

# ELAINE FOSTER, Ph.D. Candidate

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## *Curriculum Vitae*

### EDUCATION

- Doctor of Philosophy in Education, emphasis in Sport Pedagogy and Character Development**  
*University of Idaho, Moscow, Idaho* *Anticipated May 2022*
- Master of Physical Education, emphasis in Athletic Administration** *August 2010*  
*Idaho State University, Pocatello, Idaho*
- Bachelor of Science in Physical Education, emphasis in Exercise Science** *May 2008*  
*Idaho State University, Pocatello, Idaho*  
- Minor in Coaching
- Associate of Science in General Studies, emphasis in Health and Physical Education** *April 2005*  
*Brigham Young University-Idaho, Rexburg, Idaho*

### PROFESSIONAL EXPERIENCE

- Clinical Assistant Professor* *August 2021- Present*  
Idaho State University, Department of Human Performance & Sport Studies
- Temporary Lecturer* *August 2020- May 2021*  
University of Idaho, Department of Movement Sciences
- Volunteer Assistant* *August 2018- May 2020*  
University of Idaho, Center for ETHICS\*
- Adjunct Instructor* *January 2018-May 2018*  
Idaho State University, Sport Science and Physical Education Department
- Clinical Instructor* *August 2016-December 2017*  
Idaho State University, Sport Science and Physical Education Department
- Assistant Lecturer* *August 2014-August 2016*  
Idaho State University, Sport Science and Physical Education Department
- Coordinator/Equipment Manager* *August 2010-August 2016*  
Idaho State University, Sport Science and Physical Education Department
- Remote Adjunct Faculty* *August 2014-August 2016*  
Brigham Young University- Idaho, Online Instruction
- Adjunct Instructor* *August 2010-August 2014*  
Idaho State University, Sport Science and Physical Education Department
- Graduate Teaching Assistant* *August 2009-May 2010*  
Idaho State University, Sport Science and Physical Education Department
- Office Assistant* *August 2008-May 2009*  
Idaho State University, Sport Science and Physical Education Department
- Assistant Volleyball Coach* *August-October 2007 & 2008*  
Marsh Valley High School, Arimo Idaho

## **TEACHING EXPERIENCE**

### **Courses at Idaho State University**

**Fall 2021- Present**

HPSS 2223 Foundations of Physical Education and Sport

HPSS 3357 Methods of Teaching Elementary Physical Education

HPSS 4454 Senior Capstone

### **Courses at University of Idaho**

**Fall 2020- Spring 2021**

MVSC 201 Physical Activity, Wellness, and Behavior Change (online)

PEP 133 Skill and Analysis of Target and Invasion Activities

PEP 350 Elementary Health & Physical Education (online and hyflex)

PEP 412 Elementary Methods in Physical Activity Pedagogy

PEP 413 Foundations and Assessment in Physical Activity Pedagogy

PEP 424 Inclusive Physical Education and Recreation

MVSC 486/586 Healthy Active Lifestyle Assessment and Intervention (co-taught)

### **Courses as a Volunteer Teaching Assistant, University of Idaho**

**Fall 2018- December 2019**

ISEM 101 Sport in Society

PEP 275 Moral Reasoning in Sport

REC 260 Foundations of Recreation

### **Courses at Idaho State University**

**Fall 2010- May 2018**

PE 2222 First Aid, CPR and Sport Safety

PE 2223 Foundations of Physical Education and Sport

PE 2235 Activity Performance Techniques I

PE 2236 Activity Performance Techniques II

PE 2237 Activity Performance Techniques III

PE 2243 Anatomical Foundations of Human Activity (taught both face-to-face and online)

PE 3364 Introduction to Sport Law

PE 4437 Methods of Teaching Secondary Physical Education

PE 4454 Senior Capstone (taught both face-to-face and online)

### **Courses Online at Brigham Young University-Idaho**

**Fall 2014-Summer 2016**

HRHP 131 Personal Health and Fitness

### **Courses as a Graduate Teaching Assistant, Idaho State University**

**Fall 2009- Spring 2010**

PEAC 131A Beginning Aerobics, Nutrition, and Weight Management

PEAC 132 Individualized PE

PEAC 134A Beginning Weight Training

PEAC 136 TargitFit and Conditioning

PEAC 152A Beginning Badminton

PEAC 157B Intermediate Volleyball

PE 302L Biomechanics Lab

\*I have consistently received high marks on student course evaluations. Evaluation summaries are available for review.

## **SCHOLARSHIP**

### **Scholarly Book Chapters**

Kirkpatrick, C. & **Foster, E.** (writing underway). Lifestyle interventions and cardiovascular outcomes.

Appleby, K. M. & **Foster, E.** (2013). Gender and sport participation. In E. Roper (Ed.). *Gender Relations in Sport*. Rotterdam, Netherlands: Sense Publishing.

### **Peer Reviewed Manuscripts**

**Foster, E.,** & Appleby, K. M. (2020). Making the case for women-specific community recreational sports. *Journal of Park and Recreation Administration*. doi:10.18666/JPRA-2020-10645

Appleby, K. M., **Foster, E.,** & Kamusoko, S. D. (2016). Full speed ahead: Using a capstone course to facilitate students' professional transition. *Journal of Physical Education, Recreation, and Dance*, 87(3), 16-21.

**Foster, E.** & Appleby, K. M. (2015). Breaking barriers: Women's centered physical education programming in higher education. *Journal of Physical Education, Recreation, and Dance*, 86(6), 29-33.

### **Peer Reviewed Manuscripts in Progress**

**Foster, E.,** & Stoll, S. (writing underway). Aesthetic, social, and moral meaning of sport uniforms.

**Foster, E.,** & Stoll, S. (writing underway). The aesthetic sport experience.

### **Non-Refereed Manuscripts**

Appleby, K.M., Kirkpatrick, C., Peterson, T., **Foster, E.,** Moffit, D., & Rider, C. (January, 2021). "Sisterhood" and "Girl Power": Investigating Participant Motivation in a Women-Only Mass Participation Cycling Event. *Idaho Journal of Sports, Health, and Physical Education*, 54-64

**Foster, E.** (2020, July 1). Why we cannot cancel physically active play. *Physical and Health Education America*. <http://www.pheamerica.org/2020/why-we-cannot-cancel-physically-active-play/>

**Foster, E.** (2020, February 16). When sportsmanship means more than shaking hands. *Physical and Health Education America*. <http://www.pheamerica.org/2020/when-sportsmanship-means-more-than-shaking-hands/>

**Foster, E.** (December 2019). Refocusing sport and recreation. *Idaho JOHPERD*, 2019, 26-29.

**Foster, E.** (March 2014). Idaho State University celebrates National Girls and Women in Sports Day. IAPHERD Newsletter

### **Scholarly Presentations at Professional Meetings/Conferences**

**Foster, E.,** & Stoll, S. (2021, October 8). *Aesthetic sport experience: The missing link to an active lifestyle?* Western Society of Kinesiology and Wellness Conference, Virtual Meeting.

Shaw, A. H., **Foster, E.,** & Stoll, S. (2021, June 8). *Want inclusion? Try perspective taking.* International Association for Physical Education in Higher Education Conference, Virtual Meeting.

**Foster, E.,** & Stoll, S. (2020, October 9). *Aesthetic, social, and moral meaning of sport uniforms.* Western Society of Kinesiology and Wellness Conference, Virtual Meeting.

- Foster, E., & Stoll, S.** (2020, October). *Getting women to coach in your youth sports program*. Idaho Recreation and Park Association Conference, Post Falls, ID, United States. \*\*Did not present due to the COVID-19 Pandemic.
- Appleby, K. M., Kirkpatrick, C., **Foster, E.**, Peterson, T., Moffit, D., & Rider, C. (October 2019). Sisterhood" & "girl power": Investigating participant motivation in a women-only mass participation cycling event. *Presented at the annual SHAPE Idaho Conference, Pocatello, Idaho.*
- Foster, E.** & Appleby, K. M. (April 2019). Making the case for women-specific programming for community recreation. *Presented at the annual Idaho Recreation and Park Association conference, Boise, ID.*
- Foster, E.** (October 2017). Intercollegiate athletes: Privileged or exploited? *Presented at the annual SHAPE Idaho Conference, Lewiston, ID.*
- Foster, E.,** Rider, C., Appleby, K. M., Kirkpatrick, C., Moffit, D., Peterson, T. (October 2016). Spinderellas, wildflowers, and wonderwomen: Investigating women's motivation to participate in an all-female, non-competitive cycling event. *Presented at the annual Western Society of Kinesiology and Wellness Conference, Reno, NV.*
- Foster, E.,** Rider, C., Appleby, K. M., Kirkpatrick, C., Moffit, D., Peterson, T. (October 2016). Spinderellas, wildflowers, and wonderwomen: Investigating women's motivation to participate in an all-female, non-competitive cycling event. *Presented at the annual SHAPE Idaho Conference, Meridian, ID.*
- Appleby, K. M., Kirkpatrick, C., Moffit, D., **Foster, E.,** Rider, C., Peterson, T. (March 2016). Spinderellas, wildflowers, and wonderwomen: Investigating women's motivation to participate in an all-female, non-competitive cycling event. *Presented at the annual Gender and Sexuality in Everyday Life Conference, Pocatello, ID.*
- Foster, E.** & Appleby, K. M. (January 2016). Making a Case for Women's Centered Physical Education Programming in Higher Education: For the Online Environment. *Invited presentation for Health Science Teaching Group 5, Brigham Young University- Idaho. Online Meeting.*
- Foster, E.** & Appleby, K. M. (March 2015). Making a Case for Women's-Centered Physical Education Programming. *Presented at the annual Gender and Sexuality in Everyday Life Conference, Pocatello, ID.*
- Appleby, K. M., **Foster, E.,** & Kamusoko, S. D. (August 2014). Using a Capstone Course to Facilitate Students' Professional Transition. *Presented at the annual IAHPERD Conference, Twin Falls, ID.*
- Foster, E.** & Appleby, K. M. (October 2013). Barriers Facing Girls and Women in PE: What Are They and How Can We Reduce Them? *Presented at the annual IAHPERD Conference, Moscow, ID.*
- Foster, E.** & Appleby, K. M. (April 2013). Making a Case for Women's Centered Physical Education Programming. *Presented at the annual American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) Conference, Charlotte, NC.*
- Foster, E.** & Cordingley, K. R. (October 2011). Hydrostatic Weighing: The "Gold Standard" of Body Composition Analysis. *Presented at the annual IAHPERD Conference, Pocatello, ID.*
- Appleby, K. M., Williams, S., **Foster, E.,** & Pemberton, C. L. A. (October 2011). National Girls and Women in Sports Day: Planning, Organizing, and Celebrating at Your School! *Presented at the annual IAHPERD Conference, Pocatello, ID.*

Appleby, K. M., Pemberton, C. L. A, Faure, C., **Foster, E.**, & Turk, T. (March 2010). Learning Through Serving: National Girls and Women in Sports Day. *Presented at the annual AAHPERD Conference, Indianapolis, IN.*

Turk, T. L., **Foster, E.**, Sparrow, C., & Cook, L. J. (October 2009). Idaho State University SHEPERD Club. *Presented at the annual IAHPERD Conference, Moscow, ID.*

### **Scholarly Presentations at Professional Meetings/Conferences in Progress**

**Foster, E.**, & Stoll, S. (October 2020). Aesthetic, social and moral meaning of sport uniforms. *To be submitted for the annual Western Society of Kinesiology and Wellness Conference, Virtual Meeting.*

**Foster, E.**, & Stoll, S. (April 2020). Getting women to coach in your youth sports program. Submitted for consideration for the annual *Idaho Recreation and Park Association conference, Post Falls, ID.*

### **Non-Refereed/Invited/Service Presentations**

**Foster, E. & Appleby, K. M. (2016, January).** *Making a case for women's centered physical education programming in Higher Education: For the online environment* [Invited presentation] for Health Science Teaching Group 5, Brigham Young University- Idaho, Virtual Meeting.

**Foster, E.** (February 2014). *Hydrostatic Weighing.* Invited presentation for NTD 4439, Sports Nutrition. Pocatello, ID.

**Foster, E. & Appleby, K. M.** (June 2013). *Fitting Exercise and Nutrition into Your (Already) Busy Life.* Invited presentation for LDS 5<sup>th</sup> Ward Relief Society. Pocatello, ID.

**Foster, E.** (March 2013). *Hydrostatic Weighing.* Invited presentation for HE 2220, Promoting Wellness. Pocatello, ID.

Cordingley, K. R. & **Foster, E.** (October 2012). *Fitness for Life.* Invited presentation for the New Knowledge Adventure group. Pocatello, ID.

**Foster, E.** (August 2012). *Weight Bearing Exercise and Women Over 50.* Invited presentation for Midlife Madness: A Celebration of Good Health for Women who are 50+. Pocatello, ID.

**Foster, E.** (October 2011 and March, 2012). *Applying Targitfit Knowledge to the Weight Room.* Invited Presentation for PEAC 1136, TargitFit and Conditioning. Pocatello, ID.

**Foster, E.** (October 2011; March, 2014; May, 2014). *Body Composition Testing.* Invited Presentation for PE 2223, Foundations of Physical Education and Sport course, Pocatello, ID.

**Foster, E.** (April 2011). *Warming Up, Conditioning, and Cooling Down for Health and Sport Benefit.* Invited Presentation for the Silver Sage Girl Scout Troop, Pocatello, ID.

**Foster, E.** (November 2009). *Risk Management for the Pocatello Kid's Triathlon.* Invited Presentation for PE 3364, Introduction to Sport Law Course, Pocatello, ID.

### **Grants**

Appleby, K. M., Moffit, D., **Foster, E.**, & Cordingley, K. R. *Assessing the Impact of a National Girls and Women in Sports Day Event on Participants' Continued Engagement in Sport and Physical Activity.* National Association for Girls and Women in Sports Research Initiative. \$1,652 Requested. January, 2013. **Unfunded**

## **SERVICE**

### **Professional Organizations**

- *Past President*, SHAPE Idaho (October 2018- October 2020)
  - 2020 Grant committee chair
  - 2019 Conference coordinator
- *President*, SHAPE Idaho (October 2017- October 2018)
  - 2018 Grant committee chair
- *President-Elect*, SHAPE Idaho (October 2016-October 2017)
  - 2017 Awards committee chair
- *Conference Planning Committee*, IAHPERD conference (August 2015)
- *Journal Editor* Idaho JOHPERD, SHAPE Idaho (October 2013-October 2016)
- *District V Representative*, IAHPERD (October 2011-October 2013)
- *Conference Planning Committee* IAHPERD Conference (October 2011)

### **University, College, and Department**

- Member of Scholarship Committee, Department of Movement Sciences, University of Idaho (December 2020-March 2021)
- Member of Accreditation Committee, Physical Education Teacher Education Program, Department of Movement Sciences, University of Idaho (September-November 2020)
- *Coordinator* SSPE Five Year Program Review (June-December 2017)
- *Member* Hiring Committee Outdoor Adventure Center Recreation Coordinator (June 2017)
- *Graduate Committee Member* Two SSPE Master of Physical Education students (April 2017)
- *Co-Director* ISU National Girls and Women in Sports Day (2017 event)
- *Member* Promotion and Tenure Committee for Carol Kirkpatrick, Kasiska Division of Health Sciences (Fall 2016)
- *Member* Promotion Committee for Shu-Yuan Lin, College of Education (Fall 2016)
- *Chair* Hiring Committee SSPE Lab Coordinator/ Equipment Manager (August- December 2017)
- *Advisor* Approximately 60 SSPE Undergraduate Students (August 2014- Present)
- *Coordinator* SSPE Department Website (August 2014-May 2017)
- *Consultant* Potential incoming freshman/ transfer students interested in the SSPE department (Ongoing)
- *Member* Hiring Committee for Outdoor Adventure Center Recreation Coordinator (May 2016)
- *Coordinator* SSPE Research Fair (November 2014, 2015, 2016, & 2017)
- *Facilitator* Experience ISU with prospective SSPE students (October 2015)
- *Consultant* ISU Majors & Minors Fair (October 2015)
- *Team Planning Committee Member* ISU National Girls and Women in Sports Day (2012, 2013, 2014, 2015, & 2016)
- *Instructor* CPR and First Aid Re-certification class, held each semester (Spring 2011-Present)
- *Supervisor*
  - Career Path Student Intern (August 2014- June 2015; August 2015-June 2016)
  - Student Interns in SSPE Equipment Room (August 2014-May 2014; January 2014-May 2014; August 2013- December 2013; January 2013-May 2013)
  - Post-Secondary Transition (VOICE) Program Student Interns in SSPE Equipment Room (September, 2014- December, 2014; September 2013-May 2014; September 2012-May 2013)
- *Facilitator* Fitnessgram Testing, Gate City Elementary, Pocatello, ID (October 2013, November, 2014, October 2015)
- *Facilitator* Laboratory experience with early college students (Fall 2010- Spring 2014)
- *Assistant* NATA Self Study, Idaho State University's Master of Science in Athletic Training Program (October 2013)

- *Event Advisor* Santa Claws Fun Run (December 2012)
- *Facilitator* Body composition testing for students PE and PEAC (Fall 2010- Spring 2014)
- *Assistant* Recruitment and retention efforts in the SSPE department (Ongoing)
- *Volunteer* College of Education Welcome Back Barbeque (August 2012)
- *Volunteer* College of Education Graduate Fair (April 2012)
- *Advisor* ISU Ultimate Frisbee Club (November 2011- May 2012)
- *Volunteer* Indian Hills Elementary Field Day at ISU (March 2009; April, 2010, 2011, 2012, 2014)
- *Volunteer* National Girls and Women in Sports Day (February 2006, 2009, 2010, 2011)
- *Volunteer* “Communiversities”, activities from the SSPE department (March 2011)

### **Reviewer for Professional, Peer-Reviewed Journals**

- *Manuscript Reviewer*, Women in Sport and Physical Activity Journal (WSPAJ) (Fall 2016)

### **Professionally Related Community Service**

- *Volunteer* Bald Mountain Triathlon (August 2020)
- *Instructor* Alameda LDS stake Young Women Volleyball Program (February 2013, 2014, 2015, 2016, & 2017)
- *Volunteer* Pocatello Cross Country Ski Foundation Work Day (October 2012)
- *Volunteer* Pocatello Pedal Fest (June 2010)
- *Volunteer* Tax Day Road Bike Race (April 2010)
- *Volunteer* Garden Creek Gap Road Bike Race (May 2010)
- *Volunteer* Santa Claws Fun Run (December 2009)
- *Volunteer* Grace Lutheran School Volleyball Tournament (October 2005)
- *Volunteer* Volleyball Coach, Madison Jr. High (August- September 2003)

### **AWARDS & HONORS**

- *Conference Travel Funding Award*, University of Idaho Graduate Professional Student Organization, April 2020
- *2017 Twenty Under 40 Award Recipient*, Idaho State Business Journal, April 2017
- *Allied Graduate Faculty Status*, College of Education, ISU, Awarded April 2017
- *Customer Service Provider of the Year Honorable Mention* Idaho State University, January 2016
- *Staff Scholarship Award Recipient* Idaho State University, February 2013
- *Conference Travel Funding Award for Graduate Students* Idaho State University, February 2010
- *Student of the Month*, Sport Science and Physical Education Department, November 2009
- *Dean’s List*, College of Education, May 2007 & 2008; December 2007 & 2008
- *Full Academic Scholarship*, Brigham Young University Idaho, August- April 2003-2005
- *Most Valuable Player Award*, Competitive Intramural Women’s Basketball, BYU-Idaho, April 2005
- *Coaches Award*, Competitive Intramural Women’s Basketball, BYU-Idaho, April 2004

### **CERTIFICATIONS**

- *First Aid and CPR Certified Instructor* National Safety Council (October 2013- September 2018)
- *First Aid, CPR and AED Certified* (April 2004-Present)
- *Certified Personal Trainer* American Council on Exercise (May 2008-Present)

### **PROFESSIONAL CITIZENSHIP**

#### **Current Professional and Academic Association Memberships**

- Western Society of Kinesiology and Wellness, Professional Member

- Society of Health and Physical Educators (SHAPE) America, Professional Member
- Society of Health and Physical Educators (SHAPE) Idaho, Professional Member
- American Council on Exercise, Certified Professional

### **Former Professional and Academic Association Memberships**

- National Association for Girls and Women in Sports (NAGWS, Professional Member)
- National Association for Sport and Physical Education (NASPE, Professional Member)

### **Professional Development**

- Western Society for Kinesiology and Wellness Annual Conference, Reno, NV (October 2021)
- International Association for Physical Education in Higher Education Conference, Virtual Meeting (June 2021)
- Western Society for Kinesiology and Wellness Annual Conference, Reno, NV (Planned October 2020)
- Idaho Recreation and Park Association Conference, Boise, ID (Planned May 2020)
- SHAPE Idaho Annual Conference, Pocatello, ID (October 2019)
- Idaho Recreation and Park Association Conference, Boise, ID (April 2019)
- SHAPE America Western States Conference, Boise, ID (June 2018)
- SHAPE Idaho Annual Conference, Lewiston, ID (October 2017)
- SHAPE America National Convention, Boston, MA (March 2017)
- Western Society for Kinesiology and Wellness Annual Conference, Reno, NV (October 2016)
- SHAPE Idaho Annual Conference, Meridian, ID (October 2016)
- Gender and Sexuality in Everyday Life Conference, Pocatello, ID (March 2016)
- IAHPERD Annual Conference, Pocatello, ID (August 2015)
- Applied Sport Psychology Southwest Regional Conference, Salt Lake City, UT (April 2015)
- Gender and Sexuality in Everyday Life Conference, Pocatello, ID (March 2015)
- IAHPERD Annual Conference, Twin Falls, ID (August 2014)
- IAHPERD Annual Conference, Moscow, ID (October 2013)
- AAHPERD Annual Convention & Expo, Charlotte, NC (April 2013)
- IAHPERD Annual Conference, Boise, ID (October 2012)
- IAHPERD Annual Conference, Pocatello, ID (October 2011)
- NASPE Pipeline workshop, *Instructional Practices: K-12 Physical Education*, Pocatello, ID (April 2011)
- AAHPERD Annual Convention & Expo, San Diego, CA (March 2011)
- IAHPERD Annual Conference, Boise, ID (October 2010)
- NAPSE Pipeline workshop, *Assessment Strategies: K-12 Physical Education*, Pocatello, ID (April 2010)
- AAHPERD Annual Convention & Expo, Indianapolis, IN (March 2010)
- IAHPERD Annual Conference, Moscow, ID (October 2009)

### **PHYSICAL ACTIVITY/ATHLETIC INVOLVEMENT AND ACHIEVEMENTS**

- Regular participant in recreational hiking, backpacking, cross country skiing, snowshoeing, swimming, jogging, biking, weight training, volleyball, basketball, racquetball, badminton, and lake kayaking.
- Participant Beast Spartan Race, Flathead Lake, MT, May 2021
- Participant Sprint Spartan Race, Boise, ID, June 2019 & June 2018
- 3<sup>rd</sup> Place in women's volleyball league, Cottonwood, ID, March 2019
- 2<sup>nd</sup> Place in women's division Lumberjack Fun Run, Orofino, ID, September 2018
- Participant Santa Claws Fun Run December 2009- 2016



- Participant Alta Vista Cross Country Ski Race, February 2016
- Participant Pocatello Triathlon August 2015
- 8<sup>th</sup> Overall Female, Bengal Spring Sprint Triathlon, Pocatello, ID, April 2014
- Participant Scout Mountain Ultra Trail Run, 25 mile, Pocatello, ID, June 2012
- 2<sup>nd</sup> Place in Age Division, 5<sup>th</sup> Overall Female, Rush Triathlon, Rexburg, ID, August 2012
- 3<sup>rd</sup> Place in Age Division, 7<sup>th</sup> Overall Female, Bengal Spring Sprint Triathlon, Pocatello, ID, April 2012
- 4<sup>th</sup> Place in Age Division, 11<sup>th</sup> Overall Female, Bengal Spring Sprint Triathlon, Pocatello, ID, April 2011
- 1<sup>st</sup> Place, Women's Competitive Basketball League, Pocatello, ID, March 2008 & 2009
- 1<sup>st</sup> Place, Women's Competitive Volleyball League, Pocatello, ID, October 2007 & 2008
- Competitive Intramural Women's Basketball, BYU-Idaho, Rexburg, ID, April 2005
- Competitive Intramural Women's Basketball, BYU-Idaho, Rexburg, ID, April 2004