TEXAS STATE VITA

I. Academic/Professional Background

A. **Name:** Allie Thomas **Title:** Assistant Professor

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
Ph.D.	2022	Clemson University	Parks, Recreation and Tourism Management, Cognate in Recreational Therapy	The Influence of Recreation Engagement on Adolescent Health-Risk behaviors
M.S.	2007	Texas State University	Recreation and Leisure Services	NA
B.S.	2005	Texas State University	Recreation Administration with an Emphasis in Therapeutic Recreation	NA

C. University Experience

Position	University	Dates
Assistant Professor	Texas State University	2022-Present
Senior Lecturer	Texas State University	2011-2022
Lecturer	Texas State University	2009-2011
Graduate Assistant	Texas State University	2006-2007

D. Relevant Professional Experience

Position	Entity	Date
Recreation Therapist	Laurel Ridge Treatment Center, San Antonio, Texas	2/2008 – 2/2017
Activity Director Volunteer Coordinator	Merrill Gardens, Garden House, San Marcos, Texas	12/2005 – 5/2006
Recreation Therapist Intern	Merrill Gardens, Garden House	8/2005 – 12/2005
Assistant Camp Director	Star Ranch Inc., Ingram, Texas	1/2003 – 8/2005
Camp Counselor	Star Ranch Inc., Ingram, Texas	5/2002 – 8/2002

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

1. Current Certifications:

Certified Adaptive Recreation and Sports Specialist 1 (CARSS 1), BlazeSports Institute, Obtained: October 2025

Certified Therapeutic Recreation Specialist (CTRS), National Council on Therapeutic Recreation Certification, CTRS ID #55338, Obtained: June 2007

Lifeguard Training and First Aid/CPR, American Red Cross, Obtained: May 2003

Certified Chair Yoga Instructor, Lakshmi Voelker Chair Yoga, Obtained: January 2010

Prolonged Exposure Therapy for PTSD, Elna Yadin, Ph.D., Obtained: March 2008

2. Previously Held Certifications:

Low Elements Ropes Course Training, Elements of Change, Obtained: January 2011-2017

High Elements Ropes Course Training, Elements of Change, Obtained: July 2010 - 2017

Nonviolent Crisis Intervention Instructor Training, Crisis Prevention Institute, Inc., Obtained: January 2010-2017

Nonviolent Crisis Intervention, Crisis Prevention Institute, Inc., Obtained: January 2009-2019

Satori Alternatives to Managing Aggression, Satori Learning Designs, Obtained: 2004-2009

II. TEACHING

A. Teaching Honors and Awards:

1. Professional

2025 Educator Outstanding Performance Award, Texas Recreation and Park Society.

2011 Educator of the Year, Texas Recreation and Park Society.

2. Institutional
   a. University:

Favorite Professor Award: The Alfred H. Nolle Chapter of Alpha Chi Honor Society (Spring 2022, 2021, 2019, 2017, 2015, 2014, 2012; Fall 2017).

Honor Society Teacher Appreciation, Sigma Lambda Gamma (Spring 2014).

Honorary Guest Coach, Texas State Volleyball (Fall 2023, 2022, 2017, 2015).

Dedication to Teaching Recognition, Alpha Delta Pi (Fall 2014).

Teacher of the Week, Alpha Delta Pi (Fall 2013).

b. College

2024, 2021 "College Achievement Award for Teaching", Presidential Awards Program, Texas State University.

B. Courses Taught:

Texas State University – Graduate

REC 5325	Philosophical Foundations of Recreational Therapy
REC 5326	Therapeutic Recreation Planning and Implementation
REC 5338	Internship in Therapeutic Recreation
REC 5329	Evidenced-based Practice in Therapeutic Recreation
REC 5337	Independent Study in Recreation Administration

Texas State University – Undergraduate

REC 1370	Introduction to Therapeutic Recreation
REC 2336	Fieldwork in Recreation
REC 2370	Planning Recreational Therapy Services
REC 3360	Fieldwork in Leadership
REC 3335	Advanced Recreation Programming, Study Abroad Australia
REC 3340	Design and Maintenance of Recreation Facilities, Study Abroad Australia
REC 3370	Assessment and Documentation in Therapeutic Recreation
REC 3371	Facilitation and Processes in Therapeutic Recreation
REC 4320	Therapeutic Recreation and People with Psychiatric Conditions
REC 4380	Senior Seminar in Recreation
REC 4381	Fieldwork in Programming
REC 4680	Internship in Recreation Administration
REC 4681	Internship in Therapeutic Recreation
US 1100	University Seminar

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

Kim, M. (2023). *Understanding reasons for participation and barriers within adaptive sports for individuals with physical disabilities.* Committee Chair. Master's Thesis.

Miller, L. (2020). *Examination of the status of equine assisted activities and therapies in recreation therapy.* Committee Member. Master's Thesis.

D. Courses Prepared and Curriculum Development: (need to add more)

REC 5325 – Philosophical Foundations of Recreational Therapy - Redeveloped Course - Fall 2025

REC 4380 – Senior Seminar in Recreation – Redeveloped Course – Spring 2025

REC 3371 – Facilitation Techniques & Processes in Therapeutic Recreation - Developed New Course– Fall 2020
REC 5329 – Evidenced-based Practice in Therapeutic Recreation - Developed New Course – Fall 2020
REC 5338 – Internship in Therapeutic Recreation - Designed Online Course – Spring 2020

E. Other:

Participant, ACUE: Effective Teaching Practice Framework Certification Course: Cohort A, Fall 2025-Spring 2026

Participant, *UDOIT: Accessibility Tools in Canvas.* Online & Extended Programs, Summer 2025

Participant, *Click Here for Success: Strategies for Asynchronous Teaching.* Faculty Focus Series, Faculty Development Office, Spring 2025

Participant, *Mastering the art of survey research: Design, elements, and process.* Faculty Focus Series, Faculty Development Office, Fall 2024

Participant, *Grant Awards: What a Texas State PI Should Know* – College of Education Research Office, Fall 2023

Participant, *Grant Writing USA*- North Central Council of Governments Criminal Justice Program, Summer 2023

Participant, *The Scholarship & Teaching Excellence Program (STEP)* – Texas State University, Fall of 2022 – Spring of 2023

Participant, *Inclusive Language in Pedagogy* - Department of Health and Human Performance, Fall 2021

Participant, *Setting Your Intentions: Inclusive Syllabi Design*, Department of Health and Human Performance, Summer, 2021

Participant, *HHP Active learning in Learning in Large Enrollment Hybrid Course Completion*, Office of Distance and Extended Learning, Spring, 2020

Academic Co-Program Director, *Study Abroad to Australia and New Zealand*. Co-led a 3-week study abroad program in Australia and New Zealand for 21 undergraduate and three graduate students. Summer, 2019.

Participant, *Promoting Active Learning and Research (PALIR): Phase III*. Department of Health and Human Performance, Fall, 2019

Participant, *Tech Workshop, Tech Smith Relay, and Mediaflo,* Health and Human Performance, Fall, 2018

Participant, *Creating Active Learning Teaching Strategies (CATS) Active Learning Training*, Department of Health and Human Performance, Spring and Summer 2017

Academic Co-Program Director. *Study Abroad to Australia*. First, Texas State Study Abroad Program in Australia. 26 undergraduate students, and 2 instructors. Summer, 2017.

Participant, *Question, Persuade, Refer (QPR), Suicide Prevention Training*, Professional Development, Human Resources, Fall, 2017

Participant, *Foundations of Online Course Design and Development,* Instructional Technologies Support, Spring and Summer 2016

Participant, *Quality Matters Workshop*, Office of Extended and Distance Learning, Spring 2016

Participant, *Faculty Learning Communities for Adjunct Faculty (Part 3) Planning a Rigorous and Relevant Course that Meets Texas State's Syllabus Requirements,* Dr. Nathan Bond, Texas State University, Fall 2013

Participant, *Faculty Learning Communities for Adjunct Faculty (Part 2). Facilitating Engaging Class Discussions,* Dr. Sarah Angulo, Texas State University, Fall 2013

Participant, *Trevor's Project, Connect, Accept, Respond, Empower (CARE) Training*, Texas State University, Fall 2013

Participant, *Faculty Learning Communities for Adjunct Faculty (Part 3) Delivering Effective Lectures*, Dr. Nathan Bond, Texas State University, Fall 2013

Participant, *Allies Training,* Alliance LGBTQIA, Texas State University, Fall 2013

Service-Learning Course Projects:

2025 <u>*Coordinator*</u>. 1-day Rehab without Walls Recreational Therapy Day. *Note:* 1-day special event, Texas State students in REC 5329 planned and implemented recreational therapy interventions for adults with traumatic brain injuries and behavioral conditions. Texas State students used outcome driven goals to increase social skills, social cues, physical activity, leisure education, fine motor skills, and positive recreation engagement. Texas State University, Freeman Center, San Marcos, Texas.

2024 <u>*Coordinator.*</u> Bobcat Resilience, Independence, Self-Determination, Empowerment (RISE) Vocational Placement and Facilitation. *Note*: Semester long program during the

fall semester for Texas State graduate recreational therapy (RT) students in REC 5329 and Bobcat RISE students. RT students prepared a vocational placement on campus for the first year Bobcat RISE students and implemented recreation activities to promote leisure education, communication, and social skills for all Bobcat RISE students (two cohorts). Jowers, San Marcos, Texas.

2022 – present *Coordinator*. All for Fun and Fun for All for youth in San Marcos. *Note*: 5-week program in the fall semester for Texas State recreational therapy students and youth within the San Marcos area, collaborate with the City of San Marcos youth services division. Texas State students in REC 5326 prepare a lesson/session and implement to the students with and without disabilities that attend a free program. Students work on outcome-driven goals and attempt to enhance social skills and leisure education using recreation activities in a therapeutic process. San Marcos Activity Center, San Marcos, Texas.
**Most recent program described*

2016 - present *Coordinator*. 6-week Rebound Program for San Marcos Independent School District Disciplinary Alternative Education Program (DAEP) and Phoenix (Lamar Campus) 6-12. *Note:* 5-week program in the fall semester for Texas State recreational therapy students and Pheonix students. Texas State students in REC 3371 prepare a lesson/session and implement to the Pheonix students, they work on outcome-driven goals and attempt to enhance coping skills, leisure education, self-esteem, responsibility, safety, respect, and more using recreation activities using a therapeutic process. Lamar Campus, San Marcos, Texas.
***Did not coordinate the service-learning project from spring 2020-spring 2022*
**Most recent program described*

2014 - present *Coordinator*. (April). Ranch Day for Rehab Without Walls. *Note:* 1-day sensory stimulation special event that Texas State students in REC 2370 planned and implemented for children, adolescents, and adults with traumatic brain injuries and behavioral conditions. Texas State students used outcome driven goals to further increase development in social skills, coping skills, and positive recreation activities. Texas State University, Freeman Center, San Marcos, Texas.
***Did not coordinate the event from 2018-2022*
**Most recent Ranch Day described*

2011 *Co-Coordinator*. Adaptive Sports Integration; *Note:* 2-week pilot programs for integration of both able body and children and adolescents with disabilities in the City of Austin summer sports programs, presented awareness of adapted sports to children of all ability levels. Partnered with Seton Brain and Spine, City of Austin, and Texas State University recreational therapy students in REC 1370. Austin, Texas.

2009 – present *Co-Coordinator/Volunteer*. Adaptive Aquatics, *Note:* Fall semester, program six weeks of aquatic activities for grades levels 6-8 in the San Marcos Consolidated Independent School District (SMCISD) Special Education classes. Each student in SMCISD is paired with a REC 3370, REC 3371, REC 5321, or ESS 4324 students. The Texas State student

is tasked with developing an aquatics program utilizing goal-driven aquatics activities. San Marcos Activity Center, San Marcos, Texas.
**Did not co-host the service-learning in 2020-2021 due to COVID-19*
**Role beginning in 2022 became a support role and volunteer, I did not teach the service-learning courses*
**Most recent Adaptive Aquatics described*

2009 - 2011 *Co-coordinator*. Rosedale Multi-Sensory Spring Fling Event, for Rosedale Special Education School in the Austin Independent School District. *Note:* 2-day sensory stimulation special event for Texas State therapeutic recreation students and Rosedale students that have multiple diagnoses and disabilities to further increase development in social skills, coping skills, functional skills, and positive recreation activities including leisure awareness. Austin Independent School District, Rosedale, Austin, Texas.

III. SCHOLARLY/CREATIVE

A. Works in Print

1. Books:

a. Chapters in Books:

Deringer, S.A., **Thomas, A.**, & Zimmermann, J. M. (2021). Mindful place-based education for outdoor recreation programmers. In M. Baker & N. Carr (Eds.), *Leisure activities in the outdoors: Learning, developing, and challenging,* 160-171. Wallingford, England: Cabi Publishing.

2. Articles

a. Refereed Journal Articles:

*Texas State Graduate Student

Mueller, K. M., Whaley, D., & **Thomas, A.** (2026). Adaptive sport as complementary and holistic intervention: Outcomes for promoting resiliency, improving health, and living in recovery. *Healthcare, 14*(167). https://doi.org/10.3390/healthcare14020167

Mueller, K. M., Rakes, V., Randall, B., & **Thomas, A.** (Accepted). Low ropes course nursing leadership session for baccalaureate nursing students. *Journal of Nursing Education*

Thomas, A., Mueller, K. M., Wolfe, B. D., & Whaley, D. (Accepted). Recreational therapy students' perspectives of a class time fieldwork experience for adolescents who engage in health-risk behaviors. *American Journal of Recreation Therapy.*

Thomas, A., Mueller, K., Sharpe, S., Whaley, D., Heffner, C., & Farrell III, J. W. (2025). Proposing practice recommendations for adaptive sports for the disciplines of recreational therapy, exercise

physiology, and athletic training. *American Journal of Recreation Therapy 24*(1), 7–18. https://doi.org/10.5055/ajrt.0308

*Guettler, I. T., Perez, N. J., Watson, T. O., **Thomas, A.**, & Farrell III, J. W. (2025). The physiological demands and profile of wheelchair racing: A systematic review. *Strength and Conditioning Journal, 47*(5), 543-555. https://doi.org/ 10.1519/SSC.0000000000000900

Thomas, A., Mueller, K. E., Farrell III, J. W., Sharpe, S., & Heffner, C. (2025). Recreational therapy, exercise physiology, and athletic training: Interprofessional collaborative practices for adaptive sport. *Therapeutic Recreation Journal, 59*(2), 163-183. https://doi.org/10.18666/TRJ-2025-V59-I2-12599

Thomas, A., Mueller, K. E., Wolfe, B. D., Kim, M. B.*, & Hoeft, O*. (2024). Recreational therapy students' class time fieldwork experiences: A phenomenological qualitative analysis. *Therapeutic Recreation Journal, 58*(3), 257-271. https://doi.org/10.18666/TRJ-2024-V58-I3-12085

Thomas, A., Mueller, K. E., Whaley, D., & Kim, M. (2024). Adaptive sports and recreational therapy: A scoping review to explore practices for the profession. [*Special issue ATRA Annual]. Therapeutic Recreation Journal, 58*(4), 394-412**.** https://doi.org/10.18666/TRJ-2024-V58-I4-12399

Mueller, K. E., & **Thomas, A.** (2024). Successful aging and older adults' health outcomes through outdoor-based interventions like adventure therapy: A scoping review. *Journal of Outdoor and Environmental Education*. https://doi.org/10.1007/s42322-024-00177-1

*Kim, M., **Thomas, A.**, Sharpe, S., & Farrel III, J. W. (2024). Understanding reasons for participation and barriers within adaptive sports for individuals with physical disabilities. *Recreational Sports Journal*. https://doi.org/10.1177/15588661241292027

Thomas, A., Van Puymbroeck, M., Crowe, B. M., Townsend, J., & Farnsworth, J. (2024). Identifying the relationship between recreation engagement, bullying, and suicidality in high school students. *Children and Youth Services Review, 164,* Article 107857,

Sharpe, S., Passmore, T., **Thomas, A**., Lindenmeier, D., & Winston, J. (2023). Operation growth: The impact of heroes on the water kayak fishing on post-traumatic growth in U.S. Military Veterans. [*Special issue ATRA Annual] Therapeutic Recreation Journal, 57*(4), 321-339,

Thomas, A., Kirschbaum, L., Crowe, B. M., Van Puymbroeck, M., & Schmid, A. A. (2021). Integration of yoga in physical therapy clinical practice. *Complementary Therapies in Medicine, 59,* Article 102712. https://doi.org/10.1016/j.ctim.2021.102712

3. Conference Proceedings:

a. Refereed Conference Proceedings:

B. Works not in Print
1. Papers Presented at Professional Meetings:

*Presentation with a student.

Norton, C., Deringer, A., Dussler, R., & **Thomas, A**. (2025, November). *Experiential education for all – Spring Lake outdoor education project.* [Virtual session]. Campus Nature Rx Network Symposium.

Matula, B., & **Thomas, A.** (2025, October). *Friday night lights: Adaptive and inclusive sports and outdoor expo at Morgans Sports.* [Conference session]. American Therapeutic Recreation Association, San Antonio, TX.

Wolfe, B. D., **Thomas, A.**, Muller, K. E., Whaley, D. & *Martinez, M. (2025, October). *Framing the future: Advancing recreational therapies scope of practice.* [Conference session]. American Therapeutic Recreation Association, San Antonio, TX.

Mueller, K. E., **Thomas, A.**, & Whaley, D. (2025, October). *Promoting health, improving resiliency, and living in recovery for adaptive sport athletes: A qualitative analysis using a participatory action research design* [Oral Research Symposium]. American Therapeutic Recreation Association, San Antonio, TX.

Thomas, A., Mueller, K. E., Sharpe, S., Whaley, D., Heffner, C., & Farrell, J. W. (2025, October). *Best practices for adaptive sports for the disciplines of recreational therapy, exercise physiology, and athletic training*. [Poster Session]. American Therapeutic Recreation Association, San Antonio, TX.

Thomas, A., & Burke, J. (2025, February). *Meeting the needs of the disability community through parks and recreation* [Conference session]. Texas Recreation and Park Society, Allen, TX.

Thomas, A., Mueller, K. E., Farrell III, J. W., Sharpe, S. & Heffner, C. (2024, October). *Recreational therapy, exercise physiology, and athletic training: Scopes of practice and safety recommendations for adaptive sports through interprofessional practice* [Oral Research Symposium]. American Therapeutic Recreation Association Research Institute, Kansas City, MO.

Thomas, A., Mueller, K. E., & Wolfe, B. D. (2024, October). *Reflections from class time fieldwork experiences for recreational therapy students: A phenomenological qualitative analysis* [Poster Presentation]. American Therapeutic Recreation Association Research Institute, Kansas City, MO.

Burke, J., & **Thomas, A**. (2024, February). *Becoming a happiness superhero: Unleashing joy to save the day!* [Conference session]. Texas Recreation and Park Society Institute, Galveston, TX.

*Kim, M., Sharpe, S., & **Thomas, A**. (2023, November). *Understanding reasons for participation and barriers within adaptive sports* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Thomas, A., Burke, J., & Wolfe, B. D. (2023, November). *Advocacy: Understanding the past to move recreational therapy forward* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Burke, J., & **Thomas, A**. (2023, October). *The new outdoor recreators: Expanding concepts in outdoor recreation* [Conference session]. National Recreation and Park Association, Dallas, TX.

Mueller, K. M., & **Thomas, A.** (2023, September). *Adventure therapy for successful aging (ATSA) Model: A systematic review on older adults' health and outdoor-based interventions like adventure therapy* [Oral Research Symposium]. American Therapeutic Recreation Association Research Institute, St. Louis, MI.

Thomas, A., Mueller, K. M., & Whaley, D. (2023, September). *Adaptive sports and recreational therapy: A review to explore best practices for the profession* [Poster Presentation]. American Therapeutic Recreation Association Research Institute. St. Louis, MI.

Thomas, A., & Burke, J. (2023, September). *Breaking boundaries: Expanding access and inclusion in outdoor recreation* [Conference session]. American Therapeutic Recreation Association, St. Louis, MI.

Thomas, A., Mueller, K. M., & Wolfe, B. D. (2023, September). *Class time fieldwork experiences: Student reflections that enhance pedagogy practices and clinical experiences* [Conference session]. American Therapeutic Recreation Association, St. Louis, MI.

Heffner, C., & **Thomas, A**. (2023, June). *Understanding and working with adaptive sports athletes* [Conference session]. South Padre Athletic Training Seminar, South Padre, TX.

Thomas, A., & Burke, J. (2022, November). *Evidence-based practice: We can do it together* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Burke, J., & **Thomas, A**., Wolfe, B. D. (2022, November). *To advocacy and beyond* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Thomas, A., & Burke, J. (2022, February). *Evidence-based practice approaches and key concepts* [Conference session]. Texas Recreation and Park Society Institute, College Station, TX.

Thomas, A., & Burke, J. (2022, February). *Using authentic relationships to foster resilience* [Conference session]. Texas Recreation and Park Society Institute, College Station, TX.

Thomas, A. (2021, February). *Building resilience* [Conference session]. Texas Recreation and Park Society Institute, Frisco, TX.

Thomas, A. (2020, February). *Building resilient youth* [Conference session]. Texas Recreation and Park Society Institute, Galveston, TX.

Burke, J. & **Thomas, A**. (2019, November). *Drowning dangers: The case for incorporating drown prevention in your practice* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Thomas, A., Kirschbaum, L., Crowe, B. M., Van Puymbroeck, M., & Schmid, A. A. (2020, October). *Physical therapists' use of yoga in clinical practice* [Research presentation]. The International Association of Yoga Therapists, Virtual Conference.

Thomas, A. (2019, February). *Effective communication for a positive behavior change* [Conference session]. Texas Recreation and Park Society Institute, El Paso, TX.

Thomas, A., & Deringer A. (2019, February). *The power of nature: Outdoor recreation an intervention for youth with behavioral challenges* [Conference session]. Texas Recreation and Park Society Institute, El Paso, TX.

Thomas, A. (2018, November). *Recreation therapy as an agent of change for youth at-risk* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Burke, J. & **Thomas, A**. (2018, March). *Developing internship learning experiences for students* [Conference session]. Texas Recreation and Park Society Institute, Waco, TX.

Burke, J., & **Thomas, A.** (2017, November). *Designing evidence-based practice: Using evidence* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Thomas, A. (2017, March). *Effective communication for a positive behavior change* [Conference session]. Texas Recreation and Park Society Annual Institute, Irving, TX.

Thomas, A., & Burke, J. (2016, November). *What are they really trying to tell you* [Conference session]*?* Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Burke, J., & **Thomas, A.** (2016, November). *Why is everybody always picking on me? Professional strategies to help kids 'fit in'* [Conference session]. Therapeutic Recreation Symposium for the Southwest, Dallas, TX.

Thomas, A., & *Walters, S. (2016, March). *Did you say internship? The agency and agency supervisor's role* [Conference session]. Texas Recreation and Park Society Annual Institute, Galveston, TX.

Thomas, A., Boyle, P., Dupree, J., & Dixon, E. (2015, March). *Play matters part 1- Learning through PLAY, theories intervention strategies and facilitation techniques* [Conference session]*!* Texas Recreation and Park Society Annual Institute, Abilene, TX.

Thomas, A., Boyle, P., Dupree, J., & Dixon, E. (2015, March). *Play matters part 2- Learning through PLAY, theories intervention strategies and facilitation techniques* [Conference session]*!* Texas Recreation and Park Society Annual Institute, Abilene, TX.

Dixon, E. & **Thomas, A**. (2015, March). *Is "NO" the only thing we are telling them? Who said I should listen to you* [Conference session]*?* Texas Recreation and Park Society Annual Institute, Abilene, TX.

Dupree, J., & **Thomas, A.** (2014, November). *Programming for people* [Conference session]. Texas Recreation and Park Society North Region Conference, Grand Prairie, TX.

Ware, D., & **Thomas, A.** (2014, February). *Super Dave talks: A Paralympian's personal journey* [Conference session]. Texas Recreation and Park Society Annual Institute, Corpus Christi, TX.

Miller, H., & **Thomas, A.** (2014, February). *Did you say adapted sport* [Conference session]*?* Texas Recreation and Park Society Annual Institute, Corpus Christi, TX.

Zimmermann, Z & **Thomas, A.** (2014, February). *Back to basics: Programming for people – expanded edition* [Conference session]. Texas Recreation and Park Society Institute, Corpus Christi, TX.

Pankey, R. B., **Thomas, A.**, Ahrens, J., McFadden, M. & Blair, P. (2013, October). *Heart rate responses of male law enforcement officers during authentic shooting range maneuvers* [Poster Presentation]. American College of Medicine & Science in Sport & Exercise, *45*(5), Supplement. Indianapolis, IN.

Thomas, A. (2013, August). *The art of processing* [Conference session]. The Summit Conference, Burton, TX.

Thomas, A. (2013, March). *Physical activity with an adapted sports twist* [Conference session]. Texas Recreation and Parks Society Institute, Lubbock, TX.

Hearn, S., & **Thomas, A.** (2013, March). *Initiatives: Learning while having fun* [Conference session]. Texas Recreation and Parks Society Institute, Lubbock, TX.

Cervantes, C., & **Thomas, A.** (2012, December). *Social inclusion of individuals with disabilities through adapted sport* [Conference session]. Texas Association for Health, Physical Education, Recreation and Dance, Galveston, TX.

Hearn, S., & **Thomas, A.** (2012, October). *Initiatives part I* [Conference session]. Texas Recreation and Parks Society Regions 1,8, and 9 Conference, San Angelo, TX.

Hearn, S., & **Thomas, A.** (2012, October). *Initiatives part II* [Conference session]. Texas Recreation and Parks Society Regions 1,8, and 9 Conference, San Angelo, TX.

Dupree, J., & **Thomas, A.** (2012, August). *The benefits of physical activity for mental health and chemical dependency* [Conference session]. The Summit Conference, Burton, TX.

Litchke, L., & **Thomas, A**. (2010, April). *Chair yoga* [Conference session]. Therapeutic Recreation Symposium of the Southwest, Austin, TX.

Dupree, J. & **Thomas, A**. (2010, April). *Worst case scenario* [Conference session]. Therapeutic Recreation Symposium of the Southwest, Austin, TX.

Dupree, J. & **Thomas, A.** (2009, August). *Girl Scouts in detention centers, implementation* [Conference session]. The Summit, Burton, TX.

2. Invited Talks, Lectures, and Presentations:

Thomas, A. (2024, January). *Working with adaptive patients – Classifications and transfers*. Southwest Athletic Trainers' Association Student Development Workshop, San Marcos, TX.

Thomas, A. (2023, February). *Inclusive leadership: Building connections for agency growth* [Invited keynote]. Missouri State Parks Conference, Springfield, MO.

Thomas, A. (2022, October). *Inclusive leadership: Building connections for agency growth* [Invited keynote]. Midwest State Park Executive Conference, Galveston, TX.

Garrett, K., Arroyo, R., Meacham, K., Romero, A., & **Thomas, A.** (2022, February). *Women's empowerment panel* [Conference session, Invited Panelist]. Texas Recreation and Park Society, College Station, TX.

Wolfe, B. D., Fecske, C., Kavanaugh, T., DeVries, D., Fedesco, K., Keller, J., Burke, J., & **Thomas, A.** (2021, November). *ATRA advocacy and legislative support for recreational therapists* [Conference session, Invited Panelist]. Therapeutic Recreation Symposium for the Southwest, Virtual presentation.

Thomas, A. (2021, May). *Fostering resilience in your team* [Invited talk]. Leadership Training, City of Lewisville, Lewisville, TX.

Thomas, A. (2021, May). *Building positive experiences for youth* [Invited talk]. Summer Staff Training, City of Lewisville, San Marcos, TX.

Thomas, A. (2020, November). *HyFlex teaching: How to make it REALLY work* [Invited online post]. Office of Distance and Extended Learning, San Marcos, TX.

Thomas, A. (2020, October). *Movement: Considerations for keeping students active in online learning* [Invited talk]. Kappa Delta Pi, Virtual presentation, Texas State University, San Marcos, TX.

Thomas, A. (2020, October). *Building resilience* [Invited conference session]. Texas Municipal League, Virtual Presentation.

Thomas, A. (2020, October). *Resilience in youth and the recreators role* [Invited lecture]. Lifestyle Services National Conference. Community Conference Management, Virtual presentation, Teen talk.

Thomas, A. (2020, May). *Radical empathy and grief regarding COVID* [Invited talk]. Vista Camps, Staff Orientation, Hunt, TX.

Huchton, T**.** & **Thomas, A.** (2018, May). *Top ten ways to be a great counselor* [Invited talk]. Vista Camps, Staff Orientation, Hunt, TX.

Thomas, A. (2017, April). *Play matters* [Invited talk]. Vista Camps, Family Weekend, Hunt, TX.

Thomas, A. (2016, May). *Adapting activities for all* [Invited talk]. Texas Lions Camp, Staff Orientation, Kerrville, TX.

Thomas, A. (2016, May). *Role modeling behavior* [Invited talk]. Vista Camps, Staff Orientation, Hunt, TX.

Thomas, A. (2016, May). *Staying positive at camp* [Invited talk]. Vista Camps, Staff Orientation, Hunt, TX.

Dupree, J. & **Thomas, A.** (2015, November). *The power of play - Play theory, facilitation techniques, & activity ideas Part 1* [Invited conference session]. New Mexico Recreation and Parks Association Annual Conference, Farmington, NM.

Dupree, J. & **Thomas, A.** (2015, November). *The power of play - Play theory, facilitation techniques, & activity ideas Part 2* [Invited conference session]. New Mexico Recreation and Parks Association Annual Conference, Farmington, NM.

Dixon, E. & **Thomas, A**. (2015, September). *Is "NO" the only thing we are telling them? Who said I should listen to you?* [Invited conference session]. Texas Municipal League Annual Conference, San Antonio, TX.

Thomas, A. (2015, June). *Activity facilitation and how to not burn out during the summer camp season* [Invited talk]. Vista Camps, Staff Orientation, Hunt, TX.

Dupree, J. & **Thomas, A.** (2014, June). *Behaviors as communication & activity facilitation techniques* [Invited talk]. Vista Camps, Staff Orientation, Hunt, TX.

Thomas, A. (2014, April). *Adapting sports to include all: Goal ball & sit volleyball* [Invited conference session]. Texas Amateur Athletic Federation, College Station, TX.

Dupree, J., & **Thomas, A**. (2014, March). *Creative teaching activities for use in YOUR class* [Invited talk]. Texas State University, Faculty Learning Communities, San Marcos, TX.

Thomas, A. (2010, October). Texas State Terry Scholar Organization [Invited keynote]. Fall Banquet, San Marcos, TX.

Thomas, A. (2010, September). *What is Therapeutic Recreation* [Invited talk]. Upward Bound, College Access Project/G-Force AmeriCorps Center for P-16 Initiatives Texas State University. San Marcos, TX.

Dupree, J. & **Thomas, A**. (2010, May). *Adaptive play/Therapeutic recreation* [Invited talk]. Texas Lions Camp, Camp Orientation, Kerrville, TX.

Thomas, A. (2010, April). *Importance of therapeutic recreation* [Invited talk]. New staff orientation. Laurel Ridge Treatment Center, San Antonio, TX.

Kemp, M., Miller, S., **Thomas, A.** & Pankey, R. (2009, October). *Maximal heart rates and body mass in male police officers participating in authentic shooting range maneuvers* [Poster Presentation]. American College of Medicine & Science in Sport & Exercise, *41*(5), 3045. Seattle, WA.

3. Other Works not in Print:

a. Works "submitted" or "under review":

Thomas, A., Mueller, K. M., Wolfe, B., Whaley, D., & Martinez, M. (Under Review). Recreational therapy scope of practice. [*Special issue ATRA Annual]. Therapeutic Recreation Journal*

b. Works "in progress":

Thomas, A., Van Puymbroeck, M., Crowe, B. M., Townsend, J., & Farnsworth, J. (Under Review). The Influence of substance use, age, and race on suicidality in high school students: A conditional process analysis. *Psychology in the Schools.*

Thomas, A., Van Puymbroeck, M., Crowe, B. M., Townsend, J., & Farnsworth, J. (In Progress). A conditional process analysis on the relationship between adolescent sex and sexual identity, age, active and passive recreation, and suicidality in high school students.

Thomas, A., Mueller, K. M., & Whaley, D. (In Progress). Exploring experiences of athletes who engage in adaptive sports.

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

Deringer, S.A., Griffin, L.K., **Thomas, A.**, Dussler, R., Wait, M., Kipp, L., & Norton, C. (2022). *Strengthening experiential education opportunities in central Texas.* Texas Parks and Wildlife Co-Op Grant. Funded: $59,920 USD. Role: Co-Investigator.

Griffin, K., Deringer, S. A, Dussler, R., **Thomas, A.** & Wait, M. (2019). *Strengthening experiential education opportunities in central Texas.* Texas Parks and Wildlife Co-Op Grant. Funded: $49,969 USD. Role: Co-Investigator.

Deringer, S. A., Griffin, K., & **Thomas, A.** (2017). *Strengthening experiential education opportunities in central Texas.* Texas Parks and Wildlife Co-Op Grant. Funded: $49,451 USD. Role: Co-Investigator.

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

Farrell III, J. W., **Thomas A.**, Matula, B., Dixon, E. *A Guided exercise training program to enhance performance, enjoyment, and engagement with adaptive sports*. Craig H Neilson Foundation. Requested: $375,000 USD. Letter of Intent. Submitted: June 2024. Role: Co- Investigator.

Thomas, A., Farrell III, J. W., Sharpe, S., Heffner, C., & Carter, T. *The implementation of evidence-based adaptive and outdoor sports programs for Veterans and members of the Armed Forces.* Department of Veterans Affairs, National Veteran Sports Program and Special Events. Requested: $133,949 USD. Full Proposal. Submitted: March 2024. Role: Principal Investigator.

Cheever, K., **Thomas, A**., & Farrell III, J. W. (2023). *Physical activity levels of persons with disabilities using the Multi-Assistance Center at Morgan's Wonderland.* Multi-Assistance Center – University of Texas San Antonio Collaborative Seed Funding Grant. Requested: $20,328.00 USD. Submitted: Septemeber. Role: Co-Investigator

Thomas, A., Farrell III, J. W., & Sharpe, S. (2023). *The implementation of evidence-based adaptive and outdoor sports programs for Veterans and members of the Armed Forces.* Department of Veterans Affairs, National Veteran Sports Program and Special Events. Requested: $129,349.34 USD. Submitted: April. Role: Principal Investigator

Farrell III, J. W., & **Thomas, A.** (2023). *The use of high intensity intermittent exercise for the modification of psychosocial health and cardiovascular disease risk in persons with spinal cord injury*. Department of Defense, Pre-Proposal. Requested: $150,000 USD. Submitted: May. Role: Co-Investigator.

3. Funded Internal Grants and Contracts:

Farrell III, J. W., **Thomas, A.**, Jimenez J., & Koldenhoven, R. M. (2022). *The integration of physiological and biomechanical measures to enhance engagement with adaptive sports and recreation for manual wheelchair users.* Materials Application Research Center (MARC), Texas State University. Funded: $89,892.00 USD. Submitted: September. Role: Co-Investigator.

4. Submitted, but not Funded, Internal Grants and Contracts:

Thomas, A., Thomas, C., Sharpe, S. & Burke, J. (Under Review). *Best practice approaches: Understanding accessibility barriers to create adaptive hunting and conservation education*. Association of Fish and Wildlife Agencies, MultiState Conservation Grant Program, Pre-Proposal. Requested: $999,999 USD. Submitted: September. Role: Principal-Investigator.

Asiabanpour, B., Molina, D. V**.,** Liu, T., Wagner, N., & **Thomas, A.** (2019). *San martian center: A self-sufficient community.* Big Ideas Grant Proposal at Texas State University. Requested: $1,200,000 USD. Role: Co-Investigator.

Norton, C., Deringer, S. A., Dussler, R., Fields, B., Forsythe, S., Griffin, K., Hanks, C., Kipp, L., Morreale, A., **Thomas, A.**, Watt, T., & Williams, J. (2019). *The Center for Nature Research.* Big Ideas Grant Proposal at Texas State University. Requested: $160,000 USD Annually. Role: Co-Investigator.

Housman, J., Smith, S., **Thomas, A.**, & Williams, R. (2015). *Using a virtual reality environment to determine alcohol cue exposure and extinction among a high-risk alcohol abuse population*. Multi-Disciplinary Internal Research Grant Program, Texas State University. Requested: $25,000 USD. Role: Co-Investigator.

Zimmermann, J. & **Thomas, A.** (2013). *Resource Allocation Preferences Study.* Texas State University, Research Enhancement Program. Requested: $16,000 USD. Role: Co-Investigator.

3. Other Works not in Print for Grant and Contracts:

a. Works "submitted" or "under review":

Esmiol, A., Deringer, S.A., Griffin, L.K., **Thomas, A.**, Dussler, R. (Under Review). *Strengthening experiential education opportunities in central Texas.* Texas Parks and Wildlife Co-Op Grant. Funded: $59,920 USD. Role: Co-Investigator.

D. Scholarly / Creative Fellowships, Awards, Honors:

Thomas, A., Mueller, K. E., Sharpe, S., Whaley, D., Heffner, C., & Farrell III, J. W. (October, 2025). *Best Practices for Adaptive Sports for the Disciplines of Recreational Therapy, Exercise Physiology, and Athletic Training*, People's Choice Poster Winner, American Therapeutic Recreation Association, San Antonio, TX.

Thomas, A., Mueller, K. E., & Wolfe, B. D. (October, 2024). *Reflections from class time fieldwork experiences for recreational therapy students: A phenomenological qualitative analysis*. Best Research Poster Award, American Therapeutic Recreation Association, Kansas City, MI.

Thomas, A. (2021, Fall) *Nontenure line faculty workload release*. The impacts of recreation engagement on health-related risky behaviors in high school youth**.** Faculty Senate, Texas State University. *Note*: two-course release for the scholarship.

Thomas, A. (2021, August). *NCTRC Scholarship Program.* National Council for Therapeutic Recreation Certification Scholarship Committee, National Council for Therapeutic Recreation Certification, New City, NY. *Note:* Academic Scholarship towards doctoral degree, $2,500.

Zimmermann, J., **Thomas, A.**, & Burke, J. (2015-2016) Service – Learning Initiative Faculty Fellow Award, Texas State University. *Note:* awarded for the fall and spring semester, Co-PI. $2,000.

IV. SERVICE

A. Institutional

3. University:

2024 - present *Member.* Student Success Faculty Advisory Committee. Division of Student Success, Texas State University, San Marcos, Texas.

2023 *Committee member*. Campus Recreation Director Search Committee, Division of Student Success, Texas State University, San Marcos, Texas.

2017 - 2024 *Member*. University Leadership Assembly. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2017 - 2018 *Advisor*. Texas State Renegade Roses. Texas State University, San Marcos, Texas.

2015 - 2017 *Nontenure Line Faculty Committee Member*. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2012 *Data Collector*. ALERRT- Pilot Heart Rate Data Collection San Marcos ALERRT Center. Texas State University, San Marcos, Texas.

2012 - 2014 *Faculty Advisor*. Sand Club Volleyball, Texas State University, San Marcos, Texas.

2011 - 2014 *Faculty Advisor*. Men's Club Volleyball, Texas State University, San Marcos, Texas.

2010 - 2015 *Faculty Advisor*. Women's Club Volleyball, Texas State University, San Marcos, Texas.

2009 – 2016 *Faculty Representative*. (October). The Majors Fair. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2009 *Faculty Representative*. (October). Aquafest. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

4. College:

2024-present *Member.* Bobcat RISE Internal Advisory Committee. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2022 *Member.* Nontenure Line Workload Reassignment Committee. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2012 *Secretary*. Faculty Advisory Council. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2011 *Member*. Faculty Advisory Council. College of Education, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

5. Department/School:

2022 - present *Co-mentor*. Clinical Assistant Professor Shelby Jackson, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2021 - present *Committee member*. HHP Student Champions, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2021 - 2022 *Mentor*. Graduate Teaching Assistant Macy Baker, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2020 - 2023 *Committee member*. Student Recruitment Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2019 - 2020 *Mentor*. Lecturer Marina Garcia, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2019 - 2020 *Mentor*. Graduate Assistant Clay Faris, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

.

2019 - 2021 *Committee member*. Technology Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2018 - 2019 *Mentor*. Graduate Teaching Assistant Drake Johnson, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2017 *Mentor*. (Fall Semester). Graduate Teaching Assistant Joshua Bush, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2016 - 2017 *Mentor*. Graduate Teaching Assistant Carly Rahal, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2017 *Committee member*. Recreation Lecturer Search Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2015 - 2016 *Mentor*. Graduate Teaching Assistant Amanda Petri, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2014 - 2015 *Mentor*. Graduate Teaching Assistant Breleisha Gilbert, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2013 - 2014 *Mentor*. Graduate Teaching Assistant Melissa Martinez, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2014 - 2016 *Co-Coordinated*. Recreation Division Alumni and Friends Event, Department of Health and Human Performance Texas State University, San Marcos, Texas. *Note:* Third Alumni Social/Fundraiser and awards dinner for students and professionals that are associated with the Recreation Division, proceeds help students attend professional development opportunities and unite with alumni and friends of the recreation division. San Marcos, Texas.

2013 - 2014 *Chair*. Faculty Evaluation Committee, Field-based Teaching Ad Hoc Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas. *Note*: Committee was charged with developing an evaluation tool for instructors teaching fieldwork and internship-related courses.

2013 - 2012 *Mentor*. Graduate Teaching Assistant Stephanie Costyk, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2011 - 2018 *Co-Advisor*. Association of Recreation Enthusiasts (A.R.E.) Student Organization, Department of Health and Human Performance, Texas State University, San Marcos, Texas. *Note:* This organization is a professional development organization designed to help graduate and undergraduate students attend conferences, institutes, and enhance professionalism in the broad field of recreation. Coordinates approximately 40-50 students each year that attend TRAPS Annual Institute.

2012 *Mentor*. Graduate Teaching Assistant Claire Gubenator, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2009 - 2011 *Advisor*. Adapted Sport Club of Texas State (A.S.C.O.T.S) Student Organization, Department of Health and Human Performance, Texas State University, San Marcos, Texas. Note: Organization was designed to advocate for students and community members to increase understanding and knowledge about adapted sports and accessibility needs on the Texas State campus and within the surrounding communities.

2009 - 2017 *Committee member*. Student Recruitment Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2009 – 2020 *Co-Coordinator*. Recreation Agency Affiliation Fair, Department of Health and Human Performance, Texas State University, San Marcos, Texas. *Note:* Each February a two-hour event is held to help students in the Recreation Division prepare and begin the

process of finding fieldwork and internship. This event allows agencies and students a location to become better acquainted and helps the Texas State students to work on professionalism and job-related skills. Approximately 50 agencies from all over the State of Texas and a couple from out of state attend to begin the interviewing and application process to place students at their agencies.

B. Professional:

a. Article Reviewer

American Journal of Recreation Therapy 2025

Journal of Park and Recreation Administration 2025

Physical and Occupational Therapy in Pediatrics 2024

Psychology in the Schools 2024

[*Special issue ATRA Annual] Therapeutic Recreation Journal* 2023-2025

Journal of Experiential Education 2023

b. National Service

2025-present *Member.* American Therapeutic Recreation Association (ATRA) Higher Education Committee.

2025-present *Co-Principal Investigator for Recreational Therapy Scope of Practice*. ATRA Scope of Practice Taskforce. Invited by ATRA to co-lead taskforce to research, write, and disseminate new scope of practice for the profession of recreational therapy. A comprehensive review of documents was followed by a collaborative feedback process from select expert RTs across the USA. Additional feedback process will occur with stakeholders from the profession, including ATRA, NCTRC, state licensure/regulatory bodies, and international RT associations. Findings are to be written into publications through scholarly publications and RT professional communication platforms. *Investigator List:* **Thomas, A.,** Mueller, K. M., Wolfe, B. Whaley, D., Martinez, M.

2023-present *Liaison.* American Therapeutic Recreation Association Advocacy Liaison, Disability and Rehabilitation Research Coalition (DRRC).

2023 Estepp, K., Mueller, K.E., **Thomas, A.**, Matulis, L. (2023) *Leisure education through a healthy lifestyle program for children with obesity: Lessons learned from a community-based program with recreational therapy and public health* American Therapeutic Recreation Association (ATRA) Newsletter.

2018 *Committee Member*. (March). Item Review Committee, National Council for Therapeutic Recreation Certification (NCTRC). New City, New York.

2017 *Co-Leader*. (November). ATRA Higher Education Task Force Focus Group, Student Group, Therapeutic Recreation Symposium for the Southwest, Dallas, Texas.

2016 *Planning Committee Member*. American Therapeutic Recreation Association Mid-Year Conference. *Note:* Assisted in volunteer coordination for conference needs and CE monitoring in San Antonio, Texas.

c. Regional Service

2022 *Education Committee Member*. Therapeutic Recreation Symposium for the Southwest (TRSSW). Dallas, Texas.

2017 *Education Committee Member*. Therapeutic Recreation Symposium for the Southwest (TRSSW). Dallas, Texas.

d. State Service

2024-present *Legislative Committee Member*. Texas Recreation and Park Society. *Note:* Support the State office in identifying needs for recreational therapy and individuals with disabilities, plan, and implement legislative events and resort for the State.

2024 *Committee Member*. (January). Parks Play Day at the Capitol. *Note:* Helped coordinate attendance for 10 students, ranging from freshmen to graduate students, to the advocacy event at the Texas Capitol for the Texas Recreation and Park Society. Hosted inclusive recreation activities on the lawn of the Capitol, inviting all legislative representatives to the lawn to learn about the recreation industry. Austin. Texas.

2017 - 2018 *Chair*. Awards Committee, Texas Recreation and Park Society. *Note:* Disseminate, score, plan, and implement state awards at the Annual Institute in Waco.

2017 *Co-Coordinator.* (February). TR Day at the Capitol. *Note:* Help organize first Therapeutic Recreation advocacy day at the State Capitol, with 47 students and professionals in attendance and visits to 30+ legislators' offices, Austin, Texas.

2017-2025 *Coordinator*. (January). Parks Day at the Capitol, Walk the Halls. *Note:* Helped coordinate attendance of 39 students, ranging from freshmen to graduate students, to the advocacy event at the Texas Capitol for the Texas Recreation and Park Society Walk the Halls. Austin. Texas.
** Occurs every two years during session, did not attend in 2021 and did not take students in 2023*
**Most recent event is described*

2016 - 2017 *Past-Chair*. Therapeutic Recreation Branch Board, Texas Recreation and Park Society. *Note:* Educate, motivate, support, and help the Therapeutic Recreation Branch Executive Committee to continue advancing the branch and collaborate with the TRAPS Board.

2016 - 2017 *Vice-Chair*. Awards Committee, Texas Recreation and Park Society. *Note:* Disseminate, rate, and support chair to establish state awards at the annual Institute in Irving.

2016 - 2020 *Co-Chair*. Online Strategic Taskforce, Texas Recreation and Park Society. *Note:* Survey, discuss, plan, implement, and determine a course of action on how to effectively implement online resources and a library of items for use to the membership of the state organization. This will be brought to the executive board for full approval upon completion.

2014 - 2016 *Chair*. Therapeutic Recreation Branch Board, Texas Recreation and Park Society. *Note:* Collaborate with the board of TRAPS and other branches to plan, implement and evaluate educational sessions at the annual TRAPS Institute and increase advocacy of the profession.

2014 - 2016 *Institute Planning Committee, Member*. Texas Recreation and Park Society. *Note:* Assisted in planning, coordinating, and evaluating educational sessions at the annual institute. Abilene, Galveston, Irving, Texas.

2013 - 2014 *Vice-Chair*. Therapeutic Recreation Branch Board, Texas Recreation and Park Society. *Note:* Collaborate with the TR branch board members to evaluate previous TRAPS Institute and help chair plan and implement the educational sessions and meetings for the next TRAPS Institute.

2011 - 2013 *Secretary*. Therapeutic Recreation Branch Board, Texas Recreation and Park Society. *Note:* Take minutes at branch meetings as well as disseminate meeting information and items to members in attendance and not in attendance, correspond with the TRAPS office when needed.

2010 *At-Large Member*. Therapeutic Recreation Branch Board, Texas Recreation and Park Society. *Note:* Provide feedback and support when necessary to the officers of the TR Branch, help with marketing and promotion of the TR Branch of TRAPS.

C. Community:

2017 *Volunteer*. (July). Vet Rec on the Water. *Note:* Lions Club Park, San Marcos, Texas.

2017-2024 *Co-coordinator*. (February). Texas Regional Para Track and Field Clinic. *Note:* Co-host a three-day national perspective to 64 athletes, students, and coaches to advance skills related to each area of their designated expertise. Held both lecture and descriptive sessions as well as a hands-on clinic with Paralympic athletes and coaches. Partnered with Health and Human Performance Department students and faculty, Texas Paralympic

Sport, and National Paralympic Athletes and Coaches. Wimberley High School Athletic Complex, Wimberley, Texas.
**Did not co-host the event in 2020 due to COVID-19*
**Most recent clinic is described*

2012 – 2019 *Planning Committee*. (November). Texas State Turkey Adventure Race**.** *Note:* Assisted in the coordination of undergraduate student group in planning and implementation of a campus-wide adventure race, helped recreation faculty in marketing and promotion as well as race day preparation, Fall Semester, November, San Marcos, Texas.

2014 *Reviewer.* Goal: POST, provided feedback and helped plan and implement a program that partnered with San Marcos Parks and Recreation and SMCISD that provides an after-school program for students at a low cost and provides Texas State students in the leadership course to develop facilitation skills, Miller Middle School, San Marcos, Texas.

2014 - 2015 V*olunteer Coordinator*. (April). Texas Regional Games, *Note:* 4 Day event, Solicited volunteers from across the State of Texas to help with adapted Paralympic sports events for wounded warriors and individuals with physical impairments; track and field, powerlifting, boccia ball, adapted archery, swimming, and air guns. The events helped athletes develop skills and qualify for the national games, the end goal is to make the Paralympics. San Antonio, Texas.

2013 *Volunteer*. (July). U.S. Paralympic National Track and Field Qualifier Games, *Note:* 2-day event, helped with clinics, classification, and sports qualifications for track and field event for wounded warriors and individuals with physical impairments. San Antonio, Texas.

2011 *Co-coordinator*. (September). Paralympic Experience, Amazing Leaders Central Texas Regional Meeting; *Note*: 1-day event, Adapted Archery and Fencing. San Marcos, Texas.

2010 *Volunteer*. (March). Bobcat Build, Adapted Sports Club of Texas State (ASCOTS). San Marcos, Texas.

2010 *Coordinator*. National Haiti Amputee Soccer Team; *Note*: 2-week event, programmed awareness for the sport of amputee soccer on the Texas State campus and the State Capitol in Austin, where the players scrimmaged on the grounds of the State Capital. The players lived at the Freeman Ranch for two weeks where I coordinated room and board for 18 players, 1 coach, and 2 managers. Fundraised $2,500 for the players to continue to the world amputee soccer cup. Planned and implemented an amputee soccer event for Texas State students and the community, 500 viewers came out to watch the event where the Haitian players and the soccer sport club played each other in a scrimmage raising awareness of the sport and the players' abilities. Freeman Center, Campus Recreation, Jowers, San Marcos, Texas, and Austin, Texas.

2009 – 2022 *Collaborator*. (January). Fun Fish Friday; *Note:* one-day event each spring partnering with SMCISD, Texas Parks and Wildlife, Texas State TR students, and San Marcos Parks and Recreation Department to provide a positive, educational fishing experience for the students in the special education programs K-12. A.E. Woods Fish Hatchery, San Marcos, Texas.
**Did not implement the event in 2021 due to COVID-19*

2009 – 2024 *Co-Coordinator.* (October). Larry Turner Wheelchair Basketball Tournament *Note:* This year 19 teams with three competitive divisions. Planned and implemented a two-day tournament for Division III, junior varsity, and prep wheelchair basketball teams on a multi-state level. This tournament helps seed them for nationals and helps recreational therapy, exercise sports science, and athletic training students gain knowledge and understanding of physical disabilities as it relates to adapted sport, specifically wheelchair basketball, Jowers Gyms, San Marcos, Texas.
**Did not host the event in 2020 due to COVID-19*
**Most recent tournament is described*

2009 - 2010 *Volunteer*. Wheelchair Rugby, Austin Stampede. *Note:* Helped facilitate practice and faculty dissertation research, year-round. Jowers gym 221 and 102, San Marcos, Texas.

2009 *Volunteer*. Run Roll Tennis with the U.S. Tennis Association, Texas Chapter. Texas State tennis courts, San Marcos, Texas.

2009 *Co-coordinator*. (March). Special Olympics, Super Sports Event. *Note:* 1-day event partnered with Special Olympics, Texas State faculty, and therapeutic recreation students to plan a super sports day and competition for the central area Special Olympics. Campus Recreation Fields, San Marcos, Texas.

2009 *Co-coordinator*. (November). Super Sports Saturday Paralympic Sport. *Note:* 1-day event partnering volunteers from Texas State Health and Human Performance Department and Seton Brain and Spine staff, Larry Turner, to facilitate different adaptive sports for youth and their families that have a physical impairment. This program helps educate youth and families of potential adaptive sports that can suit their needs within the community, allows for a healthy and active lifestyle. Jowers gym 101, San Marcos, Texas.

D. Organization Memberships:

Member, Phi Kappa Phi Honor Society, 2021-present

Member, American Therapeutic Recreation Association (ATRA), 2014-present

Member, National Recreation and Park Association (NRPA), 2013-2017

Member, Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD), 2011-2014

Member, Texas Recreation and Park Society (TRAPS), 2003-present

Member, Aerobics and Fitness Association of America (AFAA), 2003-2005

E. Service Honors and Awards:

2023 Outstanding Therapeutic Recreation Professional. Therapeutic Recreation Symposium of the Southwest, Dallas, Texas.

2022 Jean R. Tague Professional Award. Therapeutic Recreation Branch Award, Texas Recreation and Park Society, College Station, Texas.

2019 "Presidential Award for Excellence for Service", Presidential Awards Program. Texas State University.

2018 "College Presidential Distinction Award for Service", Presidential Awards Program. Texas State University.

2018 Texas Recreation and Park Society Annual Presidential Awards, Presidential Award of Honor. Texas Recreation and Park Society, Waco, Texas.

2017 Student Organization Council Boko Awards, Organization of the Year. Texas State University, San Marcos, Texas.

2017 Student Organization Council Boko Awards, Recreational Organization of the Year, Texas State University, San Marcos, Texas.

2016 San Marcos Fire Department Award Ceremony, Civilian Certificate of Commendation Incident #7015, San Marcos Fire Department, San Marcos, Texas.

2015 Texas Recreation and Park Society, Jerry Garrett Memorial Young Professional Award, Abilene, Texas.

2012 Campus Recreation Sports Club, Advisor of the Year. Texas State University, San Marcos, Texas.

2011 PAWS Preview Namesake. Texas State University, San Marcos, Texas.

2011 National Recreation and Parks Association, National Student Organization of the Year. Chicago, Illinois.

2011 Student Organization Council Boko Awards, Advisor of the Year. Texas State University, San Marcos, Texas.

2009 Laurel Ridge Treatment Center Employee of the Month. San Antonio, Texas (March).

2005 Star Ranch Distinguished Service Award. Ingram, Texas.

Updated 3/1/25