

CURRICULUM VITEA

James A. Zagrodnik

PERSONAL INFORMATION:

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Department of Health, Physical Education, and Recreation
Jerry and Vickie Moyes College of Education
Weber State University

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EDUCATION:

Ph.D., University of Georgia, Kinesiology (Concentration in Motor Behavior), Athens, Georgia, 2011

Dissertation Title: Functional Capabilities, Health, and Quality of Life in Individuals with Parkinson's Disease

M.A., University of Georgia, Physical Education and Sport Studies (Concentration in Motor Behavior), Athens, Georgia, 2007

Thesis Title: Fundamental Motor Skills in Non-Overweight and Overweight Children

B.S.E., Augusta State University, Health and Physical Education, Augusta, Georgia, 2005

B.S.A., University of Georgia, Animal Science, Athens, Georgia, 2002.

TEACHING EXPERIENCE:

Institution	Position & Description	From - To (Mo & Yr)
Weber State University	Associate Professor; Physical Education	July 2011 – Present
Georgia Highlands College	Instructor; Physical Education	August 2009 – May 2010
Berry College	Adjunct Professor; Physical Education (Motor Learning Emphasis)	Fall 2009, Fall 2008, Fall 2007

University of Georgia

Graduate Teaching Assistant;
Kinesiology (Motor
Learning, Physical
Education, and Cardiac
Rehabilitation Emphasis)

Fall 2006 – Spring 2009

Specific Courses Taught:

Title	Institution	Dates
Foundations of Physical Education (PEP 2000)	Weber State University	Fall 2020
Growth and Motor Development (PEP 2600)	Weber State University	Fall 2011; Spring 2012; Fall 2012; Spring 2013
Sociohistorical Aspects of Sport	Weber State University	Spring 2017
Principles of Motor Learning and Motor Development (PEP 3100)	Weber State University	Fall 2013; Fall 2014; Fall 2015; Fall 2016; Fall 2017; Fall 2018; Spring 2019; Fall 2019 Spring 2020; Fall 2020
Methods of Teaching Lifelong Activities (PEP 3260)	Weber State University	Fall 2013
Methods of Teaching Individualized Sports (PEP 3262)	Weber State University	Spring 2012; Spring 2014
Skill Development and Methods of Teaching Racquet Sports (PEP 3264)	Weber State University	Fall 2011; Fall 2012; Fall 2013; Fall 2014
Methods of Teaching Fitness for Life (PEP 3290)	Weber State University	Fall 2011; Fall 2013
Measurement for Evaluation and Research (PEP 3600)	Weber State University	Summer 2012 (Full Session)
Methods of Teaching Physical Education and Health for Elementary Teachers (PEP 3620)	Weber State University	Spring 2014; Fall 2014 Spring 2015; Fall 2015 Spring 2016
Methods of Teaching Physical Education K – 6 (PEP 3630)	Weber State University	Fall 2011; Summer 2012 (1 st Block); Summer 2013 (1 st Block); Summer 2014 (1 st Block); Fall 2014

Adaptive Physical Education (PEP 3660: CEL Designated)	Weber State University	Spring 2012; Fall 2012 Spring 2013; Fall 2013; Spring 2014; Fall 2014; Spring 2015; Fall 2015; Spring 2016; Fall 2016; Spring 2017; Fall 2017; Spring 2018; Fall 2018; Spring 2019; Fall 2019 Spring 2020; Fall 2020 Spring 2021
Individual Projects (PEP 4800)	Weber State University	Summer 2012 (Full Session) Summer 2013 (Full Session)
Directed Readings (PEP 4830)	Weber State University	Spring 2013
Senior Seminar (PEP 4990)	Weber State University	Spring 2018; Fall 2020
Motor Learning (PEP 6830)	Weber State University	Spring 2012
Student Teacher Observations	Weber State University	Spring 2012; Fall 2012; Spring 2013
Study Abroad: Finland Educational Experience	Weber State University	April 27 – May 11, 2018
Tennis (PE 1100; PE 1101; PE 1102)	Weber State University	Fall 2012
Racquetball (PE 1110, 1111, 1112)	Weber State University	Fall 2017
Pickleball (PE 1115, 1116, 1117)	Weber State University	Spring 2017; Summer 2017; Spring 2019; Summer 2019; Fall 2019; Spring 2021
Golf (PE 1130, PE 1131, PE 1132)	Weber State University	Fall 2012; Fall 2013; Fall 2014; Summer 2015; Fall 2015
Skiing (PE 1610, PE 1611, PE 1612)	Weber State University	Spring 2012; Spring 2013; Spring 2014; Spring 2021
Snowboarding (PE 1620; PE 1621; PE 1622)	Weber State University	Spring 2012; Spring 2013; Spring 2014; Spring 2021
Concepts of Fitness and Health (PHED 1010)	Georgia Highlands College	Fall 2009; Spring 2010

Cardiopulmonary Resuscitation and First Aid (PHED 1020)	Georgia Highlands College	Spring 2010
Fitness Walking (PHED 1130)	Georgia Highlands College	Fall 2009; Spring 2010
Motor Learning and Behavior (KIN 330)	Berry College	Fall 2007; Fall 2008; Fall 2009
Motor Skill Behavior (KINS 3750)	University of Georgia	Fall 2007
Badminton (PEDB 1020)	University of Georgia	Spring 2006; Fall 2007; Spring 2007; Fall 2008; Spring 2008; Fall 2009; Spring 2009
Beginner Basketball (PEDB 1040)	University of Georgia	Fall 2009
Beginner Golf (PEDB 1120)	University of Georgia	Fall 2008; Spring 2008; Fall 2009; Spring 2009
Intermediate Golf (PEDB 1120)	University of Georgia	Fall 2009
Racquetball (PEDB 1230)	University of Georgia	Fall 2008; Spring 2009
Beginner Tennis (PEDB 1350)	University of Georgia	Fall 2008; Fall 2007
Beginner Volleyball (PEDB 1380)	University of Georgia	Fall 2008

SCHOLARSHIP:

Peer Reviewed Articles:

Denning, M., **Zagrodnik, J.**, Smith, M., & Ruden, T. (2022). Physical Activity Differences between Walking and Playing Pickleball Doubles. *Science and Sports*. 20.22; 37 (5-6): 513.e1 – 513.e4

<https://www.sciencedirect.com/science/article/pii/S0765159722000454?via%3Dihub>

Zagrodnik, J. (2019). “You Dinked My Battleship”: The Dinking Game for Pickleball Skill Learning. *Strategies*, 32:4 22 – 28. DOI:10.1080/08924562.2019.1608722

<https://www.tandfonline.com/doi/full/10.1080/08924562.2019.1608722>

Zagrodnik, J., Williams, N. A., & Leytham, P. (2017). The Effects of a Community-Based Service Learning Program in the Understanding, Confidence, Willingness, and Skills of Pre-Service Teachers to Teach Individuals with Disabilities. *International Journal of Research on Service-Learning and Community Engagement*, 5 (1).

<https://journals.sfu.ca/iarslce/iarslce/iarslce/index.php/journal/article/view/173/184>

Horvat, M., Croce, R., & **Zagrodnik, J.** (2010). Utilization of sensory information in intellectual disabilities. *Journal of Developmental and Physical Disabilities*.

Audiffren, M., Tomporowski, P., & **Zagrodnik, J.** (2009). Acute aerobic exercise and information processing: Modulation of executive control in a Random Number Generation task. *Acta Psychologica*, 132(1), 85 – 95.

Audiffren, M., Tomporowski, P., & **Zagrodnik, J.** (2008). Acute aerobic exercise and information processing: Energizing motor processes during a choice reaction time task. *Acta Psychologica*, 129(3), 410 – 419.

Book Chapters:

Zagrodnik, J. & Horvat, M. (2009). Chronic exercise and developmental disabilities. In T. McMorris, P. Tomporowski, M. Audiffren (Eds.), *Exercise and cognitive function*. Hoboken, NJ: John Wiley and Sons, Inc.

Presentations:

Williams, N. A. & **Zagrodnik, J.** The Effects of Community Engaged Learning on the Understanding, Confidence, Willingness & Skills of Pre-Service Teachers to Teach individuals with Disabilities. *International Conference on Autism, Intellectual Disability & Developmental Disabilities*, January 20 – 23, 2020. Clearwater, Florida (Digital presentation due to Coronavirus pandemic)

Plant, K., Williams, N. A., & **Zagrodnik, J.**, The Effectiveness of Community-Based Learning on the Will and Skill of Pre-Service Teachers. *International Conference on Autism, Intellectual Disability & Developmental Disabilities*, January 16 – 18, 2019. Lahaina, Hawaii.

Smith, M., Denning, M., **Zagrodnik, J.**, & Ruden, T. A Comparison of Pickleball and Walking: A Pilot Study. *American College of Sports Medicine*, May 31 - June 4, 2016. Boston, Massachusetts.

Denning, M., Smith, M., **Zagrodnik, J.**, & Ruden, T. Movement Intensity and Caloric Expenditure Differences Between Walking and Pickleball. *American College of Sports Medicine*, May 31 - June 4, 2016. Boston, Massachusetts.

Zagrodnik, J., Williams, N. A., & Leytham, P. The Effects of a Community-Based Program on the Understanding, Confidence, Willingness and Skills of Preservice Teachers to Teach Individuals with Disabilities. *International Association for Research on Service-Learning and Community Engagement Annual Conference*, November 16 - 18, 2015. Boston, Massachusetts.

Smith, M., Denning, M., **Zagrodnik, J.**, & Ruden, T. A Comparison of Pickleball and

Walking: A Pilot Study. *Southwest Chapter American College of Sports Medicine 2015 Annual Meeting*, October 16 - 17, 2015. Costa Mesa, California.

Zagrodnik, J. & Williams, N. A. CAPES! and its Impact on Pre-Service Teachers and PEP Students. *The National Consortium for Physical Education for Individuals with Disabilities*, July 16 - 18, 2015. Tysons Corner, Virginia.

Williams, N. A. & **Zagrodnik, J.** Self-Perception of Pre-Service Teachers Toward Their "Will and Skill" in Working With Students With Disabilities. *Association for Behavior Analysis International*, May 22 - 26, 2015. San Antonio, Texas.

Zagrodnik, J. Williams, N. A., & Leytham, P. CAPES!: Providing Engaged, Service Learning Opportunities, and Community-Based Research for Pre-Service Teachers. *Utah Campus Compact 2015 Biennial Utah Campus Compact Engaged Faculty Retreat*, February 6 - 7, 2015. St. George, Utah.

Zagrodnik, J. & Williams, N. CAPES! Soaring together for Acceptance and Inclusion for All! *Continuums of Service Conference*, April 2 – 5, 2014. Honolulu, Hawaii.

Zagrodnik, J., Horvat, M., & Croce, R. (2011). Utilization of Sensory Information to Facilitate Learning in Intellectual Disabilities. AAHPERD

Zagrodnik, J., Nocera, J. R., & Horvat, H. (2011). Correlating Strength and Obstacles Clearance in Parkinson's Disease. AAHPERD.

Carter, K. **Zagrodnik, J.**, Horvat, M., & Brooks, B. (2011). Gait Pattern of Young Adults with and without Down Syndrome. AAHPERD.

Carter, K., **Zagrodnik, J.**, Horvat, & Brooks, B. (2011). The Effect of Multitasking on Gait Patterns in Down Syndrome. AAHPERD

Zagrodnik, J. Tomporowski, P., & Davis, C. L. (2007). Fundamental Motor Skills and Exercise in Overweight Children. AAHPERD

Zagrodnik, J., Clark, M., Alderman, D., Stovall, S., Tomporowski, P., & Audiffren, M. (2007). Facilitating Effect of Acute Exercise on Choice Reaction Time. ACSM

Student Presentations:

Brunson, J., Ogden, A., & **Zagrodnik, J.** (2014). Ogden Youth Empowerment! UAAPHERD

Ford, E., Davis, A., & **Zagrodnik, J.** (2014). Children's Adaptive Physical Education Society!

and its Impact on Pre-Service Teachers. UAAPHERD

Hales, B., & **Zagrodnik, J.** (2012). Characteristics of Gait While Dual-Tasking in Parkinson's Disease. NCUR

External Funding:

Zagrodnik, J. & Williams, N. A. CAPES! (2014 grant funded by the Wal-Mart Foundation, \$1,000); CAPES! Director and PI.

Zagrodnik, J., Neville, C., & Batista, D. Ogden Youth Empowerment! (2013 grant funded by Wal-Mart Local Giving Program, \$2,500); OYE! Director and PI.

Internal Funding:

Dee Family Technology Grant: Hexoskins \$9,617.40 awarded for for "Pickleball Research" (April 2021); PI and Grant Writer

Moyes Academic Support and Technology Endowment Committee \$6,000 awarded for "Hexoskins for Pickleball Research and PEA Courses" (March 2021); PI and Grant Writer

Moyes Academic Support and Technology Endowment Committee: \$6,500 awarded for "CAPES! Ipad for Lesson Plans Development and Communication Apps" (March, 2020); PI and Grant Writer.

Moyes Academic Support and Technology Endowment Committee: \$4,015.60 awarded for "CAPES! Communications and Camera Tools" (April, 2019); PI and Grant Writer.

Moyes Academic Support and Technology Endowment Committee: \$1,600.00 awarded for "CAPES! and Engineering Students Bike Collaboration Project" (October, 2018); Grant Writer

Hall Endowment Grant: \$2,000.00 awarded for "Engineering Design to Aid Children with Cerebral Palsy" (September, 2017); Grant Writer.

Hall Endowment Grant: \$15,000 awarded for "Mentor Mowing" (October, 2016); Grant Writer.

Hemingway Faculty Excellence Award: \$4,321.68 awarded for "CAPES! Specialized Equipment for Children with Disabilities to Enhance Learning and Independence" (April 2, 2015); PI and Co-Grant Writer.

Hall Endowment for Community Outreach: \$367.90 awarded for "CAPES! Parental Education and Support" (February 18, 2014); PI and Co-Grant Writer.

Academic Resources and Computing Committee: \$4,520 awarded for “Enhancement of Polar Cardio GX System” (May 13, 2013); Co-Grant Writer.

Hemmingway Faculty Excellence Award: \$6,000 awarded for CAPES! Children’s Adaptive Physical Education Society (April 9, 2013); PI, Grant Writer.

Hemmingway Faculty Excellence Award: \$8,000 awarded for OYE! Ogden Youth Empowerment (April 9, 2013); PI, Grant Writer.

Hall Endowment for Community Outreach: \$13, 583 awarded for “Ogden Youth Empowerment (OYE!)” (April 9, 2013); PI, Grant Writer.

Zagrodnik, J. Hemingway New Faculty Grant: \$1,400 awarded for “Heart Rate Monitors for Teaching and Research” (April 2, 2012).; PI, Grant Writer.

SERVICE:

University:

23rd Annual WSU Diversity Conference (October 1, 2021)

Anchor Task Force Sub-Committee Outcome 5 (Fall 2020 – Current)

Global Learning Course Attribute Committee (Fall 2020 – Current)

Crystal Crest Master Teacher Co-Chair Selection Committee (Spring 2020)

University Planning Council (Fall 2019 – Summer 2020)

Crystal Crest Master Teacher Award Presenter (2019)

John S. Hinkley Fellow Award and Exemplary Collaboration Award Selection Committee (2018)

High Impact Educational Experiences Committee (Fall 2017 – Current)

Weber State University’s Campus Recreation Program Review Committee (Summer 2016)

Campus Recreation Advisory Committee (Spring 2016 – Summer 2020)

Alan E. and Jeanne N. Hall Endowment for Community Outreach Awards Committee (Fall 2015 – Spring 2020)

Student Affairs Faculty Advisory Committee (Fall 2014 – Spring 2016)

Center for Community Engaged Learning CEL Designation Committee (Fall 2015 – Spring 2017)

New Faculty Retreat Mentor (Fall 2014 – Spring 2015)

Center for Community Engaged Learning Community Engaged Leaders Community Research Team (CRT) Faculty Advisor (Fall 2014 – Spring 2015)

Academic Resources and Computing Committee (Fall 2012 – Spring 2015)

College:

HIEE Strategic Planning Committee (Fall 2021 – Current)

Facility Innovation Committee (Fall 2021 – Current)
Teacher Education Interviews (Fall 2020)
Weber State University Charter Academy Board Member; Treasurer (Fall 2012 – Spring 2015)
Moyes College of Education Endowment Committee (Spring 2012)

Departmental:

Health, Physical Education, and Recreation Department Chair (Summer 2019 – Summer 2020)
Health Promotion and Human Performance Department Chair (Fall 2015 – Summer 2019)
Health Promotion and Human Performance Department Mission Revision Committee (Fall 2015)
Peer Review Committee (Fall 2014 – Spring 2015)
Research and Development Committee (Fall 2012 – Spring 2013)
Health Promotion Faculty Search Committee, Chair (Fall 2013 – Spring 2013)
Human Performance Faculty Search Committee (Spring – Summer 2013)
Human Performance Faculty Search Committee (Spring 2012)

Community:

CAPES! Director, Creator, and PI Fall 2013 – Current
Children's Adaptive Physical Education Society! (CAPES!) is a community based program for children with developmental disabilities receive one-on-one skill based instruction across the physical, social, cognitive, emotional, and behavioral spectrums. Land-based and aquatic-based learning strategies are utilized to enhance the independence of each child. We have supervised over 22,000 community-based service-learning hours. www.weber.edu/capes

WSU Charter Academy Kindergarten Physical Education Instruction Spring 2014 – 2017
Led WSU Physical Education majors and minors who volunteered to teach the WSU Charter Academy Kindergarten classes in creating and implementing developmentally appropriate physical education lessons.

Accelerated Learning Academy Spring 2014
Led WSU Physical Education majors and minors who volunteered to teach gifted Ogden school children enrolled in the Accelerated Learning Academy various Physical Education skills (i.e. low adventure games, basketball, cross country skiing, etc.)

OYE! Director, Creator, and PI Summer 2013
Ogden Youth Empowerment! (OYE!) was a 9-week summer camp for Ogden, Utah's at-risk and disadvantaged youth (10 – 14 year olds) to participate in a variety of sport skill learning opportunities while simultaneously implementing Hellison's Teaching Personal and Social Responsibility model to impact behavior awareness and change among these youth.

Athens Community Council on Aging Fall 2007 – Spring 2011

Group presenter and supporter of the Athens, Georgia Parkinson's Disease Support Group.

Walk Georgia Fall 2009
Developed Foundational Activities for the Walk Georgia physical activity program initially developed by the UGA Cooperative Extension Agency

Northeastern Georgia Community Spring 2008
Analyzed the use of blood pressure monitors for a project aimed at decreasing residents' blood pressure and subsequent risks for heart disease. Developed additional strategies that could be implemented.

PROFESSIONAL MEMBERSHIPS:

Society of Health and Physical Educators (SHAPE America / AAHPERD) 2004 – Present
American College of Sports Medicine (ACSM) 2004 – Present

HONORS, AWARDS, AND CERTIFICATIONS:

Presidential Teaching Excellence Award 2018

Crystal Crest Master Teacher Award April 14, 2018

Exemplary Collaboration Award November 11, 2015
CAPES!

Gwen S. William Prize April 3, 2015

Hemingway Faculty Excellence Award April 2, 2015
CAPES! Specialized Equipment; Weber State University

Community Engaged Learning Fellow March 26, 2014
Weber State University

Outstanding Adaptive Physical Education Teacher of the Year March 14, 2014
Utah Association for Health, Physical Education, Recreation, and Dance

Certified Adapted Physical Educator (CAPE) September, 2014 – Current

Hemingway Faculty Excellence Award April 19, 2013
OYE! Ogden Youth Empowerment; Weber State University

Hemingway Faculty Excellence Award April 19, 2013
CAPES! Children's Adaptive Physical Education Society; Weber State University

CPR Instructor Certification 2010

Outstanding Teaching Assistant Award 2009
University of Georgia

Ropes Low Course Facilitator 2008

Kosciuszko Foundation Tuition Scholarship 2006

Who's Who Among Students 2005

Georgia Association for Health, Physical Education, Recreation,
and Dance Undergraduate Scholarship 2004

Outstanding Undergraduate Students in Health and Physical Education Award 2004