. Non-refereed Articles:

Weeks, E., Zimmermann, J.M., & **Bender, S. H.** (2022). Aquaticity: A new way to assess water skills. *Water Safety Magazine*, August 5, 2022, https://www.watersafetymagazine.com/aquaticity-a-new-way-to-assess-water-skills-by-weeks-zimmermann-bender/

B. Works Not in Print:

1. Papers Presented at Professional Meetings:

a. Research Conferences with a blind peer-review process for acceptance:

Zimmermann, J.M., **Bender, S. H.**, & Weeks, E.A. (2022). Evaluating aquaticity in college students: A pilot study. National Recreation and Park Association, Leisure Research Symposium, Phoenix, AZ.

b. Educational Conference Presentations:

Bender, S. H. (2025, June 13). Aquatic Conditioning and Rehabilitation for Athletic Trainers. South Padre Athletic Training Seminar, South Padre Island, TX.

Zimmermann, J.M., Ahrens, J. N., & **Bender, S. H.** (February 12, 2024). Mastery Motivational Climate and Aquaticity. 2024 National Water Safety Conference, Reno, NV.

Zimmermann, J.M., **Bender, S. H.,** & Ahrens, J.N. (December, 2023). Why Does Measuring Aquaticity Work? Mastery Motivational Climate Provides a Possible Explanation. 17th World Leisure Congress, Dunedin, New Zealand.

Zimmermann, J.M. & **Bender, S. H.** (February, 2023). Can using aquaticity skills improve your swim programs? Texas Recreation and Park Society, Frisco, TX.

Zimmermann, J.M., **Bender, S. H.**, & Weeks, E.A. (2023). Aquaticity: A new method for assessing swim skills. 2023 National Water Safety Conference, Colorado Springs, CO.

Carter, T. L., Ahrens, J. N., Wright, M. R., & **Bender, S. H.** (2017). Fitness Can Be Fun Again - Fitness Education Model. TAHPERD Annual Convention, Fort Worth, TX, United States.

2. Invited Talks, Lectures, and Presentations:

McQuade, L., **Bender, S. H.** (2024, December 6). Yoga: The Marriage Between Stretch and Strength. TAHPERD 101st Annual Convention, Galveston, TX.

Carter, T. L., **Bender, S. H.** (2023, November 30). Fitness for ALL Abilities. TAHPERD 100th Annual Convention, Fort Worth, TX.

McQuade, L., **Bender, S. H.** (2023, December 1). Partner & Group Yoga to Cultivate Community. TAHPERD 100th Annual Convention, Fort Worth, TX.

Bender, S. H. & Carter, T. L., (2022, December). Yoga for All Abilities! TAHPERD Annual Convention, Corpus Christi, TX. United States.

Bender, S. H., Knudson, D., & Hamilton, M., (2020). Three credit behavioral physical fitness and wellness as an option in the general education core. AKA 14th Annual Leadership Workshop, AKA Leadership Workshop, Tampa, FL, United States.

***Bender, S. H.**, Blocker, H., & Cantu, J., (2018). Yoga Beatz. TAHPERD Annual Convention, Galveston, TX, United States.

***Bender, S. H.**, Blocker, H., & Cantu, J., (2017). Bobcat Buddy Bootcamp. TAHPERD Summer Conference, San Marcos, TX, United States.

Bender, S. H. (2017). Aquatic Initiatives! Texas Recreation and Park Society, Irving, TX, United States.

Bender, S. H. (2017). Zumba: The effectiveness of the “Fitness Party”. Texas Recreation and Park Society, Irving, TX, United States.

Bender, S. H. (2015). Anything is possible in water. Texas Recreation and Park Society, Abilene, TX, United States.

Bender, S. H. (2013). Exercising in the pool. Therapeutic Recreation Summit, Burton, TX, United States.

Invited Talk, “Postpartum Physical Activity and Pelvic Floor Exercises”, HHP ESS 4333, San Marcos, TX. (October, 2025).

Invited Interview, “Mind, Body, Spirit: Navigating Wellness in 2024”, Enlighten Me Podcast, Texas State University, San Marcos, TX. (January, 2024).

Invited Talk, “Postpartum Physical Activity and Pelvic Floor Exercises”, HHP ESS 4333, San Marcos, TX. (October, 2024).

Invited Talk, "Pilates for Rehabilitation", Augustana University, Athletic Training Students, Sioux Falls, SD. (April, 2024).

Invited Talk, "Postpartum Physical Activity and Pelvic Floor Exercises", HHP ESS 4333, San Marcos, TX. (March, 2024).

Invited Panelist, "Effective outreach to high-risk communities", Texas Water Safety Coalition Summit, Austin, TX. (September, 2023).

Invited Talk, "Pilates for Rehabilitation", HHP, Athletic Training First Year Cohort, San Marcos, TX. (November, 2023).

Invited Talk, "Social Determinants of Physical Activity", Northeastern University, Public Health undergraduate students, Boston, MA. (October, 2023).

Invited Talk, "Postpartum Physical Activity and Pelvic Floor Exercises", HHP ESS 4333, San Marcos, TX. (October, 2023).

Invited Talk, "Pilates for Rehabilitation", HHP, Athletic Training First Year Cohort, San Marcos, TX. (April, 2023).

Invited Talk, "Postpartum Physical Activity and Pelvic Floor Exercises", HHP ESS 4333, San Marcos, TX. (March, 2023).

Invited Talk, "Pilates for Rehabilitation", HHP, Athletic Training First Year Cohort, San Marcos, TX. (April, 2022).

Invited Talk, "Postpartum Physical Activity and Pelvic Floor Exercises", HHP ESS 4333, San Marcos, TX. (February, 2022).

Invited Talk, "Postpartum Physical Activity and Pelvic Floor Exercises", HHP ESS 4333, San Marcos, TX. (February, 2021).

Invited Talk, "Pilates for Rehabilitation", HHP Athletic Training Cohort, San Marcos, TX. (April 12, 2021).

**Presentation with student*

3. Consultancies:

Consultant, REP Grant Consultation, Study Protocol and Rubrics, and Data Collection for CPR effectiveness in stressful environments: An exploratory military study, Texas State University, San Marcos, TX, September 2025 – Present.

Consultant, Administering Exercise Intervention and Data Entry for University of North Carolina Greensboro's Physical Activity and Alzheimer's Disease Study 2, UNCG PAAD2, Greensboro, NC, November 2021 – November 2024.

5. Other Works not in Print:

a. Works “submitted” or “under review”

Zimmermann, J.M., **Bender, S.H.** & Lally, E.M. (under review). The feasibility of a modified Aquaticity Assessment Test (AAT). *Journal of Bodywork & Movement Therapies.*

Zimmermann, J.M., **Bender, S.H.** & Lally, E.M. (submitted). Modified Aquaticity Assessment Test (AAT) with Youth in Central Texas: A Report of Normative Data and Skill Improvement Over Time. *Managing Sport & Leisure.*

Zimmermann, J.M., **Bender, S. H.**, and Weeks, E. (Under Review) Using aquaticity to access water skills: A pilot study. *International Journal of Aquatic Research & Education*.

b. Works “in progress”

Lally, E. M., Horwath, Z., L, R., **Bender, S. H.**, Miller, K. C., & Paulson, G. (In Preparation; Not Yet Submitted). Exercisers’ perceptions of music, movement, and performance: insights for biomechanical interventions. *Psychol Music.*

6. Book Reviews:

Desimone, G. (2012). *ACSM's Resources for the Group Exercise Instructor,* Entire Text Review.

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

Zimmermann-Somoza, J. & **Bender, S. H.** (2021). *Aquaticity & Motivation: A new approach to the evaluation of aquatics programs.* World Leisure Organization. Grant helps to provide resources to examine participants comfortability in aquatic programs to assist in program evaluation and motivation. Co-PI. $5,000.

2. Submitted, but not Funded, External Grants and Contracts:

Zimmermann-Somoza, J., Ahrens, J. & **Bender, S. H.** (2023). *A Community Bridge to Water Safety for Underserved Children.* Spencer Foundation. Grant helps to study efficacy of swim and water safety instruction as a buffer to drowning using mastery motivational climate and structured curriculum models to explain ways in which children gain proficiency in aquatic environments. Co-PI. $400,000.

IV. SERVICE

A. Institutional

1. University:

Member, University Scholars Scholarship Review Committee (January 2025 – Present).

Member, Faculty Classroom Technology Advisory Committee (August 2023 – Present).

Senator, Texas State University Faculty Senate. (May 2020 – May 2025).

Member, Academic Freedom Committee (October 2021 – May 2025).

Committee Member, Classroom Technology Committee. (September 2023 – Present).

Committee Member, Faculty Senate Salary Subcommittee. (September 2022 – May 2023).

Committee Member, Review for Proposals Committee for Compensation Consultant (February 2023 – April 2023).

Committee Member, Aquatics Coordinator for Campus Recreation Search Committee (December 2022 – April 2023).

2. College:

Member, College Review Group (CRG). (September, 2025 - Present).

Member, COE Scholarship Committee. (2018-2020).

Member, COE Scholarship Committee. (January 5, 2017 - February 20, 2017).

3. Department/School:

Committee Member, HHP Administrative II Staff Search Committee. (June 2022 – August 2022).

Committee Member, HHP Department Chair Search Committee. (August 2021 – May 2022).

Member/Ad Hoc, HHP Faculty Evaluation Committee. (September 2014 – May 2017 & Present).

Member/Secretary, HHP Alumni Committee. (September 2017 - Present).

Faculty Advisor, Exercise and Sports Science Organization. (July 1, 2015 - Present).

Organizer, CPR/AED and First aid workshops for faculty and staff. (January 1, 2014 - Present).

Graduate Advisor, AOP ESS Graduate Mentor for New 2025 Students. (August, 2025 - Present).

Graduate Mentor, PFW/ESS GA Mentor. (January 1, 2013 - Present).

B. Professional:

Reviewer, Women in Sport and Physical Activity Journal. (December 2024 – Present)

Chair, TAHPERD College Division, Lifetime Wellness, TX, United States. (December 2017 - December 2021).

Committee Member, TAHPERD Summer Conference Welcome Committee. San Marcos, TX. (July 2021 & July 2023).

C. Community:

Organizer, Adapted Aquatics, San Marcos Miller SPED, San Marcos Activity Center, San Marcos, TX. (October - November 2025).

Volunteer, Larry Turner Classic Wheelchair Basketball Tournament, San Marcos, TX. (November 2-3, 2024).

Organizer, Adapted Aquatics, San Marcos Miller SPED, San Marcos Activity Center, San Marcos, TX. (October – November 2024).

D. Organization Memberships:

American Council of Exercise (ACE). June 2025 – Present).

Aquatic Exercise Association (AEA). (April 30, 2016 - Present).

Arthritis Foundation (AF). (September 2012 - Present).

American Red Cross (ARC). (May 2010 - Present).

TAPHERD. (2014 - Present).

AKA. (2013 - Present).

AFAA. (2014 - 2025).

American Heart Association (AHA). (September 2012 - 2019).

E. Service Honors and Awards:

2025 - *Nominee*, “College Achievement/Presidential Excellence Award for Teaching”, Lecturer Category, Texas State University.

2024 - *Nominee,* “College Achievement/Presidential Excellence Award for Service”, Lecturer Category, Texas State University.

2022 – *Awarded,* “Presidential Distinction Award for Teaching”, Lecturer Category, Texas State University.

2020 - *Nominee,* “UNCG Gladys Strawn Bullard Award for Leadership and Service”, University of North Carolina Greensboro.

2020 - *Nominee,* “TAHPERD Physical Education Teacher of the Year – College/University”, Texas Association for Health, Physical Education, Recreation & Dance.