

UNIVERSITY OF KENTUCKY
DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION
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HEATHER E. ERWIN

EDUCATION

- 2006 University of Illinois at Urbana-Champaign Urbana, IL
Ph.D. – Pedagogical Kinesiology
- 2003 University of Arkansas Fayetteville, AR
M.Ed. – Adapted Physical Education
- 2001 Central Missouri State University Warrensburg, MO
B.S. – Physical Education

PROFESSIONAL EXPERIENCE

- 2006-present University of Kentucky Lexington, KY
Assistant Professor
- ❖ KHP 382: Physical Education for the Elementary Teacher
 - ❖ KHP 200: History and Philosophy of Physical Education and Sport
 - ❖ KHP 250: Team Sports
 - ❖ KHP 344: Physical Education in the Secondary School
- 2003-2006 University of Illinois at Urbana-Champaign Urbana, IL
Head Instructor
- ❖ Kinesiology 268: Children's Movement
 - ❖ Kinesiology 361: Curriculum in Grades K-6
 - ❖ Kinesiology 363: Instructional Strategies in Physical Education
- Teaching Assistant*
- ❖ Kinesiology 100: Conditioning and Weight Control
 - ❖ Kinesiology 100: Volleyball Activity Course
 - ❖ Kinesiology 109: Basketball Activity Course
 - ❖ Kinesiology 268: Children's Movement
- Sports Fitness Program Coordinator*
- ❖ Aquatics Coordinator/Assistant Director
 - ❖ Individual/Dual Activities Coordinator

2001-2003 Springdale School District Springdale, AR
Elementary Physical Education Teacher
❖ T.G. Smith Elementary Springdale, AR
❖ Bernice Young Elementary Springdale, AR

RESEARCH EXPERIENCE

2003-2006 University of Illinois at Urbana-Champaign Urbana, IL
Research Assistant
❖ Motor Skill Competency, Fitness, and Physical Activity in Children
❖ Studentship in Qualitative Research

PUBLICATIONS

Manuscripts

- Erwin, H. E.**, & Castelli, D. M. (*in press*). National physical education standards: A summary of student performance and its correlates. *Research Quarterly for Exercise and Sport*.
- Beighle, A., **Erwin, H. E.**, Castelli, D., & Ernst, M. (*in press*). Preparing physical educators for the role of physical activity director. *Journal of Physical Education, Recreation and Dance*.
- Erwin, H. E.** (2008). Middle school students' leisure activity engagement: Implications for park and recreation administrators. *Journal of Park and Recreation Administration*, 26(3), 59-74.
- Erwin, H. E.** (2008). Test-retest reliability of a preadolescent environmental access to physical activity questionnaire. *Journal of Physical Activity and Health*, 5(Supplement 1), S62-S72.
- Woods, M. K., & **Erwin, H. E.** (2008). Using good B.E.H.A.V.I.O.R. in creating the learning environment. *Journal of Physical Education, Recreation, and Dance*, 79(4), 14-16.
- Erwin, H. E.**, Woods, A. M., Woods, M. K., & Castelli, D. (2007). The association of children's environmental access in relation to motor competence, physical activity, and fitness. *Journal of Teaching in Physical Education*, 26, 404-415.
- Castelli, D., & **Erwin, H. E.** (2007). A comparison of personal attributes and experiences among physically active and inactive children. *Journal of Teaching in Physical Education*, 26, 375-389.

- Castelli, D. M., Hillman, C. H., Buck, S., & **Erwin, H. E.** (2007). Physical fitness and academic achievement in 3rd and 5th grade students. *Journal of Sport and Exercise Psychology, 29*, 239-252.
- Erwin, H. E.**, & Bachtel, A. (2007). TAG (Teaching Active Games) for the holidays. *Strategies, 21*, 21-24.
- Lambdin, D., & **Erwin, H. E.** (2007). School wellness policy: Community connections. *Journal of Health, Physical Education, Recreation and Dance, 78*(6), 29-32.
- Conn, J. H., & **Erwin, H. E.** (2007). Dying for proper supervision in physical education. *Indiana Journal of Health, Physical Education, Recreation, and Dance, 36*, 42-44.
- Erwin, H.**, & Valley, J. (2005). Creating a web site for advocacy. *Teaching Elementary Physical Education, 16*(5), 26-30.
- Erwin, H.** (2005). Developing future physical educators through the sports fitness program. *Illinois Journal for Health, Physical Education, Recreation, and Dance, 55*, 5-7.
- Erwin, H.**, & Castelli, D. (2004). Building and facilitating physical education through web quests. *Teaching Elementary Physical Education, 15* (5), 28-31.
- Conn (Erwin), H. E.** (2004). The effect of cup stacking on reaction time, movement time, and ambidexterity in fourth grade students. *Missouri Journal of Health, Physical Education, Recreation, and Dance, 14*, 8-16.
- Erwin, H.** (2004). Expectations versus realities of a beginning physical education teacher. *Arkansas Journal of Health, Physical Education, Recreation, and Dance, 39* (1), 27-28.

Abstracts

- Castelli, D. M., **Erwin, H. E.**, & Woods, M. K. (2008). Effects of media on physical education performance outcomes. *Research Quarterly for Exercise and Sport, 79*(Suppl. 1), A44.
- Erwin, H. E.**, Castelli, D., & Woods, M. K. (2007). Standards-based outcomes of 4th and 5th grade students. *Research Quarterly for Exercise and Sport, 78*(Suppl. 1), A55.
- Castelli, D., Woods, M. K., Nordmeyer, E. E., Valley, J., Graber, K. C., **Erwin, H. E.**, Bolton, K., & Woods, A. M. (2007). Perceived versus actual motor competence in children. *Research Quarterly for Exercise and Sport, 78*(Suppl. 1), A51-A52.

- Woods, A. M., Bolton, K. N., **Erwin, H. E.**, Graber, K. C., Castelli, D., Valley, J., & Woods, M. K. (2007). Influences of perceived motor competence and motives on children's physical activity. *Research Quarterly for Exercise and Sport*, 78(Suppl. 1), A77.
- Castelli, D. M., & **Erwin, H. E.** (2006). Relationship between children's fitness levels and complex motor performance. *Medicine and Science in Sports and Exercise*, 38(5), Supplement S474-S475.
- Castelli, D.M., **Erwin, H.E.**, Buck, S., & Hillman, C.H. (2006). The relationship between motor skill competency and cognitive processes in children. *Research Quarterly for Exercise and Sport*, 71(Suppl. 1), A22.
- Erwin, H.**, & Castelli, D. (2005). Complex motor task relationships with fitness and physical activity in children. *Research Quarterly for Exercise and Sport*, 76(Suppl. 1), A14-15.
- Erwin, H.E.**, & Castelli, D.M. (2005). Do physical activity and fitness influence motor competency? *Missouri Journal of Health, Physical Education, Recreation, and Dance*, 15, 80.
- Buck, S. M., Hillman, C. H., Castelli, D., **Erwin, H.**, Son, A., & Bice, M. (2004). The influence of physical fitness on cognitive processing in 7-11 year old children. *Journal of Sport & Exercise Psychology*, 26, S44.

BOOKS AND MANUALS

- Erwin, H. E.** (in press). *Instructor's manual for Promoting physical activity and health in the classroom* by Pangrazi, R. P. & Beighle, A. San Francisco: Pearson-Benjamin Cummings.
- Erwin, H. E.** (in press). *Test bank for Promoting physical activity and health in the classroom* by Pangrazi, R. P. & Beighle, A. San Francisco: Pearson-Benjamin Cummings.

PRESENTATIONS

- Graber, K. C., **Erwin, H. E.**, Woods, A. M., Rhoades, J., & Zhu, W. (2008, April). *Demographic characteristics of physical education teacher educators by Carnegie classification*. Research symposium presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Graber, K. C., Woods, A. M., **Erwin, H. E.**, Rhoades, J., & Valley, J. (2008, April). *Professional characteristics of physical education teacher educators*. Research symposium presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Castelli, D. M., **Erwin, H. E.**, & Woods, M. K. (2008, April). Effects of media on physical education performance outcomes. Oral presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Fort Worth, TX.
- Miller, A. D., **Erwin, H.**, Abel, M., & Beighle, A. (2008, March). *Making math move: The influence of integrated physical activity on elementary students' math motivation*. Poster presented at the American Educational Research Association, New York, NY.
- Erwin, H. E.** (2007, November). *Extreme Makeover: Games Edition!* Presentation at the Kentucky Parks and Recreation Society Conference, Lexington, KY.
- Beighle, A., & **Erwin, H. E.** (2007, October). *Preparing physical educators to be school physical activity directors*. Presentation at the History and Future Directions of Physical Education Teacher Education Conference, Pittsburgh, PA.
- Erwin, H. E.**, & Beighle, A. (2007, September). *The influence of integrating kinesthetic learning experiences in elementary classrooms*. Oral presentation at the Physical Activity in Contemporary Education Conference, Urbana-Champaign, IL.
- Beighle, A., & **Erwin, H. E.** (2007, September). *Creating a physical activity culture in schools: A comprehensive physical activity director approach*. Oral presentation at the Physical Activity in Contemporary Education Conference, Urbana-Champaign, IL.
- Erwin, H. E.** (2007, June). *Sport education: A method for motivating students in physical education*. Presentation at the Summer Kentucky Association for Health, Physical Education, Recreation and Dance Workshop, Lexington, KY.

- Castelli, D., Graber, K. C., **Erwin, H. E.**, Woods, A. M., & Zhu, W. (2007, April). *A national profile of teacher education faculty: The construction of an online survey*. Oral presentation at the American Educational Research Association, Chicago, IL.
- Erwin, H. E.**, & Castelli, D. (2007, April). *Physical activity and other performance outcomes of the national physical education standards*. Round table presentation at the American Educational Research Association, Chicago, IL.
- Erwin, H. E.**, Castelli, D., & Woods, M. K. (2007, March). *Standards-based outcomes of 4th and 5th grade students*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Baltimore, MD.
- Castelli, D., Woods, M. K., Nordmeyer, E. E., Valley, J., Graber, K. C., **Erwin, H. E.**, Bolton, K., & Woods, A. M. (2007, March). *Perceived versus actual motor competence in children*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Baltimore, MD.
- Woods, A. M., Bolton, K. N., **Erwin, H. E.**, Graber, K. C., Castelli, D., Valley, J., & Woods, M. K. (2007, March). *Influences of perceived motor competence and motives on children's physical activity*. Poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Baltimore, MD.
- Erwin, H. E.** (2007, February). *Integrating movement in the classroom*. Presentation at the Kentucky Physical Activity Conference, Louisville, KY.
- Erwin, H.E.** (2006, November). *Winning the behavior management GAME*. Presentation at the Kentucky Association of Health, Physical Education, Recreation, and Dance Conference, Lexington, KY.
- Erwin, H.E.** (2006, October). *Children's physical activity levels in relation to their access to physical activity*. Round table presentation at the Physical Education Teacher Education Conference, Long Beach, CA.
- Graber, K.C., **Erwin, H.E.**, Woods, A.M., & Zhu, W. (2006, October). *Here's looking at you again PETE: Profiling the present*. Oral presentation at the Physical Education Teacher Education Conference, Long Beach, CA.
- Docheff, D., & **Erwin, H.E.** (2006, April). *Curriculum: The driving force for clear visions in physical education*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT.
– not in attendance due to pregnancy

Rhea, C., & **Erwin, H.E.** (2006, April). *Biomechanical knowledge of practicing physical education teachers*. Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT. - not in attendance due to pregnancy

Castelli, D.M., **Erwin, H.E.**, Buck, S., & Hillman, C.H. (2006, April). *The relationship between motor skill competency and cognitive processes in children*. Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance, Salt Lake City, UT. - not in attendance due to pregnancy

Erwin, H.E. (2005, November). *Validation of a preadolescent environmental access to physical activity questionnaire*. Student-Mentor Award presentation at the Illinois Association for Health, Physical Education, Recreation and Dance, St. Charles, IL.

Erwin, H.E. (2005, November). *Is graduate school right for me?* Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance, St. Charles, IL.

Docheff, D., Graber, K.C., Conn, J., & **Erwin, H.** (2005, November). *Effectively teaching teachers through presentations*. Presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance Conference, St. Charles, IL.

Erwin, H.E., & Bachtel, A. (2005, November). *Physical education for all seasons: Games and activities for every holiday*. Presentation at the Missouri Association for Health, Physical Education, Recreation and Dance, Lake of the Ozarks, MO.

Erwin, H.E., & Rhea, C. (2005, November). *Opportunity knocks!! Will you take it?* Presentation at the Indiana Association of Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.

Rhea, C., & **Erwin, H.E.** (2005, November) *Investigating new ways to teach biomechanics to physical education majors*. Presentation at the Indiana Association of Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.

Erwin, H.E., & Castelli, D.M. (2005, April). *What do motor competent and non-competent children look like?* Poster session presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.

- Castelli, D.M., Hillman, C.H., Buck, S., & **Erwin, H.E.** (2005, April). *Cognitive processes, fitness, and motor competency in children*. Research symposium presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.
- Docheff, D., Conn, J., & **Erwin, H.E.** (2005, April). *Developing leaders through sport and physical education*. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.
- Docheff, D., Graber, K.C., Conn, J., & **Erwin, H.E.** (2005, April). *Finding the presenter in you: The future is now!* Workshop presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.
- Valley, J., & **Erwin, H.** (2004, November). *Create, navigate, advocate, and disseminate: Web site development to promote quality physical education*. Presentation conducted at the Illinois Association of Health, Physical Education, Recreation, and Dance Conference, St. Charles, IL.
- Erwin, H.**, & Castelli, D. (2004, November). *Do physical activity and fitness influence motor competency?* Poster session and oral presentation at the Missouri Association of Health, Physical Education, Recreation and Dance Conference, Lake of the Ozarks, MO.
- Castelli, D., & **Erwin, H.** (2003, September). *Technology applications regarding physical activity and health*. Presentation conducted for Eric Dishman of Intel's Health Research Program, Champaign, IL.
- Conn, H.**, & Gorman, D. (2003, November). *The effect of cup stacking on reaction time, movement time, and ambidexterity in fourth grade students*. Poster session presented at the Arkansas Association of Health, Physical Education, Recreation, and Dance Conference, Hot Springs, AR.
- Ferguson, R., Hardy, K., & **Conn, H.** (2003, November). *Predictors of success on the Praxis II physical education assessment*. Poster session presented at the Arkansas Association of Health, Physical Education, Recreation, and Dance Conference, Hot Springs, AR.
- Invited Presentations*
- Beal, R. K., Riggs, R., & **Erwin, H.E.** (2008, February). *Integrating physical activity with core content*. Presentation at the University of Kentucky College of Education Field Supervisor's meeting, Lexington, KY.
- Erwin, H. E.** (2007, June). *Appropriate physical activity for youth*. Presentation at Lexington-Fayette Urban County Government Division of Parks and Recreation staff training, Lexington, KY.

Erwin, H. E. (2007, March). *Movement M&Ms*. Presentation at Kentucky Literacy, Eating, Activity for Preschoolers (LEAP) In-service for preschool teachers, Frankfort, KY.

Erwin, H.E., & Buck, S.M. (2005, December). *Children's cognitive processes and fitness*. Presentation at the Raising Student Achievement Conference, St. Charles, IL.

Castelli, D.M., Woods, A.M., **Erwin, H.E.,** & Woods, M. (2005, November). *Evidence-based practice in physical education: Riding the wave of change*. Presentation for Rantoul School District Physical Education In-service Workshop, Rantoul, IL.

Castelli, D.M., Yang, L., & **Erwin, H.E.** (2005, September). *Technology integration in physical education*. Presentation for Champaign IV School District Physical Education In-service Workshop, Champaign, IL.

Castelli, D., Buck, S., & **Erwin, H.** (2004, February). *The influence of physical fitness on cognitive processing in 7-11 year old children*. Presentation conducted at a Champaign 4 School District Elementary Physical Education In-service, Champaign, IL.

GRANTS

Erwin, H. E. (PI), & Beighle, A. Effect of integrating physical activity on math retention. Submitted April 18, 2008. (NEA Foundation Student Achievement Grant, \$5,000 requested - unfunded).

Erwin, H. E. (PI), Beets, M. W., & Beighle, A. Relation of children's perception of their environment to physical activity levels: A mixed methodology approach. Submitted October 1, 2007. (AAHPERD Research Consortium Collaborative Grant Research Program, \$9,555 funded).

Erwin, H. E. (PI), Beighle, A., Courtney, A., & Carr, L. LEAP into fun and fitness. Submitted January 15, 2008. (General Mills Champions for Healthy Kids Grant, \$10,000 requested - unfunded).

Erwin, H. E. (PI). IMPACT Kentucky. Submitted May 15, 2007. (University of Kentucky Commonwealth Collaborative, \$9,700 requested - unfunded).

Beighle, A. (Co-PI), & **Erwin, H. E.** (Co-PI). Get Healthy Kentucky Schools. Submitted June 1, 2007. (Governor's Office for Wellness and Physical Activity, \$6,000 funded).

Noland, M., Beighle, A., **Erwin, H. E.**, Abel, M., Clasey, J., Miller, K., & Riggs, R. Improving health through physical activity: Design and evaluation of physical activity programs implemented by FCS Extension Agents. Submitted April 9, 2007. (Health Education through Extension Leadership, Commonwealth of Kentucky, \$35,000 funded).

Courtney, A., Carr, L., & **Erwin, H.** Lansdowne Elementary Activity Zone. Submitted March 20, 2007. (Take Action: Healthy People, Places, and Practices in Communities Project, \$5,000 requested - unfunded).

Erwin, H. E. (PI), Beighle, A., Miller, A., & Abel, M. Integrating Kinesthetic Learning Experiences in Elementary Classrooms. Submitted December 2, 2006. (University of Kentucky, College of Education Mini-grants, \$6,000 funded).

Erwin, H. E. (PI). Children's Perceptions of their Physical Activity. Submitted December 15, 2006. (University of Kentucky Faculty Summer Research Fellowship, \$6,000 funded).

Beighle, A., **Erwin, H. E.** (Co-investigator), & Abel, M. Impact of Perceived Access and Physical Activity Preferences on Children's Physical Activity Levels. Submitted January 8, 2007. (AAHPERD Research Consortium Collaborative Research Program, \$14,994 requested - unfunded).

Erwin, H. E. (Fall 2004). Graduate College Travel Grant. (University of Illinois at Urbana-Champaign, Funded).

SERVICE

Department

- ❖ Teacher Education Program faculty interview committee
2006-present
- ❖ KHP Chair Search Committee
2007-2008
- ❖ R.D. and Caroline Kirkpatrick Scholarship Fund Selection Committee
member
2007-present

College

- ❖ Teacher Educator certification for the Kentucky Teacher Internship
Program
2007-present
LaDonda Porter 2007-2008
Ned Cross 2008-2009
- ❖ Undergraduate Admissions and Standards Committee
2007-2010
- ❖ Scholarship Committee
2007-2010

University

Community

- ❖ Physical Education Teacher Education Conference Planning
Committee Member, NASPE
2009 National Physical Education Teacher Education Conference
2008-2009
- ❖ Pedagogy Review Panel research abstract reviewer
Research Consortium, AAHPERD
2008-present
- ❖ Kentucky Bluegrass Region Action for Healthy Kids Chair
2007-present
- ❖ Kentucky Governor's Office of Wellness and Physical Activity
National Governor's Association Grant Consultant
Healthy Kids, Healthy America (\$100,000 funded)
2007-2008
- ❖ University of Kentucky, College of Medicine
Jumpin' Jaguars Project at Johnson Elementary
Classroom Physical Activity Specialist
2007-present

- ❖ Reviewer for *Health Promotion Practice*
2008-present
- ❖ Guest reviewer for *Journal of Teaching in Physical Education*
2008-present
- ❖ Reviewer for *Environmental Health Insights*
2008-present
- ❖ Reviewer for *Research Quarterly for Exercise and Sport*
2007-present
- ❖ Reviewer for *Journal of Physical Activity and Health*
2007-present
- ❖ Reviewer for *Journal of School Health*
2007-present
- ❖ Reviewer for *Journal of Physical Education, Recreation, and Dance*
2007-present
- ❖ Lexington-Fayette Urban County Government Division of Parks and
Recreation Research Consultant
2007
- ❖ Lexington-Fayette County Health Department Tweens Nutrition and
Fitness Coalition Member
2006-present
- ❖ Kentucky Action for Healthy Kids Member
2006-present
- Prior to University of Kentucky*
- ❖ American Alliance for Health, Physical Education, Recreation and
Dance
Student Services Committee, Student Representative
2005-2006
- ❖ Contributing Editor, Research in Action Section, PE Central
2005-2006
- ❖ Pedagogy Area of Study Committee, University of Illinois
Graduate Student Representative
2003-2005

PROFESSIONAL MEMBERSHIPS

Action for Healthy Kids

American Alliance for Health, Physical Education, Recreation and Dance

American Association of Physical Activity and Recreation

Kentucky Association for Health, Physical Education, Recreation and Dance

Lexington-Fayette County Health Department Tweens Nutrition and Fitness Coalition

National Association for Sport and Physical Education