TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Dr. Jennifer Ahrens Title: Clinical Professor

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
PhD	2009	Texas State University	Education	Correlates related to attrition in a wellness program for Mexican American women
MEd	2005	Texas State University	Physical Education/ Exercise Science	The metabolic effects of caffeine in women of average fitness
BA	2001	University of Texas, Arlington	Kinesiology	

C. University Experience

Position	University	Dates
Clinical Professor/ Coordinator PETE	Texas State University	2024- present
Clinical Associate Professor/ Physical Education Teacher Education Program (PETE) Coordinator	Texas State University	2018-2024
Clinical Assistant Professor	Texas State University	2013- 2018
Adjunct Lecturer- Motor Development	Tulane University	2022- 2026
Senior Lecturer	Texas State University	2011- 2013
Lecturer	Texas State University	2009- 2011
Doctoral assistant	Texas State University	2005-2007
Graduate assistant	Texas State University	2004-2005

D. Relevant Professional Experience

Position	Entity	Dates
Texas State Autism Camp Director	Texas State University	2023- Present
Physical Education Teacher/Coach Cooperating teacher	Wimberley Independent School District	2001-2004
Physical Education Instructional Aide	University of Texas, Arlington	1999-2000

E. Other Professional Credentials

Mental Health First Aid Certification (Child), 2025

Mental Health First Aid Certification (Adult), 2025

Keeping Children in Summer Camps Safer in Pools Certification, 2025

SAMA Restraint Certification, 2025

Texas Teaching Certificate (All Level Physical Education), 2001-2026

Aerobics and Fitness Association of America- Group instructor and Kickboxing, 2004-2008

II. TEACHING

A. Teaching Honors and Awards:

Service-Learning Faculty Fellow, 2021-2025

Bobcat Preview Namesake, fall 2021

Presidential Awards for Excellence, College Achievement Award, 2018

Alpha Chi National College Honors Society Favorite Professor: spring 2012, 2017, 2018, 2019 & fall 2017

Nominee- Honor Award- Texas Association Health Physical Education and Dance (TAHPERD), 2017& 2018

Nominee- Teacher of the Year- Texas Association Health Physical Education and Dance (TAHPERD), 2016, 2018 & 2019

Service-Learning Faculty Fellows Award, **Ahrens, J** & Meaney, K (TX). *Enhancing Pre-Service Educator's Cultural Competency for Teaching Through Service-Learning*, for Fall 2011 & Spring 2012. ($2,000 stipend).

B. Courses Taught:

Exercise Sport Science Program- Core Faculty

Physical Education Teacher Education (PETE) Program- Core Faculty

KINE 3130	Lifespan Motor Development (2022-2024)
ESS 2320	Motor Development (2012-2026)
ESS 3329	Motor Learning (all majors) (2012-2026)
PE 4351	Measurement and Evaluation (all majors) (2011)
ESS 3329	Motor Learning for PETE Majors (2012-2014)
PE 1100	Lifetime Fitness and Wellness (all majors)
ESS 3325	Applied Assessment for Physical Activity (2012-2013)
PE 1310	Introduction to Exercise Sport Science (2005)

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

Co-Chair: Alonzo, G. (2025). Sustainability in Autistic Dancers. Culminating Project

Chair: Yarbrough, K. (2025). Autism Behavior Plans in Schools. Honor's Thesis

Chair: Ricks, A. (2024-2025). Healthy Behaviors in Preschool Children. Honor's Thesis

Chair: Alonzo, G. (2024). Dancing with Autism. Master's Independent Study

Chair: Shah. S. (2024). Designing a Training Protocol for Autism. Master's Culminating Project

Chair: Ellis, E. (2023/2024). The effects of a mastery motivational climate on scissor cutting in young children. IDEA Center for Undergraduate Research

Chair: Engman, T. (2021). The Effects of Massage, Blood Flow Restriction and Dry Needling on Hamstring Injuries in Collegiate Athletes. Undergraduate Honor's Thesis

Member: Valdez, I. (2020). Undergraduate research in the field of Exercise and Sport Science. Master's Thesis

Member: Lopez, K. (2020). Healthy Eating Practices of Preschool Children. Master's Thesis

Chair: Totilo, A. (2019). Effects of a Mastery Motivational Climate on Fine Motor Skills on Pre-School Children. Master's Culminating Project

Chair: Jiwan, C. (2018). Effects of a Mastery Motivational Climate on Fine Motor Skills on Pre-School Children. Master's Culminating Project

Chair: Valdez, I. (2018). Do Brain Breaks Lead to Less Fidgeting in a College Classroom? Undergraduate Honor's College Thesis

Chair: Real, T. (2017). Flexible Seating in an Elementary Classroom, Master's Culminating Project

D. Courses Prepared and Curriculum Development:

KINE 3130 Lifespan Motor Development (Tulane University) This was a complete course redesign utilizing a new book and a new teaching strategy for Tulane University.

HHP 4020/ 5020 HHP Internship (Texas State University) These internship courses will allow students to take no credit internship courses within HHP (specifically Texas State Autism Camp). These courses will show on their degree audit as hours completed in a specific discipline. These courses were prepared with Dr. Jo An Zimmerman.

ESS 1173 A, B, & C- Practicum course for Physical Education Teacher Education Students: in collaboration with Dr. Kent Griffin and Ms. Teri Carter, I wrote a practicum manual and

developed a process course for students who are seeking teacher's certification in physical education. These students are required to both design and teach as part of this course.

ESS 2320- Motor Development: I changed the curriculum to a more progressive environment for future teachers. Added a service-learning component to this course where students would be responsible for interactions with students in the community.

ESS 3325- Applied Assessment for Physical Activity: in collaboration with Dr. Karen Meaney, we developed this course to provide pre-service physical education teachers a theory to practice approach encompassing authentic assessment of physical activity.

ESS 3329- Motor Learning for PETE majors- I developed progressive active learning sections of the course for students who are training to become a physical education teacher.

Added a service-learning component to ESS 4624, 3325, and 2320 (in collaboration with Karen Meaney and Renee Rainey): This service-learning program enabled PETE students enrolled in the respective classes to instruct developmentally appropriate and culturally responsive physical activity lessons to children from low-income families residing in San Marcos. This program began in the Fall 2011 and will be carried out in future semesters.

E. Teaching Grants and Contracts

3. Funded Internal Teaching Grants and Contracts:

Non-tenure line workload reassignment: *Mastery Motivational Climate and scissor cutting among pre-school children in an underserved population*. (2023/2024)

Service-Learning Faculty Fellows Teaching Grant: Fine motor development in Head Start Children. ($500.00 to spend on supplies for the fine motor project spring, 2022, 2023)

Service-Learning Faculty Fellows Teaching Grant: Fine motor development in Head Start Children. ($500.00 to spend on supplies for the fine motor project fall, 2021, 2022)

F. Other:

Service-Learning program for college students and San Marcos area pre- school students, 2017-2024.

G. Teaching Professional Development Activities Attended

AS+K suicide prevention training for special populations, December 2025

Service-Learning Faculty Fellows Advisory Meeting, November 2024.

T-TESS Training, Initial Review of Documents, January 2024.

Service-Learning Faculty Fellows Advisory Meeting, November 2022.

Retention for Undergraduate Aspiring Teachers: First Year Through Early Career Teacher, September 2022.

Implementing Year-Long Teacher Residencies: What Would You Like to Know, September 2022.

CRASE Training, Civilian Response to an Active Shooter, September 2022.

Flipgrid and Multi-tool training, April 2022.

Using Inclusive language in your syllabus, October 2021.

Student Emergency Services, August 2021.

Supporting Transgender and Non-binary Students, July 2021.

Service-Learning Excellence Program. Office of Academic Affairs. July 2021 & August 2021.

LGBTQIA Allies Training, February 2021.

Setting your intentions: Inclusive syllabus design, June 2021.

TAHPERD Annual Virtual Conference, December 2020.

HHP Active Learning in Large Enrollment Hybrid Courses, Office of Distance and Extended Learning; Course Completion, 2020.

Tips for teaching in unique settings, San Marcos- Jowers Center, October 2020.

Promoting Active Learning and Research (PALIR): Phase III.

September 20, 2019

September 27, 2019

October 18, 2019

October 25, 2019

November 22, 2019

Online Teaching Certification, Office of Distance Services, 2019.

Early Childhood Summit, San Marcos, May 2019.

Active Learning Workshop March “Active Learning for large classes”, February 2018.

Active Learning Workshop February “Making spaces work”, March 2018.

Early Childhood Summit, San Marcos, May 2018.

Technology Brown Bag, Texas State, Jowers Center, March 2017.

College of Education round table discussions, Texas State, April 2017.

Active Learning Webinar, Texas State, April 2017.

Active Learning Workshop, June 2017.

Making Learning Spaces Work, August 2017**.**

TAHPERD, Fort Worth, December 2017.

SHAPE, Minneapolis, MN. April 2016.

Early Childhood Summit, San Marcos, May 2016.

Texas Alliance of Health Physical Education Recreation and Dance, December 2016.

Physical Education Teacher Education, October 2015.

Texas Alliance of Health Physical Education Recreation and Dance, San Marcos 2015.

SHAPE, Seattle, WA. March 2015.

Active Learning Workshop "AL for large classes", October 2014.

Texas Bully Prevention Summit, San Marcos October 2014.

Texas Alliance of Health Physical Education Recreation and Dance, Fort Worth 2014.

Trevor's project CARE training, November 2013.

Texas Bully Prevention Summit, October 2013.

American Alliance of Health Physical Education Recreation and Dance, March 2013.

Physical Education Teacher Education, October 2012.

Service-Learning Fellowship Workshop, March 2011.

Active Learning for Large Classes, September 2011.

III. SCHOLARLY/CREATIVE

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

1. Books:
    a. Chapters in books:

Hamilton M. **& Ahrens J.** (2018). Jack be Nimble and Jack be Quick: Increasing Movement Competence in Childcare Settings. *Early Childhood Education*. London, England: Intechopen, https://www.intechopen.com/books/early-childhood-education/jack-be-nimble-and-jack-be-quick-increasing-movement-competence-in-early-childhood-settings

2. Articles:

    a. Refereed Journal Articles:

Ahrens, J., Miller, S., & LaBuhn, R. (2008). What makes a successful school district? *Principal Matters: Excellence through Exchange*, 76, 26-28. What makes a successful school district? | Principal Matters (informit.org)

Ahrens J, Lloyd L**,** Crixell S, &Walker J. (2007). The effects of caffeine in women during aerobic dance bench stepping. *International Journal of Sport Nutrition and Exercise Metabolism*, 17, 27-34. The Effects of Caffeine in Women during Aerobic-Dance Bench Stepping in: International Journal of Sport Nutrition and Exercise Metabolism Volume 17 Issue 1 (2007) (humankinetics.com)

Ahrens J, Crixell S, Lloyd L**,** & Walker J. (2007). The physiological effects of caffeine in women during treadmill walking. *Journal of Strengthening and Conditioning Research*. 1(1), 164-168. The physiological effects of caffeine in women during treadmill walking - PubMed (nih.gov)

3. Abstracts:

Perez K, Biediger-Friedman L, Hamilton M, & **Ahrens J**. (2019). Fine motor development at mealtime: A Caminitos Collaborative study. *Journal of Nutrition Education and Behavior, 51(7)*. P146 Fine Motor Development Through Mealtime Lessons in Head Start Classroom - ScienceDirect

7. Essays:

Ahrens, J. *Hy Flex Teaching: How to make it really work***.** Idea Book/Blogpost, Office of Sponsored Projects. (2020).

B. Works Not in Print:

1. Papers Presented at Professional Meetings:

Ahrens, J. & Zimmerman, J. (2025). *Safe Swim Project- Texas State Autism Camp (part 2).* World Leisure Congress. Breda, Netherlands.

Ahrens, J., & Zimmerman, J. (2025). *Safe Swim Project- Autism Camp*. National Water Safety Conference. St. Petersburg, FL.

Zimmerman, J., **Ahrens, J.,** & Bender, S. *Mastery Motivational Climate and Aquaticity*. (2024). National Water Safety Conference. Reno, Nevada.

Ahrens, J., & Griffin, K. (2023) *Making Physical Education Teachers First!* Texas Alliance for Health, Physical Education, Recreation, and Dance. Fort Worth, Texas.

Zimmermann, J., Bender, S., & **Ahrens, J**. (2023). *Why does measuring aquaticity work? Mastery motivational climate provides a possible explanation*. 17th World Leisure Congress, Dunedin, New Zealand.

Ahrens, J. (2023). *How do College students REALLY view service- learning*. National Service-Learning Conference. Nashville, TN.

Miller, S. & **Ahrens, J.** (2022). *App smashing your way through assessment for physical education*. Texas Alliance for Health, Physical Education, Recreation, and Dance. Corpus Christi, TX.

Ahrens, J. **&** Carter, T. (2022). *How to talk to your audience: especially when they are young*. National Service-Learning Conference. Minneapolis, MN.

Ahrens, J. & Leonard, M. (2021). *How to make it work in small spaces*. Texas Alliance for Health, Physical Education, Recreation, and Dance. Arlington, TX.

Ahrens, J., Wright, M. & Sladecek, A. (2020). *Fine Motor Progression Through a Mastery Motivational Climate in Preschool.* Society of Health and Physical Educators. Salt Lake City, UT.

Perez K, Biediger-Friedman L, Hamilton M, & **Ahrens J**. (2019). *Fine motor development at mealtime: A Caminitos Collaborative study.* The Society of Nutrition Education and Behavior Annual Conference, Orlando, Florida.

Ahrens, J., & Lopez, T. (2019). *Teaming up for Pre-K success!* Texas Alliance for Health, Physical Education, Recreation, and Dance. Fort Worth, TX.

Carter, T., **Ahrens, J.,** & Wright, M. (2019). *Bringing Pickle Back: Pickleball's big comeback!* TAHPERD. San Marcos, TX.

Ahrens, J., Wright, M. & Carter, T. (2018). *Integrated curriculum into the gym in early childhood.* Texas Association for Health, Physical Education, Recreation, and Dance. Galveston, TX.

Carter, T., Wright, M., & **Ahrens, J**. (2018). *Teaching the whole child.* Texas Association for Health, Physical Education, Recreation, and Dance. Galveston, TX.

Hamilton, M., Liu, T. & **Ahrens, J**. (2018). *Caminitos Collaborative: A preschool program focusing on movement, nutrition, and school readiness*. Physical Education Teacher Education. Salt Lake City, UT.

Ahrens, J., Miller, S., & Carter, T. (2018). *Exploring a service-learning program involving young children*. Physical Education Teacher Education. Salt Lake City, UT.

Ahrens, J., Beidiger- Friedman L., Wright, M., Liu, T., & Hamilton, M. (2018). *Building a successful fine motor program for preschool children that involves school readiness and healthy eating practices*. Early Childhood Summit. San Marcos, TX.

Ahrens, J., Wright, M., & Carter, T. (2017). *Fine motor fun*. Texas Association for Health, Physical Education, Recreation, and Dance. Fort Worth, TX.

Carter, T., **Ahrens, J**., & Wright, M. (2017). *Fitness can be fun again – Fitness Education Model*. Texas Association for Health, Physical Education, Recreation, and Dance. Fort Worth, TX.

Wright, M. Leger, H., & **Ahrens, J. (**2017). *Elementary playground*. Texas Association for Health, Physical Education, Recreation, and Dance. San Marcos, TX.

Ahrens, J., Valdez, I., & Wright, M., (2017). *Building fundamental motor skills*. Texas Association for Health, Physical Education, Recreation, and Dance. San Marcos, TX.

Ahrens, J., & Wright, M., (2016). *Incorporating cognitive concepts in early childhood.* Presented at the 2016 TAHPERD Annual Convention. Galveston, TX.

Wright, M., **Ahrens, J**. (2016). *Academics in the Gym, Can We Really Do That?* Presented at the 2016 TAHPERD Annual Convention. Galveston, TX.

Ahrens, J., Hamilton, M., & Liu, T. (2016). *Caminitos Collaborative: Early childhood movement program targeting school readiness with a MMC approach*. Society of Health and Physical Educators. Minneapolis, MN.

Ahrens, **J**., Wright, M. & Hamilton, M. (2015). *Building progressions of fundamental movements of gross motor skills 2*. Texas Alliance for Health, Physical Education, Recreation, and Dance. Dallas, TX.

Ahrens, J. & Miller. S. (2015). *Incorporating movement into content areas*. Physical Education Teacher Education. Atlanta, GA.

Ahrens, **J**., Wright, M. & Hamilton, M. (2015). *Caminitos Collaborative- Through the eyes of college students*. Physical Education Teacher Education. Atlanta, GA.

Ahrens, **J**., & Loeffler, W. (2015). *Building progressions of fundamental movements of gross motor skills*. Texas Alliance for Health, Physical Education, Recreation, and Dance. San Marcos, TX.

Ahrens, J., Hamilton, M., & Liu, T. (2015). *Caminitos Collaborative: A Movement Program in a Culturally Diverse Community*. Society of Health and Physical Educators. Seattle, WA.

Ahrens, J., Wright, M, & Hamilton, M. (2014). *Building a successful movement program for early childhood***.** Texas Alliance for Health, Physical Education, Recreation, and Dance Convention. Galveston, TX.

Meaney, K., Rainey, R., **Ahrens, J.,** Griffin, K., & An, A. (2014). *Beyond the classroom*. American Alliance for Health, Physical Education, Recreation, and Dance Convention. St. Louis, Mo.

Ahrens, J. & Miller. S. (2013). *Enrich thinking in college classrooms with cooperative learning*. Texas Alliance for Health, Physical Education, Recreation, and Dance Convention. Dallas, TX.

Miller, S., & **Ahrens, J**. (2013). *Cooperative learning for PE: How and Why?* Texas Alliance for Health, Physical Education, Recreation, and Dance Convention. Dallas, TX.

Pankey, R.B. (TX), Thomas, K.A. (TX), **Ahrens, J.,** McFadden, M. & Blair, P (TX). (2013). *American College of Sports Medicine Heart Rate Responses of Male Law Enforcement Officers During Authentic Shooting Range Maneuvers*. American College of Medicine & Science in Sport & Exercise, Vol. 45:5, Supplement. Presented at ACSM Conference, Indianapolis, IN.

Miller, S., Shawver, S. & **Ahrens, J.** (2013). *Fitness, conditioning, and outdoor activities camp- summer collaboration*. Paper accepted for presentation at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance Convention. Charlotte, NC.

Ahrens, J., Meaney, K., & Rainey, R. (2012). *Enhancing pre-service educator's cultural competence through service learning.* Physical Education Teacher Education- American Alliance for Health Physical Education Recreation and Dance. Las Vegas, NV.

Ahrens, J., Lloyd, L., Walker, J., & Crixell, S. (2006). *The physiological effects of caffeine during aerobic dance bench stepping and treadmill walking*. American College of Sports Medicine. Annual Conference, Denver, CO.

Miller, S., **Ahrens, J**., & LaBuhn, R. (2006). *Characteristics of successful school districts*. University Council of Educational Administration National Convention, San Antonio, TX.

White, A., **Ahrens, J.,** & Weaver, A. (2002). *How do walking and jogging college activity courses affect body composition?* American Alliance for Health Physical Education Recreation and Dance. San Diego, CA. Abstract in *Research Quarterly for Exercise and Sport, 73*(1), A14.

Ahrens, J., & White, A**.** (2000). *Comparison of body fat percentages among college students at the University of Texas at Arlington*. Texas branch of American College of Sports Medicine, Fort Worth, TX.

2. Invited Talks, Lectures, and Presentations:

Ahrens, J. (2025). Autism and Athletes. South Padre Athletic Trainers Association. South Padre Island, Texas. (June, 2025)

Ahrens, J. (2025). Athletic training for autistic athletes: how to best serve. National Athletic Trainers Association. Orlando, FL. (July, 2025)

Ahrens, J. & Zimmerman, J. (2025). *The Safe Swim Project- A Pilot Project*. Invited talk for Health and Human Performance Faculty, March 7, 2025.

Griffin K. & Ahrens, J. *Pickleball and World Leasure*, World Leasure Organization, International Zoom meeting with WLO leaders, March 5, 2025.

Autism 101, Presentation for The Goddard School (teacher training), New Braunfels, TX October 14, 2024.

College of Education Advisor Conversation, *What you need to know about PETE*, College of Education, 2023.

Motor Behavior Wrap up for 4624 students, Dr. Kent Griffin's class, October 2021.

Caminitos Collaborative graduate student meeting, *Service learning with prekindergarten children***,** October 2017.

Caminitos Collaborative: research program, Dr. Karen Meaney's graduate class, November 2016.

Caminitos Collaborative graduate student meeting, *Self Esteem in Young Children***,** November 2016.

Caminitos Collaborative: A movement program that includes school readiness, Prekindergarten teachers on SMCISD, November 2016.

Caminitos Collaborative graduate student meeting, *Service learning in the undergraduate classroom***,** March 2016.

Caminitos Collaborative graduate student meeting, *The importance of movement integration in an academic setting***,** April 2015.

3. Consultancies:

Del Valle ISD, *Interdisciplinary Teaching with Modifications in Physical Education*, October 2019.

I planned and implemented a 4-hour in-service training for 36 K-12 Physical Education teachers at Del Valle ISD.

Del Rio ISD, *Interdisciplinary Teaching Through Physical Education*, October 2015.
I helped to plan and implement an 8-hour teacher in-service for 56 Physical Education teachers in Del Rio, Texas.

Movement program director 2013-2016; Caminitos Collaborative- Hernandez Elementary/ Bohnam Prekindergarten Campus
As the program director, I am responsible for the creation and implementation of an appropriate movement program for 375-400 preschool students.

Head Start Body Start- Physical Activity Consultant (Motor Development) 2011-2012; Child Inc., Fountain Plaza. Austin, TX. American Alliance of Health Physical Education Recreation Dance.

Head Start Body Start- Physical Activity Consultant (Motor Development) 2010-2011; Stonewall Head Start Center, Fredericksburg, TX. American Alliance of Health Physical Education Recreation Dance.
As a physical activity consultant, I assessed the use of the outdoor/indoor play spaces and gave the teachers advice on how the spaces could be utilized more appropriately.

Lochbaum. M.R. & Rainey. D. (2010). Physical activity for today's college student. Indianapolis, IN. McGraw-Hill Leaning Solutions.
I wrote the aerobic exercise chapter for this online book that is now used by the graduate assistants at Texas State University to teach their aerobic courses every semester.

Ahrens, J., Miller, S., & Rainey, D. (2007). "Polar Technology Training Workshop- Active Learning".
Staff Development for Cypress Fairbanks I.S.D. Physical Education Teachers. Houston, TX.

Ahrens, J., Miller, S., & Rainey, D. (2006). "Polar Technology Training Workshop". Staff Development for Cypress Fairbanks I.S.D. Elementary Physical Education Teachers for Cypress Fairbanks I.S.D., Houston, TX. Same presentation also presented for Secondary Teachers at Cypress Fairbanks ISD, (2006)

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

Ahrens, J. *Texas State Autism Camp*. Lion's Club Community Grant, $7,500.00 (2025)

Ahrens, J. *Texas State Autism Camp*. Live Like Cati- Life Jacket Grant (February 2025) (Awarded 25 life jackets)

Ahrens, J. *Texas State Autism Camp*. HEB: Tournament of Champions, $6,000.00 (May 2025) (Submitted)

Ahrens, J. *Texas State Autism Camp*. Autism Research Texas, $1500.00 (October 2024) (Awarded)

Ahrens, J. *Texas State Autism Camp*. HEB: Tournament of Champions, $6,000.00 (May 2024) ($5,000.00 Awarded)

Ahrens, J. *Caminitos Collaborative/ Fine motor progression through a mastery motivational climate* City of San Marcos Youth Master Plan Grant Program, $2,500. (May 2019-April 2020).

Ahrens, J. *Caminitos Collaborative/ Fine motor progression through a mastery motivational climate* City of San Marcos Youth Master Plan Grant Program, $4,000. (May 2018-April 2019).

Miller, S., & **Ahrens, J**. *The Burgess B.E.A.T- A before school physical activity and recreation program (G).* Funded by Midwestern State University, $2498.00. (September 2012-April 2013).

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

Ahrens, J. (2025). *Texas State Autism Camp- The Safe Swim Project*. Community Action- Vitality Grant, ($40,000.00) *(not funded)*

Zimmerman, J. & Ahrens, J. (2025). *The Safe Swim Project*. REP- Texas State University, (24,000) *(not funded)*

Ahrens, J. *Texas State Autism Camp*. Chick Fil A True Inspiration Awards Grant, ($30,000.00) (May 2024-August 2025) (*not funded*)

Zimmerman, J., **Ahrens, J**., Bender, S., & Ramos, J., (2023). *A Community Bridge to Water Safety*. Spencer Foundation. ($400,000.00) (*not funded*)

Ahrens, J. & Leonard, M. *(2020). Fine motor progression through a mastery motivational climate.* State Farm Insurance Company, $8,500. *(not funded)*

E. Scholarly / Creative Professional Development Activities Attended:

McKenna Grant Information Session, December 2024

William T. Grant submittal webinar, February 2023

Texas State STEM Rising Stars, May 2016

Grant Writing Seminar “So you want to write your first grant?”, February 2011

IV. SERVICE

A. Institutional:

1. University:

IDEA Center Panel Chair, Undergraduate Research Conference, 2025

IDEA Center Panel Chair, Undergraduate Research Conference, 2024

Alternate member, General Education Council, 2021-2022

Faculty representative, Women’s Ultimate Frisbee Club Team, 2010- 2021

Faculty Representative, Bobcat Days, November 2013

Faculty Fellows Proposal Review Team, 2012

ALERRT- Pilot Heart Rate Data Collection San Marcos ALERRT Center, 2012

Faculty Representative, Bobcat Days, October 2011

Faculty Representative, Bobcat Days, April 2011

Faculty Representative, Bobcat Days, November 2010

Faculty Representative, A Major Hollywood Affair, Majors Fair 2009

1. College

Member, Bobcat Rise Search Committee, Academic Specialist, 2025

Member, Bobcat Rise Applicant/ Interview Review Team, 2025

Member, Bobcat Rise Internal Review Team, 2024-2025

Member, Bobcat Rise Applicant/ Interview Review Team, 2024

Member, Teacher Education Council, 2012-2025

Bobcat Rise Program Specialist Search Committee, 2024

Commencement Marshall, Spring 2018, 2020, 2022, 2023

Bobcat Welcome, College of Education, 2023

Member, SMCISD Collaborative Committee, 2022

Chair, Research Coordinator Search, Center for P-16, 2015-2016

Committee member, Faculty Advisory Council, College of Education, 2010-2012

2. Department/ School:

Committee Member, Exercise and Sports Science (Collin College), 2024

Committee Member, Technology Committee, 2024-2025

Scholars Day, Poster Judge, 2024

Committee Member, Public Health Faculty Search, 2023

Strategic planning meeting, Exercise and Sports Science Division, spring 2023

Classroom observation, Dr. Shelby Jackson, fall 2022

Mentor, Dr. Shelby Jackson, Therapeutic Recreation, 2022-2023

Mentor, Alfredo Arellano, Physical Fitness and Wellness, 2022-2023

Mentor, Garret Van Ree, Physical Fitness and Wellness, 2021-2022

Mentor, Cole Brown, Physical Fitness and Wellness, 2021-2022

Faculty Sponsor, Exercise Sport Science Organization, 2010- 2023

Chair, Technology Committee, 2021-2022

Committee member, Assistant Professor Search, Health Division, May 2016

Attendee, Brennan and Smith lecture Series, April 2016

Committee member, Travel Committee, 2013-2016

Committee member, Technology Committee, 2012-2016

Graduate Assistant Mentor, Krystal Zamora, 2015-2016

Graduate Assistant Mentor, Dannon Cox, 2014-2015

Committee member, Physical Fitness and Wellness Ad Hoc, 2012-2014

New Lecturer Mentor, Stacey Herzog, 2013

Committee member, Tilton Scholarship Review Ad Hoc committee, 2012

Graduate Assistant Mentor, Michaela Scroggins, 2011-2013

Ahrens, J., Rainey, R., Walker, K., Zavala, M., HHP curriculum bookmark development used for marketing the department (Conventions, Conferences, Bobcat Days), November 2011.

Graduate Assistant Mentor, Leigh Szucs, 2011

Committee member, Student Recruitment Committee, Fall, 2009- 2012

Graduate Assistant Mentor, Whitney Perkins, 2010

Polar Technology training for graduate assistants, August 2010

B. Professional:

Member, Texas Water Safety Alliance, 2025-2026

Chair, Registration Committee, TAHPERD, 2023

External Review, Dr. Julia Buchanan-University of Cincinnati. 2021

Chair, Early Child-Hood Division of Physical Education, TAHPERD. 2015-2021

Mentor, Motor Development for Holly Drain, Whitehouse, ISD. 2014-2015

Best Practices Motor Development workshop for Teachers for Austin Fountain Plaza Head Start Center, January 2012

Stepping-Stone School 19, Kyle, Texas- 6-week motor development program for ages 2- 5 years, Summer 2011

Best Practices Motor Development workshop for Teachers for Stonewall Head Start Center, March 2011

C. Community:

Planner, The Village Autism Alliance- Respite Day, 2025

Planner, Texas State Autism Camp, Camper retreat, 2025

Vice President The Village, Autism support group for families, 2024-2026

Director, Texas State Autism Camp, 2024-2025

Any Baby Can 5K, Autism Camp/ HHP/ Bobcat Rise Promotion, June 2024

Counselor, Texas State Autism Camp, July 2023

Henry Bush Head Start, Planned and organized Angel Tree donations, 2018-2025

Counselor, Texas State Autism, July 2022

Youth sport coach, Buda YMCA, summer 2016

Youth sport coach, Buda YMCA, spring 2016

Motor development program for San Marcos Head Start students, 2016

Youth sport coach, Buda YMCA, summer 2015

Ahrens, J., Wright, M., & Hamilton, M. Teacher's workshop for Central Texas area Head Start teachers: "Creative Ideas for Movement Improvement 2", November 2015

Ahrens, J. Motor development program for San Marcos Head Start students. Fall 2014

Ahrens, J. Motor development program for San Marcos Head Start students. Fall 2013

Ahrens, J., Hamilton, M., & Liu, T. Movement Program for San Marcos Preschool Students. "Hernandez Elementary Movement Program". Fall 2013- Spring 2015

Ahrens, J., Wright, M., Rainey, R., & Hamilton, M. Teacher's workshop for San Marcos Head Start teachers: "Creative Ideas for Movement Improvement", August 16, 2013

Ahrens, J., An, J., Meaney, K., & Rainey, R. Texas State University and SMCISD workshop: "A Physical Education Conversation", August 21, 2012

Fun & Fit 4 Life- After School Program for Underserved Children in the Community, 2011

Fitness Gram Testing for the Boys and Girls Club of San Marcos, March 2011

Star Jumps Record- Boys and Girls Club of San Marcos, March 2011

D. Organization Memberships:

National Drowning Prevention Association (NDPA), 2023-2025

National Youth Service-Learning Clearing House (NYLC), 2021-2023

Texas Association of Health Physical Education Recreation and Dance, 2009- 2023

Society of Health and Physical Educators, 2015-2020

Physical Education Teacher Education, 2015-2020

National Association for Sport and Physical Education, 2006

Aerobics and Fitness Association of America, 2001-200

E. Service Honors and Awards:

Presidential Award for Excellence in Service, 2025

Presidential Awards for Excellence, Presidential Distinction for Service, 2024

Presidential Award for Valor, 2024

Presidential Awards for Excellence, Presidential Distinction for Service, 2023

Early Child-Hood Section Chair 2018-2022 term; Texas Association for Health Physical Education Recreation and Dance

Early Child-Hood Section Chair 2014-2017 term; Texas Association for Health Physical Education Recreation and Dance

F. Service Professional Development Activities Attended:

Youth Mental Health First Aid, April 2025

How to have a successful summer camp swimming program, Live like Cati, Zoom, March 2025

Adult Mental Health First Aid, February 2025

How to submit a successful proposal, National Youth Leadership Organization, Zoom, October 2022

Show me the money, National Youth Leadership Organization, Zoom, September 2022

Leadership Conference, Granbury, TX, January 2019

American Red Cross CPR- Adult, Child and Infant; San Marcos, Texas, 2012 & 2019

Leadership Conference, Granbury, TX, January 2018

Leadership Conference, Granbury, TX, January 2017

Leadership Conference, Granbury, TX, January 2015

Movement workshop for Hernandez Elementary preschool teachers, October 2013

Automated External Defibrillator Training- American Red Cross; San Marcos, Texas, 2012