

Curriculum Vitae

Karen M. Appleby, PhD

Professor
Sport Science and Physical Education Department
Idaho State University
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EDUCATION

University of Tennessee, Knoxville

Graduation: May, 2004

Area of Specialization: Sport Psychology

Degree: PhD in Sport and Leisure Studies

University of Tennessee, Knoxville

Graduation: August, 2000

Area of Specialization: Sport Psychology

Degree: MS in Human Performance and Sport Studies

University of Tennessee, Knoxville

Graduation: August, 1999

Area of Specialization: Sport Management

Degree: MS in Human Performance and Sport Studies

Hanover College, Hanover, Indiana

Graduation: May, 1998

Degree: BA in English

PROFESSIONAL EXPERIENCE

July 2014 - Present

Idaho State University, Pocatello, ID

Professor

Department of Sport Science and Physical Education

July 2009 - June 2014

Idaho State University, Pocatello, ID

Associate Professor

Department of Sport Science and Physical Education

August 2004 - June 2009

Idaho State University, Pocatello, ID

Assistant Professor

Department of Sport Science and Physical Education

August 2003 - May 2004

University of Tennessee, Knoxville, TN

Graduate Assistant

UT Women's Athletic Department

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 Assistant

Physical Education and Activities Program

August 1998 - July 2000

University of Tennessee, Knoxville, TN

Graduate Teaching Assistant

Physical Education and Activities Program

HONORS, AWARDS, PROMOTIONS, and PROFESSIONAL POSITIONS

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| <u>Fall 2013</u> <i>ISU Achievement Award</i> | <u>Idaho State University, Achievement Award</u> ISU Alumni Association Achievement Award |
| <u>Summer 2013</u> <i>COE New Faculty and GA Coordinator</i> | <u>Idaho State University, College of Education</u> Appointed as the New Faculty and GA Coordinator |
| <u>Summer 2013</u> <i>SSPE Graduate Coordinator</i> | <u>Idaho State University, College of Education</u> Appointed as the Graduate Coordinator, Department of Sport Science and PE |
| <u>Spring 2012</u> <i>Academic Vice President</i> | <u>Idaho State University</u> Awarded Sabbatical Leave for Fall 2012 - Spring 2013 |
| <u>Spring 2011</u> <i>Department Chair</i> | <u>Idaho State University, College of Education</u> Appointed to Department Chair, Department of Sport Science and PE |
| <u>Spring 2010</u> <i>ISU Distinguished Teacher Award</i> | <u>Idaho State University, Distinguished Teacher Selection Committee</u> Awarded the ISU Distinguished Teacher Award 2009-2010 |
| <u>Spring 2010</u> <i>Presidential Award</i> | <u>National Association for Girls and Women in Sports</u> Awarded for Outstanding Commitment and Service on the NAGWS Board |
| <u>Fall 2009</u> <i>Outstanding Collegiate Educator Award</i> | <u>Idaho Association for Health, Physical Education, Recreation, and Dance</u> Awarded the Outstanding Collegiate Educator of the Year 2008 - 2009 |
| <u>Spring 2009</u> <i>Nomination – ISU Distinguished Teacher</i> | <u>Idaho State University, Distinguished Teacher Selection Committee</u> Nominated - University Distinguished Teacher Award |
| <u>Spring 2008</u> <i>NAGWS (AAHPERD)</i> | <u>VP National Association for Girls and Women in Sports</u> Elected to Office for Vice President of Marketing (Term: 2008-2012) |
| <u>Fall 2005</u> <i>Graduate Faculty Status</i> | <u>Idaho State University, College of Education</u> Awarded by the College of Education Graduate Faculty |
| <u>Spring 2004</u> <i>Professional Promise Award</i> | <u>University of Tennessee, College of Education, Health, and Human Sciences</u> Chancellor's Award for Professional Promise |
| <u>Spring 2003</u> <i>Teaching Excellence Award</i> | <u>University of Tennessee, Physical Education and Activities Program</u> The Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate |
| <u>Spring 2002</u> <i>Teaching Excellence Award</i> | <u>University of Tennessee, Physical Education and Activities Program</u> The Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate |
| <u>Spring 2000</u> <i>Outstanding Achievement Award</i> | <u>University of Tennessee, College of Education</u> Certificate for Outstanding Achievement in Sport Psychology |
| <u>Spring 1999</u> <i>Teaching Excellence Award</i> | <u>University of Tennessee, Physical Education and Activities Program</u> The Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate |

TEACHING EXPERIENCE

Undergraduate Courses Taught at Idaho State University
PE 292 *Leadership Practicum*
PE 3322 *Introduction to Sport Psychology*
PE 3366/5599 *Sport Marketing*
PE 4454 *Senior Capstone*

PE 4475/5575 *Organization and Administration in Sport and Physical Activity Settings*
PE 4493/5593 *Introduction to Sport Sociology*
Co-listed courses include both undergraduate and graduate students.

Graduate Courses Taught at Idaho State University

PE 6605 *Leadership and Administration in Physical Education and Athletics*
PE 6610 *Advanced Sport Psychology*
PE 6615 *Philosophy of Athletics*
PE 6635 *Management Aspects of Athletics*
PE 6640 *Research and Writing*
PE 6649 *Issues in Physical Education and Athletic Administration*

Distance Learning Courses Taught at Idaho State University via telecommunication to various sites

PE 3366/5599 *Sport Marketing*
PE 4493/5593 *Gender Issues in Education*
PE 6605 *Leadership and Administration in Physical Education and Athletics*
PE 6635 *Management Aspects of Athletics*
PE 6640 *Research and Writing*
PE 6649 *Issues in Physical Education and Athletic Administration*

Courses Created

PE 3366 *Sport Marketing*
PE 4454 *Senior Capstone*

On-Line Courses Taught at Idaho State University

PE 6640 *Research and Writing*

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*

Activity 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*

SCHOLARSHIP

Peer Reviewed Manuscripts – Published, Accepted, and In-Press

Appleby, K. M. & Dieffenbach, K. (ACCEPTED May, 2015). “Older and faster”: Exploring the motivation of elite master cyclists. *The Sport Psychologist* (MS# TSP.2014-0110).

Appleby, K. M., Foster, E., & Kamasoko, S. (ACCEPTED February 2015). Full speed ahead: Using a capstone course to facilitate students’ professional development. *Journal of Physical Education, Recreation, and Dance* (MS#: UJRD-2014-0091)

Shuman, K., & **Appleby, K. M.** (ACCEPTED January 2015). Gender preference? NCAA Division I student athletes and strength and conditioning coaches. *The Journal of Strength and Conditioning Research*.

- Foster, E., & **Appleby, K. M.** (2015). Breaking barriers: Women's-centered physical education programming in college and university settings. *Journal of Physical Education, Recreation, and Dance*. 86(6), 29-33, DOI: 10.1080/07303084.2015.1053634
- Bosteder, S. & **Appleby, K. M.** (2015). Naturally fit: An investigation of experiences in a women-only recreation program. *Women in Sport and Physical Activity Journal*, 23, 1-8.
- Appleby, K. M.**, & Faure, C. E. (2015). A case study of sport management students' experiences during a short term study abroad trip to the 2012 London Olympic Games. *Applied Research in Coaching and Athletics Annual*, 30(2), 187-219.
- Faure, C., & **Appleby, K. M.** (2014). Managing organizational stress: Interventions of national performance directors in an Olympic year. *The Journal of Sport*. 3(2), 149-183.
- Faure, C. E., **Appleby, K. M.** & Ray, B. (2014). "Feeling elite": The collective effervescence of Team USA at the 2012 World Triathlon Grand Final. *The Qualitative Report*, 19(17), 1-22.
- Guo, R., McAleese, W. J., **Appleby, K. M.**, Guo, J., Zhang, W., Huang, Y., & Peterson, T. (PUBLISHED 2014). Predictors of intention to use condoms among Chinese college students. *Journal of Community Health*. doi:10.1007/s10900013-9816-4
- Appleby, K. M.**, Dieffenbach, K., & Peterson, T. (2012). Demographic characteristics and motivational patterns of masters level competitive cyclists. *Athletic Insight: The Online Journal of Sport Psychology*, 4(3), 199-218.
- Appleby, K. M.** & Pemberton, C. (2010). Planning a successful National Girls and Women in Sports Day event clinic. *Journal of Physical Education, Recreation, and Dance*, 81(2), 34-39.
- Appleby, K. M.** & Fisher, L. A. (2009). "Running in and out of pregnancy": Elite distance runners' experiences of returning to competition after pregnancy. *Women in Sport and Physical Activity Journal*, 18(1), 3-17.
- 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.
- 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.

Scholarly Book Chapters - Published and In-Press

- Appleby, K. M.** (2014). Advising for Sport psychology. In J. Irons and R. Miller (Eds.), *Academic advising: A handbook for advisors and students*. Society for the Teaching of Psychology, Division 2: American Psychological Association (pp. 111-113).
- Appleby, K. M.** & Foster, E. (2013). Gender and sport participation. In E. Roper (Ed.). *Gender Relations in Sport*. Rotterdam, Netherlands: Sense Publishing (pp. 1-20).
- Appleby, K. M.**, Dieffenbach, K., & Peterson, T. (2013). Demographic characteristics and motivational patterns of masters level competitive cyclists. In R. Schinke (Ed.). *Athletic Insight's Writings of 2012* (pp. 203-222). Hauppauge, NY: Nova Science Publishers.
- Faure, C. E., **Appleby, K. M.**, and Sparrow, C. L. (2011). Slaying David: The implications of FBS versus FCS matchups in NCAA college football. In M. Leach, S. Jungman & F. Guven (Eds.), *Sports for Dorks: College Football* (pp. 76-104). Houston, TX: Sports for Dorks CFB, LLC.

Scholarship in progress

- Kirkpatrick, C., **Appleby, K. M.**, Peterson, T., & Wathne, K. (in progress). The 100 Mile Club: A first year analysis.
- Appleby, K. M.** & Appleby, D. C. (in progress). *Exploring the Kisses of Death in the sport psychology graduate school application process*. Study IRB approved and under investigation.

External Grants

Appleby, K. M., Moffit, D., Foster, E., & Cordingley, K. (Spring, 2013). *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 (NAGWS) Research Initiative Grant. **Unfunded**.

Institutional Grants

Faure, C. & **Appleby, K. M.** (Fall, 2011). *The logistical management of the United States Triathlon Team: A case study of the 2012 Olympic Games*. ISU University Research Committee. **Partially Funded** (\$5,000.00).

Pemberton, C., Ray, B., Bliss, T., **Appleby, K. M.** Toevs, J., Bell, C., & Said, H. (Spring 2006). *Diversity Committee learning through serving*. Idaho State University, College of Education, Dean's Grant. **Partially Funded**.

Appleby, K. M., & Head, L. (Spring, 2005). *Moving through the curriculum: Exploring strategies for academic diversity*. Idaho State University, College of Education, Dean's Grant. **Funded**.

Appleby, K. M. (Fall, 2005). *Professional presentation at the Association for Applied Sport Psychology conference* (Vancouver, BC). Idaho State University, College of Education, Dean's Grant. **Funded**.

Appleby, K. M. (Fall, 2004). *Professional presentation at the Association for Applied Sport Psychology conference* (Minneapolis, MN). Idaho State University, College of Education, Dean's Grant. **Funded**.

Invited and Professional Papers

Appleby, K. M., Appleby, D. C., & Polenske, A. (submitted May 2015). Meet the professionals! Preparing for a career in sport psychology, *Eye on Psi Chi*.

Appleby, K. M., & Appleby, D. C. (2015). It is never too early to begin: Online resources to help psychology majors prepare for graduate school. *National Academic Advising Association Clearinghouse of Advising Resources*. Retrieved from <http://www.apa.org/ed/precollege/psn/2014/09/psychology-majors.aspx>

Appleby, K.M., & Appleby, D. C. (September, 2014). It is NEVER too early to begin: Online resources to help psychology majors prepare for graduate school. *The Psychology Student Network*. Retrieved from: <http://www.apa.org/ed/precollege/psn/2014/09/psychology-majors.aspx>

Appleby, K. M. & VanMullem, H. (Fall, 2013). Why celebrate NGWSD? *IAHPERD Journal of Health, Physical Education, Recreation, and Dance*. 13-15.

Silvers, J. & **Appleby, K. M.** (February, 2013). Mental training for Track and Field. *Techniques for Track and Field and Cross Country*, 6(3), 42-47.

Appleby, K. M., Appleby, D. C., Cook., A., Christensen, B., Griffiths, L., Scorniaenchi, J., Bastin, C., & Delion, J. (Spring, 2011). Preparing for Success in Sport Psychology Graduate Programs. *Eye on Psi Chi*, 15(3), 24-27.

Boehme, C., McAleese, W., Olsen, J., & **Appleby, K.** (Spring, 2010). Miscarriage knowledge among students. *IAHPERD Journal of Health, Physical Education, Recreation, and Dance*.

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 sportpersonship 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)

Refereed Presentations at Professional Meetings/Conferences

Appleby, K. M., Wentworth, P., & Fitzpatrick, J. (ACCEPTED May, 2015). *Using Active Learning Strategies to Bring Sport Psychology "to Life" in the Undergraduate Sport Psychology Classroom*. Workshop submitted for the National Association of Applied Sport Psychology Conference, October, 2015, Indianapolis, IN.

Appleby, K. M. & Dieffenbach, K. (October, 2014). "*Older and faster*": Exploring the motivation of elite masters cyclists. Poster presented at the Association of Applied Sport Psychology Conference, October, 2014, Las Vegas, NV.

Foster, E., & **Appleby, K. M.** (April, 2013). *Making a case for women's specific physical education programming*. Presented at the national American Alliance for Health, Physical Education, Recreation, and Dance Conference, Charlotte, NC.

Appleby, K. M. (March, 2010). "*Female energy at the rock*": A feminist exploration of high level female rock climbers. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.

Appleby, K. M., Pemberton, C., Faure, C., Foster, E., & Turk, T. (March, 2010). *Learning through serving: National Girls and Women in Sports Day*. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.

Johnson, C., Roper, E., Kamphoff, C., & **Appleby, K. M.** (September, 2009). *Finding a voice: Feminist communities and scholarship in sport and exercise psychology*. Presented at the Association for Applied Sport Psychology Conference, Salt Lake City, UT.

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

Appleby, K. M. (April, 2009). *Elite distance runners' experiences of returning to competition after pregnancy*. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Tampa, FL.

Dieffenbach, K. & **Appleby, K. M.** (October, 2007). *Demographic and motivational factors in masters level cyclists: An exploratory investigation*. Poster presented at the 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 Conference, San Francisco, CA.

Appleby, K. M. (October, 2005). "*Running in and out of motherhood*": Elite distance runners' experiences of returning to competition after pregnancy. Presentation at the Association for the Advancement of Applied Sport Psychology Conference, Vancouver, BC.

Morgan, T. K., Shannon, V. R., Gentner, N. B., & **Appleby, K. M.** (October, 2005). *Who is serving the pie?: Working as a graduate student consultant within the Athletic Department of a Division I Institution*. Poster presented at the Association for the Advancement of Applied Sport Psychology Conference, Vancouver, B. C.

Lopez, R., **Appleby, K. M.**, & Kimball, A. (September, 2004). *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. (October, 2003). "*Willing to go to bat for me*": Graduate students' perceptions and experiences of being mentored. Poster session presented at the Association for the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.

Shannon, V., Frey, M., & **Appleby, K. M.** (October, 2003). *Solution-focused brief counseling with athletes in a small group setting*. Poster session presented at the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.

Appleby, K. M. (October, 2002). *Which sports bra should I wear?: The impact of body image on the performance of female rock climbers*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.

Ryba, T., & **Appleby, K. M.** (June, 2002). *“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. (October, 2001). *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.

Scholarly Presentations at Professional Meetings/Conferences – Presented and Accepted

Foster, E., & **Appleby, K. M.** (March, 2015). *Making a case for women’s specific physical education programming*. Accepted for the ISU Gender and Sexuality Conference, March, 2015, Pocatello, ID.

Kirkpatrick, C., **Appleby, K.M.**, Peterson, T., & Wathne, K. (August, 2014). *The 100 Mile Club in an elementary school setting: Lessons learned and ideas to share*. Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, August, 2014, Filer, ID.

Appleby, K. M., Foster, E., & Kamusoko, S. (August, 2014). *Full speed ahead: Using a capstone course to facilitate students’ professional development*. Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, August, 2014, Filer, ID.

Foster, E., & **Appleby, K. M.** (October, 2013). *Barriers facing girls and women in PE: What are they and how can we reduce them?* Idaho Association for Health, Physical Education, Recreation, and Dance Conference, October, 2013, Moscow, ID.

Appleby, K. M., Williams, S., Foster, E., & Pemberton, C. (October, 2011). *How to host a successful National Girls and Women in Sports Day*. Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Pocatello, ID.

Appleby, K. M., Faure, C., & Fitzpatrick, J. (October, 2010). *Interactive technology in the sport science and physical education classroom*. Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Boise, ID.

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

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

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 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 Gender in Everyday Life Conference, Pocatello, ID.

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 Northwest District Association for Health, Physical Education, Recreation, and Dance 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 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

Invited/Service Presentations

- Appleby, D. C., & **Appleby, K. M.** (2012, October). *How to avoid the kisses of death in the graduate school application process*. Lecture presented at the Idaho State University Graduate Programs and Health Professions Fair, Idaho State University, Pocatello, ID.
- Appleby, K. M.** (2012, March). *Running in and out of motherhood: Elite distance runners' experiences of returning to competition after pregnancy*. Keynote speech given as the Art in Gender in Everyday Life Conference, Idaho State University, Pocatello, ID.
- Appleby, D. C., & **Appleby, K. M.** (2011, September). *How to avoid the kisses of death in the graduate school application process*. Lecture presented at the Graduate School Expo, Indiana University-Purdue University Indianapolis, Indianapolis, IN.
- Appleby, K. M.** & Appleby, D. C. (2010, October). *Assessing the CAP in capstone courses*. Presented at the Assessment Institute, Indianapolis, IN.
- Appleby, K. M.**, Carr, C., Mullins, D., Griffiths, L., Christensen, B., Scornienchi, J., Cook, A., Delion, J., & Bastien, C. (2010, March). *The many faces of sport psychology*. Presented at the IUPUI Sport Psychology Symposium, Indianapolis, IN.
- Appleby, K. M.** (2010, March). *Incorporating sport psychology into the high school psychology curriculum*. Presented at the Indiana High School Psychology Teachers Association Conference, Indianapolis, IN.
- 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's On-Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.
- 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.
- 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, D. C., & **Appleby, K. M.** (2003, October). *The kisses of death in the graduate school application process*. Lecture presented to the Indiana University-Purdue University Indianapolis Psychology Club, Indianapolis, IN.
- Appleby, D. C., & **Appleby, K. M.** (2003, May). *How to help your students avoid the kisses of death in the graduate school application process*. Halonen Distinguished Lecture sponsored by the Council of Teachers of Undergraduate Psychology Paper during the annual meeting of the Midwestern Psychological Association, 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.

PROFESSIONAL AND COMMUNITY SERVICE

Service to National and State Professional Associations

- Abstract Reviewer*, AASP Conference (Summer 2013)
- Vice President for Marketing*, National Association for Girls and Women in Sport (Fall 2008 – Spring 2013)
- Member*, AAASP Continuing Education Committee (Fall 2004 - Spring 2010)
- Member*, AAASP Diversity Committee (Fall 2006 - Fall 2009)
- Member*, Conference Planning Committee IAHPERD, Pocatello, ID (October 2008; October 2011)
- Presider*, for AAHPERD National Convention, Salt Lake City, UT (April 2006)

Reviewer for Professional, Peer-Reviewed Journals

- Member*, Editorial Board for *Women in Sport and Physical Activity Journal* (WSPAJ) (Spring 2013-Present)
- Section Editor*, (Sport Psychology) for *Women in Sport and Physical Activity Journal* (WSPAJ) (Fall 2009 – Fall 2011)
- Invited Guest Reviewer*, *Psychological Reports – Perceptual and Motor Skills* (Spring, 2011)
- Manuscript Reviewer*, *Women in Sport and Physical Activity Journal* (WSPAJ) (Fall 2009 - Present)
- Manuscript Reviewer*, *Journal of Physical Education Recreation and Dance* (JOPERD) (Spring 2006 - Present)
- Manuscript Reviewer*, *Electronic Journal for the Integration of Technology in Education* (EJITE) (Fall 2006 - Fall 2007)
- Guest Manuscript Reviewer*, *Athletic Insight: The Online Journal of Sport Psychology* (December, 2007; October, 2009)

University, College, and Department Committee Work and Leadership

University Service

- Member*, University General Education Requirements Committee (Fall 2014 - Spring 2017)
- Member*, University Faculty Standing Appeals Panel (Fall 2014)
- Member*, University Distinguished Teacher Award Committee (Spring 2013 - Spring 2014)
- Chair*, University Distinguished Teacher Award Committee (Spring 2012)
- Member*, University Safety Committee (Fall 2011 - Spring 2012)
- Co-Chair*, University Distinguished Teacher Award Committee (Spring 2011)
- Chair*, Governance and Commitment to Rules Compliance for Athletics Subcommittee (Fall 2008 - Spring 2010)
- Member*, Steering Committee for ISU Athletic Department NCAA Re-certification (Fall 2008 - Spring 2010)
- Member*, Academic Provost Reorganization Task Force (Humanities, Social Sciences, Education, and Arts) (Fall 2009 - Spring 2010)
- Member*, University Curriculum Council (Fall 2009 - Fall 2010)

Member, University Undergraduate Research Committee (Fall 2006 - Spring 2011)
Member, University Scholastic Appeals Board (Fall 2004 - Spring 2006)
Discussion Leader, Student Affairs Office of Professional Development Workshop “Writing for Publication in Your Field: Getting Started and Moving Ahead” (December 2005)

College of Education Service

Member, College of Education Undergraduate Curriculum Committee (Spring 2011 – Fall 2013)
Member, College of Education Leadership Team (Fall 2010 - Summer 2012)
Chair, Departmental Promotion Committee (Fall 2011)
Chair, College of Education Undergraduate Curriculum Committee (Fall 2010)
Member, ISU College of Education Admissions and Retention Committee (Spring 2007 - Spring 2010)
Appointed Member, Impartial Faculty Committee for Academic Appeals (Fall 2008)
Member, ISU College of Education EDUC/SSPE 601/640 Standards Revision Committee (Spring 2007)
Member, ISU College of Education NCATE Standard 4 Review Committee (Spring 2005 - Fall 2008)
Appointed Committee Head, Impartial Faculty Committee for Academic Appeals (December 2006)
Member, ISU College of Education Sabbatical Committee (Fall 2004 - 2006)
Member, ISU College of Education Diversity Committee (Fall 2004 - Spring 2007)
Member, Tenure and Promotion Committee (Fall 2005)

Department Service

Graduate Coordinator MPE-AA Department of Sport Science and Physical Education (Fall 2013 - present)
Undergraduate Program Coordinator Sport Management Emphasis Area (Fall 2008 - Present)
Co-Chair/Event Coordinator College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2013 - present)
Member Masters in Athletic Training Hiring Committee (Fall 2013 - Spring 2014)
Chair Department of Sport Science and Physical Education (Spring 2011 - Spring 2012)
Member Tenure and Promotion Committee for Dr. John Fitzpatrick (Fall 2008)
Member ISU College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2008 - 2012)
Chair/Event Coordinator ISU College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2004 - 2007)
Faculty Advisor for Student Organizations:
 SHEPERDs (Students for Health Education, Physical Education, Recreation and Dance) Club (Fall 2004 – Spring 2005; Fall 2008-Spring 2012)
 ISU Cycling Club (Fall 2006 - Spring 2007)
 ISU Triathlon Club (Fall 2008)
Faculty Search Committee Member (Spring 2007 and Spring 2008)

Graduate Committee and Graduate Faculty Representative (GFR) Work for Dissertations/Theses

Advisor Master’s Thesis Committee for 5 MPE-AA Students (2008, 2009 (2), 2010, 2014)
GFR for theses, dissertations, and graduate exams for the following departments: Health and Nutrition Sciences, Educational Leadership, Physical Therapy, Occupational Therapy, Physician’s Assistant, Business Administration, Music, Counseling (MS and PhD), and Political Science

Book Reviews

Time Trial Racing and Training with Power: A Practical Guide for Achieving Peak Performance Using the Latest in Cycling Technology and Training (Published, 2009)
Comprehensive Stress Management (7th ed.) (McGraw Hill, 2004)
Stress Management: An Experiential Approach (Wadsworth, 2004)
*Stress*Time*Life Management & Peak Performance* (Wadsworth, 2004)

Volunteer Sport Psychology Consulting

Sport Psychology Consultant, ISU Women’s Soccer Team (Fall 2013)
Sport Psychology Consultant, ISU Track and Field (Fall 2012 – Fall 2013)
Sport Psychology Consultant, ISU Women’s Softball (Fall 2010)
Sport Psychology Consultant, ISU Women’s Basketball (Fall 2008 - Spring 2010)
Sport Psychology Consultant, ISU Men’s and Women’s Tennis (Spring 2009 - Spring 2010)
Sport Psychology Consultant/Guest Speaker, ISU Women's Soccer Elite Camp (Summer 2009)

Sport Psychology Consultant, ISU Women's Soccer Team (Fall 2008)
Sport Psychology Consultant, ISU Women's Volleyball Team (Spring/Fall 2006; Summer 2007; Spring 2008)
Sport Psychology Consultant, Eastern Idaho Triathlon Club (Spring 2008)
Sport Psychology Consultant, Pocatello Fencing Club (Spring 2007)
Sport Psychology Consultant, ISU Men's and Women's Golf Team (Fall 2006 - Spring 2007)
Sport Psychology Consultant, ISU Judo team (Spring, 2006)

Other Community Service Related to Sport and Physical Activity

Communications Director Idaho Cycling Enthusiasts (ICE) Cycling Club (Summer 2013)
Secretary Idaho Cycling Enthusiasts (ICE) Cycling Club (Fall 2005 - Summer 2010)
Volunteer Idaho Senior Games (Summers 2006-2013)
Volunteer Southeast Idaho Special Olympics (Winter, 2005)
Founding Member Intermountain Sports Medicine Women's Elite Cycling Team (Fall 2005)