TEXAS STATE VITA

I. Academic/Professional Background

A. Name and Title

Name: Dr. Sheri L. Burson Title: Assistant Professor of Instruction

B. Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/Dissertation*
PHD	2021	University of Texas at Austin	Health Behavior and Health Education	In-School Play Opportunities, Academic Achievement, and Social- Emotional Well-being
MED	2016	Texas State University	Health Education	N/A

C. University Experience

Position	*University*	*Dates*
Graduate Program Coordinator	Texas State University, Department of Health and Human Performance	July 2025 - Present
Assistant Professor of Instruction	Texas State University, Department of Health and Human Performance	September 2024 - Present
Undergraduate Program Coordinator	Texas State University, Department of Health and Human Performance	September 2023 - June 30, 2025
Lecturer	Texas State University, Department of Health and Human Performance	September 2023 – August 2024
Assistant Professor of Instruction, College of Liberal Arts	University of Texas at Austin, College of Liberal Arts	August 2022 - July 2023
Program Coordinator for Professional Development Education	University of Texas at Austin, College of Liberal Arts	August 2022 - July 2023
Lecturer, Health and Human Performance	Texas State University, Department of Health and Human Performance	August 2022 - December 2022
Teaching Assistant	University of Texas at Austin, Department of Kinesiology and Health Education	September 2020 – August 2021
Research Fellow	University of Texas at Austin, Whole Communities Whole Health	September 2019 – August 2021
Assistant Professor of Instruction	University of Texas at Austin, Department of Kinesiology and Health Education	January 2021 - May 2021
Graduate School Research Fellow	University of Texas at Austin, Graduate School	September 2018 – August 2019

Position	*University*	*Dates*
Lecturer	Texas State University, Department of Health and Human Performance	September 2016 - August 2018

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

Certified Health Education Specialist (CHES), National Commission for Health Education Credentialing. (October 24, 2015 - Present). License Number: 25369.

II. TEACHING

B. Courses Taught:

Texas State University:

H ED 1320 – Introduction to Health and Wellness Promotion (in-person; online)

H ED 2340 - Community Health (hybrid)

H ED 3348 – Prevention of Disease (online)

H ED 4660 – Internship in Health and Wellness Promotion (online)

PH 1320 - Introduction to Public Health (online)

PH 3348 - Prevention of Disease (online)

PH 3370 – Epidemiology (online)

PH 4100 - Professional Development in Public Health (online)

PH 4336 - Health Behavior Theory (hybrid)

PH 4360 - Internship in Public Health (online)

PH 4640 - Public Health Program Planning and Evaluation (in-person; online)

PH 5310 – History and Philosophy of Public Health Education Promotion (online)

PH 5321 - Advance Health Behavior Theory (online)

PH 5348 - Disease Prevention and Health Promotion (online)

PH 5350 - Advance Public Health Program Planning and Evaluation (online)

PH 5360 - Internship in Public Health (online)

University of Texas at Austin:

ECO 101S – Economics to Career (in-person)

KIN 314 - Children's Movement (in-person; online)

KIN 321 - Motor Development and Performance (in-person)

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

Texas State University, Department of Health and Human Performance:

Member, Exit Exam, Status: Completed. (November 2025). MS Public Health Education and Promotion.
Students: Olibia Barrientos; Amanda Brundidge; Joanna De Los Santos; Marisa Hernandez; Olivia Kirby; Dione Moore; Naomi Ramerth; Abigail Torres; Mitzel Valle; Taylor Washington

Member, Exit Exam, Status: Completed. (July 2025). MS Public Health Education and Promotion.
Students: Arieona Cooper; Sara Morgan

Supervisor / Chair, Practicum, "Let's Talk About Healthy Relationships", Status: Completed. (January 2025 - May 2025).
Student: Aishwarya Chalak, Graduate, Public Health Education and Promotion.

Member, Exit Exam, Status: Completed. (April 2025). MS Public Health Education and Promotion
Students: Brachell Brown; Aishwarya Chalak; Petrina Desouza; Pranaikya Vallagachu

Supervisor / Chair, Practicum, "Planning a Maternal Health Resource Fair Based on a San Antonio Needs Assessment", Status: Completed. (September 2024 - December 2024).
Student: Abigail Watters, Graduate, Public Health Education and Promotion.

Co-Advisor, Independent Study, Status: Completed. (November 1, 2023 - December 2024).
Student: James Chesnut, Graduate, MS in Public Health Education and Promotion.

Member, Exit Exam, Status: Completed. (November 2024). MS in Public Health Education and Promotion.
Students: Kate Esqueda; Sydney Marler; Luz Waters; Matthew Zimmerman

Supervisor / Chair, Practicum, "Creating a Diabetes Educational Class at a Men's Health Clinic", Status: Completed. (January 2024 - May 2024).
Student: Chidinma Onya, Undergraduate, Public Health.

Supervisor / Chair, Practicum, "Understanding and Improving Appointment No-Shows at Black Men’s Health Clinic", Status: Completed. (January 2024 - May 2024).

Student: Madison McLarry, Graduate, Public Health Education and Promotion.

Supervisor / Chair, Practicum, "Internship: Office of Hays County Emergency Services", Status: Completed. (January 2024 - May 2024).
Student: Mckenzie Freeborn, Undergraduate, Public Health.

Member, Exit Exam, Status: Completed. (April 2024). Health and Human Performance, Texas State University.
Students: Madison McLarry; Painter-Jones; Nicole Uzzel; Vaughn-Willis

Member, Exit Exam, Status: Completed. (November 2023). Health and Human Performance, Texas State University.
Students: Laura Kenny; Deborah Kurkjian; Shanna O'Brien

D. Courses Prepared and Curriculum Development:

Texas State University, Department of Health and Human Performance
First Time Course Preparations:

PH 4336 - Health Behavior Theory. Taught: August 2025 - December 2025.

PH 5321 - Advanced Program Planning and Evaluation. Taught: June 2024 - July 2024.

PH 5360 - Public Health Internship. Taught: January 2024 - May 2024.

PH 4100 - Professional Development in Public Health. Taught: August 2023 - December 2023.

PH 4640 - Program Planning and Evaluation. Taught: August 2023 - December 2023.

PH 5310 - History and Philosophy of Public Health Education and Promotion. Taught: August 2022 - December 2022.

HED 3348 - Disease Prevention. Taught: August 2017 - December 2017.

HED 1320 - Introduction to Health and Wellness Promotion. Taught: August 2016 - December 2016.

HED 2340 Community Health. Taught: August 2016 - December 2016.

HED 4660 - ESS Internship. Taught: August 2016 - December 2016.

PH 5350 - Advanced Program Planning and Evaluation. Taught: January 2024 - May 2024.

Revision of Existing Courses:

PH 5325 - Ethical Principles in Public Health. In Progress. January 2026 – April 2026.

PH 5310 - History and Philosophy of PHEP. Approved. October 2025 – December 2025.

PH 5360 - Public Health Internship. Approved: January 2025 - April 2025.

PH 4640 - Program Planning and Evaluation. Approved: August 2024 - December 2024.

PH 5348 - Disease Prevention and Health Promotion. Approved: August 2024 - December 2024.

PH 4100 - Professional Development in Public Health. Approved: June 2024 - August 2024.

PH 4360 - Public Health Internship. Approved: June 2024 - August 2024.

PH 5350 - Advanced Program Planning and Evaluation. Approved: June 2024 - August 2024.

F. Other:

Seminar (presenter), Grad School Tips: Statement of Purpose, Texas State University, Career Services and Department of Health and Human Performance. 4. (January 31, 2025).

G. Teaching Professional Development Activities Attended

Workshop, "Graduate Advising 101: Ten Proactive Tips," Texas State University. (October 1, 2025).

Workshop, "GradMENTOR Workshop," Texas State University, Graduate College, and Office of Faculty Success, San Marcos, TX. (August 7, 2025 - August 8, 2025).

Webinar, "A Blueprint for Belonging: Leadership, Wellness, and Building Resilient Teams," Solution Tree. (March 3, 2025).

Seminar, "Leveraging AI in Higher Education," Texas State University, College of Education, Department of Health and Human Performance. (January 31, 2025).

Webinar, "Communicating Progress: Developing and Documenting Evidence of Student Improvement," Texas State University. (May 2024).

Webinar, "Course Mapping," RisePoint. (May 2024).

Workshop, "How to Talk to Your Students About All Things AI (Artificial Intelligence)," Texas State University, San Marcos, TX. (September 14, 2023).

Workshop, "Foundations of Online Course Design and Development," Texas State University, San Marcos, TX, United States. (July 7, 2016 - July 22, 2016).

III. SCHOLARLY/CREATIVE

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

1. Books:

d. Chapters in Books:

Refereed:

Castelli, D. M., Barcelona, J. M., Crim, B., & Burson, S. L. (2020). The importance of providing opportunities for health behaviors during the school day. In *Building Future Health and Well-Being of Thriving Toddlers and Young Children* (Vol. 95). Karger. https://doi.org/https://doi.org/10.1159/isbn.978-3-318-06866-5

2. Articles:

a. Refereed Journal Articles:

Burson, S. L., Castelli, D. M., & Erwin, H. (2024). Teacher caring and perceptions of in-school play. *Journal of Teaching in Physical Education*, 44(2), 306-316. https://doi.org/https://doi.org/10.1123/jtpe.2023-0168

Burson, S. L., & Castelli, D. M. (2022). How elementary in-school play opportunities relate to academic achievement and social-emotional well-being: Systematic review. *Journal of School Health*, *92*(10), 945–958. https://doi.org/10.1111/josh.13217

Castelli, D. M., **Burson, S. L**., Julien, C., Fritz, C., & Payton, J. (2022). Computer science & physical activity in elementary schools: MoveSmart initial efficacy. *Medicine & Science in Sports & Exercise*, *54*(9S), 676. https://doi.org/10.1249/01.mss.0000883516.00282.a0

Burson, S. L., Mulhearn, S. C., Castelli, D. M., & van der Mars, H. (2021). Essential components of physical education: Policy and environment. *Research Quarterly for Exercise & Sport*, *92*(2), 209–221. https://doi.org/https://doi.org/10.1080/02701367.2021.1884178

Bryant, L., **Burson, S. L**., Fisher, J., Killian, C. M., Mulhearn, S. C., Nesbitt, D., Pfledderer, C., & Castelli, D. M. (2021). Evidence supporting the essential components of physical education as a measure of quality. *Research Quarterly for Exercise & Sport*, *92*(2), 259–269. https://doi.org/https://doi.org/10.1080/02701367.2021.1883505

Jung, Y., **Burson, S. L**., Julien, C., Bray, D., & Castelli, D. M. (2021). Development of a school-based physical activity intervention using an integrated approach: Project SMART. *Frontiers in Psychology*, *12*, 648625. https://doi.org/https://doi.org/10.3389/fpsyg.2021.648625

Fritz, C., Bray, D., Lee, G., Julien, C., & **Burson, S. L**. (2021). Project moveSMART: When physical education meets computational thinking in elementary classrooms. *Computer*. https://mpc.ece.utexas.edu/assets/pdf/Project_Smart_Computer_Article.pdf

Julien, C., Castelli, D. M., Bray, D., Lee, S., **Burson, S. L**., & Jung, Y. (2021). Project SMART: A cooperative educational game to increase physical activity in elementary schools. *Elsevier Smart Health*, 19, 100163. https://doi.org/10.1016/j.smhl.2020.100163

Michael, S. L., Wright, C., Woods, A. M., van der Mars, H., Brusseau, T. A., Stodden, D. F., **Burson, S. L**., Fisher, J., Killian, C. M., Mulhearn, S. M., Nesbitt, D. R., Pfledderer, C. D. (2021). Rationale for the essential components of physical education. *Research Quarterly for Exercise and Sport*, *92*(2), 202–208. https://doi.org/10.1080/02701367.2020.1854427

Odum, M., Housman, J. M., Williams, R. D., Bishop, J. M., & **Burson, S. L**. (2016). Predicting U.S. adolescent fruit and vegetable consumption: Which socio-ecological factors matter? *American Journal of Health Studies*, *31*(4). https://doi.org/https://doi.org/10.47779/ajhs.2016.153

10. Other Works in Print:

Newsletters:

Burson, S. L. (2020, December 21). U.S. kids struggle to keep moving. Whole Communities Whole Health. Retrieved from https://medium.com/whole-communities-whole-health/u-s-kids-struggle-to-keep-moving-bc1dcaecd973

B. Works Not in Print:

1. Papers Presented at Professional Meetings:

Killian, C., Castelli, D. M., **Burson, S. L**., Pfledderer, C., Nesbitt, D. (March 2021). "Essential components of physical education: Evidence, recommendations, and conversation," American Educational Research Association (AERA) Sig 93 webinar.

Burson, S. L., Mulhearn, S., van der Mars, H., Micheal, S., Pfledderer, C., Brusseau, T., Nesbitt, D., Fisher, J., Stodden, D., Killian, C., Woods, A. (April 2019). "Findings from the Review on the Essential Components of Physical Education," SHAPE America Annual Conference, Tampa, FL, United States.

2. Professional Presentations:

Burson, S. L., Garnier, H. A., Gonzalez, C., & Akwuruoha, M. (2025, April 28). *The impact of student organizations on career and community*. Texas Society for Public Health Education (TSOPHE). Webinar.

Corral, C., **Burson, S. L**., Perez, D., & Castelli, D. M. (2023, April 14). Austin city limits: Household disruption and social determinants among families living in the Eastern Crescent. Interprofessional Health Showcase, University of Texas at Austin. https://healthipe.utexas.edu/5th-annual-interprofessional-health-showcase-finalists

5. Other Works not in Print:

b. Works "in progress":

Journal Articles:

Bishop, J. M., **Burson, S. L**., & Tsao, A. (In Preparation; Not Yet Submitted). Associations between mental health and physical activity among Texas adults.

Burson, S. L. (In Preparation; Not Yet Submitted). Recess frequency, behavior, and cognition: An analysis of the Early Childhood Longitudinal Study, 2011-K cohort.

Burson, S. L., Castelli, D. M., & Erwin, H. (In Preparation; Not Yet Submitted). Mixed methods approach determining teacher intentions surrounding in-school play opportunities: Survey validation and preliminary findings.

c. Other Works Not in Print:

Posters:

Burson, S. L., Bishop, J. M. (Accepted). *Comparing physical activity and weight outcomes in children with and without autism* [Poster presentation]. Society for Public Health Education (SOPHE) 77th Annual Conference. Portland, OR, United States.

Akwuruoha, M., Gonzalez, C., Garnier, H. A., & **Burson, S. L**. (Accepted). *Together for public health: Collaborative strategies to broaden campus and community engagement* [Poster presentation]. Society for Public Health Education (SOPHE) 77th Annual Conference. Portland, OR, United States.

Chavez, J., Tsao, A., **Burson, S. L**., & Garnier, H. A. (Accepted). *Evaluation of the Bobcat Well-Being and Resource Fair* [Poster presentation]. Society for Public Health Education (SOPHE) 77th Annual Conference. Portland, OR, United States.

Karki, S., Chavez, J., **Burson, S. L**., & Garnier, H. A. (Accepted). *Mobilizing campus resources to promote student well-being: The Bobcat Well-Being and Resource Fair* [Poster presentation]. Society for Public Health Education (SOPHE) 77th Annual Conference. Portland, OR, United States.

Akwuruoha, M., Gonzalez, C., **Burson, S. L**., Garnier, H. A. (2025, September 27). *Emerging leaders through public health student organizations* [Poster presentation]. Texas Society for Public Health Education (TSOPHE) Bi-Annual Conference 2025. Texas State University, San Marcos, TX.

Burson, S. L., Bishop, J. M. (2025, September 26). *The Mental Health Benefits of Physical Activity: Intensity Matters* [Poster presentation]. Texas Society for Public Health Education (TSOPHE) Bi-Annual Conference 2025. Texas State University, San Marcos, TX.

Gonzalez, C., Akwuruoha, M., **Burson, S. L**., Garnier, H. A. (2025, September 27). *Public Health Week: Developing partnerships to grow campus initiatives* [Poster presentation]. Texas Society for Public Health Education (TSOPHE) Bi-Annual Conference 2025. Texas State University, San Marcos, TX.

Tsao, A., Karki, S., Chavez, J., **Burson, S. L**., Garnier, H. A., Lozano, M., Esqueda, K. (2025, September 27). *"Public health matters" - Motivating students through expert voices* [Poster presentation]. Texas Society for Public Health Education (TSOPHE) Bi-Annual Conference 2025. Texas State University, San Marcos, TX.

Burson, S. L., Garnier, H. A. (2025, April 17). *Policies as predictors of elementary school teachers' in-school play intentions* [Poster presentation]. Society for Public Health Education (SOPHE) 76th Annual Conference. Long Beach, CA, United States.

Perez, A., Tsao, A., Akwuruoha, M., Dean, N., Esqueda, K., Kitts, G., **Burson, S. L.** (2025, April 16). *National Public Health Week: A program by Eta Sigma Gamma Delta Chi* [Poster presentation]. Society for Public Health Education (SOPHE) 76th Annual Conference. Long Beach, CA, United States.

Castelli, D. M., **Burson, S. L**., Julien, C., Fritz, C., Payton, J. (2022, June 4). *Computer science and physical activity in elementary schools: MoveSMART initial efficacy* [Poster presentation]. American College of Sports Medicine 2022 Annual Meeting, San Diego, CA, United States.

Burson, S. L., Jung, Y., Bray, D., Fritz, C., Gutierrez, D., Castelli, D. M., Julien, C. (2020, December 4). *Promoting physical activity during remote learning* [Poster presentation]. Whole Communities Whole Health Research Showcase, University of Texas at Austin, Austin, TX, United States.

Burson, S. L. (2020 November). *Parent perceptions of child physical activity and physical education during quarantine* [Poster presentation]. UT COVID-19 Conference, University of Texas at Austin, Virtual, Austin, TX, United States.

Burson, S. L., Bishop, J. M., Dixon, M. O., Housman, J. M., Williams, R. D. (2018, April). *Factors associated with adolescent sugar sweetened beverage consumption in a nationally representative sample* [Poster presentation]. Society for Public Health Education (SOPHE) 68th Annual Meeting, Columbus, OH, United States.

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

Burson, S. L. (Principal), Percent Contribution: 75%, Garnier, H. A. (Co-Principal), Percent Contribution: 25%. Eta Sigma Gamma (ESG) Project Grant, Eta Sigma Gamma, Private / Foundation / Corporate, $500.00. (Submitted: August 10, 2025, Funded: September 2025 - November 2025). Grant.

D. Scholarly / Creative Fellowships, Awards, Honors:

Award / Honor Recipient: Wiley Top Cited Paper.
April 2024

IV. SERVICE

A. Institutional

1. University:

Member, WellCats Committee. (November 2025 - Present).

Member, Online and Extended Programs (OXP) Steering Committee. (July 1, 2025 - Present).

Organizer, Bobcat Well-Being and Resource Fair. (November 06, 2025)

2. College:

Member, College of Education Scholarship Committee. (August 2023 - Present).

3. Department/School:

Graduate Advisor, Public Health Graduate Program Coordinator. (July 1, 2025 - Present).

Lead Faculty Advisor, Eta Sigma Gamma Delti Chi Chapter. (August 2023 - Present).

Undergraduate Advisor, Public Health Undergraduate Program Coordinator. (August 1, 2023 - June 30, 2025).

Member, Search Committee Member – Public Health Assistant Professor of Instruction. (April 2024 - June 2024).

Member, Search Committee Member - HHP Admin Assistant II. (February 2024 - March 2024).

Member, Student Recruitment Committee. (September 1, 2017 - August 2018).

Faculty Advisor, Eta Sigma Gamma Delta Chi Chapter. (September 1, 2016 - July 1, 2018).

B. Professional:

Reviewer / Referee, Journal of Teaching in Physical Education. (February 2025 - Present).

Reviewer / Referee, Frontiers in Sports and Active Living. (June 2024 - Present).

Reviewer / Referee, BMC Sports Science, Medicine and Rehabilitation. (February 2024 - Present).

Reviewer / Referee, Journal of School Health. (July 2023 - Present).

C. Community:

Member, LTISD School Health Advisory Council (SHAC), TX. (September 2025 - Present).

Member, Child Health Coalition, San Marcos, TX. (March 2025 - Present).

Volunteer, New Hope Animal Rescue, Austin, TX. (May 2023 - April 2024).

Volunteer, Mothers Milk Bank, Austin, TX. (January 18, 2018 - April 2018).

D. Organization Memberships:

Texas Society for Public Health Education (TSOPHE). (July 2025 - Present).

Society for Public Health Education (SOPHE). (October 1, 2024 - Present).

Eta Sigma Gamma (ESG). (2022 - Present).

Society for Public Health Education (SOPHE). (January 1, 2017 - January 1, 2019).

E. Service Honors and Awards:

Award / Honor Nominee: Outstanding Chapter Advisor of the Year, Eta Sigma Gamma.
July 2023 - June 2024

G. Service Professional Development Activities Attended:

Training, "Risk Management Training for Registered Student Organization Officers and Advisors," Texas State University. (September 2024).