

Curriculum Vitae

KAREN M. APPLEBY

Assistant Professor
College of Education, Sport Science and Physical Education Department
Idaho State University, Pocatello, ID 83209
(208) 282-5613
applkare@isu.edu

EDUCATION

University of Tennessee, Knoxville
Graduation: May, 2004
Area of Specialization: Sport Psychology, Cultural Studies
Degree: Ph.D. Sport and Leisure Studies

University of Tennessee, Knoxville
Graduation: August, 2000
Area of Specialization: Sport Psychology
Degree: M.S. Human Performance and Sport Studies

University of Tennessee, Knoxville
Graduation: August, 1999
Area of Specialization: Sport Management
Degree: M.S. Human Performance and Sport Studies

Hanover College, Hanover, Indiana (May, 1998)
Graduation: May, 1998
Area of Specialization: English
Degree: B.A.

PROFESSIONAL EXPERIENCE

August 2004-Present Idaho State University, Pocatello, ID
Assistant Professor: Sport Science and Physical Education (SSPE)

August 2003-May 2004 University of Tennessee, Knoxville, TN
GA in Mental Training: UT Women's Athletic Department
Responsibilities: Providing performance enhancement consulting to individual athletes and teams, creating and leading an injury support group for the Team Enhance Program, and co-generating, assembling, and distributing the monthly Mental Training Newsletter.

August 2002-May 2004 University of Tennessee, Knoxville, TN
Graduate Teaching Assistant: Department of Sport and Leisure Studies

August 2001-July, 2003 University of Tennessee, Knoxville, TN
Graduate Teaching Associate: Physical Education and Activities Program

August 1998-July 2000 University of Tennessee, Knoxville, TN
Graduate Teaching Associate: Physical Education and Activities Program

January 1998-May 1998 Hanover College, Hanover, IN
Student Practicum Teacher: Madison High School
Courses Co-Taught: Remedial and advanced English

June-August 1995-1997 College Park Swim Team, Indianapolis, IN
Head Swim Coach: College Park Club Swim Team
Responsibilities: Creating and administering daily practices, organizing, promoting, and
managing local swim meets

HONORS, AWARDS, PROMOTIONS, and INSTITUTIONAL GRANTS

Fall 2006 Idaho State University, College of Education
College of Education Grant Awarded for the development of the SSPE Alumni Newsletter

Spring 2006 Idaho State University, College of Education
Dean's Grant Awarded for the In-Service Presentation "Service Learning in the
Classroom"

Spring 2005 Idaho State University, College of Education
Dean's Grant Awarded for the In-Service Presentation "Moving through the curriculum:
Exploring strategies for academic diversity"

Fall 2005 Idaho State University, College of Education
Graduate Faculty Status

November 2005 Idaho State University, College of Education
Dean's Grant Awarded for Travel to Present at a Professional Conference

November 2004 Idaho State University, College of Education
Dean's Grant Awarded for Travel to Present at a Professional Conference

April 2004 University of Tennessee, College of Education, Health, and Human Sciences
Chancellor's Award for Professional Promise

March 2003 University of Tennessee, Physical Education and Activities Program
The Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate

March 2002 University of Tennessee, Physical Education and Activities Program
The Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate

April 2000 University of Tennessee, College of Education
The 2000 Certificate for Outstanding Achievement in Sport Psychology

March 1999 University of Tennessee, Physical Education and Activities Program
The Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate

November 1996-May 1998 Hanover College Athletic Department
Academic All American Women's Cross Country and Track and Field

MASTERS THESIS

Titles: "The Experience of a First Race: A Phenomenological Description"
Thesis Advisor: Dr. Craig Wrisberg

DOCTORAL DISSERTATION

*Title: "Running in and Out of Motherhood": Elite Distance Runners' Experiences of Returning to
Competition After Pregnancy*
Dissertation Advisor: Dr. Leslee Fisher

TEACHING

Undergraduate/Graduate Courses Taught at Idaho State University
PE 292 (Leadership Practicum)

PE 322 (Psychosocial Aspects of Human Activity)
PE 475/575 (Organization and Administration in Sport and Physical Activity Settings)
PE 493/593 (Diversity Issues in Education and Sport)
PE 491/591 (Marketing in Athletics)

Graduate Courses Taught at Idaho State University
PE 635 (Management Aspects of Athletics)
PE 640 (Research and Writing)

Courses Co-Taught at Idaho State University
PE 494 (Adapted Physical Activity)
PE 645 (Sports Medicine)
PE 221 (History and Philosophy of Physical Education and Sport)

Distance Learning Courses Taught at Idaho State University
PE 491/591 (Marketing in Athletics)
PE 493/593 (Gender Issues in Education)
PE 635 (Management Aspects of Athletics)
PE 640 (Research and Writing)

On-Line Courses Taught at Idaho State University
PE 640 (Research and Writing)

Courses Taught as a Graduate Associate at the University of Tennessee, Knoxville
PE 200 (Stress Management and Relaxation)
PE 200 (Triathlon Training)
PE 201 (Beginning Swimming)
PE 205 (Beginning Ice Skating)
PE 207 (Tumbling)
PE 215 (Jogging)
PE 219 (Fitness Swimming)
PE 220 (Walking)
PE 230 (Bowling)
PE 235 (Weight Training)
PE 236 (Exercise and Weight Control)

Courses Co-Taught as a Graduate Assistant at the University of Tennessee, Knoxville
CSE 360 (Mental Skills Training for Sport and Life)
SLS 231 (Introduction to the Psychology of Sport and Exercise)

Advising Activities at Idaho State University
Current Advisor for 36 undergraduate students in Physical Education (various emphasis areas)
Current Advisor for 15 graduate students in the Masters of Physical Education-Athletic Administration

SCHOLARSHIP

Externally Reviewed Publications

Appleby, K. M., & Fisher, L. A. F. (2005) "Female energy at the rock:" A feminist exploration of high level female rock climbers. *Women in Sport and Physical Activity Journal*, 14(2), 10-23.

Appleby, D. C., & **Appleby, K. M.** (2006). Helping students avoid the kisses of death in the graduate school application process. *Teaching of Psychology*, 33(1), 19-24.

Manuscripts Under Review

- Appleby, K. M.** (Submitted for Review Revisions, May, 2007). "Running in and out of pregnancy": Elite distance runners' experiences of returning to competition after pregnancy. Submitted to *The Sport Psychologist*.
- Kamusoko, S, Lyons, G., & **Appleby, K. M.** (Submitted for Review, January, 2006). The evaluation of a Masters of Physical Education in Athletic Administration program at a western university. Submitted to *Applied Research in Coaching and Athletics Annual*.

Non-Refereed, Professional Publications

- Appleby, K. M.** (in press). Sport psychology: History, professional organizations, and professional preparation. *Eye on Psi Chi*.
- Appleby, K. M.** (2007). *Bouldering*. In Berkshire encyclopedia of extreme sports. London: Berkshire Publishing Group.
- Appleby, D. C., & **Appleby, K. M.** (Spring, 2007). Helping students avoid the kisses of death in the graduate school application process. *Eye on Psi Chi*, 11(3), 20-21.
- Appleby, K. M.** (2002, Winter). Achievement goal orientations, perceived ability, and sportspersonship in youth soccer (Abstract). *Physical Activity Today*, 8(4).
- Appleby, K. M.** (2004). "Running in and out of pregnancy": Elite distance runners' experiences of returning to competition after pregnancy. *Dissertations Abstracts International*, 54(4-B), 2079. (ISSN No. 04194217)

Scholarly/Refereed Presentations at Professional Meetings/Conferences

- Dieffenbach, K. & **Appleby, K. M.** (TBP October, 2007). *Demographic and Motivational Factors in Masters Level Cyclists: An Exploratory Investigation*. Poster to be presented at the annual Association for the Advancement of Applied Sport Psychology Conference (October, 2007).
- Appleby, K. M.**, & Appleby, D. C. (TBP August, 2007) *Mentors and yentors: Tips and strategies for publishing a refereed journal article*. To be presented at the annual American Psychological Association (APA) Conference, San Francisco, CA.
- Appleby, K. M.**, Heward-Moulton, L., Pemberton, C., & Noakes, S. (2006, October). *National girls and women in sports day: Developing, planning, and celebrating at your school*. Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance (IAPHERD) Conference, Twin Falls, ID.
- Appleby, K. M.** (2006, March). "Female energy at the rock:" *A feminist exploration of high level female rock climbers*. Presented at the 3rd annual Gender in Everyday Life Conference, Pocatello, ID.
- Appleby, K. M.** (2005, October). "Running in and out of motherhood": *Elite distance runners experiences' of returning to competition after pregnancy*. Presentation at the annual meeting of the Association for the Advancement of Applied Sport Psychology Conference Vancouver, BC.
- Morgan, T. K., Shannon, V. R., Gentner, N. B., & **Appleby, K. M.** (2005, October). *Who is serving the pie?: Working as a graduate student consultant within the Athletic Department of a Division I Institution*. Poster presented at the annual Association for the Advancement of Applied Sport Psychology Conference, Vancouver, B. C.

- Appleby, K. M.** (2005, October). *Incorporating stress management techniques into the Physical Education Curriculum*. Presented at the annual meeting for the Idaho Association for Health, Physical Education, Recreation and Dance, Boise, ID.
- Fitzpatrick, J., & **Appleby, K. M.** (2005, March). *Implementing sport psychology techniques into the physical education classroom*. Presented at the 2005 Northwest District AAHPERD Conference, Mt. Hood, OR.
- Appleby, K. M.** (2005, March). “*Running in and out of motherhood*”: *Elite distance runners’ experiences of returning to competition after pregnancy*. Paper presented at the 2nd Annual Art of Gender in Everyday Life Conference, Pocatello, ID.
- Head, L., & **Appleby, K. M.** (2005, January). *Pilates and psychological skills training*. Poster presented at the 10th Annual Congress of U.S. Figure Skating Sports Medicine Society, Portland, OR.
- Lopez, R., **Appleby, K. M.**, & Kimball, A. (2004, September). *Enhancing the lives of injured athletes: A Team ENHANCE approach to injury support*. Symposium presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology Conference, Minneapolis, MN.
- Appleby, K. M.**, & Roper, E. M. (2003, October). ‘*Willing to go to bat for me*’: *Graduate students’ perceptions and experiences of being mentored*. Poster session presented at the meeting of the Association for the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Shannon, V., Frey, M., & **Appleby, K. M.** (2003, October). *Solution-focused brief counseling with athletes in a small group setting*. Poster session presented at the meeting of the Association for the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Appleby, K. M.** (2002, October). *Which sports bra should I wear?: The impact of body image on the performance of female rock climbers*. Paper presented at the Annual Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.
- Ryba, T., & **Appleby, K. M.** (2002, June). “*Keep the feeling as long as it will last*” or “*Cartwheels on ice*”: *The phenomenology of ice skating enjoyment*. Paper presented at Probing the Boundaries: Making Sense of Health, Illness, and Disease, Oxford, England.
- Appleby, K. M.** (2001, October). *The experience of a first race: A phenomenological description*. Poster session presented at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Non-Referral/Invited/Service Presentations

- Appleby, K. M.** (2007, May). *Outdoor education opportunities at Idaho State University*. Presentation for Tokai University Physical Education Symposium, Tokyo, Japan.
- Ray, B., Pemberton, C., **Appleby, K. M.**, & Bliss, T. (2006, March). *Service learning in the classroom*. Professional Development Workshop Presented for Idaho State University’s College of Education, Pocatello, ID
- Head, L., & **Appleby, K. M.** (2005, April). *Moving through the curriculum: Exploring strategies for academic diversity*. Professional Development Workshop Presented for Idaho State University’s College of Education, Pocatello, ID
- Appleby, K. M.** (2005, April). *Practical suggestions for becoming diverse in the classroom*. Presentation for Idaho State University’s College of Education On-Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.

- Appleby, K. M.** (2004, October). *Gender issues in the classroom*. Presentation for Idaho State University's College of Education On-Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.
- Appleby, D. C., & **Appleby, K. M.** (2004, May). *How to help your students avoid the kisses of death in the graduate school application process*. Invited presentation during the American Psychological Society Convention, Chicago.
- Appleby, K. M.** (2002, September). *Kisses of death in the graduate school application process*. Paper presented at the First Annual Appalachian State Psychology Department Teaching Festival, Boone, NC.
- Appleby, K. M.** (2002, February). *Mentoring in sport psychology*. Proposal presented at the Southeastern Sport and Exercise Student Conference, Knoxville, TN.
- Appleby, K. M.** (2001, June). *Kisses of death in the graduate school application process*. Paper presented at the meeting of the American Psychological Society, Toronto, Canada.
- Roper, E., & **Appleby, K. M.** (2001, March). *Representations of sportswomen on the internet: A content analysis*. Paper presented at the University of Tennessee, Knoxville, TN.

Book Reviews for Publishers

Comprehensive Stress Management (7th ed.) (McGraw Hill)
Stress Management: An Experiential Approach (Wadsworth)
*Stress*Time*Life Management & Peak Performance* (Wadsworth)

Scholarship in Progress

- Dieffenbach, K. & Appleby, K. M. (2006). *Exploring the training and competitive lives of masters level USCF cyclists*. Study IRB approved and under investigation.
- Appleby, D. C., & Appleby, K. M. (2005). *Exploring Program "Fit" in Successful Graduate Student Applications*. Study IRB approved and under investigation.
- Lopez, R., & Appleby, K. M. (2005). *Enhancing the lives of injured athletes: A Team ENHANCE approach to injury support*. Manuscript in Progress.

SERVICE

Current Professional and Academic Association Memberships

Association for the Advancement of Applied Sport Psychology (AAASP)
 American Psychological Association (APA, Professional Member)
 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)
 North West District Association of the American Alliance for Health, Physical Education, Recreation, and Dance (NWDAHPERD)
 Idaho Association for Health, Physical Education, Recreation, and Dance (IAHPERD)

Service to Professional Associations

Presider for AAHPERD National Convention, Salt Lake City, UT (April, 2006)
 Co-Chair AAASP Diversity Committee (2006-2009)
 Member AAASP Continuing Education Committee (2004-2007)

Reviewer for Professional, Peer-Reviewed Journals

Manuscript editor for *Electronic Journal for the Integration of Technology in Education* (EJITE)
(Started Spring 2006)

Manuscript editor for *Journal of Physical Education Recreation and Dance* (JOPERD) (Started
Summer 2006)

In-service Courses to Schools

Appleby, K. M., & Bell, C. (2004, October). *Practical suggestions for becoming diverse in the classroom*. Invited presentation for the Fall Education Conference at Century High School, Pocatello, ID.

Professional Related Consulting

Sport Psychology Consultant, Pocatello Fencing Club (Fall/Spring, 2006-2007)

Sport Psychology Consultant, ISU Men's' and Women's Golf Team (Fall/Spring, 2006-07)

Sport Psychology Consultant, ISU Judo team (Spring, 2006)

Sport Psychology Consultant, ISU Women's Volleyball Team (Spring/Fall, 2006; Summer, 2007)

Sport Psychology Consultant, Women's Athletic Department, University of Tennessee,
Knoxville (August, 2003-May, 2004)

University, College, and Department Committee Work and Leadership

University

COE Representative Undergraduate Research Committee (Fall 2006-present)

Member Idaho State University Scholastic Appeals Board (Fall 2004-Spring 2006)

Discussant leader for the Student Affairs Office of Professional Development Workshop

“Writing for Publication in Your Field: Getting Started and Moving Ahead” (December 2005)

College of Education

Member ISU College of Education EDUC/SSPE 601/640 Standards Revision Committee (Spring 2007
Present)

Member ISU College of Education NCATE Standard 4 Review Committee (Spring 2005-Present)

Member ISU College of Education Admissions and Retention Committee (Spring 2007)

Member ISU College of Education Sabbatical Committee (Fall 2004-Present)

Committee Head of Impartial Faculty Committee for Academic Appeals (December 2006)

Member ISU College of Education Diversity Committee (Fall 2004-Spring 2006)

Department/Division

Chair/Event Coordinator ISU College of Education/Sport Science and Physical Education National
Girls and Women in Sports Day annual celebration (2004-Present)

Co-Director Wellness Center/SHEPERDS Club Spring Fling 5k/10k run/walk (Spring 2005)

Faculty Advisor for Student Organizations

ISU Cycling Club (Fall 2006-Present) ISU Cycling Club

SHEPERDs (Students for Health Education, Physical

Education, Recreation and Dance) Club (Fall 2004-Spring 2005)

Tenure and Promotion Committee Work

Member Tenure and Promotion Committee for Dr. Stephanie Peterson (Fall 2005)

Graduate Committee and Graduate Faculty Representative Work

Advisor Master's Thesis Committee for Heston Williams (2006-2007) MPE-AA

Advisor Master's Thesis Committee for Bert Sahlberg (2006-2008) MPE-AA

Member Master's Thesis Committee for Brooke Stoddard (2007) MPH

Member Dissertation Committee for Kelly Thompson (2006-2007) Ph.D. EDLD

Member Master's Thesis Committee for Reddy Bhargavi Kamarakalva (2007) MPH

Member Master's Thesis Committee for Brett Christensen (2006-2007) MPE-AA

Member Master's Thesis Committee for Greg Obray (2006-2007) MPE-AA

Member of Master's Thesis Committee for Todd Nunan (2005-2007) MPE-AA
Member of Doctoral Committee Brad Sharples-Faucher (2006) DPT
Member of Master's Thesis Committee for Maeli Bastien (2005-2006) MPH
Member of Master's Thesis Committee for Laura Nichols (2005-2006) MPH
Member of Master's Oral Exam Committee for 15 Graduate Students MPE-AA

Other Community Service Related to Sport and Physical Activity

Founding Member Intermountain Sports Medicine Women's Elite Cycling Team (Fall 2005-Present)
Secretary Idaho Cycling Enthusiasts (ICE) Cycling Club (Fall 2005-Present)
Volunteer Teacher Pocatello High School Physical Education Class (November, 2004)
Volunteer Teacher Knoxville Catholic High School (October - December, 2003)
Volunteer Speaker for the NFL/NFF Coaching Academy Program (July, 2003)