

Stephen E. Palmer, Ph.D.
Curriculum Vita

CONTACT INFORMATION

Work Address Northern Arizona University
College of Health Professions
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EDUCATION

- Ph.D.** Virginia Polytechnic Institute & State University
Curriculum & Instruction: May, 2002
- M.A.** California State University, Chico
Physical Education Pedagogy: June, 1998
- B.A.** California State University, Chico
Physical Education (Teaching Option): December, 1994

TEACHING CREDENTIAL

1997 State of California Single Subject Credential in K-12 Physical Education

PROFESSIONAL MEMBERSHIPS

- 1995-Current** American Alliance for Health Physical Education Recreation and Dance
(AAHPERD)
- NASPE
 - AAHE
- 2005-Current** American College of Sports Medicine (ACSM)
- 2001-Current** Arizona Association for Health Physical Education Recreation and Dance
(AzAHPERD)
- 2003-Current** National Middle School Association (NMSA)

HONORS & AWARDS

- 2004 – 2005** Teacher of the year. Department of Health Promotion, Northern Arizona University.
- 2000 – 2001** Graduate student of the year. Department of Teaching & Learning, Virginia Tech.

TEACHING EXPERIENCE**2001 – Present****Assistant Professor, Northern Arizona University****HP 345 – Physical Activity for Middle School Students** (Spring only)**HP 425 – Planning & Implementing School Physical Education** (Fall only)**HP 315 – Effective Teaching of Physical Activity****HP 405 – Physical Education in an Adventure Setting** (Fall only)**HP 530 – Foundations of Effective Teaching in Physical Education****ECI 495 – Student Teaching Supervision****HP 530 – Methods of Promoting Physical Activity****HP 599 – Foundations of Teaching Middle School Physical Education**
(Spring Only)**1998 – 2001****Graduate Teaching Assistant –Virginia Tech****Health and Physical Education Student Teaching Coordinator** (Fall 1999 – Spring 2001)**EDPE 2344: Teaching Large Group Activities** (Fall 1999)**EDPE 2354: Teaching Individual/Dual Activities** (Spring 2000, Spring 2001)**HNFE 1214: Weight Training** (Fall 1998-Spring 1999)**HNFE 12564: Racquetball** (Fall 1998)**Faculty Development Institute** (Summer 1999, 2000, 2001)

- Assist and Train Virginia Tech faculty in the use of computers and technology in teaching.
- Help develop Web enhanced/assisted/based instruction using HTML, Course Info, and Microsoft Office.

1996 - 1998**Public/Private School Teaching****Stonegate Year Round School - San Jose, CA** (1997 – 1998)

- Physical Education Teacher grades 6-8
- Gifted and Talented Education (GATE) Teacher grades 6-8
- Technology Coordinator

Committee Work

- District Technology Committee, Franklin-McKinley School District (1997-Summer)

Rhythm & Moves - Burlingame, CA (1996 – 1997)**Payne Elementary School - San Jose, CA**

- Physical Education Teacher grades 1-5

St. Leo the Great School - San Jose, CA

- Physical Education Teacher grades 3-8

- 1994-1996** **Graduate Teaching Assistant - California State University, Chico**
Academic Advisor: Physical Education Majors (Spring 1994-Spring 1996)
- PHED 102: Teaching Elementary Physical Education** (Spring 1996)
- PHED 112: Outdoor Education** (Spring 1994-Spring 1996)
- PHED 173: Theory of Weight Training** (Fall 1994-Spring 1996)
- PHED 109: Teaching Elementary Physical Education for PE Majors**
(Fall 1994-Spring 1996)
- PHED 098: Fitness Training** (Spring 1999)

SCHOLARLY ACTIVITY

Refereed Publications

- Palmer, S., Graham, G., & Elliott, E.** (2005). Effects of a Web-Based Health Intervention on Fifth Grade Children's Physical Activity Knowledge, Attitudes, and Behavior. *American Journal of Health Education*. 36(2) 86-93.
- Palmer, S., & Hildebrand, K.** (2005) Designing Appropriate Learning Tasks: The Environmental Management Model. *Journal of Physical Education, Recreation & Dance*. 76(2) 48-55.

Unpublished Manuscripts

- Palmer, S. E., Hildebrand, K., & Elliott, E.** (2005). Two Day Recall of Pedometer Step Counts of 10-12 Year Old Children. Manuscript in Development
- Palmer, S. E.** (2001). The Effects of the Web Based Instructional Unit Healthy Hearts on Fifth Grade Children's Physical Activity Knowledge, Attitudes, and Behavior. Unpublished Doctoral Dissertation, Virginia Polytechnic Institute and State University, Blacksburg.
- Graham, G., Manross, M. A., **Palmer, S.**, Tacla, C., & Konukman, F. (1999). Encouraging children to practice motor skills with the PE Central Challenge. Unpublished manuscript.
- Palmer, S., Elliott, E.** (2000) Healthy Hearts Teacher Manual. Unpublished manuscript. Blacksburg, VA.
- Palmer, S. E.** (1998) Olympic sprint training. PE Central [On-line]. Blacksburg, VA.
- Palmer, S. E.** (1998). The effect of practice on non-preferred hand and foot performance in a gross motor task. Unpublished master's thesis, California State University, Chico. Chico, CA.

Abstracts

- Elliott, E., **Palmer, S. E.**, & Aukerman, M. (2005). Effectiveness of an Internet-Based Tool for Teaching Cardiovascular Health Knowledge to Elementary School Children. *Medicine & Science in Sports & Exercise*, Check.
- Elliott, E., **Palmer, S. E.**, & Aukerman, M. (2005). Effectiveness of an Internet-Based Tool for Teaching Cardiovascular Health Knowledge to Elementary School Children. *Research Quarterly for Exercise & Sport*, 95(S-1), Check.
- Palmer, S.**, Graham, G., & Elliott, E. (2001). Effects of a Web-Based Health Intervention on Fifth Grade Children's Physical Activity Knowledge, Attitudes, and Behavior. *Research Quarterly for Exercise & Sport*, 73(1) supplement A.
- E. Spangler, E. Elliott, **S. Palmer**, R. Yeater, V. Muratov, G. Graham, W. Neal, (2003). An internet instructional module's effects on cardiovascular risk factors in children. *Medicine and Science in Sports & Exercise*, 35(5) S71.

Grant Activity

- Hildebrand, K. M. & **Palmer, S.** (2004) Planning & implementing standards-based curriculum and student assessment in FUSD physical education programs. U.S. Department of Education Carol M. White Physical Education Program Grant. October 2004 – September 2007. \$882,564 requested, \$300,658 matched.
- Palmer, S.** (2003). Effects of A Web-Delivered Catalyst for Coordinated School Health. American Cancer Society, July 2004 – December 2006, \$192,073 requested, not funded.
- Hildebrand, K. & **Palmer, S.** (2003). Restructuring physical education in the Flagstaff public schools: A standards-based approach. U.S. Department of Education Carol M. White Physical Education Program Grant. \$140,000 Funded August 2003 – June 2004.
- Palmer, S.** (2003). Implementing and Evaluating an internet delivered health curriculum in Arizona Schools: Healthy Hearts. Spencer Foundation, January 2004 – August 2005, \$74,435 requested, Not Funded.
- Palmer, S.** (2003). Implementing and Evaluating an internet delivered health curriculum in Arizona Schools: Healthy Hearts. American Heart Association, January 2004 – August 2005, \$74,435 requested.
- Palmer, S.** & Brynteson, P. (2003). Implementing Healthy Hearts in Flagstaff schools: An Internet Delivered Health Curriculum. Flagstaff Medical Center, July 2003 – July 2004, \$52,808 requested.
- Hildebrand, K. M. & **Palmer, S.** "Increasing Opportunities for Teacher Preparation in school Health Promotion: Development and Assessment of Learner Centered and Clinical On-Line School Health Promotion Graduate Courses". Arizona Board of Regents Innovation Fund, May 2003 – June 2004, \$24,781 requested.
- Palmer, S.**, "Effects of Digiwalkers on the Physical Activity of Children." May 2002 – April 2003, \$11,225 (Funded). NAU Intramural Grant Program.
- Hildebrand, K. M. & **Palmer, S.** "Department of health promotion post-baccalaureate certification and endorsement in health and physical education leading to a Master's degree program and position request". Prop 301 Proposal, July 2002 – June 2005, \$84,400 requested.

Grant Activity (Continued)

Hildebrand, K. M. & **Palmer, S.** “Increasing opportunities for graduate education in school health and physical education: Development of collaborative on-line health and physical education graduate programs”. FIPSE, July 2002 – June 2005. \$835,380 requested.

Hildebrand, K. M. & **Palmer, S.** “Increasing opportunities for graduate education in school health promotion”. Arizona Board of Regents Innovation Fund, July 2002 – June 2003, \$23,791 requested.

Elliott, E., **Palmer, S.**, & Graham, G. (2000). Concord College, 2000. Design, development, dissemination, and use of E-learning module: Healthy Hearts. West Virginia Bureau for Public Health, Virginia Tech’s Institute for Connecting Science Research to the Classroom, WVU Compton Nutrition, WVU CARDIAC, and SmithKline-Beecham, \$30,500 Funded.

Palmer, S., Graham, G., & Elliott, E. (1999). Development of a Web based instructional unit for fifth grade children. Virginia Tech, 1999. Carilion Community Health Fund, \$26,200 requested. Proposal was not funded.

Presentations and Workshops***National Presentations***

Elliott, E., Neal, W. A., Cottrell, L., Minor, V., Spangler-Murphy, E., **Palmer, S.** (2004). Schools As Change Agents: Implementing The WV Cardiac Project and the E-Learning Module Healthy Hearts. Presentation made at the Second *National CDC Prevention Conference on Heart Disease and Stroke*. Atlanta, GA.

English, G., & **Palmer, S.** (2003). Healthy Hearts: Promoting Physical Activity and Good Nutrition in Elementary-age Children. Presentation made at the Annual meeting of the American Alliance of Health, Physical Education Recreation and Dance. New Orleans, LA.

E. Spangler, E. Elliott, **S. Palmer**, R. Yeater, V. Muratov, G. Graham, W. Neal, (2003). An Internet instructional module’s effects on cardiovascular risk factors in children. *Presentation made at the Annual Meeting of the American College of Sports Medicine*, 35(5) s71.

Palmer, S., Graham, G., & Elliott, E. (2001). Effects of a Web-Based Health Intervention on Fifth Grade Children’s Physical Activity Knowledge, Attitudes, and Behavior. *Paper presented at the 2002 AAHPERD National Convention*. San Diego, CA.

Trimmer, D., Fahey, T., Burleson, L., & **Graduate Students.** (March, 2000). Speed and Quickness Training. *American Alliance for Health, Physical Education, Recreation, and Dance Annual Conference*, Orlando, FL.

Trimmer, D., Fahey, T., Burleson, L., & **Graduate Students.** (March, 1999). Speed and Quickness Training. *American Alliance for Health, Physical Education, Recreation, and Dance Annual Conference*, Boston, MA.

Trimmer, D., Fahey, T., Burleson, L., & **Graduate Students.** (March, 1998). Speed and Quickness Training. *American Alliance for Health, Physical Education, Recreation, and Dance Annual Conference*, Reno, NV.

Regional Presentations

- Palmer, S.** & Hildebrand, K. (2005). Benton Independent School District PEP Grant Inservice. Multiple day workshop for physical educators in Benton Independent Schools. Benton, TX.
- Hildebrand, K. & **Palmer, S.** (2003). Solving the Skill-Drill Debacle: Applying Game Stages and GLSP to Task Development – Part I. *Presentation made at the 2003 SW District AHPERD convention.*
- Hildebrand, K. & **Palmer, S.** (2003). Solving the Skill-Drill Debacle: Applying Game Stages and GLSP to Task Development – Part II. *Presentation made at the 2003 SW District AHPERD convention.*

State Presentations

- Palmer, S.**, Hildebrand, K., Nazario, J., McKinney, M., Banks, M. (2003). Collaborative Opportunities in Teacher Education. Presentation made at the Arizona Association for Health, Physical Education and Dance Annual Meeting. Mesa, AZ.
- Palmer, S.**, Hildebrand, K. (2002). Skill themes and movement concepts for middle school students. *Presentation at the 2002 AzAHPERD State convention.* Tucson, AZ.
- Palmer, S.** (2002) Healthy Hearts: Extending health instruction into the classroom via the Internet. Presentation at the 2002 AzAHPERD State convention. Tucson, AZ.
- Tacla, C., **Palmer, S.**, Fortner, S., Harkrader, L., & Pomeroy, J. (November, 2000). The PE Central Challenge. *Virginia Association for Health, Physical Education, Recreation, and Dance Annual Conference.* Williamsburg, VA.
- Elliott, E., & **Palmer, S.** (October, 2000). Healthy Hearts: An Internet Instructional Module for 5th Grade Kids. *West Virginia Association for Health, Physical Education, Recreation, and Dance Annual Conference,* Glade Springs Resort, Daniels, WV.
- Palmer, S.** & Elliott, E. (October, 2000). Let's Get Movin' with PE Central. *West Virginia Association for Health, Physical Education, Recreation, and Dance Annual Conference,* Glade Springs Resort, Daniels, WV.
- Palmer, S.** & Westfall, S. (July, 1997). Teaching with Video in Physical Education. *California Association for Health, Physical Education, Recreation, & Dance Technology Conference,* Sacramento, CA.
- Burleson, L., **Palmer, S.**, & Sesock, R. (March, 1997). Teaching Orienteering with the Internet. *California Association for Health, Physical Education, Recreation, & Dance Annual Conference,* Los Angeles, CA.
- Trimmer, D., Fahey, T., Burleson, L., & **Graduate Students.** (March, 1996). Speed and Quickness Training. *California Association for Health, Physical Education, Recreation, and Dance Annual Conference,* San Jose, CA.

Local Presentations & Workshops

- Hildebrand, K. & **Palmer, S.** (2004). Flagstaff Unified School District PEP Grant Inservice. Multiple day workshop for physical educators in Flagstaff Unified Schools. Flagstaff, AZ.
- Palmer, S.** & Hildebrand, K. (2004). Policy and Practices for minimizing and dealing with Summer camp off-task behavior. Workshop for Peach Springs Summer camp staff. Peach Springs, AZ.
- Krouscas, J., **Palmer, S.**, & Parker, S. (October, 2000). Successful Physical Education. Botetourt County Teacher Inservice, Daleville, VA.
- Palmer, S.** & Poole, J. (August, 1999). Implementing Orienteering in K-12 Physical Education. Montgomery County Physical Education Teacher Inservice, Riner, VA.

SERVICE

- 2004 – Present** Chair, Department of Health Professions Scholarship Committee, Northern Arizona University
- 2004 – Present** Health & Wellness Committee, Flagstaff Unified School District. Flagstaff, AZ.
- 2004 – Present** Honors & Scholarship Committee, Northern Arizona University College of Health Professions
- 2003 – Present** Northern Arizona University Student Teaching Committee
- 2002 - Present** Northern Arizona University Secondary Teacher Education Committee (USTEC) **2004-2005 Co-Chair**
- 2002 - Present** Editorial board – Secondary Lesson Ideas
- 2002 – Present** Northern Arizona University Scholarship Committee
- 2001 - Present** Northern Arizona University Health Promotion BS Education Committee
- 2001 - Present** JOPERD Editorial Review Board
- 1999 - Present** **Healthy Hearts Project Assistant Director**
<http://www.healthyhearts4kids.org/>
 - Help design, develop, and implement Healthy Hearts, a five-week Web based instructional unit for fifth grade students.
 - Evaluate effectiveness on physical activity knowledge, attitude, and behavior
 - Developing Middle School health instructional module
- 2002 - 2003** AZ Governor’s Council on Physical Activity: Northern Arizona
- 2002 - 2003** Northern Arizona University College of Health Professions: Technology Committee
- Fall 2002** Health Pedagogy Search Committee, Department of Health Promotion, Northern Arizona University
- 1998 – 2002** Managing editor PE Central – Secondary Lesson Ideas:
<http://www.pecentral.org>

1998 - 2001

PE Central Challenge

<http://www.pecentral.org/>

- Part of team to design and disseminate motor skills program to fourth and fifth grade children around Nation.

In 2000-2001, over 30,000 children participated in the PE Central Challenge.

Fall 2000

Virginia Tech Health and Physical Education Electronic Portfolios

Designed and implemented electronic portfolios for Virginia Tech Health and Physical Education student teachers.