



**EDUCATION**

Graduate:

Springfield College, Springfield MA

May 2015

- ◆ Ph. D. Teaching and Administration in Physical Education

Utah State University, Logan UT

August 2011

- ◆ M.Ed. Health, Physical Education and Recreation

Undergraduate:

Utah State University, Logan UT

July 2009

- ◆ B.S. Physical Education

**PROFESSIONAL EXPERIENCE**

Weber State University, Ogden, UT

07/2016-Present

*Assistant Professor*

*Physical Education Activity Supervisor*

*PEP Internship Coordinator*

National Society of Collegiate Scholars – Weber State Chapter

08/2019-Present

*Chapter Advisor*

SHAPE America Eastern District

05/2015-09/2018

*Social Media Coordinator*

Central Connecticut State University, New Britain, CT

09/2014-05/2016

*Assistant Professor*

SHAPE America Eastern District

02/2015-05/2016

*Member at Large – Leadership Council*

National Network of Digital Schools, Rochester, PA

09/2014-01/2015

*High School Health and PE Curriculum Content Writer*

Central Connecticut State University, New Britain, CT

09/2012-05/2014

*University Supervisor/Lecturer*

Springfield College, Springfield, MA

09/2011-05/2014

*Teaching Fellow/Physical Education k-12 Teaching Assistant*

## RESEARCH/PUBLICATIONS/BOOK CHAPTERS

### -Weber State University

- ◆ Butts, C., Hanaki, S., **Zimmerman, R.**, Wing-Gaia, S., Griffith, J. (Data collection in progress). Performance, Physiological, and Perceptual Evaluation of Wearing a Cloth Facemask During Exercise.
- ◆ Giddens, S., Warren, K., Herzog, V., **Zimmerman, R.** (Master's student thesis data collection in progress). Acute Markers of Stress During a Track Workout Versus a Pool Workout.
- ◆ Butts, C., **Zimmerman, R.**, King, M., Aguilar-Alvarez, D., Joyner, D. (Data collection in progress. Delayed due to COVID-19). Evaluation of Hydration and Health Behaviors in Local Teacher. (Recipients of the Hemingway Collaborative Research Award, April 2019).
- ◆ **Zimmerman, R.**, & Martin, M. (Manuscript in final stages). Using the Theory of Multiple Intelligences in a Sport Education Season: Increasing Student Motivation in Physical Activity. *JOPERD*.
- ◆ **Zimmerman, R.**, & Moosbrugger, M. (Manuscript in final stages). Investigation of Self-efficacy in a Graduate Student Peer Mentoring in Research Program. *Journal of Mentoring and Coaching in Education*.
- ◆ **Zimmerman, R.** (ONLY AUTHOR, Published April 2018) Current Coaches Perceptions: Retention of Division I College Football Coaches. *Applied Research in Coaching and Athletics Annual (ARCAA)*, 33, 144-169.

### -Prior to Weber State

- ◆ **Zimmerman, R.** (Published Fall 2015). "NO CELL PHONES IN CLASS" ... LOL, ya right!!! *The Bulletin – CTAHPERD*, 61(3), 12-13.
- ◆ **Zimmerman, R.**, Martin, M., & Melnyk, J. (Published July 2015). Fitness Apps: Motivating Students to Move. *JOPERD*, 86(6), 50-54.
- ◆ **Zimmerman, R.**, Martin, M., & Ciotto, C. (Published May 2015). A New Sport Education Role: Sport Nutritionist. *Strategies: A Journal for Physical and Sport Educators*, 28(3), 40-55.
- ◆ Martin, M., & **Zimmerman, R.** (Published August 2014). Technology in Action: Developing School-Wide Activity Programs. *JOPERD*, 85(7), 44-45.
- ◆ Fronske, H. (2014). Teaching Cues for Sports Skills for Secondary School Students (5<sup>th</sup> & 6<sup>th</sup> Edition). Referenced as a Sports Consultant. Wrote Chap 6 (Baseball) and Chap 14 (Football).

## PROFESSIONAL PRESENTATIONS

### -International

- ◆ **Zimmerman, R.** (October 28, 2020). Build a Better Brain Through Movement and Learning Community Activities. Presented at the AORE Annual International Conference, DIGITAL Conference.
- ◆ Lewis, T., **Zimmerman, R.** (November 14, 2020). Broaden Your Perspectives Through Play: Enhancing Student Engagement with Experiential and Cooperative Learning. Presented at the AEE International Conference, DIGITAL Conference.

- ◆ **Zimmerman, R.,** & Lewis, T. (November 2019). Expand Your Horizons Through Play: Engaging Your Students With Experiential and Cooperative Learning. Presented at the AORE - AEE Conference, Spokane, WA.
- ◆ **Zimmerman, R.,** & Lewis, T. (November 2018). Broaden Your Horizons: Engaging Your Students With Experiential and Cooperative Learning. Presented at the AEE + GYE Conference, Orlando, FL.

### **-National**

- ◆ **Zimmerman, R.,** (April 2020). How to be a Professor and Physical Education Activity Supervisor! Presented at the SHAPE America National Convention and Expo, Salt Lake City, UT.
- ◆ **Zimmerman, R.,** Blodgett, J., Martin, M., & Plona (March 2017). Engaging Students Using Modern Sport Education Strategies and TGfu Hybrid Units. Presented at the SHAPE America National Convention and Expo, Boston, MA.
- ◆ **Zimmerman, R.** (January 2016). Breaking Through the Research Barricade: Graduate Peer Mentoring in Research. Presented at the NAKHE Conference, San Diego, CA.
- ◆ **Zimmerman, R.,** & Martin, M. (October 2015). Using the Theory of Multiple Intelligences to Motivate in Sport Education. Presented at the PETE & HETE Conference, Atlanta, GA.
- ◆ **Zimmerman, R.,** & Moosbrugger, M. (October 2015). Strengthening the Mentorship Dynamic. Presented at the PETE & HETE Conference, Atlanta, GA.
- ◆ **Zimmerman, R.,** & McDiarmid, P. (March 2015). "Hook, Line, and Thinker": Super Starters for Health Classrooms. Presented at the SHAPE America National Convention, Seattle, WA.
- ◆ **Zimmerman, R.,** & Martin, M. (January 2015). Sport Education: Looking at the past, present, and future. Presented at the NAKHE Conference, Clearwater, FL.
- ◆ **Zimmerman, R.** (April 2014). AAHPERD Research Council Graduate Student Forum Round-table Facilitator. Presented at the AAHPERD National Convention, St. Louis, MO.
- ◆ **Zimmerman, R.,** & McDiarmid, P. (April 2014). Strategies for Teaching English Language Learners (ELLs) in Health Classrooms. Presented at the AAHPERD National Convention, St. Louis, MO.

### **-Regional**

- ◆ **Zimmerman, R.** (May 2016). Workshop Workout of the Day (WWOD): Developing in-School Activity Programs. Presenting at the Eastern District - SHAPE America Convention, Atlantic City, NJ.
- ◆ Kostelis, G., **Zimmerman, R.,** Ciotto, C. (May 2016). Comparing Academic Support Services of Student Athletes Versus Non-Student-Athletes. Poster Presentation at the Eastern District - SHAPE America Convention, Atlantic City, NJ.
- ◆ Martin, M., **Zimmerman, R.** (May 2016). I-Pads and Apps: Using Technology to Promote Success in Adapted Physical Education. Presenting at the Eastern District - SHAPE America Convention, Atlantic City, NJ.

- ◆ **Zimmerman, R.** (June 2015). Sport Education: Authentic Learning Through Sport and Role Playing (Part 1 & 2). Presented at the Southwest District - SHAPE America Annual Convention, Park City, UT.
- ◆ **Zimmerman, R.** (June 2015). Retention in Division I Football Coaches: Why Coaches Continue the Grind. Presented at the Southwest District - SHAPE America Annual Convention, Park City, UT.
- ◆ **Zimmerman, R., & Martin, M.** (February 2015). A New Sport Education Role: Festivity Manager. Presented at the Eastern District - SHAPE America Conference, Springfield, MA.
- ◆ **Martin, M., & Zimmerman, R.** (February 2014). Sport Education and Multiple Intelligences: A Path to Student Success. Presented at the EDA - AAHPERD, Newport, RI.
- ◆ **Zimmerman, R., Martin, M., & Bishop, J.** (February 2014). Technology in Action: Developing School-Wide Physical Activity Program. Presented at EDA - AAHPERD, Newport, RI

### **-State**

- ◆ **Zimmerman, R.,** (February 2019). Say No to the Eye Test: Use Technology to Evaluate Your Students. Presented at the SHAPE Utah & USBE K-12 Health and Physical Education Conference, Layton, UT.
- ◆ **Lewis, T., Zimmerman, R.,** (March 2018). Engaging Activities to Promote Health and Wellness. Presenting at the Utah Recreation and Parks Association (URPA) “Get in the Game” Conference, Provo, UT.
- ◆ **Zimmerman, R., Lewis, T., Boswell, A.** (February 2018). Ready, Set, GO!! Super Starters for Health and PE Classrooms. Presented at the ‘CHOICES’/MOVE! You are the KEY... Secondary Health and Physical Education Conference – Utah Board of Education, Layton, UT.
- ◆ **Zimmerman, R.** (August 2017). Assessments and Teaching Strategies Using Technology. Presented at the Utah State Board of Education Re-Licensure Workshop, Ogden, UT.
- ◆ **Zimmerman, R.** (November 2015). 7 Ways to Jumpstart Your Classroom. Presented at the CTAHPERD Fall Conference, Cromwell, CT.
- ◆ **Zimmerman, R., & Martin, M.** (November 2014). Mutually Beneficial School University Partnerships. Presented at the CTAHPERD Fall Conference, Cromwell, CT.
- ◆ **Martin, M., & Zimmerman, R., & Students** (November 2014). Sport Education: An Engaging Curriculum. Presented at the CTAHPERD Fall Conference, Cromwell, CT.
- ◆ **Zimmerman, R.** (March 2014). Roundtable Facilitator – School University Partnerships. Presented at MAHPERD Spring Conference, Westfield State University, MA.
- ◆ **Zimmerman, R., & Martin, M.** (November 2013). A New Sport Education Role: Sport Nutritionist. Presented at the CTAHPERD Fall Conference, Cromwell, CT.
- ◆ **Martin, M., & Zimmerman, R.** (November 2013). Sport Education and Multiple Intelligences: A Path to Student Success. Presented at the CTAHPERD Fall Conference, Cromwell, CT.

## **-Local**

- ◆ **Zimmerman, R., & Martin, M.** (October 2015). Implementing the Sport Education Model in Your Classroom. CTAHPERD Regional Workshop. Norwalk High School, Norwalk, CT.
- ◆ **Zimmerman, R., & Martin, M.** (November 2013). Tactical Games Approach in Team Sports. Presented to the Enfield School District at Central Connecticut State University, New Britain, CT.
- ◆ **Martin, M., & Zimmerman, R.** (November 2013). Adapted Physical Education Strategies. Presented to the Enfield School District at Central Connecticut State University, New Britain, CT.

## **AWARDS/HONORS**

Weber State University, Ogden UT

- ◆ Recognized as an “Everyday Leader” – The WSUSA Leadership Team (March, 2018)
- ◆ Hemingway Collaborative Award (April 2019)

Central Connecticut State University, New Britain CT

- ◆ Nominated for “The Excellence in Teaching Award” and elected to the Honor Roll, 2015-2016.
- ◆ Nominated for “The Excellence in Teaching Award” and elected to the Honor Roll, 2014-2015.
- ◆ Nominated for “The Excellence in Teaching Award,” 2012-2013.

## **EDITORIAL EXPERIENCE**

- ◆ Reviewer - Journal of Physical Education, Recreation, and Dance (January 2015-present)
- ◆ Reviewer - Strategies: A Journal for Physical and Sport Educators (January 2015-present)
- ◆ Reviewer – International Journal of Kinesiology in Higher Education (February 2016-present)
- ◆ Reviewer – International Sport Coaching Journal (February 2016-present)

## **PROFESSIONAL MEMBERSHIPS**

- ◆ Association for Experiential Education (AEE, November 2018-Present)
- ◆ Society of Health and Physical Educators (SHAPE America, 2014-present)
- ◆ Utah Association of Health, Physical Education, Recreation and Dance (UAHPERD, 2016-present)
- ◆ SHAPE America - Southwest District (2016-present)
- ◆ SHAPE America - Eastern District (2014-18)
- ◆ National Association for Kinesiology in Higher Education (NAKHE, 2014-18)
- ◆ Connecticut Association of Health, Physical Education, Recreation and Dance (CTAHPERD, 2014-18)

## **PROFESSIONAL DEVELOPMENT/CONFERENCES**

- ◆ AEE International Conference (Digital) November 2020
- ◆ AORE International Conference (Digital) October 2020
- ◆ SHAPE America National Convention and Expo - Salt Lake City, UT April 2020
- ◆ AORE + AEE International Conference – Spokane, WA November 2019
- ◆ SHAPE Utah and USBE K-12 Health and PE Conference – Layton, UT February 2019
- ◆ AEE+GYE International Conference – Orlando, FL November 2018
- ◆ Utah Recreation and Parks Conference - Provo, UT March 2018
- ◆ Utah Board of Education - Secondary Health and PE Conference - Layton, UT February 2018
- ◆ SHAPE America National Convention and Expo - Boston, MA March 2017
- ◆ Eastern District - SHAPE America Convention - Atlantic City, NJ May 2016
- ◆ National Association for Kinesiology in Higher Education Conference - San Diego, CA January 2016
- ◆ CTAHPERD Conference - Cromwell, CT November 2012-2015
- ◆ PETE & HETE Conference - SHAPE America - Atlanta, GA October 2015

- ◆ Southwest District - SHAPE America Convention - Park City, UT June 2015
- ◆ SHAPE America National Convention and Expo - Seattle, WA March 2015
- ◆ Eastern District - SHAPE America Convention - Springfield, MA February 2015
- ◆ National Association for Kinesiology in Higher Education Conference - Clearwater, FL January 2015
- ◆ CTAHPERD Assessment Strategies K-12 Workshop - Norwich, CT June 2014
- ◆ AAHPERD National Convention and Expo - St. Louis, MO April 2014
- ◆ MAHPERD Spring Conference - Westfield State University, MA March 2014
- ◆ Eastern District Association - AAHPERD Convention - Newport, RI February 2014

## GRANTS

### Weber State University, Ogden UT

- ◆ 2019 – Hemingway Collaborative Award – “Evaluation of Hydration and Health Behaviors in Local Teachers.” \$6,194.57
- ◆ 2019 – Annual International AORE + AEE Conference, Spokane, WA. \$1,538 (FUNDED)
- ◆ 2018 – Annual International AEE+GYA Conference, Orlando, FL. \$1,993 (FUNDED)
- ◆ 2018 – PETE & HETE Conference – Salt Lake City - \$485 (FUNDED)
- ◆ 2017 - Presenting at the 2017 SHAPE America National Convention and Expo. Faculty Development Grant. Boston, MA. \$2,942 (FUNDED)
- ◆ 2017 – Developing Faculty and Student Technological Expertise. \$3,577.54 (FUNDED)
- ◆ 2017 - Equipment Gift Card Incentive for High School Physical Education Programs. Program Development Grant (FUNDED)
- ◆ 2017 – 21<sup>st</sup> Century Technology Using Polar Heart Rate Monitors. Technology Grant (FUNDED)

### Connecticut State University, New Britain CT

- ◆ 2015 - NAKHE Conference Research Presentation. Faculty Development Grant. San Diego, CA. \$1,500 (FUNDED)
- ◆ 2015 - Situational Motivation in Wellness Class Using HR Monitors. Early Career Investigator – SHAPE America, \$4,350 (Unfunded)
- ◆ 2015 - Creative Assessment: Using IHT Spirit System Technology in Physical Education. Curriculum Development Grant, \$4,906.20 (Unfunded)
- ◆ 2014 - SHAPE America National Convention. Seattle, WA. \$1,500 (Unfunded)
- ◆ 2014 - Developing Faculty Technological Expertise. Faculty Development Grant, \$8,799.93 (Unfunded)

## COMMITTEE SERVICE

### Weber State University, Ogden UT

#### State of Utah Level

- ◆ Utah System of Higher Education – Exercise and Sport Science Committee (Elected Fall 2016)

#### University

- ◆ University Council for Teacher Education (UCTE, Elected Spring 2018)
- ◆ UCTE Policy and Curriculum Subcommittee (Elected Fall 2019)

#### College Level

- ◆ MCOE Justice & Equity Committee (Elected June 2020)
- ◆ MCOE Justice & Equity - Sub Committee Chair - Faculty & Staff Policy and Practice (Elected Fall 2020)
- ◆ MCOE Strategic Planning Committee (Elected Fall 2019)
- ◆ Teacher Education Admission and Retention Committee (Elected Spring 2018)
- ◆ Teacher Education Promotion Committee (Elected Fall 2016)

#### Department Level

- ◆ 10<sup>th</sup> Year Review Committee – Dr. James Zagrodnik (2020-21)

- ◆ Faculty Peer Review Committee – Dr. Lisa Meerts (2020-21)
- ◆ Faculty Peer Review Committee – Dr. Mandy Kirkham-King (2019-20)
- ◆ Faculty Peer Review of Teaching Committee – Dr. Yan Huang (2018-19)
- ◆ 10<sup>th</sup> Year Review Committee – Dr. Chris Eisenbarth (2018)
- ◆ CHAIR - Physical Education Search Committee - Assistant Professor (2017-18)
- ◆ Faculty Peer Review Committee - Dr. T. Grant Lewis (Elected Fall 2017)
- ◆ Health Promotion Search Committee Member - two Instructors & one Assistant Professor (2016-17)
- ◆ CHAIR - Department Renaming, Mission, and Goals Committee (Elected Fall 2016)
- ◆ Department “Green” Team Committee (Elected Spring 2017)
- ◆ Faculty Peer Review Committee - Dr. Chad Smith (Elected Fall 2016)

### **Central Connecticut State University, New Britain CT**

#### University Level

- ◆ Faculty Senate (Elected Fall 2014)
- ◆ School of Education & Professional Studies Governance Council (Elected Spring 2015)
- ◆ Academic Assessment Committee (Elected Spring 2015)
- ◆ Academic Standards Committee (Elected Spring 2015)
- ◆ Curriculum Committee (Elected Spring 2015)
- ◆ Mediation Committee (Elected Spring 2015)
- ◆ Health and Wellness Subcommittee – First Year Experience Redesign Task Force (2015-16)

#### Department Level

- ◆ Policy & By-Laws Committee (Elected Spring 2015)
- ◆ School of Education & Professional Studies – Governance Council (Elected Spring 2015)
- ◆ Curriculum Sub-Committee (Elected Spring 2015)
- ◆ Professional Program Screening Committee (Elected Spring 2015)
- ◆ Program Promotion & Marketing Committee (Elected Spring 2016)

### **SERVICE/COMMUNITY ENGAGEMENTS**

#### **Weber State University, Ogden UT**

##### University/College Level

- ◆ National Society of Collegiate Scholars – WSU Chapter Advisor (Elected Fall 2019 by Student Body)
- ◆ Teacher Education Promotion Event Coordinator – Honored three local teachers at the WSU Football game (October 15, 2016)
- ◆ Weber State Wildcats Teacher Appreciation Night – Honored the Top 10 All-Star Teacher, as well as 57 All-Star Teacher nominees at the WSU Basketball game (February 18, 2017)

##### Department Level

- ◆ Physical Education and Recreation Adjunct Manual Development – Created an Adjunct Manual which included all aspects and resources for employment at WSU (2016-17)
- ◆ Physical Education and Sport Coaching Club Supervisor – Started our first ever PE & SC Club (2016)
- ◆ Physical Education and Sport Coaching Social Media Coordinator – Developed both a Facebook and Twitter account for our program (2016-17)

##### Community

- ◆ GOAL Foundation – Managing our PE Majors who have volunteered to teach at a local afterschool program with the Boys & Girls Club (2016-17)

#### **Central Connecticut State University, New Britain CT**

##### University Level

- ◆ Central Connecticut State University Men’s Club Volleyball Advisor
- ◆ Central Connecticut State University Women’s Club Lacrosse Advisor

#### Department Level

- ◆ Contributed in updating the department of PE and Human Performance By-Laws (2015)
- ◆ Contributed in restoring/creating the department of PE and Human Performance Handbook (2015)
- ◆ National Council for Accreditation of Teacher Education - Developed rubrics for Standard 2 (2013)

#### External/Professional Level

- ◆ Research Council (RC) of SHAPE America, Graduate Research Mentor, 2015
- ◆ AAHPERD Research Graduate Student Forum Facilitator, St. Louis, MO, 2014
- ◆ Future All-Star Training (F.A.S.T.) Summer Camp: Provide CCSU students teaching opportunities

#### Community

- ◆ Pre-K Olympics (Summer 2014-16). Volunteer for the field day celebrating health and wellness
- ◆ Sandy Hook Run for the Families 5K (2013) - Team CCSU
- ◆ Ordained Minister - American Marriage Ministries: Officiate marriages of all religious beliefs

### **BIS Capstone Project Committee**

Weber State University, Ogden, UT

- ◆ Zakiyyah Shahid-Martin: "Understanding the Psychological Effect of Negative Coaching," 2018

### **MASTER'S COMMITTEE**

Central Connecticut State University, New Britain CT

- ◆ Rebecca E. Allain: "Influence of Aerobic Capacity and Physical Activity on Academic Achievement in Sixth and Eighth Grade Students" (Chair) 2015
- ◆ George Kostelis: "Comparing Academic Support Services of Student-Athletes versus Non Student-Athletes" 2016
- ◆ Danielle Dickman: "The Effects of Physical Fitness on Academic Achievement" (Chair) 2016

### **CENTRAL CONNECTICUT STATE UNIVERISTY CURRICULUM DEVELOPMENT**

- ◆ Developed PE 522 - Physical Activity & Health Concepts in PE (M.S. in PE Graduate Program)
- ◆ PE 144 – Fitness Wellness Ventures; adopted a new textbook and developed new course content for General Education requirement (12 section)

### **COURSES TAUGHT**

**Weber State University, Ogden UT**

B.S.Ed. Physical Education for Teacher Certification

- ◆ PEP 4990 - Field Experience/Senior Seminar
- ◆ EDUC 4940 - Student Teaching in Secondary Education
- ◆ PEP 4700 - Methods of Teaching Junior High Physical Education
- ◆ PEP 3630 - Methods of Teaching Elementary Physical Education
- ◆ PEP 3620 - Methods of Teaching PE/Health for Elementary Teachers
- ◆ PEP 3280 - Methods of Teaching Strength and Conditioning
- ◆ PEP 2700 - Sociohistorical Aspects of Sport
- ◆ PEP 2500 - Sport Pedagogy
- ◆ PE 2000 - Foundations of Physical Education
- ◆ PE 1130 - Golf
- ◆ PE 1110 - Racquetball
- ◆ PE 1080 - Strength Training
- ◆ PE 1070 - Crosstraining for Fitness
- ◆ PE 1043 - Jogging
- ◆ PE 1040 - Walking for Fitness
- ◆ PE 1098 - Fitness for Life



## **COURSES TAUGHT CONT...**

### **Central Connecticut State University, New Britain CT**

#### **B.S.Ed. Physical Education for Teacher Certification**

- ◆ PE 111 - Orientation to Physical Education
- ◆ PE 144 - Fitness/Wellness Ventures
- ◆ PE 219 - Strategies in Golf
- ◆ PE 221 - Strategies in Resistance Training
- ◆ PE 279 - Methods of Teaching Team Sports
- ◆ PE 305 - Measurement & Evaluation in PE
- ◆ PE 420 - Life-Span Motor Development
- ◆ PE 422 - Motor Learning
- ◆ EDSC 417 - Elementary Student Teaching
- ◆ EDSC 419 - Secondary Student Teaching

#### **Master of Science in Physical Education**

- ◆ PE 522 - Physical Activity & Health Concepts in PE
- ◆ EXS 590 - Independent Study
- ◆ PE 599 - Thesis

### **Springfield College, Springfield MA**

- ◆ PEAC 110 Tennis
- ◆ PEAC 116 Jogging
- ◆ PEAC 120 Relaxation
- ◆ PEAC 144 Basketball
- ◆ PEAC 148 Team Handball
- ◆ PEAC 158 Volleyball
- ◆ PEAC 165 Badminton
- ◆ PEAC 170 Golf
- ◆ PEAC 176 Racquetball