

October, 2017

Curriculum Vitae

## JOHN H. DOWNING

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### *Professional Objective*

Teaching, research, and service in the fields of  
Perceptual-motor development, health fitness/wellness,  
adapted physical education, and physical education  
pedagogy

### *Education*

University of Oregon, Eugene, Oregon. Doctor of  
Philosophy in Physical Education: *major concentration* -  
Special (Adaptive) Physical Education; *minor*  
*concentration* - Gross Human Anatomy, August, 1985.

Springfield College, Springfield, Massachusetts.  
Master of Science in Physical Education Pedagogy, May,  
1973.

Springfield College, Springfield, Massachusetts.  
Bachelor of Science in Physical Education, *Summa  
Cum Laude*, May, 1970.

Activities: freshmen swimming; intra-  
murals, (basketball, softball) three years;  
yearbook, one year; head manager, varsity  
basketball, four years; varsity club; Phi  
Epsilon Kappa, Physical Education  
Fraternity.

Nazareth High School, Brooklyn, New York,  
June, 1966.

**Activities:** varsity swimming, four years; junior varsity baseball, one year; varsity baseball, two years; intramurals (softball, flag football, basketball); yearbook; National Honor Society; Class President (1); Glee Club (1); Great Books.

### ***College/University Employment Experience***

**Associate Professor and Graduate Faculty** – Department of Kinesiology, *Missouri State University*, 8/2006 to present. **Responsibilities:** include coordinating the department's Healthy Lifestyles: Preventive Approaches general education elective course – URL <http://www.missouristate.edu/kin210/> - plus those listed below under the Assistant Professor rank.

**Assistant Professor and Graduate Faculty** – Department of Health, Physical Education and Recreation, *Missouri State University*, 8/2001 to 7/2006. **Responsibilities:** teaching, research and service in perceptual-motor development - URL (<http://www.missouristate.edu/PMDL/>), health and physical education pedagogy, and fitness for living.

**Adjunct Faculty** – Department of Physical Education and Human Performance, *Manhattan College*, Riverdale, New York, 8/2000 to 5/2001. **Responsibilities:** teaching adaptive physical education courses, undergraduate and graduate.

**Assistant Professor and Graduate Faculty** – Department of Physical Education and Human Performance, *Manhattan College*, Riverdale, New York, 8/98 to 8/2000. **Responsibilities:** teaching, research and service with specialization in adapted physical education, personal wellness and research methods.

**Assistant Professor** - Tenure-track. Department of Exercise, Sport and Health Studies, *University of Texas, Arlington*, Texas, 9/92 to 8/98.

**Responsibilities:** teaching, research and service with specialization in adapted physical education, and other teaching areas including: secondary teaching methodology, health foundations and weight training.

**Occasional Faculty** - *Texas Christian University*, Fort Worth, Texas, spring semester, 1997.

**Responsibilities:** Taught Anatomical Bases of Physical Activities in the Department of Kinesiology and Physical Education.

**Assistant Professor and Graduate Faculty** - Department of Exceptional and Physical Education, *University of Central Florida*, Orlando, Florida, 8/90 - 6/92 - **soft money position**.

**Responsibilities:** Teaching, research, service; Grant Coordinator: Professional Preparation in Adapted Physical Education (Master's Level). Other teaching areas include: Elementary Health/Physical Education: Coaching Certification Courses (In service); Coordinated Adapted Physical Education Internships.

**Adjunct Professor** – Department of Exceptional and Physical Education Satellite Program, *Brevard Community College*, Cocoa, Florida, Spring Semester, 1991. **Responsibilities:** Taught Teaching Elementary Health and Physical Education to Education majors.

**Lecturer and Graduate Faculty** - Department of Sport, Leisure and Exercise Science, *University of Connecticut*, Storrs, Connecticut, 9/87 - 6/90 - **soft money position**. **Responsibilities:** Taught graduate and undergraduate courses in special physical education in the Department of Sport, Leisure and Exercise Science; organized, administered and supervised weekly and weekend motor development clinics for children with varying ranges/types of disabilities.

**Supervisor** - Athletic Training Facility, Autzen Stadium, University of Oregon, Eugene, Oregon, summer, 1984.

**Graduate Teaching Fellow** - University of Oregon, Eugene, Oregon, 9/81 - 3/83. Coordinator and instructor, undergraduate human cadaver anatomy laboratories. **Responsibilities:** scheduling, composing, and coordinating lab practical examinations; coordinating teaching assignments; maintaining lab; teaching graduate and undergraduate cadaver laboratories.

**Graduate Teaching Fellow** - University of Oregon, Eugene, Oregon, 9/79 - 6/82.

**Responsibilities:** Taught physical activity courses: volleyball, handball, racquetball, basketball (beginner and advanced), flag football (beginner and advanced), softball (beginner and advanced), and table tennis. Additional supervision and activity coordination responsibilities in the Intramural Department.

**Graduate Assistantship** - Springfield College, Springfield, Massachusetts, 9/77 - 6/78. Research Assistant to the Dean of the Graduate School.

**Responsibilities:** Grading of doctoral statistics assignments, doctoral/master's student assistance, and general supervision and maintenance of the research laboratory/calculator lab.

**Assistant Sport's Information Director** - Springfield College, Springfield, Massachusetts, 1973-1975.

**Graduate Assistantship** - Springfield College, Springfield, Massachusetts, 9/70 - 6/73.

**Responsibilities:** Research Assistant to Graduate School Dean (See above, 9/77 - 6/78); Tests and Measurements; Research; and Curriculum Construction.

***Public/Private School K - 12  
Employment Experience***

**Adaptive Physical Education Teacher** – *District 67, Board of Education, New York City, 9/2000 – 8/2001. Responsibilities: teaching adaptive physical education to children with various disabilities, C.S. 198, 1180 Tinton Avenue, Bronx, N.Y. 10456.*

**High School Teacher/Coach** - *Tehran American School, Tehran, Iran, 7/75 - 6/77. Responsibilities: Taught health and physical education grades nine through 12. Head Coach, varsity basketball (two years); varsity soccer (one year); varsity cross country (one year). Supervised and coordinated scheduling for intra-city scholastic basketball league.*

***Summer Camp  
Employment Experience***

**Camp Counselor** - *Department of Recreation, Springfield, Massachusetts, Summer, 1987. Day Camp for children with mild to moderate developmental disabilities.*

**Camp Counselor** - *Catholic Youth Organization, Diocese of Brooklyn, Brooklyn, New York, Summers, 1962 - 1971. Responsible for groups of approximately 20 - 30 campers of the primary school age level. Included: life guarding and teaching red cross certification swimming.*

***Non-School Related  
Employment Experience***

**Insulation Engineer** - *New York Protective Covering, Inc., Coastal Dry Dock, Brooklyn Navy Yard, Brooklyn, NY, 1976-1982 (part and full time). Responsibilities: installing and removing insulation on navy and commercial ships.*

**Insulation Engineer's Assistant** – See above, 1968-1975. Served as assistant to above.

**Stockroom Manager** - *Grace Food Service*  
Springfield, Massachusetts, 1972 -1975.

**Responsibilities:** receiving, stocking, ordering, and inventory of food and other provisions for the Springfield College cafeteria.

***PAID Related Work  
Experience: Programs,  
Workshops, and In-  
Service instruction***

**Project "Sport" – Saturday Program of Recreation and Teaching Motor Skills** – Staff member teaching physical education – motor skills, physical fitness and aquatic activities to young adults with blindness/hearing disorders and multiple disabilities in Saturday program at Manhattan College, 9/99 to 6/2001.

**Project "Champ" - Children Having Additional Motor Power** - Staff member teaching physical education and recreation activities to children with varying disabling conditions in daily after school program at Manhattan College, 9/98 to 6/2000.

**Workshop** - "Coaching Specific Sports". This 60 hour course was taught in partial fulfillment of the Florida State Coaching Certification requirement. Location: Lake County Public Schools, Howey-in-the-Hills, Florida, 7/13/92 through 7/17/92. Coordinator and co-presenter of program.

**Workshop** - "Theory of Coaching". This 60 hour course was taught in partial fulfillment of the Florida State Coaching Certification requirement. Location: Lake County Public Schools, Howey-in-the-Hills, Florida, 6/24/91 through 6/28/91. Coordinator of Program and Co-presenter.

**Workshop** - “Sports Medicine”. This 60 hour course was taught in partial fulfillment of the Florida State Coaching Certification requirement. Location: Lake County Public Schools, Howey-in-the-Hills, Florida, 7/22/91 through 7/26/91. Coordinator of Program and Key Presenter.

**Curricular In Service Instruction**, Stonington Public Schools, Stonington, Connecticut, 5/14/90. Topic: The Implementation of Adapted Physical Education in the State of Connecticut.

**Curricular In Service Instruction** - EAST CONN, Putnam Elementary School, Putnam, Connecticut, 10/11/88 and 11/10/88. Topic: Assessment and Programming in Physical Education for Special Populations in the Mainstream.

**Curricular In Service Instruction** - Norwich Public Schools, Norwich, Connecticut, 2/11/88. Topic: Teaching Physical Education to Special Populations.

**Rehabilitative Physical Education Instructor** - University of Oregon, Eugene, Oregon, 3/81-6/81. Coordinated and taught in the rehabilitative physical education program for university students/staff with various orthopedic and other health related impairments.

**Supervisor** - Eugene Parks and Recreation, Eugene, Oregon, 1/80-4/80. Supervised weekly basketball program for teenagers and adults with learning and behavior disorders.

### ***Field Experience***

**Volunteer Teacher** - Eugene Family YMCA, Eugene, Oregon, 9/82 - 3/83. Taught swimming to children with neurological impairments and orthopedic disabilities.

**Volunteer Teacher** - Easter Seals School, Eugene, Oregon, 9/81 - 12/81. Taught physical education to pre-school, first, and second grade children with learning disabilities.

**Volunteer Teacher** - Willamalane Recreation Center, Springfield, Oregon, 3/81 - 6/81. Taught swimming to children with learning and behavior disorders.

**Volunteer Teacher** - Eugene Family YMCA, Eugene, Oregon, 9/80 - 12/80. Taught swimming to adults with learning and behavior disorders.

**Volunteer Teacher** - Oregon State Special Olympics, Eugene, Oregon, 5/80. Volunteer in State Track and Field Meet.

**Coach** - Eugene Parks and Recreation, Eugene, Oregon, 1/80-4/80. Special Olympic Basketball.

**Volunteer Teacher** - Eugene Parks and Recreation, Eugene, Oregon, 9/79 - 12/79. Taught basketball to teenagers and young adults with Down syndrome and multiple disabilities.

**Student Teaching** - Kosciusko Junior High School and Enfield Elementary Schools, Enfield, Connecticut, 9/69 to 12/69. Taught physical education (K-10); assistant junior varsity football coach.

### ***Other Related Service***

**Invited Presentation** – 31<sup>st</sup> Showcase on Teaching and Learning: Faculty Panel: Critical Thinking (with Randy Meredith, Faculty Center for Teaching and Learning) Missouri State University, Plaster Student Union, 314, August 17<sup>th</sup>, 2016.

**Workshop** – (participant) 34<sup>th</sup> International Conference on Critical Thinking, Claremont Hotel, Berkeley, California, 7/28 – 7/31, 2014. Presented by the Foundation for Critical Thinking, Dillon Beach, California - <http://www.criticalthinking.org/>

**Invited Presentation:** 27<sup>th</sup> Showcase on Teaching and Learning: Enhancing critical thinking skills in fitness-wellness courses: A preliminary study (other invited faculty: Thomas Altena from the Department of Kinesiology), Missouri State University, Strong Hall, 201, August 15, 2012.

**Workshop:** (Participant) Turning Technologies Intermediate Users Conference, Including Turning Key and Results Manager, Missouri University of Science and Technology Campus, Rolla, Missouri, May 10<sup>th</sup>, 2011.

**Workshop:** (Participant) Turning Technologies User Conference, Harvard University, Cambridge, Massachusetts, October 11<sup>th</sup> and 12<sup>th</sup>, 2010.

**Invited Presentation:** 24<sup>th</sup> Showcase on Teaching and Learning: Using student response systems for engaging students and enhancing our teaching methodology (Other invited faculty: G. Runke, G. Masterson from the Department of Health, Physical Education and Recreation), Missouri State University, Strong Hall, 204, August 18, 2010.

**Workshop** – (participant) 30<sup>th</sup> International Conference on Critical Thinking, Berkeley, California, 7/19 – 7/22, 2010. Presented by the Foundation for Critical Thinking, Dillon Beach, California - <http://www.criticalthinking.org/>

**Workshop:** Student Response Systems (SRS) – discussed how technological innovations are able to transform traditional classroom teacher-centered approaches to student-centered approaches via use of responder pads. Other invited faculty: G. Runke, G. Masterson from the Department of Health, Physical Education and Recreation. Sponsored by the Faculty Center for Teaching and Learning and the Educational Technology Center (ETC) at Missouri State University, March 29<sup>th</sup>, 2010.

**Forum/Symposium:** Fitness and Wellness – invited participant – Fitness & Wellness Forum, McGraw-Hill Publishing, New York, New York, 9/25/2009. Selected higher education fitness and wellness faculty met to discuss (1) issues with student motivation, (2) designing a fitness and wellness hybrid textbook, and (3) the use of technology and media in fitness and wellness courses.

**Workshop** – (participant) 28<sup>th</sup> International Conference on Critical Thinking, Berkeley, California, 7/21 – 7/24 2008. Presented by the Foundation for Critical Thinking, Dillon Beach, California - <http://www.criticalthinking.org/>

**Forum/Symposium** – invited participant – Benjamin Cummings Fitness & Wellness Forum, Pearson Publishing, San Francisco, California, 11/3/2007. Selected higher education fitness and wellness faculty met to discuss (1) best practices, (2) the challenge of diverse populations and (3) the use of technology and media in fitness and wellness courses.

**Workshop** – (participant) Manhattan College, Riverdale, New York, 2/26/99 and 2/27/99. Two Way Interactive Distance Learning for Developers and Deliverers. Presented by Wally Craven, Distance Learning Producer, Educational Video Conferencing, Inc.

**Workshop** - (participant) Texas Woman's University, Department of Kinesiology, Denton, Texas, 2/18/94 and 2/19/94. Teaching Physical Education to At-Risk Children - Elementary Level. Presented by Dr. Donald Morris, California State University, Pomona.

**Workshop** - (participant) Texas Woman's University, Department of Kinesiology, Denton, Texas, 11/92. Teaching Physical Education to At-Risk Adolescents. Presented by Dr. Don Hellison, University of Illinois at Chicago.

**Workshop** – (participant) Department of Education, Office of Special Education and Rehabilitative Services, Washington, DC, Grant Writing Workshop, 9/91.

**Workshop** – (participant) University of Virginia, Charlottesville, Virginia, 8/6/91 - 8/10/91. Participated as a student in The Achievement Based Curriculum (ABC) in Physical Education. Presented by Dr. Luke Kelly, University of Virginia.

**Workshop** – (participant) Oregon State University, Corvallis, Oregon, 3/14/88 - 3/18/88. Data Based Gymnasium for the Severely and Profoundly Handicapped. Presented by Dr. John Dunn, Oregon State University.

**Oregon State Special Olympics** - Eugene, Oregon, Spring, 1981 - 1984. Coordinator of Field Events; Associate Chair, Rules Committee; and Associate Events Director, State Track and Field Meet.

***Courses Taught/  
Supervised***

**University of Oregon (1980 - 1983)**

**Graduate Courses:**

**PE 571** – Gross Human Anatomy – Cadaver  
Laboratory – Head and Neck

**Undergraduate Courses:**

**ANAT 311** – Gross Human Anatomy – Cadaver  
Laboratory – Extremities  
**ANAT 312** – Gross Human Anatomy – Cadaver  
Laboratory - Trunk and Thorax;  
Head and Neck

**University of Connecticut (1987 – 1990)**

**Graduate Courses:**

**ESLS 370** - Physical Development and the  
Handicapped (3 SH)  
**ESLS 373** - Seminar in Special Physical Education  
(3 SH)  
**ESLS 372** - Programming Physical Education  
Activities for Those with Learning and Behavior  
Problems (3 SH)  
**ESLS 374** - Physical Education for the Physically  
and Neurologically Handicapped (3 SH)  
**ESLS 390** - Motor Learning Clinic (1-3 SH)

**Undergraduate Courses**

**ESLS 273** - Special Physical Education: Adapted,  
Individualized, Developmental (3 SH)

**University of Central Florida (1990 - 1992)****Graduate Courses:**

**PET 6615** - Psychomotor Assessment and Interpretation in Adapted Physical Education (3 SH)

**PET 6646** - Methods and Curriculum in Adapted Physical Education (3 SH)

**PET 6655** - Developmental Aspects of Motor Disabilities (3 SH)

**PET 6647** - Program Development in Adapted Physical Education (3 SH)

**PET 6645** - Advanced Studies in Adapted Physical Education (3 SH)

**PET 6946** - Practicum in Adapted Physical Education (3/4 SH)

**PET 6946** – Clinical Practicum – Exercise Science (3/4 SH)

**Undergraduate Courses:**

**PET 4640** - Adapted Physical Education (3 SH)

**HLP 4722** - Teaching Elementary School Health/Physical Education (3 SH)

**Brevard County Community College (Spring Semester, 1991)****Undergraduate Courses:**

**HLP 4722** - Teaching Elementary School Health/Physical Education (3 SH)

**University of Texas at Arlington (1992 to 1998)****Undergraduate Courses - Theory:**

**EXSS 3304** - Adapted Exercise and Sport (3 SH)

**EXSS 4320** - Integration of Principles of Exercise and Sport: Performance ((2-3) 3 SH) [Secondary teaching methods]

**HEED 1316** - Foundations of Health (3 SH)

**Undergraduate Courses - Sport Activities:**

**EXSA 0184** - Weight Training (1 SH)

**EXSA 0166** - Racquetball (1 SH)

**EXSA 0120** - Bowling (1 SH)

**Texas Christian University (Spring Semester, 1997)**

**Undergraduate Courses:**

**PHED 1603** - Anatomical Bases for Physical Activities (3 SH)

**Manhattan College (Fall Semester, 1998 to Spring, 2001)**

**Graduate Courses:**

**EDUG 788** – Psychomotor Assessment in Adapted Physical Education (3 SH)

**EDUG 793** – Curriculum Development in Adapted Physical Education (3 SH)

**EDUG 796** – Seminar on Contemporary Research and Issues in Adaptive Physical Education (3 SH)

**EDUG 797** – Motor Development (3 SH)

**Undergraduate Courses:**

**PHED 110** - Personal Wellness (3 SH)

**PHED 423** - Physical Education and Recreation for Individuals with Physical Disabilities (3 SH)

**PHED 415** - Supervised Practicum - Student Teaching (3 SH)

**PHED 425** – Research Seminar I (1 SH)

**PHED 426** – Research Seminar II (1 SH)

**PHED 424** – Physical Education and Recreation for Individuals with Cognitive, Behavior and Sensory Impairments (3 SH)

**PHED 421** – Therapeutic Recreation (2 SH)

**PHED 332** – Volleyball/Team Handball/Floor Hockey (1 SH)

**PHED 226** - Basketball (1 SH)

**Missouri State University (Fall Semester, 2001 to present)**

**Graduate Courses:**

**PED 699** – Thesis Supervision (6 SH)

**PED 695** – Research Project Supervision (3 SH)

**Undergraduate Courses:**

**KIN 100** – Fitness for Living Lecture/Laboratory (2 SH) including section for individuals with disabilities

**KIN 127** – Weight Training (1 SH)

**KIN 210** – Healthy Lifestyles: Preventive Approaches (3 SH)

**KIN 358** – Health Education (3 SH)

**KIN 440** – Middle School Physical Education (3 SH)

**SED 493** – Supervised Teaching – Secondary (6 SH)

**SED 496** – Supervised Teaching – Elementary (6 SH)

**KIN 468** – Adapted Physical Education (4 SH)

**KIN 545** – Perceptual and Motor Development (3 SH). Recognized as a Citizenship and Service Learning (CASL) course through 2013.

***Publications – Refereed***

**Submitted:** Imrhan, S. N. and Downing, J. H. A comparison of two-handed pinch forces at different grip widths in females. Submitted to the *International Journal of Industrial Ergonomics*.

Downing, J. H., Keating, T. M. and Bennett, J. C. (2005). Effective reinforcement techniques: The key to behavior management in elementary physical education. *The Physical Educator*, 62(3), 114-122.

Downing, J. H. and Lander, J. E. (2002). Performance errors in weight training and their correction. *Journal of Physical Education, Recreation and Dance*, 73(9), 44 - 52.

Yan, J. H. and Downing, J. H. (2001). The effects of aging, grip span, and grip width on hand strength. *Research Quarterly for Exercise and Sport*, 71(1), 71-77.

Downing, J. H. and Rebollo, J. (May/June, 1999). Parents' perceptions of the critical factors essential for integrated physical education programs. *Remedial and Special Education*, 20(3), 152-159.

Downing, J. H. and Yan, J.H. (1998). Comparing the effects of Tai Chi and traditional locomotor exercises on senior citizens' gross and fine motor control. *Research Works* section of the *Journal of Physical Education, Recreation and Dance*, 69(9), 9.

Yan, J. H. and Downing, J. H. (1998). Tai Chi: An alternative exercise form for seniors. *Journal of Aging and Physical Activity*, 6(4), 350-362.

Yan, J. H., Thomas, J. R. and Downing, J. H. (1998). Locomotion improves children's spatial search patterns: A meta-analytic review. *Perceptual and Motor Skills*, 87, 67-82.

Downing, J. H. (1998). "Street Games" as alternative games. *Strategies: A Journal for Physical and Sport Educators*, 11(5), 29-34.

Downing, J. H. and Lander, J. E. (1997). Fostering critical thinking through interdisciplinary cooperation: Alternative approaches for integrating secondary level physics into a weight training unit. *National Association of Secondary School Principals (NASSP) Bulletin*, 81(561), 85-94.

Downing, J. H. and Dangelmaier, B. (1997). A comparison of wheelchair, varsity and novice basketball players on selected free throw shooting variables. *Palaestra*, 13(2), 12-13.

Downing, J. H. (1997). Guidelines for teaching beginning weight training. *Strategies: A Journal for Physical and Sport Educators*, 10(5), 27-29.

Downing, J. H. (1997). The Good Behavior Game: An effective management tool. *Teaching Elementary Physical Education*, 8(1), 14-15.

Downing, J. H. (1996). Establishing a proactive discipline plan in elementary physical education. *Journal of Physical Education, Recreation and Dance*, 67(6), 25-30. Also See ERIC Documents, pg. 16.

Book Review - Winnick, Joseph (ed.) (1993). Adapted physical education and sport - for *Adapted Physical Activity Quarterly*, 10, 1, 75-77.

Downing, J. H. (1990). General principles for developing conditioning programs for Special Olympic Athletes, Pt. 1. *National Strength and Conditioning Journal*, 12(2), 74-76.

Downing, J. H. (1990). General principles for developing conditioning programs for Special Olympic Athletes, Pt. 2. *National Strength and Conditioning Journal*, 12(3), 35-37.

### ***Refereed Abstracts***

Downing, John H. (2017). Critical thinking interventions effect students' wellness knowledge, attitudes and behaviors. *Research Quarterly for Exercise and Sport*, 88, (Suppl. 1), A70.

Downing, John H. (2014). Evaluating student response systems in a Perceptual Motor Development course. *Research Quarterly for Exercise and Sport*, 85, (Suppl. 1), A60.

Downing, John H. & Altena, Thomas A. (2012). Enhancing critical thinking skills in fitness-wellness courses: A preliminary study. *Research Quarterly for Exercise and Sport*, 83, (Suppl. 1), A-15 – A-16.

Downing, J. H., Keating, T, Altena, Thomas, S Masterson, G. (2011). Assessing student wellness knowledge, attitudes and behaviors: A technological approach. *National Strength and Conditioning Association Conference Abstract*, 34, 768.

Downing, J. H. (2011). Field testing the wellness knowledge, attitude and behavior instrument. *Research Quarterly for Exercise and Sport*, 82, (Suppl. 1), A26.

Downing, J. H., Masterson, G. E. and Altena, T. S. (2010). Assessing technology's effects on student wellness knowledge, attitudes and behavior. *Research Quarterly for Exercise and Sport*, 81, (Suppl. 1), A21.

Downing, J. H., Noroski, R. and Masterson, G.E. (2009). The effects of technology based interventions on selected health fitness parameters of university students. *National Strength and Conditioning Association Conference Abstracts*, 32, 728.

Downing, J. H., and Mooney, J. (2009). Evaluating the dietary guidelines: The development of an evaluation tool. *Research Quarterly for Exercise and Sport*, 80, (Suppl. 1), A25.

Downing, J. H., Noroski, R, Masterson, G. E. & Esposito, P. (2008). Technology interventions designed to improve student health and wellness instruction. *Research Quarterly for Exercise and Sport*, 79, (Suppl. 1), A21.

Noroski, R., Esposito, P., Downing, J. H., & Masterson, G. E. (2008). An activity based intervention's impact on student health fitness parameters. *Research Quarterly for Exercise and Sport*, 79, (Suppl. 1), A26 - 27.

Downing, J. H. & Keating, T. M. (2007). A comparison of selected body composition protocols: Skinfold versus bioelectrical impedance. *Research Quarterly for Exercise and Sport*, 78, (Suppl. 1), A26.

Downing, J. H. & Masterson G. E. (2006). The effects of a fitness for life course on the wellness knowledge, attitudes and behaviors of selected university students. *Research Quarterly for Exercise and Sport*, 77, (Suppl. 1), A6 - 7. Published/presented as part of an AAHPERD Research Consortium Health Symposium, "Assessing and improving attitudes in college physical activity courses," A-xvii - A-xviii.

Downing, J. H., Masterson, G. E. & Gray, L. (2005). Tracking the effects of a university fitness for life course on the wellness knowledge and exercise behaviors of selected students. *Research Quarterly for Exercise and Sport*, 76, (Suppl. 1), A35.

Downing, J. H., Masterson, G. E. & Hill, C. (2004). Tracking the effectiveness of a university fitness for life course on the wellness content knowledge of undergraduate students: A preliminary investigation. *Research Quarterly for Exercise and Sport*, 75, (Suppl. 1), A20-21.

Downing, J. H. and Keating, T. M. (2003). Counterbalanced analysis of acute ROM effects of PNF contract-relax stretching methods. *National Strength and Conditioning Association Annual Convention Abstract Presentations*, 26, 593.

Keating, T., Goss, F., Robertson, R., Downing, J. & Metz, K. (2003). The effects of mode specific warm-up on self-efficacy and perceived exertion during steady-state cycling. *Medicine & Science in Sports and Exercise*, 35 (Suppl. 1), S394.

Downing, J.H. and Keating, T. M. (2003). Cardiovascular and perceptual responses to graded exercise in persons with developmental disabilities with and without verbal encouragement. *Research Quarterly for Exercise and Sport*, 74, (Suppl. 1), A76.

Downing, J.H. and Keating, T. M. (2002). Pre-student teaching instructional behaviors of undergraduate physical education majors. *2002 Abstracts for the Research Section and Health Division of the Texas Association for Health, Physical Education, Recreation and Dance Convention*, 79, 5.

Keating, T. M., Goss, F., Robertson, R., Downing, J. H. & Metz, K. (2002). Effects of mode specific warm-up on subsequent gross mechanical efficiency. *Research Quarterly for Exercise and Sport*, 73, (Suppl. 1), A9.

Keating, T. M. & Downing, J. H. (2001). Validation of the children's OMNI scale of perceived exertion in adolescents and young adults with developmental disabilities. *Research Quarterly for Exercise and Sport*, 72, (Suppl. 1), A101 – A102.

Yan, J.H. and Downing, J.H. (1999). The effects of aging and grip width on hand strength. *Journal of Sport and Exercise Psychology*, 21 (Suppl.1), S125.

Downing, J.H. and Yan, J.H. (1998). The effects of grip width on gender and pinching force. *Texas Association for Health, Physical Education, Recreation and Dance Convention Research Abstracts*, (75)7.

Downing, J.H. and Dangelmaier, B. C. (1998). Shooting characteristics of three levels of elite wheelchair basketball athletes. *The Research Quarterly for Exercise and Sport*, 69 (Suppl. 1), A-129-A130.

Downing, J.H. (1998). Comparing parents' and adapted physical education specialists' perspectives of the critical factors essential for integrated physical education programs. *Southern District Association for Health, Physical Education, Recreation and Dance Convention Research Abstracts*.

Downing, J. H. (1997). Parents' opinions of the critical factors essential for integrated physical education programs. *Texas Association of Health, Physical Education, Recreation and Dance Research Abstracts*, (74)6.

### ***Grants, Contracts and Alternative Proposals***

#### **Curricular Innovations Technology Grant:**

Cultivating Higher Level Thinking Skills in Undergraduate General Education: A Critical Thinking-Case Study Approach (\$8,627.00 requested). Funded through the Faculty Center for Teaching and Learning (FCTL), Missouri State University, Springfield, Missouri. Funded (May 10<sup>th</sup>, 2010)

#### **Submitted: Project ASPIRE: Accessing Support to Prepare Interventionists for the Realities of Education – DHH in the 21<sup>st</sup> Century.**

Preparation of special education, related services and early intervention personnel to serve infants, toddlers and children with low-incidence disabilities at the master's level. Funding Agency: Office of Special Education and Rehabilitative Services (OSERS), United States Department of Education. Primary investigator, Dr. Neil DiSarno, Department of Communication Sciences and Disorders [I am serving as member of the multi-disciplinary intervention team].

**Faculty Curriculum Grant:** Southwest Missouri State University: *Enhancing the Effectiveness of Service Delivery to Children in the Southwest Missouri State University Perceptual Motor Development Program: An Equipment Funding Proposal*. Total amount funded, **\$6,719.10**. 10/27/04.

**Submitted 12/2000: Pre-Service Master's Level Professional Preparation Training Grant in Adaptive Physical Education:** *Improving the preparation of personnel to serve children with high incidence disabilities*. Funding Agency: Office of Special Education and Rehabilitation Services (OSERS), United States Department of Education. Total amount requested: \$489, 662. [Not funded]

**Research Enhancement Grant:** University of Texas at Arlington. *Establishing and implementing fitness programs for wheelchair users*. Funded for the amount of **\$9,692.86**, May 3, 1997.

### ***Theses***

**Master's Thesis:** The influence of three selected categories of winning percentages on the opinions of college coaches toward teaching. Unpublished Master's Thesis, Springfield College, Springfield, Massachusetts, 1973.

**Doctoral Dissertation:** Parents' and teachers' opinions of the critical factors essential for mainstreamed physical education programs for physically exceptional students at the elementary level. Unpublished Doctoral Dissertation, University of Oregon, Eugene, Oregon, 1985.

### ***Theses/Dissertation Committees***

#### **Master's Thesis Committee Member and Chair:**

Mooney, Jonathan. An evaluation of the dietary guidelines: The development of an evaluation tool. Unpublished Master of Science Thesis, Missouri State University, Springfield, Missouri, December, 2006.

#### **Doctoral Dissertation Committee Member:**

Keating, Tedd M. The effects of mode-specific warm-up on self-efficacy and perceived exertion associated with a bout of steady-state exercise. Unpublished Doctoral Dissertation, University of Pittsburgh, Pittsburgh, Pennsylvania, July, 2001.

### ***Conference Proceedings***

Downing, J. H. & Keating, T. M. "Teaching fitness concepts to individuals with developmental disabilities" Proceedings of the 32<sup>nd</sup> National Conference on Physical Activity for the Exceptional Individual, Vol. 32, pp. 71-75, November 20-22, 2003.

Downing, J. H. "Effective reinforcement techniques: The key to behavior management" Proceedings of the Sixteenth Annual Summer Conference for the Texas and Louisiana Associations for Health, Physical Education, Recreation and Dance, Vol. 16, pp. 17A – 17F, July 24, 2000.

Downing, J. H. "Adapted physical activity programming for individuals with Cushing's Syndrome and/or Cushing's Disease" Proceedings for the Twenty-Eighth National Conference on Physical Activity for the Exceptional Individual, Vol. 28, pp. 9-13, October 28-30, 1999.

Downing, J. H. "Preventing and/or alleviating muscle imbalance in wheelchair athletes" Proceedings for the Twenty-Eighth National Conference on Physical Activity for the Exceptional Individual, Vol. 28, pp. 14-18, October 28-30, 1999.

Imrhan, S.I. & Downing, J.H. "Comparison of two-handed pinch forces at different grip widths in females" Advances in Occupational Ergonomics and Safety - Proceedings of the XIVth Annual International Ergonomics and Safety Conference, Vol. XIV, pp. 137-140, June 6-9, 1999.

Downing, J.H. "Survival skills for teachers of at-risk students" Proceedings for the Seventy-Fifth Annual Conference of the Texas Association for Health, Physical Education, Recreation and Dance, Vol. 75, pp. 6A-6F, December 3-5, 1998.

Downing, J. H. "Utilizing parents in empowering inclusion programs in physical education" Proceedings for the Twenty-Seventh National Conference on Physical Activity for the Exceptional Individual, Vol. 27, Nov. 5-7, 1998.

Downing, J. H. & Dangelmaier, B. "Comparing selected levels of wheelchair athletes with elite, novice and unskilled basketball players on selected free throw shooting variables" Proceedings for the Twenty-Sixth National Conference on Physical Activities for Exceptional Individuals, Vol. 26, pp. 48-52, Nov. 6-8, 1997.

Downing, J. H. "Effective use of teaching paraprofessionals in the gymnasium: Training tips" Proceedings for the Thirteenth Annual Summer Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 13, pgs. 46A - 46E, July 20-22, 1997.

Downing, J. H. "Establishing a discipline plan for elementary physical education" Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance National Convention - Council of Physical Education for Children (COPEC) Program Session Handout Booklet. pgs. 1 - 4, March 22, 1997.

**See Eric Clearinghouse on Teaching and Teacher Education Documents:**

Establishing a proactive discipline plan in elementary physical education. **Resources in Education (RIE)**. (Eric Document Reproduction Service No. ED 423 291).

Downing, J. H. "'Street Games': Inner city alternatives" Proceedings of the Seventy-Third Annual Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 73, pgs. 47A - 47F, Dec. 5 - Dec. 7, 1996.

Downing, J. H. and Dangelmaier, B. "A comparison of wheelchair, varsity and novice basketball players on selected free- throw shooting variables" Proceedings of the Twenty-Fifth National Conference on Physical Activities for Exceptional Individuals. Vol. 25, pp. 217-221, Oct. 31 - Nov. 2, 1996.

Downing, J. H. "Weight training methods: Common misconceptions" Proceedings of the Twelfth Annual Summer Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 12, 20A-20F, July 14 - 16, 1996.

Downing, J. H. "Developing thinking processes and decision making skills through physical education" Proceedings of the Seventy-Second Annual Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 72, 25A - 25E, Nov. 29 - Dec. 2, 1995.

Downing, J. H. "Using good behavior games to modify aggressive and violent behavior in elementary physical education" Proceedings of the Seventy-Second Annual Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 72, 41A - 41D, Nov. 29 - Dec. 2, 1995.

Downing, J. H. "Using Mosston's Spectrum of Styles to plan and implement effective inclusion programs" Proceedings of the Eleventh Annual Summer Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 11, pp. 36A-36D, July 16 - 18, 1995.

Downing, J. H. "An interdisciplinary strategy for teaching principles of physics within a secondary level weight training unit" Proceedings of the Seventy-First Annual Convention of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 71, 22A - 22E, Nov. 30 - Dec. 3, 1994.

Downing, J. H. "Decreasing inappropriate behavior in the gymnasium" Proceedings of the Tenth Annual Summer Conference of the Texas Association for Health, Physical Education, Recreation and Dance. Vol. 10, pp. 44(1)-44(5), July 10 -12, 1994.

### ***Technical Reports***

Downing, John H. (2013). *Committee of General Education and Intercollegiate Programs (CGEIP): Proposal for KIN 210, Healthy Lifestyles: Preventive Approaches*. Springfield, Missouri: Missouri State University.

Downing, J. H. (2010). *Committee on General Education and Intercollegiate Programs (CGEIP): Report on PED 100, Fitness for Living*. Springfield, Missouri: Missouri State University.

## ***Presentations - Oral***

### ***International***

“Enhancing critical thinking skills in fitness-wellness courses: A preliminary study.” 34<sup>th</sup> *International Conference of Critical Thinking and Educational Reform*, Claremont Hotel, Berkeley, CA, July 30<sup>th</sup>, 2014.

**Submitted 9/13/2013:** “Turning Point Technologies facilitate critical thinking skills in university students.” *Turning Technologies International User Conference*. Trinity College, Dublin, Ireland, November 4<sup>th</sup>, 2013 (Downing, J. H. & Keating, T. M.) [presentation not accepted]

### ***National***

**Submitted 9/30/2009:** “Using integrated multiple technologies as effective teaching and learning tools.” American Alliance for Health, Physical Education and Recreation Annual Convention – *National Association for Sport and Physical Education*, Indianapolis, Indiana, March, 2010. (Downing, J.H., Masterson, G.E., Altena, T.S., Esposito, P., Keating, T.M. and Noroski, R.) [Not accepted]

“Facilitating course delivery via classroom performance system (CPS) technology.” American Alliance for Health, Physical Education and Recreation Annual Convention – *National Association for Sport and Physical Education*, Fort Worth, Texas, April, 11, 2008. [J. Downing, G. Masterson, R. Noroski, & P. Esposito].

**Submitted:** “Establishing and implementing university-community articulations: A service learning model.” Submitted to the American Alliance for Health, Physical Education Recreation and Dance Annual Convention - *American Association for Physical Activity and Recreation*, Baltimore, Maryland, March, 2007. [J. Downing & T. Keating]. {Not accepted}

“Teaching fitness concepts to individuals with developmental disabilities.” Thirty-Second National Conference on Physical Activity for the Exceptional Individual, San Diego, California, November 22, 2003. [J. H. Downing & T. Keating].

“Developing and implementing an after school program in adapted physical education: Implications for teaching, research and service.” Presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention – *American Association for Active Lifestyles and Fitness*, Philadelphia, Pennsylvania, April, 2 2003 [J.H. Downing, T. Keating, C. Hopper & C. Lienhart].

“Helpful hints for teaching a successful undergraduate research course.” [J.H. Downing, D. Adams, T. Keating, S. Ladda, & W. Merriman] Presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention – *National Association of Sport and Physical Education*, Orlando, Florida, March 23, 2000.

“Adapted physical activity programming for individuals with Cushing’s Syndrome and Cushing’s Disease.” Presented at the Twenty-Eighth National Conference on Physical Activity for the Exceptional Individual, Costa Mesa, California, October 30, 1999.

“Preventing and/or alleviating muscle imbalance in wheelchair athletes.” Presented at the Twenty-Eighth National Conference on Physical Activity for the Exceptional Individual, Costa Mesa, California, October 29, 1999.

“Nurturing critical thinking skills through interdisciplinary teaching: Physics and weight training.” [J.H. Downing & J.E. Lander] Presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention – *National Association for Sport and Physical Education*, Boston, Massachusetts, April 24, 1999.

“Utilizing parents in empowering inclusion programs in physical education.” Presented at the Twenty-Seventh National Conference on Physical Activity for the Exceptional Individual, November 6, 1998, Santa Rosa, California.

“Comparing selected levels of wheelchair athletes with elite, novice and unskilled able-bodied shooters on selected free throw shooting variables.” Presented at the 26th National Conference on Physical Activity for Exceptional Individuals, November, 7, 1997, Las Vegas, Nevada.

“Establishing a disciplinary plan in elementary physical education.” Presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention – *National Association for Sport and Physical Education*, St. Louis, MO, March 22, 1997.

“A comparison of wheelchair, varsity and novice basketball players on selected free throw shooting variables.” Presented at the 25th National Conference on Physical Activity for Exceptional Individuals, November 2, 1996, Los Angeles, California.

***Regional (District)***

“Generating service learning opportunities via physical education practica: Benefits to teaching, scholarship and community service.” Central District Association for Health, Physical Education, Recreation and Dance Annual Convention, Omni Interlocken Resort, Broomfield, Colorado, March 3, 2006.

“Using selected knowledge bases to enhance teaching effectiveness in weight training.” Southern District AHPERD Convention, Biloxi, Mississippi, February 7, 1998.

“The ‘Good Behavior Game’: An effective management tool.” Presented at the American Alliance for Health, Physical Education, Recreation and Dance Annual Southern District Convention in New Orleans, LA, February 15, 1997.

***State (Local)***

“Facilitating theory to practice in behavior management: Using the media.” Originally submitted to the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Chicago, Illinois, April, 2005. [Not accepted] – Resubmitted/Presented at Missouri Association for Health, Physical Education, Recreation and Dance Annual Convention, Lake of the Ozarks, Missouri, November, 12, 2005.

“An alternative perspective on teaching physical education to elementary level children with learning disabilities.” Missouri Association of Health, Physical Education, Recreation and Dance Annual Convention, Lake of the Ozarks, Missouri, November, 13, 2004.

“Wellness knowledge and behaviors of undergraduate university students: Trends, measurement issues and analysis.” Missouri Association of Health, Physical Education, Recreation and Dance Annual Convention, Lake of the Ozarks, Missouri, November, 12, 2004.

“The health information portability and accountability act (HIPAA).” Missouri Association for Health, Physical Education, Recreation and Dance Annual Convention, Lake of the Ozarks, Missouri, November 15, 2003. [J.H. Downing, K. Ernce & D. Duitsman.]

“Health-related physical activity for individuals with Down syndrome.” College of Health and Human Services Multidisciplinary Forum, Southwest Missouri State University, Springfield, Missouri, October 30, 2001.

“Teaching responsibility through physical education.” Part of an in-service workshop for District 75’s adaptive physical education teachers, New York City Board of Education, Beach Channel High School, Rockaway Park, Queens, New York City, March 22, 2001.

“Creating and utilizing portfolios in adaptive physical education.” Part of an in-service workshop for District 67’s adaptive physical education teachers, New York City Board of Education, Beach Channel High School, Rockaway Park, Queens, New York City, February 8, 2001.

“Ignoring misbehavior while teaching individual goal-setting for children at-risk.” **Accepted** for the Seventy-seventh Annual Texas Association for Health, Physical Education, Recreation and Dance Convention, Dallas, Texas, November 30 - December 2, 2000. [*Canceled by presenter due to illness*]

“Authentic assessment, the use of rubrics in adaptive physical education.” Part of an in-service workshop presentation for District’s 67 and 75 adaptive physical education teachers, New York City Board of Education, Beach Channel High School, Rockaway Park, Queens, New York City, November 7, 2000.

“Effective reinforcement techniques: The key to behavior management.” 16<sup>th</sup> Annual Texas & Louisiana Association for Health, Physical Education, Recreation & Dance Summer Conference, Beaumont, Texas, July 24, 2000.

“Survival skills for teachers of at-risk students.” Presented at the Seventy-Fifth Annual Texas Association for Health, Physical Education and Recreation Annual Convention, Houston, Texas, December 3, 1998.

“Effective use of teaching paraprofessionals in the gymnasium: training tips.” Presented at the 13th Annual Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD) Summer Convention, July, 22, 1997, San Marcos, Texas.

“Street games: Inner city alternatives.” Presented at the Texas Association of Health, Physical Education, Recreation and Dance Annual Convention, Corpus Christi, Texas, December 6, 1996.

“Weight training methods: Common misconceptions.” Presented at the Texas Association of Health, Physical Education, Recreation and Dance Summer Convention, July 15, 1996, Tyler, Texas.

“Developing thinking processes and decision-making skills through physical education.” Presented at the Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD) Annual Convention, December 1, 1995, Dallas, Texas.

“Using good behavior games to modify aggressive and violent behavior in elementary physical education.” Presented at the Texas Association HPERD Annual Convention, December 2, 1995, Dallas, Texas.

“Using Mosston’s Spectrum of Styles to plan and implement effective inclusion programs.” Presented at the Texas and New Mexico Associations HPERD Summer Convention, July 17th, 1995, El Paso, Texas.

“An interdisciplinary strategy for teaching principles of physics within a secondary level weight training unit.” Presented at the Texas Association HPERD Annual Convention, December 2, 1994, Austin, Texas.

“Decreasing inappropriate behavior in the gymnasium”, Presented at the Texas Association Summer HPERD Conference, July 12, 1994, San Antonio, Texas.

"The status of adapted physical education in the State of Florida: The intent of the state endorsement." In service presentation to physical education teachers in Osceola County, Kissimmee, Florida, 1/92.

"Assessment and programming for functional disabilities in elementary and secondary schools." **Keynote Address.** Presented at the Annual Convention of the Connecticut Consortium for Special Physical Education and Therapeutic Recreation. Southern Connecticut State University, New Haven, Connecticut, 5/24/89.

“Special exercise concerns and needs for individual’s with mental retardation, including Down syndrome.” Presented at a Symposium sponsored by the University Of Connecticut School of Medicine, Department of Orthopedics and the Governor’s Committee on Physical Fitness, University of Connecticut Health Center, Farmington, Connecticut, April 27, 1989.

"Gross human anatomy - The connective, neuromuscular, and circulatory Systems." Guest Lecturer for three week mini-class taught as a prerequisite for ESLE 286, Therapeutic Recreational Service for the Physically Disabled and the Neurologically Impaired, Spring Semester, University of Connecticut, 1989.

"Fitness and the individual with Down syndrome." [J.H. Downing, W. Kraemer & K. Maresh] Connecticut State Down Syndrome Congress Annual Convention, Glastonbury, Connecticut, 5/88.

"Medical aspects of handicapping conditions." Presented as a Guest Lecturer in the Class, ESLS 338, Medical Aspects of Sport, University of Connecticut, Spring Semester, 1988.

"The endocrine system." Presented as a Guest Lecturer to the Undergraduate Human Anatomy Course, University of Oregon, Spring Semester, 1982.

"The cranial nerves - structure and function." Presented as Guest Lecturer to the University of Oregon Graduate Gross Anatomy (Head and Neck) Class, spring semester, 1982.

### **In Service Presentations:**

“Perceptual motor development: Birth through 5 years, Learning Disabilities of the Ozarks, Westminster Presbyterian Church, Springfield, Missouri, February 24, 2006.

“The role of perceptual motor development programs in the psychomotor, cognitive and affective development of young children at-risk.”  
In-service presentations:

Parents as Teachers Program, Springfield Public Schools, Doling Elementary School, 1423 West Atlantic, Springfield, Missouri, 65803 – February 1, 2006

Springfield public school early childhood education teaching faculty and paraprofessionals, Springfield, Missouri, September 16, 2005.

### ***Presentations – Symposia***

#### ***National***

“The effects of a fitness for life course on the wellness knowledge, attitudes and behaviors of selected university students.” Presented as part of a Research Consortium Symposium, “Addressing and improving outcomes in college physical education courses,” for the 2006 American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, Salt Lake City, Utah, April 29, 2006.

## ***Presentations - Poster***

### ***National***

**Submitted:** “Activity based interventions effect selected wellness parameters of university students.” Research Consortium Division of the Society of Health and Physical Educators Annual Convention, Boston, Massachusetts, March 2017.

“Critical thinking interventions effect students’ wellness knowledge, attitudes and behaviors.” Research Consortium Division of the Society of Health and Physical Educators Annual Convention, Boston, Massachusetts, March 15, 2017.

“Evaluating student response systems in a Perceptual Motor Development course.” Research Consortium Division of the American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, St. Louis, Missouri, April 3, 2014.

**Accepted, September 29<sup>th</sup> 2012:** “Enhancing critical thinking skills in fitness-wellness courses: A preliminary study.” Research Consortium Division of the American Alliance for Health, Physical Education, Recreation and Dance Annual Convention, Boston, Massachusetts, March, 14, 2012 (**Convention cancelled due to power outage in Boston’s Back Bay**).

“Assessing student wellness knowledge, attitudes and behaviors: A technological approach.” (Downing, J., Keating, T., Altena T, Masterson, G., Research Division of the National Strength and Conditioning Association Annual Convention, Las Vegas, Nevada, July, 8<sup>th</sup>, 2011.

“Field testing the wellness knowledge, attitude and behavior instrument.” Research Consortium Division of the American Alliance for Health, Physical Education and Recreation Annual Convention, San Diego, California, April 1, 2017.

“Assessing technology’s effects on student wellness knowledge, attitudes and behaviors.” (Downing, J., Masterson, G., and Altena, T.) Research Consortium Division of the American Alliance for Health, Physical Education and Recreation Annual Convention, Indianapolis, Indiana, March, 19, 2010.

“The effects of activity based interventions on selected health fitness parameters of university students.” (Downing, J., Noroski, Regis and Masterson, G.) National Strength and Conditioning Association Annual Convention, Paris Hotel and Convention Center, Las Vegas, Nevada, July, 10, 2009.

“Evaluating the dietary guidelines: The development of an evaluation tool.” (Downing, J. H. and Mooney, J.) Research Consortium Division of the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Tampa, Florida, April 2, 2009.

“Technology interventions designed to improve student health and wellness instruction.” (Downing, J. H., Noroski, R., Masterson, G. E. & Esposito, P.) Research Consortium Division of the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Fort Worth, Texas, April, 11, 2008.

“An activity based intervention’s impact on student health fitness parameters.” (Noroski, R., Esposito, P., Downing, J. H., & Masterson, G. E.) Research Consortium Division of the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Fort Worth, Texas, April, 11, 2008.

“A Comparison of Selected Body Composition Protocols: Skinfold Versus Bioelectrical Impedance.” (Downing, J. H. & Keating, T. M.). Research Consortium Division of the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Baltimore, Maryland, March 16, 2007.

“Tracking the effects of a university core fitness for life course on the wellness knowledge and exercise behaviors of selected students.” (J.H. Downing, G. E. Masterson & L. Gray). American Alliance for Health, Physical Education, Recreation and Dance National Convention – Research Consortium, Chicago, Illinois, April 13, 2005.

“Tracking the effectiveness of a university fitness for life course on the wellness content knowledge of undergraduate students: A preliminary investigation” (J.H. Downing, G. E. Masterson & C. Hill). American Alliance for Health, Physical Education, Recreation and Dance National Convention – Research Consortium, New Orleans, Louisiana, April 2 2004.

“Counterbalanced analysis of acute ROM effects of PNF contract-relax stretching methods” (J.H. Downing & T. M. Keating). National Strength and Conditioning Association Annual Convention, Indianapolis, Indiana, July 16, 2003.

“The effect of mode specific warm-up on self-efficacy and perceived exertion during steady-state cycling.” American College of Sports Medicine Annual Convention, San Francisco, California, May 31, 2003. (T. Keating, F. Goss, R. Robertson, J. Downing, & K. Metz).

“Cardiovascular and perceptual responses to graded exercise in persons with developmental disabilities with and without verbal encouragement.” American Alliance for Health, Physical Education, Recreation and Dance National Convention – Research Consortium, Philadelphia, Pennsylvania, April, 2, 2003 (J.H. Downing & T. M. Keating).

“The effects of warm-up on subsequent mechanical efficiency.” American Alliance for Health, Physical Education, Recreation and Dance National Convention – Research Consortium, San Diego, California, April, 11, 2002. (T. Keating, F. Goss, R. Robertson, *J.H. Downing* & K. Metz).

“Validation of the OMNI scale of perceived exertion for adolescents and young adults with developmental disabilities.” American Alliance for Health, Physical Education, Recreation and Dance National Convention – Research Consortium, Cincinnati, Ohio, March 28, 2001. (T.M. Keating & J.H. Downing).

“The effects of aging and grip width on hand strength.” Presented in the Motor Development section of the Annual North American Society for Psychology of Sport and Physical Activity Conference, Clearwater Beach, Florida, June 12, 1999. (J.H. Yan & J.H. Downing).

“Shooting characteristics of three levels of elite wheelchair basketball athletes.” American Alliance for Health, Physical Education, Recreation and Dance National Convention – Research Consortium, April 9, 1998, Reno, Nevada.

***Regional (District)***

“Comparing parents’ and adapted physical education specialists’ perspectives of the critical factors essential for integrated physical education programs.” Presented in the Research Section of the Annual Southern District Association for Health, Physical Education, Recreation and Dance Convention, February 5, 1998, Biloxi, Mississippi.

***State (Local)***

“Pre-student teaching instructional characteristics of undergraduate physical education majors.” Research Section and Health Division of the Texas Association for Health, Physical Education, Recreation and Dance, Fort Worth, Texas, December, 6, 2002 (J.H. Downing & T.M. Keating).

“The effects of grip width and gender on pinching force.” Presented in the Research Section of the 75th Annual Convention of the Texas Association for Health, Physical Education, Recreation and Dance, Houston, Texas, December, 4, 1998.

“Parents’ opinions of the critical factors essential for integrated physical education programs.” Presented in the Research Section of the 74th Annual Texas Association for Health, Physical Education, Recreation and Dance Convention, December 4th, 1997, Fort Worth, Texas.

***Presentations - Poster  
Free Communication***

***International***

“A comparison of two-handed pinch forces at different grip widths in females.” Presented at the Fourteenth Annual International Ergonomics and Safety Conference, Orlando, Florida, June 6-9, 1999. (S.N. Imrhan & J.H. Downing).

***National***

“Current status of the master’s degree program in adapted physical education at the University of Central Florida.” Presented at the National Consortium for Physical Education and Recreation Annual Convention, Arlington, Virginia, 7/18/91.

***Service***

***University***

**Budget and Priorities Committee** – representing the Kinesiology Department, Missouri State University. August, 2014 to May, 2017.

**Faculty Senate Committee on General Education and Intercollegiate Programs (CGEIP)** – representing the Department of Health, Physical Education and Recreation, Missouri State University. April, 2010 to May 2012. Sub-committee chair, spring-fall, 2011, spring 2012.

**Information Security Executive Committee (ISEC)** – representing the Missouri State University Faculty Senate, January, 2010 to May 2012.

**Faculty Senate** – representing the Department of Health, Physical Education and Recreation at Missouri State University, May, 2009 to May 2012.

**Library Liaison** – Department of Physical Education and Human Performance, Manhattan College, spring, 1999 to spring, 2000.

**Disciplinary Committee** – Manhattan College, fall, 1999 to spring, 2000.

**Teacher Education Committee** - (TEC)  
Representing ESHS Department, University of Texas, Arlington, 1995 - 1996; fall, 1997 to summer, 1998.

**Education Advisory Board** - Representing the Department of Exercise, Sport and Health Studies, University of Texas at Arlington, August 1997 to August 1998.

**Centennial Committee** - College of Liberal Arts:  
Representing ESHS Department, University of Texas at Arlington, 1994-1996.

**YWCA/UTA Day Care Liaison Committee** -  
University Committee, Representing the Department of Exercise, Sport and Health Studies, University of Texas at Arlington, 1994 to 1996.

## ***College***

**Health and Human Services Collegiate Budget Committee** – College of Health and Human Services, Missouri State University, Springfield, Missouri, Fall Semester, 2010 – Spring Semester, 2012.

**College Council** – College of Health & Human Services, Missouri State University, Springfield, Missouri, April, 2006 to December, 2006.

**Unit HIPAA Security Officer** - Dept. HPER,  
College of Health & Human Services, Missouri State University, Springfield, Missouri, February, 2005 to present.

**Multidisciplinary Forum – Serving Individuals with Spinal Injuries in Health Related Interventions.** Committee member and presenter on (1) the use of exercise to alleviate and prevent muscle imbalance in wheelchair athletics and (2) shooting accommodations indicated for individuals with spinal injuries in wheelchair basketball. College of Health and Human Services, Southwest Missouri State University, Springfield, Missouri, November 7 and 17, 2003.

**Multidisciplinary Forum – Case study of Adam – The health needs of a child with Down syndrome.** Planning committee member and presenter on health related physical activity. College of Health and Human Services, Southwest Missouri State University, Springfield, Missouri, October 30, 2001.

**Faculty Forum Representative** – College of Liberal Arts. Representing the Department of Exercise, Sport and Health Studies (ESHS), University of Texas at Arlington, 1995 to 1998.

**College of Liberal Arts Curriculum Committee**  
- Representing the Department of Exercise, Sport and Health Studies, University of Texas at Arlington, 1995 - 1998.

**Committee for Curriculum and Instruction** - for the School of Education, Department of Sport, Leisure and Exercise Science, University of Connecticut, academic year, 1989-1990.

***Department***

**Coordinator** - KIN 210, Healthy Lifestyles: Preventive Approaches a university general education elective course, Department of Kinesiology, Missouri State University. Responsibilities included: coordinating schedules and topics for 3 lectures and 12 laboratories; preparing daily/weekly semester schedules; coordinating technology in lecture; preparing lectures, writing evaluative reports for the College General Education Instructional Committee and creating and maintaining course web site and test banks. An additional evening and honors lecture are included. June, 2014 to present.

**Coordinator** – KIN 100, Fitness for Living, all university general education course, Department of Kinesiology, Missouri State University. Responsibilities include: coordinating schedules and topics for 11 lectures and 45-50 laboratories; preparing daily/weekly semester schedules; coordinating technology in lecture; preparing lectures, writing evaluative reports for the College General Education Instructional Committee and creating and maintaining course web site and test banks. June, 2007 to May, 2014.

**Coordinator/Supervisor** - Perceptual Motor Development Laboratory/Clinic – Department of Kinesiology, Missouri State University. Coordinate placements and oversee program for students in KIN 545, Perceptual Motor Development, for both on-campus and off campus programs. Assess and prescribe programs for new clients and coordinate scheduling with parents and Springfield Public Schools – fall semester, 2003 to present.

**Student Course Evaluation Document Revision Committee** – Department of Health, Physical Education and Recreation, Missouri State University, spring, 2009.

**Exhibitor/Representative** – Perceptual Motor Development Program, Missouri State University. Autism Awareness Fair, sponsored by the Friends of the Burrell Autism Center, Burrell Behavioral Health Center, 1300 Bradford Parkway, Springfield, Missouri, April 18<sup>th</sup>, 2009.

**Tenure and Promotion Committee** – Department of Kinesiology, Missouri State University, fall, 2007 *to present*.

**Faculty Search Committee** - Health education tenure-track faculty. Department of Health, Physical Education, and Recreation, Missouri State University, fall/spring, 2006 to 2008.

**Faculty Search Committee** - Physical Education Lecturer – Non-tenured position. Department of Health, Physical Education, and Recreation, Missouri State University, summer, 2006.

**Supervisor – Senior Exit Examination** – Center for Assessment and Instructional Support, Missouri State University, Springfield, Missouri, fall, 2004 to spring, 2007.

**Ad-Hoc Committee for the Revision of PED 100.** Department of Health, Physical Education, and Recreation, Southwest Missouri State University, spring, 2002 to fall, 2003.

**Faculty Search Committee** - Adapted physical education tenure-track faculty. Department of Health, Physical Education, and Recreation, Southwest Missouri State University, fall-spring, 2002-2003.

**Campus Liaison** - *Bronx Special Olympics* – responsible for coordinating all site arrangements at Manhattan College for the hosting of the Bronx area Special Olympic Track and Field Meet, May 8, 1999 and May 13, 2000.

**Director** – *Manhattan College Games* – A Sport Competition for Children and Adults with Cognitive, Behavior and Sensory Disabilities, Draddy Gymnasium and Alumni Hall, Manhattan College, April 10, 1999 and April 8, 2000.

**Adapted Physical Education Practica**

**Coordinator and Liaison** - University of Texas, Arlington and Arlington Independent School District, fall, 1992 to summer, 1998.

**Advisory Committee to Chair** – Department of Exercise, Sport and Health Studies, University of Texas at Arlington, 1997 to 1998.

**Chair, Faculty Search Committee** - one year fixed-term faculty position in pedagogy (elementary), motor development and sport psychology, 1997, Department of Exercise, Sport and Health Studies, University of Texas, Arlington.

**Chair, Faculty Search Committee** - tenure track faculty position in Pedagogy, 1995-1996, Department of Exercise and Sport Studies, University of Texas, Arlington.

**Curriculum Committee** - Department of Exercise, Sport and Health Studies, University of Texas at Arlington, 1993 to present. **Chairperson**, 1995 to 1998.

**Research Enhancement Committee** – Department of Exercise, Sport and Health Studies, University of Texas at Arlington, 1992-fall, 1995 to 1998.

**Committee on Graduate Studies** - Department of Exercise, Sport and Health Studies, University of Texas at Arlington, 1994 - 1998.

**Grant Coordinator** - University of Central Florida  
Adapted Physical Education Master's Degree  
Program: student recruitment, Central Florida  
Adapted Physical Education Alliance Coordinator,  
editor of Alliance Newsletter, 9/90 - 6/92.

**Outreach Program** - Responsible for student  
recruitment in special physical education;  
recruitment of student volunteers for the purpose of  
staffing the motor development clinic; recruitment  
of parents of children with various disabling  
conditions for utilization of the motor development  
clinic, University of Connecticut, Storrs  
Connecticut, 9/87 - 6/90.

### ***Professional***

**Editor** – *American Journal of Health Education*.  
December, 2002 – December 2012.

**Editorial Review Board** - *Applied Research in  
Coaching and Athletics Annual*. October, 1998 to  
January, 2012.

**Abstract Reviewer** - Research Consortium of the  
American Alliance for Health, Physical Education,  
Recreation and Dance – Reviewed submissions for  
the

- 2013 National Convention: *Research  
quarterly for Exercise and Sport*  
Supplement edition, 84, 2013.
- 2012 National Convention: *Research  
Quarterly for Exercise and Sport*  
Supplement edition, 83, 2012
- 2011 National Convention: *Research  
Quarterly for Exercise and Sport*  
Supplement edition, 82, 2011
- 2010 National Convention: *Research  
Quarterly for Exercise and Sport*  
Supplement edition, 81, 2010

- 2009 National Convention: *Research Quarterly for Exercise and Sport* Supplement edition, 80, 2009.

**Editorial Review Board** - *Remedial and Special Education*. December, 1999 to summer, 2006.

**Council on Physical Education for Children (COPEC)**, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) - proposals reviewer for 1998 AAHPERD Convention, Reno, NV; **Research Consortium** reviewer, 2000 AAHPERD Convention, Orlando, Florida.

**Standards Committee** - Adapted Physical Education National Standards Project (APENS) - for one academic year. Responsibilities: writing questions for the APENS examination, 1993.

**Secretary - Adapted Physical Activity Council**, Southern District Alliance for Health, Physical Education, Recreation and Dance, 1991-1992, University of Central Florida.

**Book Reviewer** - (Co-reviewer with Churton, M.) David Auxter and Jean Pyfer, Principles and methods of adapted physical education, 7th Edition, Chapters nine - 22, February, 1991.

**Board of Directors** representing Tolland County. Connecticut State Down Syndrome Congress, 9/88 - 7/90, University of Connecticut.

## ***Professional Organizations***

### ***National***

- 1 – Alliance for Health, Physical Education and Dance (AAHPERD), 1983-June, 2014.
  - National Academy for Sport and Physical Education.
  - Kinesiology Academy.
  - Motor Development Academy.
  - Association for Leisure and Recreational Service.
- 2 – National Strength and Conditioning Association (NSCA), 2003 - 2004; 2009 - 2012.
- 3 - American Association of University Professors (AAUP), 1998 to 2001, 2002 - 2003.
- 4 - American College of Sports Medicine (ACSM), 2003 to 2004.
- 5 - National Consortium for Physical Education and Recreation for the Handicapped, 1987-1999.
- 6 - Phi Beta Delta, International Fraternity of Scholars, 1994-1996.
- 7 - Council for Exceptional Children, 1987-1990.
- 8 - Phi Epsilon Kappa (PEK) Physical Education Fraternity (1967-1975).
- 9 - National Honor Society, Nazareth High School, 1963-1966.
- 10 - Knights of Columbus (3<sup>rd</sup> degree), LaSalle Council #454, Brooklyn, NY, 1977-1993\*.

### ***Regional***

- 1 - Central District Association for Health, Physical Education, Recreation and Dance (CDAHPERD), 2001- 2013.
- 2 - Eastern District Association for Health, Physical Education, Recreation and Dance (EDAHPERD), 1987-1990; 1998-2001.
- 3 - Southern District Association for Health, Physical Education, Recreation and Dance (SDAHPERD), 1990 -1998.
- 4 - Northwest District Association for Health, Physical Education, Recreation & Dance (NDAHPERD), 1983 – 1986.

### ***State/Local***

- 1 - Missouri Association for Health, Physical Education, Recreation and Dance, 2001-present.
- 2 - Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD), 1992-2003.
- 3 - Florida Association for Health, Physical Education, Recreation and Dance, (FAHPERD), 1990-1992.
- 4 - Connecticut Association for Health, Physical Education, Recreation and Dance (CAHPERD), 1989-1990.
- 5 - Connecticut State Down Syndrome Congress, 1988 - 1991.
- 6 - Junior Great Books, Nazareth High School, 1963-1966.

### ***Awards***

Recipient of the following awards:

- 1 - Graduate Teaching Fellowship - University of Oregon, Eugene, Oregon, 1979-1983.
- 2 - NDEA Title IV Graduate Fellowship, 1970 - 1973, Springfield College, Springfield, Massachusetts.
- 3 - Who's Who in American Colleges and Universities, 1970.
- 4 - Britton C. McCabe Award for Academic Excellence, 1969, Springfield College, Springfield, Massachusetts.
- 5 - *Summa Cum Laude* on reception of BS from Springfield College, June, 1970.
- 6 - Varsity "S" Club (Basketball), Springfield College, 1968-1970.
- 7 - New York State Regents Scholarship, Nazareth High School, 1966.
- 8 - Academic Excellence in Latin Award, conferred on graduation, Nazareth High School, June, 1966.
- 9 - English and "Best All-Around Athlete" Awards presented, Holy Cross School, June, 1962.

### ***Certificates***

- 1 – New York City Teaching Certification in Physical Education, Junior High School and High School Certificates
- 2 - New York State Teaching Certification in Physical Education: Permanent - K-12.
- 3 - Passing Scores on: (1) Florida Teaching Certification Examination (FTCE): PE K-12 (Elementary/Secondary Levels); (2) Florida College Level Academic Skills (CLAST): English Language Skills, Reading, Mathematics and Professional Education.
- 4 - Advanced Lifesaving/WSI - expired
- 5 - Connecticut Initial Educator's Certificate in Physical Education (1990-1992).
- 6 - National Teacher's Examination, Physical Education: Score, 780; Percentile, 99.
- 7 - National Teacher's Examination, Health Education, 800; no Percentile Ranking given.
- 8 - Certified Trainer - Data Based Gymnasium for Individuals with Severe and Profound Disabilities, 1/88.
- 9 - Certified Trainer - Achievement Based Curriculum (ABC) in Physical Education, 8/91.
- 10 – USA Weightlifting's Club Coach Certification, permanent, 11/21/99.
- 11 – Completion Certificate – Human Participants Protection Education for Research Teams, 08/26/02.
- 12 – Cardiopulmonary Resuscitation (CPR), 11/14/03.

### ***Interests***

Sport, travel, world and American history, political science, blues, jazz and classical music.

### ***References***

Furnished upon request - (**See Appendix I, page 52**)

## Appendix I - References

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4. **Keith Ernce, Ed. D.**  
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Dr. Ernce was Department Chair for my first four years at MSU
5. **Thomas Altena, Ed. D**  
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7. **Christopher Hopper, Ph. D.**  
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