Curriculum Vitae

Cathrine Himberg, Ph.D.

Department of Kinesiology Physical Education Teacher Education College of Communication and Education California State University, Chico

Education

Employment

Sep. 1986-

Dec. 1986

Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA

Ph.D. Curriculum and Instruction (1996)

California State University, Chico, CA

M.A. Physical Education, Exercise Physiology (1992)

East Carolina University, Greenville, North Carolina B.S. Communications, Minor in Theatre Arts and Dance (1987)

Aug. 1996-California State University, Chico Department of Kinesiology present Professor, August 2007-present Associate Professor, August 2002-July 2007 Assistant Professor, August 1998-July 2002 Lecturer, August 1996-July 1998 Virginia Tech, Blacksburg, VA Aug. 1993-May 1996 Dept. of Health and Physical Education Graduate Research and Teaching Assistant Aug. 1994-Blacksburg New School, Blacksburg, VA June, 1995 Physical Education Teacher Jan. 1995-Virginia Tech, Blacksburg, VA May 1996 Dept. of Recreational Sports, Aerobics/Dance Instructor Trainer California State University, Chico, CA Jan. 1993-May, 1993 Instructor/Multimedia Project Developer May 1992-Butte Community College, Chico, CA June 1993 Physical Education and Health Instructor Jan. 1991-California State University, Chico, CA May 1992 Graduate Assistant/Exercise Physiology Lab Instructor

Astveit Middle and High School, Bergen, Norway

Education, English, Norwegian, Math).

Long-term substitute teacher for at-risk students (Physical

Awards and Honors

National Association for Sport and Physical Education (NASPE) Presidential Citation, 2005, in recognition of advocacy work through CASPER (Center for Advancement of Standards-based Physical Education Reform), www.supportREALteachers.org.

Outstanding Doctoral Student (1996), Virginia Tech, Blacksburg, VA

Master's Degree With Distinction (1992), California State University-Chico

SUMMA CUM LAUDE , Bachelor of Science (1987), East Carolina University, Greenville, NC

The David Briggs Martin Scholarship Award (1987). East Carolina University, Greenville, NC

Member PHI KAPPA PHI Honor Society

Instruction

Courses taught at the university/college level:

- Current Trends and Problems in Physical Education (graduate level)
- Sociological and Cultural Perspectives in Physical Education (graduate level)
- Developmentally Appropriate Secondary School Physical Education (Curriculum and Instruction)
- Internship (supervising Physical Education Lab School 9-12 grade)
- Internship (supervising Fit & Well interns for college freshman class)
- Teaching Rhythms, Dance and Educational Gymnastics
- Assessment in Physical Education
- Philosophy Of School Based Physical Education
- Human Movement, Learning, and Performance
- Developmentally Appropriate Physical Education For Elementary School
- Measurement and Evaluation
- History And Principles Of Physical Education
- Personal Health And Wellness
- Fitness Instructor Training
- Jazz Dance
- Ballroom Dance
- Aerobic Dance
- Aquatic Aerobics
- Fitness Walking
- Yoga

Books, Chapters, Curricula, and Ancillary Materials

Hart, A., Kline, N., Williston, B., Rosengard, P., Mushkin, J., Himberg, C. (2012) <u>SPARK After School Physical Activity Curriculum Ages 5-14</u>. School Specialty and San Diego State University Foundation.

SPARKfolio -ancillary and online resources accompanying the SPARK After School Physical Activity Curriculum Ages 5-14 (2012). School Specialty and San Diego State University Foundation.

SPARK dance instructional videos. Produced, wrote script, trained talent and performed all dances in the SPARK After School Physical Activity Curriculum Ages 5-14 (2012). School Specialty and San Diego State University Foundation.

www.sparkfamily.org

Himberg, C. (Dance chapter) in Hart, A., Mohr, D., Rosengard, P., Townsend, J. (2012) SPARK High School Physical Education Curriculum Grades 9-12 (2012). School Specialty and San Diego State University Foundation.

SPARKfolio – ancillary and online resources accompanying the SPARK High School Physical Education Curriculum Grades 9-12 (2012), Dance section. School Specialty and San Diego State University Foundation.

SPARK dance instructional videos. Produced, wrote script, trained high school talent and performed all dances in the SPARK High School Physical Education Curriculum Grades 9-12 (2012). School Specialty and San Diego State University Foundation. www.sparkfamily.org

Baranowski, M., DeJager, D., Hart, A., Himberg, C., McKenzie, T., Rosengard, P., Strikmiller, P., Williston, B. (2011) <u>SPARK Middle School Physical Education</u> <u>Curriculum Grades 6-8</u>. School Specialty and San Diego State University Foundation.

SPARKfolio –ancillary and online resources accompanying the SPARK Physical Education Curriculum for Grades 6-8 (2011). School Specialty and San Diego State University Foundation.

SPARK dance instructional videos. Produced, wrote script, trained middle school talent and performed all dances in the SPARK Middle School Physical Education Program/Curriculum Grades 6-8 (2010). School Specialty and San Diego State University Foundation. www.sparkfamily.org

De Jager, Dan & Himberg, C. (2008) <u>Adventure Racing</u>: <u>A CORE Physical Education</u> Experience. Champaign, IL: Human Kinetics.

Himberg, C., Hutchinson, G. & Roussell, J. (2003) <u>Teaching Secondary Physical</u> Education: Preparing Adolescents to be Active for Life. Champaign, IL: Human Kinetics.

Himberg, C., Hutchinson, G. & Roussell, J. (2003) <u>Graphics Package for Teaching Secondary Physical Education: Preparing Adolescents to be Active for Life.</u> Champaign, IL: Human Kinetics.

Himberg, C., Hutchinson, G. & Roussell, J. (2003) <u>Instructor Guide for Teaching Secondary Physical Education: Preparing Adolescents to be Active for Life.</u> Champaign, IL: Human Kinetics

"Fitness Foundations" (5 chapters) and "Aerobics" (1 chapter) in the P.E.TV Teacher's Manual, distributed to 12,000 middle and high schools throughout the United States (Whittle Communications/Channel One, 1994).

Articles

Himberg, C., Shephard, K., & Trout, J. (2012). Are your students READY for learning? Teaching Tips. Journal Of Physical Education, Recreation and Dance, 83 (3). (Refereed).

Himberg, C. (2009) 4 Reasons Why We Must Be Good Role Models: Teaching Virtues by Walking the Walk! Guest Editorial on www.pelinks4u.org/articles/editorial0409.htm (Invited)

Himberg, C. & Roussell, J. (2006) Using Visual Literacy To Help The Public Advocate for Quality P.E. <u>International Visual Literacy Association Book of Selected readings</u>, Penn State University Press. (Refereed).

Himberg, C. (2005) The Great Challenge for Physical Education. Teachers College Record, date published: May16, 2005, www.tcrecord.org, ID Number:11873 (Invited).

Himberg, C. (2004) REAL Teachers are Part of the Solution <u>Teaching Elementary</u> Physical Education, 15 (3), 28-29. (Refereed).

Himberg, C., (2004) *One Nation, Under Active...* Online article on CASPER website: www.supportREALteachers.org

Himberg, C., (2004) Why Should We Care About Quality P.E.? Online article on CASPER website: www.csuchico.edu/casper/quality_pe/feature.html

Himberg, C., (2004) *REAL Teachers' DOs and DON'Ts.* Online article on CASPER website: www.csuchico.edu/casper/quality_pe/dos_and_donts.html

Himberg, C., (2004) *REAL Teacher or Babysitter?* Online article on CASPER website: www.csuchico.edu/casper/quality_pe/babysitter.html

Himberg, C. & Roussell, J. (2003) *Using Video to Provide Smokers With Confidence and Knowledge to Help Them Quit Smoking*. <u>International Visual Literacy Association Book of Selected readings</u>, Penn State University Press, pp. 107-111. (Refereed).

Himberg C. & Knudson, D. (2002) The NBA/WNBA Rules for Stretching. Strategies, 15 (3), 23-26. (Refereed).

Himberg, C. (2000). CASPER Demands: No More "Captains" picking Teams! <u>Teaching Elementary Physical Education</u>, 11 (2), 24-25. (Invited).

Himberg, C. (2000). CASPER Demands: No more Exercise as Punishment! <u>Teaching Elementary Physical Education</u>, 11 (1), 17-18. (Invited).

Himberg, C. & Roussell, J. (1998) Adapting Computer-aided Visual Feedback into K-12 Physical Education and Physical Education Teacher Education (PETE) Curricula. <u>International Visual Literacy Association Book of Selected readings</u>, Penn State University Press. (Refereed).

Grants and Funded Projects

Funding obtained from College of Communication and Education to take 12 PETE and CDES students to New York and Boston to participate in CASPER's (Center for Advancement of Standards-based Physical Education Reform) Coordinated School Wellness Project at the Children's Storefront School, Harlem, New York, and to promote the documentary featuring the project. **\$5,000**, February 2012.

Funding obtained from the "Goldman Sachs Gives" campaign for CASPER's (Center for Advancement of Standards-based Physical Education Reform) Coordinated School Wellness Project at the Children's Storefront School, Harlem, New York. **\$54,600**, December 2011.

Funding obtained from SPARK (School Specialty), First Tee (USGA), Action Based Learning Lab, Human Kinetics, Accusplit, Healthy Kids Challenge, Sportime (School Specialty) for a Coordinated School Wellness Project at the Children's Storefront School, Harlem, New York (curriculum, equipment, on site teacher training, DVDs, books, other resources, donated directly to the school, not through University Foundation). Total worth \$100,958. August 2011.

CASPER's (Center for Advancement of Standards-based Physical Education Reform) total funding from private donors **\$65,544.28**, August, 2009.

Planning grant, Blended program for Education and Physical Education, **\$50,000** funded by the California Commission on Teaching Credentialing. Team leaders: Gayle Hutchinson (KINE) and Arnethia Okelo (EDUC). September, 2001.

Development of CASPER's web site and promotional materials. Survey of teaching practices was conducted at the CAHPERD conference, lead to a Master's thesis (Angie Ladd). **\$1,000** funded by the college of Communication and Education, 1999.

Developing and Evaluating P.E.TV, designing and implementing methods to evaluate both the program content and P.E.TV's effectiveness as a learning resource. Funded by P.E.TV, Whittle Communications and Reebok International, 1994 (with G. Graham and J. Roussell).

Presentations: National and State

Adventure Racing CORE: Fit For The Body, Fit For The Brain! Presented at the 78thAnnual CAHPERD Conference in Monterey, CA, March, 2011 (with D. DeJager). (Refereed)

Fitness Scavenger Hunt. Presented at the 78thAnnual CAHPERD Conference in Monterey, CA, March, 2011 (with J.P. Gonzalez, CSUC graduate student). (Refereed)

Using a DVD Project To Encourage Bonding In PETE Cohorts. Presented at the 77thAnnual CAHPERD Conference in Ontario, CA, March, 2010 (with K. Shephard, CSUC graduate student). (Refereed)

POCO LOCOs: Dancing Like Crazy! Multicultural Song-Specific Choreography Dances. Two sessions presented at the 77th Annual CAHPERD Conference in Ontario, CA, March, 2010 (with students from the CSUC PETE program). (Refereed)

PETE Personal Fitness Knowledge And Behaviors At CSU-Chico. Presented at the National Physical Education Teacher Education Conference in Myrtle Beach, SC, October 8th, 2009 (with C. Buschner, K. Patton, and J. Trout, unable to attend due to illness) (Refereed).

Turing Their Mile Into A Smile! Presented at the 76thAnnual CAHPERD Conference in Santa Clara, CA, March, 2009 (with D. DeJager). (Refereed)

Adventure Racing CORE – Fitness And Fun On The Run! Presented at the '75thAnnual CAHPERD Conference in Riverside, CA, March, 2008 (with D. DeJager). (Refereed)

Beyond The Gym: Teaching PETE Students Why And How To Advocate Their Quality Physical Education Programs To Parents And Administrators. Presented at the National Association for Sport and Physical Education PETE Conference in Long Beach, CA, October 2006. (Refereed)

Assessing Teacher Dispositions Throughout The PETE Program. Presented at the National Association for Sport and Physical Education PETE Conference in Long Beach, CA, October 2006 (with C. Buschner and J. Trout). (Refereed)

Friend Or Foe? Get Parents To Support Quality Physical Education. Presented at the AAHPERD Conference in Salt Lake City, Utah, April, 2006 (with graduate students T. Davis, D. Janinis and B. Malkinson, featuring results of a survey of 470 parents, conducted in KINE 661 Spring '05). (Refereed)

Friend Or Foe? Get Parents To Support Standards-Based Physical Education. Presented at the 73rdAnnual CAHPERD Conference in Garden Grove, CA, March, 2006 (with graduate students T. Davis, D. Janinis and B. Malkinson, featuring results of a survey of 470 parents, conducted in KINE 661 Spring '05). (Refereed)

Adventure Racing CORE - A Standards-Based Cooperative Obstacle Racing Experience. Presented at the '73rdAnnual CAHPERD Conference in Garden Grove, CA, March, 2006 (with D. DeJager). (Refereed)

Using Visual Literacy To Help The Public Advocate For Quality P.E. Paper presented at the International Visual Literacy Association Conference, Orlando, FL, October, 2005 (with J. Roussell). (Refereed)

Do They Know Enough To Really Care? Educating Parents About Appropriate Physical Education Through CASPER. Physical Education Advocacy Session. AAHPERD, New Orleans, April 1st, 2004. (with G. Hutchinson and J. Roussell). (Refereed)

What Are <u>You</u> All About? Communicating The Importance Of Your Physical Education Program To The Public. Invited speaker at the Physical Education Summit in Sacramento, October 8th, 2001. Sponsored by CAHPERD and the California Department of Education.

CASPER: Grass-Roots Advocacy. Invited speaker at the Fall Physical Education Conference in Sacramento, CA, October, 2000 (with Gayle Hutchinson and John Roussell). Sponsored by CAHPERD and the California Department of Education.

Getting Them Through! (A two-part panel-presentation) -A Comprehensive Design for Advising and Evaluation of P.E. Credential Candidates. Presented at the SWD (South West District) AHPERD conference on Oahu, Hawaii, June 2000 (with T. Ciapponi, E. McLaughlin and M. Wright). (Refereed)

Cleaning Up Our Act: PR and P.E. Presented at the AAHPERD conference in Orlando, FL, March, 2000 (with G. Hutchinson, A. Ladd and J. Roussell). (Refereed)

Assessing Program Potency. Presented at the NASPE conference on Teacher Education in Bloomington, IL, October, 1999 (with C. Buschner, G. Hutchinson and K. Patton). (Refereed)

Presenting CASPER: A New Advocacy Effort In Physical Education. Presented at the 66th Annual CAHPERD Conference in Monterey, CA, March, 1999 (with G. Hutchinson). (Refereed)

Introduction To The Internet: Home Pages And Other Uses. Presented at the 65th Annual CAHPERD Conference in San Diego, CA, March, 1998 (with D. Frankl and R. Carlson). (Refereed)

Adapting Computer-Aided Visual Feedback Into K-12 Physical Education And Physical Education Teacher Education (PETE) Curricula. Paper presented at the International Visual Literacy Association Conference, Penn State University, University Park, PA, October 25, 1997 (with J. Roussell). (Refereed)

Using Technology To Improve And Promote Your Physical Education Program. Key note presentation at the California Department of Education and CAHPERD's Fall Physical Education Conference entitled "Enhancing and Enriching Physical Education Through Technology", October 7, 1997 (with J. Roussell).

Using P.E.TV To Reach Self-Image, Personal Development And Social Development Goals Of The CA Framework For P.E.. Presentation at the California Department of Education and CAHPERD's Fall Physical Education Conference entitled "Enhancing and Enriching Physical Education Through Technology", October 6, 1997. (Refereed)

Incorporating Technology Into Your PETE Classes. Presented at the 64th Annual CAHPERD Conference in Los Angeles, CA, March, 1997. (Refereed)

Using Technology In Physical Education. Presented at "Sharing the Wealth" Conference, Jekyll Island, GA, Jan. 1996 (with G. Graham, K. Bell, N. Doering, S. McCollum, K. Oliver and S. Westfall). (Refereed)

Teachers' Initial Reactions To P.E.TV. Paper presented at the Eastern Educational Research Association Conference, Hilton Head, SC, March, 1995. (Refereed)

Authentic Assessment Of Physical Education In Middle And High School. Presented at "Sharing the Wealth" Conference, Jekyll Island, GA, Jan. 1995 (with G. Graham, K. Bell, N. Doering, S. McCollum, D. McCrumb, W. Mustain, K. Oliver and S. Westfall). (Refereed)

Authentic Assessment Of Wellness Concepts. Presented at "Sharing the Wealth" Conference, Jekyll Island, GA, Jan. 1995 (with G. Graham, K. Bell, N. Doering, S. McCollum, D. McCrumb, W. Mustain, K. Oliver and S. Westfall). (Refereed)

Authentic Assessment Of Physical Education And Wellness Concepts. Presented at North Carolina AHPERD Conference, Greensboro, NC, Nov. 1994 (with G. Graham, N. Doering, W. Mustain and K. Oliver). (Refereed)

Michelle's On The Varsity, Bob Can't Catch And Theresa Couldn't Care Less: How To Include Them All. Presented at North Carolina AHPERD Conference, Greensboro, NC, Nov. 1994 (with G. Graham, N. Doering, W. Mustain and K. Oliver). (Refereed)

Exercise And Internal Locus Of Control, A Bi-Directional Relationship. Paper presented at the Eastern Educational Research Association Conference, Sarasota, FL, Feb., 1994. (Refereed)

Presentations: Local

Dancing for Exercise. Dance class for S.A.F.F.E. program participants (parents of children with autism). CSU-Chico, April 2011.

Be-Wel by Dancing! Two dance classes for adults with intellectual disabilities in Be-Wel group. CSU-Chico, April 2010.

Make Dance Fun For Every-Body! Presentation/workshop for Paradise Unified School, District, July, 2008.

Quality Physical Education: A Crucial Part Of The Solution To The Obesity Problem. Guest lecture in KINE 320, Fall and Spring semesters, 2001, 2002, 2003, 2004, 2005, 2006, 2007.

The Importance of Physical Activity for Adolescent Girls. National Charity League Presentation, Chico chapter, March, 2006.

CASPER And Organizational Leadership . Guest lecture in Dr. Guzley's section of CMST 229, February, 2000.

CASPER And Organizational Leadership. Guest lecture in Dr. Collier's section of CMST 229, March, 2000.

Who is CASPER? -And Why All the Attention? Presented at The faculty/staff Forum, College of Communication and Education, November, 1999.

Developmentally Appropriate Teaching Practices For Youth Activity Instructors. A series of workshops for staff at Chico Sports Club, spring and fall semester, 1999.

Authentic And Fitness Assessment. Guest lecture in Humboldt State's graduate class, PHED 583: Assessment issues in Adapted P.E., Redding, CA, March 14, 1998.

Motor Learning Concepts For Adapted Physical Education. Guest lecture in Humboldt State's graduate class, PHED 580: Motor Development and learning issues in Adapted P.E., Redding, CA, December, 1997.

Developmentally Appropriate Administration Of The Prudential Fitnessgram. Inservice for San Juan School District, Sacramento, CA, November, 1997.

Developmentally Appropriate Fitness: Fostering Positive Attitudes. Presented at the Tehama County Physical Education Cadre, Red Bluff, CA, Jan. 1997.

Techniques To Make Your Teaching More Effective. Presented at American College of Sports Medicine certification course in Blacksburg, VA, July, 1995.

Techniques To Make Your Teaching More Effective. Presented at American College of Sports Medicine certification course in Blacksburg, VA, July, 1994.

Other Scholarly Activities

Founder and Executive Director of CASPER (Center for Advancement of Standards-based Physical Education Reform), April, 1998 - present.

Club Med Artist Program (dance) (accepted to program in August 2009). Guest artist sessions:

- San Salvador Island, Bahamas, January 2011
- Providenciales, Turks and Caicos Islands, January 2010.

Created CASPER's advocacy web site with graduate students from KINE and CDES 1998 (original), 2000 (revised), 2004 (major revision of design and content), 2006 (second major revision), and with graduate student, (now Director) Kevin Shephard in 2010. www.supportREALteachers.org

CASPER's advocacy efforts have resulted in major news coverage by national and local media, including:

- Time Magazine, September, 2001.
- MSNBC, September, 2001.
- The San Francisco Chronicle, front-page article published November 22, 1999.
- The Oakland Tribune, article published June 13, 1999.
- Hayward Daily Review, article published June 14, 1999.
- Tri-Valley Herald, article published June 13, 1999.
- The Michael Medved Show (nationally syndicated talk-show), one hour live coverage on August 9, 1999.

Worked with the PE Central staff to develop the PE Central's Kids' Quiz (December, 1999-March 2002). www.pecentral.org

Expert of the week on Healthy Hearts, an Interdisciplinary Internet Module, administered by Virginia Tech: www.chre.vt.edu/~/hh, May, 1997.

Participated in the creation and development of the PE Central web site, 1995-1996. www.pecentral.org

Service

Service to the Department:

- Co-coordinator of PETE Program: 2000-present
- Adviser for PETE Program: 2000-present.
 - o Other than advising students in the program, and helping them prepare applications for credential programs, this includes:
 - Review of Subject Matter Competency as per the California Commission on Teaching Credentialing for local students.
 - Review cases for students from other states seeking Subject Matter Competence in California.
 - Subject Matter advisor meetings and duties with EDUC Department.
 - Staffing department booth at Freshman- and Transfer-Days.
 - Leading mandatory advising meeting for students at the start of each semester.
 - Summer advising.
- KINE Department Executive Committee: 2001-2005
- KINE Curriculum Committee: 2001-2005 and 2006-2008
- NCATE Accreditation Committee for the PETE Blended Program: 2005-2010
- PETE Majors' Club Adviser: 2001-present

Service to the College and University:

- College RTP committee: 2009-present
- Commencement Marshall: 2001-Present
- Department RTP committee: 2004-2009
- Executive Committee, VP, Phi Kappa Phi Honor Society, Chico, 1997-2010
- Participation in Master's Ceremony: 1996-Present
- Reader, Teaching credential Candidates' Names: 2009, 2010, 2011.

Service to the Profession:

- Reviewer for The Physical Educator: June 2005-July 2007
- Member of NASPE' National Teacher Of the Year (TOY) Selection Committee for High School, 2011
- Member of NASPE' National Teacher Of the Year (TOY) Selection Committee for Middle School, 2007

- Organized Project Skye-Walker 2007, a cross-country trek to promote Quality Physical Education.
- Founder and Executive Director of CASPER (Center for Advancement of
- Standards-based Physical Education Reform).
- Represented CASPER at "National PE Day", lobbying in the US Senate and
- Congress in Washington, D.C., May, 2006 for support for Physical Education for Progress (PEP) grant funding. The Sporting Goods Manufacturers Association organized the event with PE4Life, and reported positive results.
- California Association for Health, Physical Education, Recreation and Dance:
- Northern District Coordinator. There are five district coordinators in California. April, 1998-March 2000.
- Served as a representative in the House of Delegates and on the Board of Directors, as well as the membership committee for CAHPERD. April, 1998-March 2000.

Service to the Community:

- Inspire! Charter High School Physical Education. Curriculum development, lesson planning, teaching, supervision of interns, providing teaching opportunities for PETE students: April 2010- present.
- Dance lessons provided every semester in 10-14 elementary schools in Chico and Paradise by students in KINE 308. August 2005-present.
- Dance teacher (volunteer), Sierra View Elementary School: 2001-2007.
- Dance teacher (volunteer), Chapman Elementary School: 2004-2005.
- Academy For Change after school program, providing teaching opportunities for PETE students: 2004-2005.
- Consultant to Chico Sports Club Fitness Program for children: 1999-2006.
- Consultant to In Motion Fitness Program for children: 2006-present.
- Consultant to Butte County's Home-school and After-school youth programs, providing teaching opportunities for PETE students: 2003-2005.
- Chico Youth Soccer League coach, Spring 1997, Fall, 1997, Fall 2000.
- Southwest Virginia Soccer Association coach, 1994-1996.

Professional Affiliations

- American Alliance for Health, Physical Education, Recreation and Dance
- National Association for Sport and Physical Education
- National Dance Association
- California Association for Health, Physical Education, Recreation and Dance
- Phi Epsilon Kappa
- Phi Kappa Phi Honor Society