

## *Curriculum Vitae*

### **KAREN M. APPLEBY**

**Assistant Professor**  
**Sport Science and Physical Education Department**  
**Idaho State University**  
**921 South 9<sup>th</sup> Avenue, Stop 8105**  
**Pocatello, ID 83209-8105**  
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#### **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  
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**

Spring 2009      Idaho Association for Health, Physical Education, Recreation, and Dance  
Nominated – Outstanding Collegiate Educator of the Year Award

Spring 2008      VP National Association for Girls and Women in Sports  
NAGWS (AAHPERD) Elected to Office for Vice President of Marketing (Term: 2008-2011)

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* Awarded by the College of Education Graduate Faculty

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

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

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

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

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

Spring 2000      University of Tennessee, College of Education  
*Certificate for Outstanding Achievement in Sport Psychology*

Spring 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**

*Title: "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 EXPERIENCE

### 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)

### Graduate Courses Taught at Idaho State University

- PE 610 (Advanced Sport Psychology)
- PE 635 (Management Aspects of Athletics)
- PE 640 (Research and Writing)
- PE 615 (Issues in Sport and Athletics) To Be Taught Summer, 2009

### Courses Co-Taught at Idaho State University

- PE 366 (Marketing in Athletics)
- 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 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 35 undergraduate students in Physical Education (various emphasis areas)
- Current Advisor for 23 graduate students in the Masters of Physical Education-Athletic Administration

## SCHOLARSHIP

### Externally Reviewed Publications

- Appleby, K. M., & Fisher, L. A.** (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.

#### Scholarship in Progress

**Appleby, K. M.** & Fisher, L. A. (Manuscript accepted and under revision). "Running in and out of pregnancy": Elite distance runners' experiences of returning to competition after pregnancy. Manuscript submitted to *Women in Sport and Physical Activity Journal* (March 1, 2008).

Dieffenbach, K. & **Appleby, K. M.** (in progress). *Demographic and motivational factors of competitive master's cyclists*. Study IRB approved and under investigation.

**Appleby, K. M.**, Bushman, L., & Faure, C. (in progress). *The Return to Competition after Anterior Cruciate Ligament (ACL) Injury and Reconstructive Surgery: A Qualitative Analysis*. Study IRB approved and under investigation.

Appleby, D. C., & **Appleby, K. M.** (in progress). *Exploring Program "Fit" in Successful Graduate Student Applications*. Study IRB approved and under investigation.

#### Invited Professional Publications

**Appleby, K. M.** (2007). Sport psychology: History, professional organizations, and professional preparation. *Eye on Psi Chi*, 12(1), 22-24.

**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

**Appleby, K. M.**, Lester, K., Turk, T., Winter, B., & Pemberton, C., (April, 2009). *Planning a National Girls and Women in Sports Day Event*. To be presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Conference, Tampa, FL.

**Appleby, K. M.** (April, 2009). *Elite Distance Runners' Experiences of Returning to Competition After Pregnancy*. To be presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Conference, Tampa, FL.

**Appleby, K. M.** (October, 2008). *The psychology of athletic injury*. Presented at the annual Idaho Association for Health, Physical Education, Recreation, and Dance (IAPHERD) Conference, Pocatello, ID.

Fitzpatrick, J. & **Appleby, K. M.** (October, 2008). *Sport psychology for the PE classroom*. To be presented at the annual Idaho Association for Health, Physical Education, Recreation, and Dance (IAPHERD) Conference, Pocatello, ID.

Dieffenbach, K. & **Appleby, K. M.** (October, 2007). *Demographic and motivational factors in masters level cyclists: An exploratory investigation*. Poster presented at the annual Association for the Advancement of Applied Sport Psychology Conference, Louisville, KY.

- Appleby, D. C. & **Appleby, K. M.** (August, 2007). *Mentors and yentors: Tips and strategies for publishing a refereed journal article*. 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 3<sup>rd</sup> 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 2<sup>nd</sup> 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 10<sup>th</sup> 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-Referred/Invited/Service Presentations

Appleby, D. C., & **Appleby, K. M.** (2008, February). *Helping students avoid the kisses of death in the graduate school application process*. Presented at the Midwest Institute for Students and Teachers of Psychology Conference, Chicago, IL.

**Appleby, K. M.** (2008, February). *Using a concentration grid to demonstrate the importance of focus in sport settings in Friday Night Live: Compelling demonstrations for introductory psychology classes*. Presented at the Midwest Institute for Students and Teachers of Psychology Conference, Chicago, IL.

**Appleby, K. M.** (2008, February). *Incorporating sport psychology into the psychology curriculum*. Presented at the Midwest Institute for Students and Teachers of Psychology Conference, Chicago, IL.

**Appleby, K. M.** (2007, September). *Achieving success in the classroom*. Invited Presentation for Life Skills for Student Athletes Course, Pocatello, ID

**Appleby, K. M.** (2007, July). *The psychology of injury*. Presentation at the annual Idaho Athletic Trainer's Association Conference, Pocatello, ID.

**Appleby, K. M.** (2007, May). *Outdoor education opportunities at Idaho State University*. Presentation for Tokai University Physical Education Symposium, Tokyo, Japan.

**Appleby, K. M.** (2007, April). *Diversity in the classroom*. Presentation for Idaho State University's College of Education On-Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.

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.

## SERVICE

### Current Professional and Academic Association Memberships

Association for the Advancement of Sport Psychology (AASP, Professional Member)  
American Psychological Association (APA, Professional Member)  
American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD, Professional Member)  
• National Association for Girls and Women in Sports (NAGWS) – Subsection of 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 National and State Professional Associations

Vice President for Marketing, National Association for Girls and Women in Sport (NAGWS) (Term: 2008-2011)  
Co-Chair Diversity Committee, Association for the Advancement of Sport Psychology (2006-2009)  
Member Continuing Education Committee, Association for the Advancement of Sport Psychology (2004-Current)  
Conference Planning Committee Member – IAHPERD, Pocatello, ID (October, 2008)  
Presider for AAHPERD National Convention, Salt Lake City, UT (April, 2006)

### Reviewer for Professional, Peer-Reviewed Journals

Manuscript editor for *Electronic Journal for the Integration of Technology in Education* (EJITE) (April 2006-Present)  
Manuscript editor for *Journal of Physical Education Recreation and Dance* (JOPERD) (October, 2006 Present)  
Guest Manuscript editor for *Women in Sport and Physical Activity Journal* (January, 2009)  
Guest Manuscript editor for *Athletic Insight: The Online Journal of Sport Psychology* (December, 2007)

### Book Reviews for Publishers

*Sex Before Competition: Myth or Fact* (Edwin Mellen Press, 2008)  
*Comprehensive Stress Management* (7<sup>th</sup> ed.) (McGraw Hill, 2004)  
*Stress Management: An Experiential Approach* (Wadsworth, 2004)  
*Stress\*Time\*Life Management & Peak Performance* (Wadsworth, 2004)

### 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*, ISU Athletic Department  
Provision of sport psychology consultation for various teams and individuals (Fall 2005-Present)  
*Sport Psychology Consultant*, Eastern Idaho Triathlon Club (Spring, 2008)  
*Sport Psychology Consultant*, Pocatello Fencing Club (Spring, 2007)  
*Sport Psychology Consultant*, ISU Judo team (Spring, 2006)

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

#### University, College, and Department Committee Work and Leadership

##### University

*Chair, Governance and Commitment to Rules Compliance for Athletics Subcommittee (Fall 2008-Spring, 2009)*  
*Member, Steering Committee for NCAA Certification (Fall 2008-Spring, 2009)*  
*Member, Athletic Director Review Committee (Spring, 2009)*  
*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 Tenure and Promotion Committee for Dr. John Fitzpatrick (Fall 2008)*  
*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)*  
*Member Tenure and Promotion Committee for Dr. Stephanie Peterson (Fall 2005)*

##### Department/Division

*Chair/Event Coordinator ISU College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2004-2008)*  
*Co-Director Wellness Center/SHEPERDS Club Spring Fling 5k/10k run/walk (Spring 2005)*  
*Faculty Advisor for Student Organizations*  
*ISU Cycling Club (Fall 2006-Spring 2007) ISU Cycling Club*  
*SHEPERDs (Students for Health Education, Physical Education, Recreation and Dance) Club (Fall 2004-Spring 2005; Fall 2008-Present)*  
*ISU Triathlon Club (Fall 2008-Present)*  
*Faculty Search Committee Member (Spring 2007 and Spring 2008)*

##### Graduate Committee and Graduate Faculty Representative Work for Dissertations/Theses

*Advisor Master's Thesis Committee for Jeffrey Anderson (2008-Present) MPE-AA*  
*Member Master's Thesis Committee for Suzanne Prestwick (2008-Present) MPH*  
*Member Dissertation Committee for Sibongile Kamusoko (2008-Present) EDLD*  
*Member Master's Thesis Committee for Asami Morita (2007-Present) MPE-AA*  
*Member Master's Thesis Committee for Marinda Taylor (2007-Present) MPH*  
*Advisor Master's Thesis Committee for Sandra Boesteder (2007-Present) SSPE*  
*Member Master's Thesis Committee for Karl Vanderwood (2006-Present) MPH*  
*Member Master's Thesis Committee for Greg Obray (2006-Present) MPE-AA*  
*Member Dissertation Committee for Chris Belcher (2008-Present) EDLD*  
*Advisor Master's Thesis Committee for Heston Williams (2006-2008) MPE-AA*  
*Member Master's Thesis Committee for Brooke Stoddard (2006-2007) MPH*  
*Member Dissertation Committee for Kelly Thompson (2006-2007) Ph.D. EDLD*  
*Member Master's Thesis Committee for Reddy Bhargavi Kamarakalva (2006-2007) MPH*  
*Member Master's Thesis Committee for Brett Christensen (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*

Other Community Service Related to Sport and Physical Activity and Achievements

*Master's National Cycling Champion, Women 30-34 (2008)*

*Founding Member Intermountain Sports Medicine Women's Elite Cycling Team (Fall 2005-Present)*

*Secretary Idaho Cycling Enthusiasts (ICE) Cycling Club (Fall 2005-Present)*

*Volunteer Idaho Senior Games (Summers 2006-2008)*

*Volunteer Southeast Idaho Special Olympics (Winter, 2005)*

**Updated: Spring, 2009**