

Aaron E Beighle, Ph.D.
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Lexington, Kentucky
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Educational Background

Ph.D.	Arizona State University	2003	Curriculum and Instruction (Physical Education)
M.S.	Texas Christian University	1998	Exercise Physiology
B.A.	Northern Kentucky University	1996	Physical Education (Recreation/Fitness)

Experience

University of Kentucky Lexington, Kentucky
(8/04 – Present)
Position: Assistant Professor

Cal Poly – Pomona Pomona, California
(9/03 –9/04)
Position: Assistant Professor

Arizona State University Tempe, Arizona
(8/00–5/03)
Position: Student Teaching Supervisor/Graduate Teaching Assistant

Mesa Public Schools Mesa, Arizona
(8/02–5/03)
Position: Intern in the Physical Education and Athletics Department

AzAHPERD Tempe, Arizona
(11/00-11/01)
Position: Convention Co-Manager

Episcopal School of Dallas Dallas, Texas
(9/98-6/00)
Position: Physical Education Teacher

Johnson & Johnson (The Solana Club) Ft. Worth, Texas
(7/97-9/98)
Position: Fitness Specialist/Youth Program Coordinator

Texas Christian University Ft. Worth, Texas
(7/96-5/98)

Position: Graduate Assistant

YMCA Ft. Worth, Texas (Westside Branch)
(9/96-6/97)

Position: Site Supervisor and Referee

Mid-Town Athletic Club Cincinnati, Ohio
(10/93-5/96)

Position: Fitness Instructor/Fitness Center Shift Supervisor

Research

Tudor-Locke, C., Lee, S.M., Morgan, C.F., Beighle, A., & Pangrazi, R.P. (in press). Children's Pedometer-determined physical activity patterns during the segmented school day. *Medicine and Science in Sports and Exercise*.

Beighle, A., Morgan, C.F., Le Masurier, G., & Pangrazi, R. P (in press). Children's physical activity during recess and outside of school. *Journal of School Health*.

Beighle, A. & Pangrazi, R.P. (2006). Understanding children's physical activity level: Activity time and steps per minute. *Journal of Physical Activity and Health*, 3(2), 221-229.

Le Masurier, G., Beighle, A., Corbin, C., Darst, P.W., Morgan, C.F., Pangrazi, R.P., Vincent, S. & Wilde, B. (2005). Pedometer-determined physical activity levels of youth. *Journal of Physical Activity and Health*, 2(2), 159-168.

Morgan, C.F, Beighle, A., & Pangrazi, R.P. (2005). Does physical education benefit the least active children? *Research Quarterly for Sports and Exercise*, 76(1 Suppl), A-84.

Pangrazi, R.P., Beighle, A, Vehige, T., & Vack, C. (2003) Evaluating the effectiveness of the State of Arizona's Promoting Lifestyle Activity for Youth program. *Journal of School Health*.73(8), 317-321.

Beighle, A., & Pangrazi, R.P. (2000). Validation of six electronic pedometers for measuring the physical activity of children. Unpublished manuscript.

Beighle, A. (1998). The relationship between fitness level and self-esteem in 5th and 6th grade students. Unpublished master's thesis, Texas Christian University, Ft. Worth, TX.

Scholarly Writing

Alderman, B., Beighle, A. & Pangrazi, R.P. (2006). Enhancing physical activity motivation in a quality physical education program. *Journal of Physical Education Recreation and Dance*. 77(2), 41-45, 51.

- Ernst, M., Beighle, A., Corbin, C.B., & Pangrazi, R. P. (2006). Appropriate and inappropriate uses of Fitnessgram: A commentary. *Journal of Physical Activity and Health*, 3(suppl 2), S90-S100.
- Hager, L. & Beighle, A. (2006). Promoting physical activity through physical education: Increasing parental involvement. *Teaching Elementary Physical Education*. 17(1), 28-31.
- Beighle, A., & Darst, P.W. (2004). Fitness scavenger hunts for middle school students. *Strategies*, 17(6), 13-15.
- Beighle, A. (2004). Teaching healthy lifestyles with low organized games. *Teaching Elementary Physical Education*. 15(6), 23-25.
- Beighle, A. Morgan, C.F. & Pangrazi, R. P. (2004). Using pedometers in elementary physical education. *Teaching Elementary Physical Education*, 15(1), 17-18.
- Morgan, C.F., Beighle, A., & Pangrazi, R.P. & Pangrazi, D. (2004). Using self-assessment for fitness evaluation. *Teaching Elementary Physical Education*, 15(1), 19-22.
- Morgan, C.F., Pangrazi, R.P., & Beighle, A. (2003). Using pedometers to promote physical activity in physical education. *Journal of Physical Education Recreation and Dance*. 74(7), 33-38.
- Beighle, A., & Pangrazi, R.P. (2002). The 7 habits of highly effective physical education teachers. *Teaching Elementary Physical Education*. 13(4), 6-9.
- Beighle, A., Pangrazi, R.P., & Vincent, S.D. (2001). Pedometers, physical activity, and accountability. *Journal of Physical Education, Recreation, and Dance*, 72(9), 16-19.

Abstracts

- Alderman, B., Beighle, A., Morgan, C., & Le Masurier, G. (2006). Seasonality of objective measured physical activity in elementary aged school children. *Research Quarterly in Sports and Exercise*. 77(1 Suppl), 22.
- Morgan, C.F, Beighle, A., & Pangrazi, R.P. (2005). Does physical education benefit the least active children? [Abstract] *American Alliance for Health Physical Education Recreation and Dance*, Chicago, IL.
- Tudor-Locke, C., Lee, S.M., Morgan, C.F., Beighle, A., & Pangrazi, R.P. (2004). Sex-specific activity patterns of the segmented school day [Abstract]. *American Alliance for Health Physical Education Recreation and Dance*. New Orleans, LA.
- Treasure, D.C., Pangrazi, R.P., Kuczka, K.K., Beighle, A. & Morgan, C. (2003). Development and implementation of a statewide coach education program [Abstract]. *Association for the Advancement of Applied Sport Psychology*. Philadelphia, PA.

Books & Reports

- Pangrazi, R.P. (in progress). *Dynamic Physical Education for Elementary School Children* (15th ed.). San Francisco: Benjamin Cummings. (Aaron Beighle-Contributing Author).
- Pangrazi, R.P. (2004). *Dynamic Physical Education for Elementary School Children* (14th ed.). San Francisco: Benjamin Cummings. (Aaron Beighle-Contributing Author).
- National Association for Sport and Physical Education (2004). *Physical activity for children: A statement of guidelines for children ages 5-12*. 2nd Ed. NASPE Publications (Aaron Beighle – Secondary Author).
- Pangrazi, R.P., Beighle, A., & Sidman, C. (2003). *Pedometer Power*. Champaign, IL: Human Kinetics.
- Pangrazi, R.P., Beighle, A., & Sidman, C. (in press). *Pedometer Power* (2nd ed). Champaign, IL: Human Kinetics.
- Centers for Disease Control and Prevention (2006). *Physical education curriculum analysis tool (PECAT)*. Atlanta, GA. (Aaron Beighle – Contributing Writer).

Grants

- June 2005 Promoting physical activity through quality physical education (University of Kentucky Research Support Grant) PI- Dr. Aaron Beighle; Submitted June 30, 2005: \$17,160 requested.
- November 2005 Community based childhood obesity prevention (Robert W. Johnson Foundation and Injury Prevention Coalition for Kids) PI – Dr. Susan Pollack; Submitted November 15, 2005: \$60,000 requested.
- December 2005 Promoting physical activity for Kentucky’s youth (University of Kentucky, Summer Faculty Fellowship Program) PI – Dr. Aaron Beighle. Submitted December 9, 2005: \$6,000 requested.
- October 2004 An Intervention to Promote Walking to School as a Means to Increase Physical Activity (AAHPERD/RESEARCHCONSORTIUM RESEARCH GRANT PROGRAM) PI – Dr. Kim Miller; Submitted: October 1, 2004: \$5,000 requested.
- December 2004 School-based Physical Activity Decreases Body Mass Index (RFA-ES-04-003, entitled “Obesity and the Built Environment”) PI – Dr. Joan Griffith; Submitted: December 15th, 2004: \$250,000 requested.
- December 2004 The Built Environment as a Contributor to Obesity in School-aged Children. (RFA-ES-04-003) entitled “Obesity and the Built Environment”) PI – Dr. Janet Kurzynke; Submitted: December 15th, 2004: \$125,000 requested over two years.
- December 2004 Understanding the Physical Activity Levels of Kentucky’s Youth (University of Kentucky, Summer Faculty Fellowship Program) PI – Dr. Aaron Beighle.

Submitted December 1, 2004: \$6,000 requested.

- December 2003 Travel funding for presentations at AAHPERD convention in New Orleans, LA. (*Cal Poly – Pomona – Faculty Center for Professional Development Grants*) – \$900 funded.
- November 2003 Examining the physical activity levels of students during discretionary time (*Research, Scholarship, and Creative Activities Program (RSCS) – California Faculty Association*) PI – Dr. Aaron Beighle, Funded \$3000.
- November 2003 Travel funds to present at the AAHPERD convention in New Orleans, LA (*Cal Poly Pomona – CLASS College Travel Grant*), Funded \$600
- September 2003 Examining the physical activity of children (*Walk4Life Pedometer Grant*) PI – Dr. Aaron Beighle, Funded \$8000
- April 2003 Making every step count: A program to increase the physical activity of children via pedometer implementation in physical education (*Carol M White Physical Education Program (PEP) Grant*) PI – Mrs. Deb Pangrazi.

Presentations

- Morgan, C.F, Beighle, A., & Pangrazi, R.P. (2005). *Does physical education benefit the least active children?* Oral presentation made at the annual conference of the American Alliance for Health Physical Education Recreation and Dance, Chicago, IL.
- Beighle, A. (2005). *An active overview of physical education*. Invited presentation at the Health Promotions Schools of Excellence Institute, June 7th, Louisville, Kentucky.
- Beighle, A. (2005). *Physical activity and learning: What can schools do?* Invited presentation at the Coordinated School Health Institute, June 22nd, Lexington, Kentucky.
- Beighle, A. (2005). *Monitoring student physical activity level: Using the Activitygram*. Invited presentation for the Pratical Living Academy at Eastern Kentucky University, June 29th, Richmond, Kentucky.
- Beighle, A. (2005). *Promoting physical activity in the schools*. Invited presentation at the Coordinated School Health Institute, July 18th, Bowling Green, Kentucky.
- Beighle, A. (2005). *Using pedometers to enhance physical education*. Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, October 28th, Louisville, Kentucky.
- Beighle, A. (2005). *Physical activity, physical fitness, and academic achievement*. Presented at the annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, October 29th, Louisville, Kentucky.
- McElwain, P, Beighle, A., Donica, B, Wagoner, C., Benton, D., Ciarroccki, B. & Adams-Blair, H. (2005). *What does the physical activity and nutrition bill mean to you?* Presented at the

annual conference for the Kentucky Association for Health Physical Education Recreation and Dance, October 29th, Louisville, Kentucky.

Beighle, A. (2004). *Using pedometers in schools*. Invited presentation at Kentucky's Physical Activity Committee meeting, Frankfort, KY.

Beighle, A. (2004). *Maximizing activity time in youth basketball practices*. Invited presentation at Southland Christian Church, Lexington, KY.

Pangrazi, R. P., Beighle, A., Geigert, N., Tighe, F., & DeLine, J. (2004). *The changing face of elementary school: Childhood obesity*. AAHPERD National Convention, New Orleans, Louisiana.

Darst, P., Darst, C., Beighle, A., & Anderson, T. (2004). *University PETE programs and experienced teachers: A collaborative approach to professional development*. AAHPERD National Convention, New Orleans, Louisiana.

Darst, P., Darst, C., Morgan, C.F., & Beighle, A. (2004). *Promoting physical activity with middle school students: Innovative fitness ideas, introductory activities, and novel sports and games*. Southwest AHPERD Annual Conference, Santa Fe, New Mexico.

Beighle, A. & Metzker, A. (2004). *Using pedometer in physical education*. California Association for Health Physical Education Recreation and Dance Convention, Pasadena, California.

Beighle, A. & Ernst, M. (2004). *Physical activity and physical fitness for youth*. California Association for Health Physical Education Recreation and Dance Convention, Pasadena, California.

Vincent, S.D., Prusak, K., & Beighle, A. (2003). *Using pedometers and self-fitness testing to promote lifestyle physical activity*. Northwest District, Southwest District, and State of Nevada American Alliance for Health, Physical Education, Recreation and Dance Combine Conventions. Reno, Nevada.

Pangrazi, R.P., Darst, P.W., Orlowicz, C., Beighle, A., & Morgan, C.M. (2003). *Motivating and monitoring physical activity for all*. Northwest District, Southwest District, and State of Nevada American Alliance for Health, Physical Education, Recreation and Dance Combined Conventions. Reno, Nevada.

Beighle, A., Jones, B., & Smith, J. (2002). *Using pedometers, fitness routines and fitness self-testing to promote physical activity*. Texas Association for Health Physical Education Recreation and Dance Annual Meeting. Fort Worth, Texas.

Beighle, A., Jones, B., & Brockhagen, K. (2002). *Teaching responsible behavior in elementary physical education*. Texas Association for Health Physical Education Recreation and Dance Annual Meeting. Fort Worth, Texas.

Beighle, A., & Morgan, C.F. (2002). *Pedometer activities to promote lifestyle activity*. Arizona

Association for Health, Physical Education, Recreation, and Dance Annual Meeting. Tucson, AZ.

Beighle, A. (2002). *Pedometers in the school setting*. Arizona/Nevada Summit. Kingman, AZ.

Orlowicz, C., & Beighle, A. (2002). *Education through movement*. Washington School District Summer Academy 2002. Phoenix, AZ.

Pangrazi, R.P., Pangrazi, D., Prusak, K., Vincent, S.D., & Beighle, A. (2002). *Management, pedometers, and physical fitness*. American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting. San Diego, CA.

Corbin, C.B., Pangrazi, R.P., Vincent, S.D., & Beighle, A. (2002). *Physical activity for children: Preparing future guidelines*. American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting. San Diego, CA.

Fairfield, G., Darst, C. & Beighle, A. (2001). *Using pedometers in the school setting*. Arizona Association for Health, Physical Education, Recreation, and Dance Annual Meeting. Phoenix, AZ.

Service

NASPE Physical Education Teacher Education Conference Planning Committee (2006).

Lexington Fayette County Health Department Tweens Nutrition and Fitness Coalition.

Kentucky Action for Healthy Kids Task Forces.

Reviewer for the Center for Disease Control and Prevention's Health Education Curriculum Analysis Tool

Contributing Writer for the Center for Disease Control and Prevention's Physical Education Curriculum Analysis Tool

Reviewer for Get Moving Kentucky! youth health lesson plans

National Association for Sport and Physical Education Teacher of the Year Judging Committee (2004)

Column editor for *Teaching Elementary Physical Education*(2003-2006)

Manuscript reviewer for *Teaching Elementary Physical Education*

Manuscript reviewer for *Quest*

Manuscript reviewer for *Research Quarterly for Exercise and Sport*

Grant Reviewer, Associated Students of Arizona State University (2003)

AzAHPERD Board of Directors (2000-2001)

Professional Consulting

Jefferson County Public Schools Louisville, Kentucky

Los Angeles Unified School District Los Angeles, California

Mesa Public Schools Mesa, Arizona

Liberty School District Buckeye, Arizona

Arizona Department of Health Services Tobacco Education and Prevention Program Phoenix, Arizona

Arizona Department of Health Services Promoting Lifestyle Activity for Youth (P.L.A.Y.)
Phoenix, Arizona

Washington Elementary District Phoenix, Arizona

Catalina Foothills School District Tucson, Arizona

Professional Memberships

Member of the American Alliance for Health, Physical Education, Recreation and Dance
Member of the Kentucky Association for Health, Physical Education, Recreation and Dance
Member of the National Association for Sports and Physical Education
Member of the National Association for Physical Education in Higher Education
Member of the North American Society for Pediatric Exercise Medicine
Member of the American College of Sports Medicine

Extracurricular Activities

Family
Physical Activity (walking, hiking, sports)
Coaching