TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Shelby Jackson Sharpe Title: Clinical Assistant Professor

B. Educational Background

Degree	***Year***	***University***	***Major***	***Thesis/Dissertation***
Ph.D.	2022	Oklahoma State University	Health, Leisure, & Human Performance	"The Impact of Heroes on the Water Kayak Fishing Program on Post-Traumatic Growth in U.S. Military Veterans: A Case Report
Certificate	2022	Oklahoma State University	Global Issues	
MPA	2019	Northeastern University	Public Administration	
Certificate	2019	Northeastern University	Non-profit Management	
BS	2013	Texas State University	Recreation Administration w/ Therapy Emphasis	

C. University Experience

Position	***University***	***Dates***
Clinical Assistant Professor	Texas State University	August 2022-Present
Graduate Assistant	Oklahoma State University	August 2019-May 2022
Lead Facilitator-OSU Recreational Therapy Group	Oklahoma State University	February 2021-April 2021

D. Relevant Professional Experience

Position	***Entity***	***Dates***
Research Coordinator	Heroes on the Water	January 2022-Present
Recreational Therapist-PRN	SSM Health-St. Anthony's Medical Center	May 2021-May 2022
Recreational Therapist-PRN	St. Mary Regional Medical Center	May 2020-July 2021

Recreation Therapist	Warrior Transition Battalion-Ft. Sam Houston	January 2018-August 2019
Site Coordinator	Warrior Transition Battalion-Ft. Stewart	July 2017-January 2018
Graduate Intern	Access Recreation Boston	October 2016-July 2017
Therapeutic Recreation & Inclusion Specialist	Brookline Recreation Department	July 2015-July 2017
Recreation Therapist/Activity Director	Allegiance Specialty Hospital	August 2014-June 2015
Aquatics Coordinator	New Braunfels Parks & Recreation Dept.	April 2014-August 2014
Recreation Instructor	New Braunfels Parks & Recreation Dept.	September 2013-March 2014 August 2011-May 2012
Day Camp Counselor	New Braunfels Parks & Recreation Dept.	May 2013-August 2013
Recreation Therapist-PRN	Laurel Ridge Treatment Center	June 2013-July 2014

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

Credential	***Date Acquired***
Certified Therapeutic Recreation Specialist (CTRS)-NCTRC Certification Number 62430	June 2013
Certified Adaptive Recreation and Sports Specialist-Level 1 (CARSS-1)	September 2025
Supervision Therapeutic Recreation Specialist-OKMB License Number 218	December 2019
Mental Health First Aid	March 2021
QPR Suicide Prevention Training	January 2021
American Red Cross First Aid & CPR Instructor Trainer	October 2020
American Red Cross First Aid & CPR Re-Certified	October 2020
American Red Cross Lifeguard & First Aid Training	May 2023

II. TEACHING

A. Teaching Honors and Awards
1. Professional:
2. Institutional
   a. University:
      Favorite Professor Award: Alpha Chi Honor Society Fall 2025

   b. College:

B. Courses Taught:

Date	***Title***	***Role***
Fall 2025	REC 5327-Assessment & Documentation in Recreational Therapy	Clinical Assistant Professor
Fall 2025	REC 5339-Adv. Research in Recreational Therapy	Clinical Assistant Professor
Spring 2024	AT 2298-Intro. to Recreational Therapy	Guest Lecturer
Fall 2023. Fall 2024, Summer 2025,	REC 5321-Trends & Issues in Therapeutic Recreation	Clinical Assistant Professor
Summer 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025	REC 2336-Fieldwork	Academic Supervisor
Summer 2023, Fall 2023, Summer 2024, Fall 2024, Spring 2025, Fall 2025	REC 1370-Intro. To Therapeutic Recreation	Clinical Assistant Professor
Spring 2023, Spring 2024, Spring 2025	REC 4370-Principles in Therapeutic Recreation	Clinical Assistant Professor
Spring 2023, Summer 2023	REC 4337-Independent Study	Clinical Assistant Professor
Spring 2023, Spring 2024, Spring 2025	REC 5328-Advanced Principles in Therapeutic Recreation	Clinical Assistant Professor
Fall 2023, Spring 2024, Fall 2024, Spring 2025	REC 4680-Undergraduate Therapeutic Recreation Internship	Academic Supervisor
Fall 2022, Spring 2023	REC 1310-Intro. to Recreation-Inclusion & Adaptive Recreation	Guest Lecturer
Fall 2022, Fall 2023, Fall 2025	REC 3370-Assessment & Documentation in Therapeutic Recreation	Clinical Assistant Professor
Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025, Fall 2025	REC 4681-Undergraduate Therapeutic Recreation Internship	Academic Supervisor
Fall 2022, Spring 2023, Fall 2023, Spring 2024, Fall 2024, Spring 2025, Fall 2025	REC 5338-Graduate Therapeutic Recreation Internship	Academic Supervisor
Fall 2019, Spring 2020, Spring 2022	Contemporary Issues in Diversity	Lead Instructor
Spring 2021, Spring 2022	Advanced Methods-Post-Traumatic Stress	Guest Lecturer

Fall 2020, Fall 2021	Assessment & Documentation in Recreational Therapy	Lead Instructor
Fall 2021	Intro. to Leisure & Recreation Management-Military & Recreation	Guest Lecturer

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 member. Master's Thesis.

D. Courses Prepared and Curriculum Development:

Date	***Title***	***Role***
Spring 2026	REC 4371 Evidence Based Practice in Recreational Therapy (*Redeveloped course)*	Clinical Assistant Professor
Fall 2025	REC 5327 Assessment & Documentation in Recreational Therapy (*Redeveloped course)*	Clinical Assistant Professor
Fall 2025	REC 5339 Advanced Research in Recreational Therapy	Clinical Assistant Professor
Fall 2021 Fall 2020	Assessment & Documentation in Recreational Therapy	Lead Instructor

E. Other:

Date	***Course activity/Training***	***Role***
Fall 2025- Spring 2026	ACUE: Effective Teaching Practice Framework Certification Course: Cohort A	Participant
Fall 2024	*Mastering the art of survey research: Design, elements, and process.* Faculty Focus Series	Participant
Spring 2023, Spring 2024	REC 4370 Interprofessional, Virtual Facilitation	Co-Collaborator
Fall 2023	Teaching Online @ TXSTATE.0523	Participant

Service-Learning Course Projects:

2025 <u>*Co-Coordinator.*</u> Adaptive Field Day for City of Kyle Therapeutic Recreation Program. *Note:* This special event, supported by REC 5321 students, provided participants with opportunities to participate in cognitively stimulating and physically challenging tasks with their peers. Students supported in activity facilitation and event organization.

2025 <u>*Coordinator.*</u> Rec the Future: Virtual Advocacy Event. *Note:* Students in REC 5321 developed mini presentations related to advocacy topics currently impacting our profession. They presented their information founded in research conducted through the semester to professionals during this virtual event held in partnership with the TRAPS RT Branch ATRA Chapter.

2023-Present *Faculty Advisor & Support.* 6-week Rebound Program for San Marcos Independent School District Disciplinary Alternative Education Program (DAEP) 6-12. *Note:* 6-week program each long semester for Texas State TR students and SMCISD DAEP students to collaborate. Texas State students in REC 4320 now 3371 prepare a lesson/session and implement to the SMCISD 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 in a therapeutic process. DAEP School, Sewell Park, and the Meadows Center, San Marcos, Texas.

2023-Present *Faculty Advisor & Support.* Ranch Day for San Marcos Independent School District Special Education Programs K-12. *Note:* 1-day sensory stimulation special event for Texas State students and SMCISD students to further increase development in social skills, coping skills, and positive recreation activities. Texas State University, Freeman Center, San Marcos, Texas.

2023-Present *Faculty Advisor & Support.* Best Friends for Life, *Note:* This evening program is provided for youth with disabilities in San Marcos. Graduate students plan and support facilitating activities under the supervision of certified recreational therapists, Dunbar Recreation Center, San Marcos, TX

2022-2023 *Co-Coordinator.* Adaptive Aquatics, *Note:* This 4-6 week program is provides aquatic interventions for SMCISD students K-5. Each swimmer is paired with a student from REC 3370 to provide goal driven activities during their intervention. San Marcos Activity Center, San Marcos, Texas.

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press):

1. Books:
a. Chapters in Books:

2. Articles:
a. Refereed Journal Articles:

*Texas State Graduate Student

Thomas, A., Mueller, K., **Sharpe, S.,** Whaley, D., Heffner, C., & Farrell III, J.W. (2025). Proposing practicer recommendations for adaptive sports for the disciplines of recreational therapy, exercise physiology, and athletic training. *American Journal of Recreation Therapy, 24*(1).

Thomas, A., Mueller, K., 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 Special Issue, 59*(2).

*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,* 1-13. https://doi.org/10.1177/15588661241292027

Sharpe, S., Passmore, T., Thomas, A. Lindenmeire, D. & Winston, J. (2023, October). Operation Growth: Exploring the Impact of Heroes on the Water Kayak Fishing Program on Post-Traumatic Growth in U.S. Military Veterans. *Therapeutic Recreation Journal*.

Passmore, T., Beasley, M., Brickell, B., Lindenmeire, & **Jackson, S.** (2022, January). Community Based Recreational Therapy Treatment Case Report: Parkinson's Disease. *Online Journal of Complementary & Alternative Medicine.* DOI: 10.33552/OJCAM.2021.07.000659

2. Abstracts:

Parveen, S., Passmore, T., Brickell, B., & **Jackson, S.** (2021, September). Community-Based Multidisciplinary Program for People with Parkinson Disease: A 2-year comparison. In *MOVEMENT DISORDERS* (Vol. 36, pp. S228-S228).

3. Conference Proceedings:

a. Refereed Conference Proceedings:

B. Works Not in Print:

1. Papers Presented at Professional Meetings

*Presentation with a student.

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., 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.

*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.

2. Invited Talks, Lectures, and Presentations:

Matula, B., Thomas, A., Wolfe, B., **Sharpe, S.,** & Burke, J. (October, 2025). *Designing Wonder: A Guided Exploration of Morgan's and the Power of Universal Inclusion* [Conference Session, Invited Panelist]. American Therapeutic Recreation Association, San Antonio, TX.

Mays, B. & **Sharpe, S**. (2025, October). *Cultural awareness in recreational therapy: Identifying mental health and suicide risk across ethnic groups.* [Conference Presentation]. American Therapeutic Recreation Association Annual Conference, San Antonio, TX.

Sharpe, S. & Mays, B. (2024, October). *Crafting comprehensive internship manuals: Bridging theory with practice* [Conference Presentation]. American Therapeutic Recreation Association Annual Conference, Kansas City, MO.

Smith, R., Sutton, J., & **Sharpe, S.** (2024, October) *ATRA Quality Internships Statement Manual and Training Update* [Conference Presentation]. American Therapeutic Recreation Association Annual Conference, Kansas City, MO.

Sharpe, S. & Carter, T. (2024, June). Healthy Living. [Invited Talk]. Strengthening Relationships/Strengthening Families Summer Academy, San Marcos, TX.

Sharpe, S. (2024, February). *Introduction to Recreational Therapy.* [Invited Talk]. San Marcos High School HSOA-Future Healthcare Professionals Student Organization, San Marcos, 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.

Sharpe, S. (2023, October). *Life's Sharp[e] Lessons.*[Keynote Speaker]. Texas State University Terry Foundation Banquet, In-person Banquet.

Jackson, S. & Winston, Joe. (2023, February). *Operation Early Impact.* [Conference presentation]. Texas Recreation and Parks Society-TR Tuesday, In-Person Conference.

Mays, B. & **Jackson, S.** (2022, November). *Self-Care for Practitioners in Recreational Therapy.* [Conference presentation]. Therapeutic Recreation Symposium of the Southwest, In-Person Conference.

Jackson, S. & Winston, Joe. (2022, November). *Operation Early Impact.* [Conference presentation]. Therapeutic Recreation Symposium of the Southwest, In-Person Conference.

Jackson, S., Passmore, T., & Winston, Joe. (2022, November). *Operation Growth: The Impact of Heroes on the Water Kayak Fishing on Post-Traumatic Growth in U.S. Military Veterans.* [Conference presentation]. Therapeutic Recreation Symposium of the Southwest, In-Person Conference.

Jackson, S. (2022, September). *Post-Traumatic Growth: Growth through Adversity.* [Invited talk]. OSU-CHS Veteran Care ECHO Project, Virtual Presentation.

Jackson, S., Passmore, T., & Winston, Joe. (2022, September). *Operation Growth: The Impact of Heroes on the Water Kayak Fishing on Post-Traumatic Growth in U.S. Military Veterans.* [Conference presentation]. American Therapeutic Recreation Association, Virtual Conference.

Jackson, S. (2022, July). *Recreational Therapy within the Military Community* [Invited talk]. OSU-CHS Veteran Care ECHO Project, Virtual Presentation.

Jackson, S. (2022, February). *Promoting Cultural Safety* [Conference presentation]. Oklahoma Recreational Therapy Association, Virtual Conference.

Jackson, S. (2021, March). *Promoting Cultural Safety* [Conference presentation]. Texas Recreation and Parks Society, Virtual Conference.

Jackson, S. (2021, February). *Post-Traumatic Growth: Growth through Adversity* [Conference presentation]. Oklahoma Recreational Therapy Association, Virtual Conference.

Wilson, S., Riley, K., & **Jackson, S.** (2020, February). *Today's Impact of Military Culture within Recreation Programs or Treatment* [Conference presentation]. Texas Recreation and Parks Society, Galveston, TX.

Jackson, S. & McDaniel, R. (2019, November). *Post-Traumatic Growth: Growth through Adversity* [Conference presentation]. Therapeutic Recreation Symposium of the SW, Dallas, TX.

Jackson, S. (2018). *Post-Traumatic Growth: Growth through Adversity* [Conference presentation]. Texas Recreation and Parks Society TR Workday, San Antonio, TX.

2. Other Works not in Print:

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

Jackson, S., Passmore, T., Lindenmeier, D., Dawes, J., & Brienen, M. (July 2022). The Impact of Heroes on the Water Kayak Fishing Program on Post-Traumatic Growth in U.S. Military Veterans.

b. Works "in progress":

Sharpe, S., Thomas, A., Mays, B., & Carter, T. (In progress) **Paddles & Poles: A Scoping Review of Kayak Fishing and Related Interventions as a Rehabilitative Tool for Military and Emergency Responder Populations**

Sharpe, S., Thomas, A., & Carter, T. (In progress). Cast Away: The Impact of a Kayak Fishing Retreat on Female Veterans' Well-Being.

Sharpe, S., Thomas, A., Berumen, B., Carter, T., & Winston, J. (In progress). Operation Early Impact

C. Scholarly/Creative Grants and Contracts

1. Funded External Grants and Contracts:

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

Sharpe, S. (2025) *Investigating the impact of kayak fishing on veterans: A physiological stress measure analysis.* National Council for Therapeutic Recreation Certification, NCTRC Research Grant. Requested: $3,488.00 Role: Principal Investigator.

Thomas, A**.,** Thomas, C., **Sharpe, S.** & Burke, J. (2025). *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: Co-Investigator.

Thomas, A., Farrell, J.W., **Sharpe, S.**, Heffner, C., Carter, T. (2024). *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. Submitted: March. Role: Co- Investigator.

Thomas, A., Farrell, 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. PI. $129,349.34

3. Funded Internal Grants and Contracts:

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

Sharpe, S. & Thomas, A. (2025) *Nature-based interventions for stress management & emotional resilience: Prefrontal cortex responses to kayak fishing for veterans.* Texas State University, Research Enhancement Program. Requested: $23,951.50 Role: Primary 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.

IV. SERVICE

A. Institutional

1. University:

2025-Present *Advisor.* Unified Champions, Texas State University, San Marcos, Texas. *Note:* This new Special Olympic Unified Sports group will be an intramural league and student organization in partnership with Campus Recreation and faculty in HHP. Unified college sports programs promote inclusive recreation opportunities for adults with intellectual and developmental disabilities, and college students, by playing team sports together. This initiative, directed by HHP faculty, involves working collaboratively with Campus Recreation Intramural League Management, public school special education transition connections, and Special Olympics Texas.

2024-Present *Member.* Internship Insights Network, Learning Experiences, Texas State University, San Marcos, Texas

2. College:
2023-Present *Committee Member.* Scholarship Committee, College of Education, Texas State University, San Marcos, Texas

3. Department/School:
2024-Present *Co-Coordinator*. HHP Agency & Grad Fair. Department of Health and Human performance. *Note:* Each February a two-hour event is held to help students in within HHP programs 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.

2024-Present *Co-Chair (Fall 2024), Committee Member.* HHP Student Champions, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2023-2024 *Committee Member.* Athletic Training Clinical Assistant Professor Search Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2023-2024 *Committee Member.* DEI Champions, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

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

2023-2024 *Co-Coordinator*. Recreation Studies Agency Fair. Department of Health and Human performance. *Note:* Each February a two-hour event is held to help students in the Recreation Studies Program 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.

2022-2023 *Committee Member.* Scholarship Committee, Department of Health and Human Performance, Texas State University, San Marcos, Texas.

2022-Present *Co-Sponsor.* 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.

B. Professional:

2025 *Committee Member.* ATRA Student Clubs Committee
2025 *Chair-elect.* TRAPS RT Branch ATRA Chapter
2024-Present *Co-Chair.* ATRA Quality Internship Supervisor Committee
2024-Present *Member.* TRAPS Education Task Force
2024-2025 *Secretary.* TRAPS TR Branch Board
2024-Present *Committee Member.* Texas Parks & Wildlife Department Accessibility Advisory Committee
2023-2024 *Committee Member.* ATRA Quality Internship Supervisor Committee
2022-2023 *Committee Member.* NCTRC Item Review Sub-Committee
2021-2022 *Student Representative.* Committee on Accreditation of Recreational Therapy Education
2019 *At-Large Representative*. Texas Recreation & Parks Society (TRAPS) TR Branch Board
2018-2020 *Committee Member.* Texas State Recreation Administration Program Advisory Council
2016-2017 *Therapeutic Recreation Representative.* Massachusetts Recreation & Park Association (MRPA)

C. Community:

2024 *Facilitator.* Heroes on the Water Women's Retreat, *Note:* This weekend event was hosted for female veterans in the Rio Grande Valley. Veterans participated in kayak fishing through the weekend; all equipment, food, and housing were provided. Veterans also had an opportunity to participate in a focus group sharing about their experiences and the impact of the weekend's event.

2023-Present *Coordinator.* Adaptive Aquatics, *Note:* This 6 week program is provides aquatic interventions for SMCISD students in grades 6-8. Each swimmer is paired with a student from REC 3370 to provide goal driven activities during their intervention. San Marcos Activity Center, San Marcos, Texas.

2022-Present *Planning Committee Member*. Larry Turner Wheelchair Basketball Tournament *Note:* Between 15-20 teams within 4 competitive divisions participate in this annual two-day tournament held in October/November. This tournament helps seed teams for nations and exposes recreational therapy students to greater knowledge and understanding of physical disabilities as it relates to adaptive sports. Jowers, San Marcos, Texas.

2015-2017 *Co-founder.* Metrowest Adaptive Recreation Collaborative (MARC)

2013 *Coordinator.* City of New Braunfels Pool Power Hour

D. Organization Memberships:

2023-Present *Member.* Texas Recreation & Parks Society (TRAPS)
2019-Present *Member*. American Therapeutic Recreation Association (ATRA)
2020-2023 *Member*. Oklahoma Recreational Therapy Association (ORTA)
2018-2021 *Member*. Texas Recreation & Parks Society (TRAPS)
2015-2017 *Member.* Massachusetts Recreation & Park Association (MRPA)

E. Service Honors and Awards:

2025 COE Presidential Distinguished Service Award

2021	ATRA Peg Connolly Scholarship
2021,2020	College of Education & Human Services Scholarship
2020	TRSSW 2020 Ed Supina Scholarship
2019	Certificate of Appreciation WTB-Ft. Sam Houston
2018	Certificate of Appreciation WTB-Ft. Stewart
2015, 2014	TRAPS Institute & Expo Scholarship
2009-2013	Terry Scholarship