

## FACULTY VITA: MICHAEL J. LESTER

### PERSONAL DATA

2510 Ada  
Pocatello, ID 83201  
208-237-5269 (Home)  
208-282-4563 (Office)  
[lestmich@isu.edu](mailto:lestmich@isu.edu)

### EDUCATION

- 1981-1985: Doctor of Education Degree. Major in Higher Education with emphasis areas in Biomechanics/Kinesiology & Exercise Physiology. Oklahoma State University, Stillwater, Oklahoma.
- 1976-1979: Master of Science Degree. Major in Physical Education. University of Arizona, Tucson, Arizona.
- 1974-1976: Bachelor of Science Degree. Major in Physical Education. Lewis-Clark State College, Lewiston, Idaho.
- 1973-1974: University of Nevada-Las Vegas, Las Vegas, Nevada.
- 1971-1973: Bellevue Community College. Bellevue, Washington.
- 1970-1971: Miles Community College. Miles City, Montana.

### PROFESSIONAL EXPERIENCE

- Present Position: Idaho State University. Pocatello, Idaho.  
2010-  
2009-2010 Professor. Graduate Faculty  
2008-2009 Professor. Department Chair. Graduate Faculty  
Sport Science and Physical Education Department.  
Professor. Graduate Faculty
- 2004-2008 Professor. Department Chair. Graduate Faculty
- 1998-2004 Associate Professor. Department Chair. Graduate Faculty
- 1996-1998 Associate Professor. Program Area Leader. Graduate Faculty
- 1994-1996 Associate Professor. Graduate Faculty
- 1992-1994 Assistant Professor. Graduate Faculty
- 1990-1992 Assistant Professor
- 1988-1990: Northwestern Oklahoma State University. Alva, Oklahoma.  
Health & Physical Education Department.  
Assistant Professor.
- 1985-1988: Oakland City College. Oakland City, Indiana.  
Physical Education & Athletic Department.  
Assistant Professor. Department Chair. Athletic Director. Head Men's Baseball Coach.
- 1981-1985: Oklahoma State University. Stillwater, Oklahoma.  
HPELS Department.  
Graduate Teaching Assistant. Instructor.

Summer 1982: Parks & Recreation Department. Stillwater, Oklahoma.  
Ballfield Maintenance Crew Chief & Supervisor.

Summer 1981: National Youth Sports Program. Oklahoma State University.  
Coach/Group Leader.  
Parks & Recreation Department. Stillwater, Oklahoma.  
Baseball Umpire.

1981: Young Adult Conservation Corps (YACC). Clearwater National  
Forest. Orofino, Idaho.  
Physical Fitness/Recreation Instructor.

1980-1981: Idaho High School Activities Association. Boise, Idaho.  
Basketball Sports Official.  
Parks & Recreation Department. Lewiston, Idaho.  
Men's Basketball Official.  
Lewis-Clark State College. Lewiston, Idaho.  
Men's Dormitory Director. Assistant Baseball Coach.

Summer 1980: Babe Ruth Baseball. Baker, Montana.  
Montana State Tournament Umpire.  
Miles City Softball Association. Miles City, Montana.  
Men's & Women's Softball Umpire.

Summer 1979: Miles City Youth Baseball Association. Miles City, Montana.  
American Legion Head Baseball Coach.  
Babe Ruth Baseball. Miles City, Montana.  
Western Regional Tournament Umpire.  
Miles City Softball Association. Miles City, Montana.  
Men's & Women's Softball Umpire.

Summer 1978: Miles City Youth Baseball Association. Miles City, Montana.  
American Legion Head Baseball Coach.

1979-1980: Coast to Coast Hardware. Miles City, Montana.  
Sporting Goods Department Manager.

1978-1980: Montana Officials Association. Helena, Montana.  
Boys & Girls High School Basketball Official.

1977-1978: Sts. Peter & Paul Elementary School. Tucson, Arizona.  
Physical Education Instructor & Athletics Coach.  
Parks & Recreation Department. Tucson, Arizona.  
Baseball, Softball, & Basketball Official.

1976-1977: University of Arizona. Tucson, Arizona.  
Physical Education Department.  
Graduate Teaching Assistant.

Summer 1976: Miles City Youth Baseball Association. Miles City, Montana.  
American Legion Assistant Baseball Coach.

1975-1976: St. Stanislaus Elementary School. Lewiston, Idaho.  
5<sup>th</sup>-6<sup>th</sup> Grade Basketball Coach.  
Lewis-Clark State College. Lewiston, Idaho.  
Student Intramural Director.

1975: Highland Elementary School. Clarkston, Washington.  
Noon-Hour Intramural Director.

Summer 1974: Miles City Youth Baseball Association. Miles City, Montana.  
American Legion Assistant Baseball Coach.  
Babe Ruth Director & Head Baseball Coach.

Summer 1973: Miles City Umpires Association. Miles City, Montana.  
American Legion Baseball Umpire.  
1973: Newport Hills Elementary School. Bellevue, Washington.  
Playground Supervisor & Recreation Leader.

## HONORS AND AWARDS

2010: IAHPERD Past-President  
2009: IAHPERD President  
2008: IAHPERD President-Elect  
2006: IAHPERD Outstanding Collegiate Educator (nominated)  
2003: IAHPERD Outstanding Collegiate Educator (nominated)  
2000: Friends of Education (SSPED Department Award)  
1987-88: Outstanding Young Men of America  
1981-1982: A.B. Harrison Scholarship Award  
1981-1985: Dean's List (Academic GPA)  
1975-1976: President's List (Academic GPA)  
1975: MVP Award (Barrhead Baseball Tournament)  
Season Stolen Base Record (Lewis-Clark State College)

## MASTER'S THESIS

None

## DOCTORAL DISSERTATION

Lester, M.J. (1985). *The Effect of Smokeless Tobacco Ingestion on the Distal Latency of the Median Nerve*. Oklahoma State University: Stillwater, Oklahoma.

## TEACHING

Courses Taught

Idaho State University:

PE 221 History, Philosophy and Ethics of PE and Sport, 3 cr.  
PE 231 Activity Laboratory: Field & Court. 1 cr.  
PE 233 Activity Laboratory: Individual & Recreational. 1 cr.  
PE 235 Activity Performance Techniques I. 3 cr.  
PE 243 Anatomical Foundations of Human Activity. 3 cr.  
PE 301 Physiology of Exercise. 3 cr.  
PE 301 Physiology of Exercise Lab. 1 cr.  
PE 3301 Physiology of Exercise. 3 cr.  
PE 3301L Physiology of Exercise Lab. 1 cr.  
PE 302 Human Kinesiology. 3 cr.  
PE 3302 Biomechanics. 3 cr.  
PE 312 Practical Applications of Coaching Baseball/Softball. 2 cr.  
PE 364 Introduction to Sport Law. 3 cr.  
PE 380 Field Experience. 1 cr.

PE 475/575 Organization & Administration of PE & Sport. 3 cr.  
PE 480 Coaching Problems. 2 cr.  
PE 481 Coaching Clinic. 1 cr.  
PE 482 Mechanical Analysis of Human Movement. 3 cr.  
PE 4482 Mechanical Analysis of Human Movement. 3 cr.  
PE 484 Exercise Assessment and Prescription. 3 cr.  
PE 4484 Exercise Assessment and Prescription. 3 cr.  
PE 485/585 Independent Problems in PE. 1-3 cr.  
PE 490 Practicum-PE. 1-16 cr.  
PE 491/591 Physical Education Workshop. 1 cr.  
PE 495 Physical Education: Student Teaching. 7-14 cr.  
PE 580 Coaching Problems. 2 cr.  
PE 597 Professional Education Developmental Workshop. 1 cr.  
PE 605 Leadership and Administration. 3 cr.  
PE 6605 Leadership and Administration. 3 cr.  
PE 615 Philosophy & Principles of Athletics in Education. 3 cr.  
PE 631 Athletics and the Law. 3 cr.  
PE 635 Management Aspects of Athletics. 3 cr.  
PE 6635 Management Aspects of Athletics. 3 cr.  
PE 640 Research and Writing. 3 cr.  
PE 645 Sports Medicine. 3 cr.  
PE 648 Problems. 1-3 cr.  
PE 649 Issues in PED and Athletic Administration. 3 cr.  
PE 6649 Issues in PED and Athletic Administration. 3 cr.  
PE 655 Internship. 1-3 cr.  
PE 658 Athletics in the West. 2 cr.  
PE 6658 Athletics in the West. 3 cr.

Northwestern Oklahoma State University:

Bowling. 1 cr.  
Tennis. 1 cr.  
Aerobics. 1 cr.  
Archery. 1 cr.  
Basketball. 1 cr.  
Theory of Coaching. 3 cr.  
Physiology of Exercise. 3 cr.  
Kinesiology. 3 cr.  
Theory of Coaching Baseball. 3 cr.  
Adapted Physical Education. 3 cr.  
Recreation Leadership. 3 cr.  
Motor Learning & Human Performance. 3 cr.  
Computer Applications in PE & Athletics. 2 cr.

Oakland City College:

Archery. 1 cr.  
Fitness Training. 1 cr.  
Golf. 1 cr.  
Theory of Coaching Football. 2 cr.

Theory of Coaching Volleyball. 2 cr.  
Theory of Coaching Baseball. 2 cr.  
Coaching Team Sports. 2 cr.  
Coaching Individual & Dual Sports. 2 cr.  
Care & Prevention of Athletic Injuries. 3 cr.  
Sports Officiating. 2 cr.  
Corrective Physical Education. 3 cr.  
Special Methods for Teaching Physical Education. 3 cr.  
Administration & Organization of Physical Education. 3 cr.  
Tests & Measurements in Physical Education. 3 cr.  
Exercise Physiology. 3 cr.  
Kinesiology. 3 cr.

Oklahoma State University:

Physical Fitness. 1 cr.  
Tennis. 1 cr.  
Racquetball. 1 cr.  
Exercise Physiology Laboratory Course. 1 cr.  
Exercise Physiology. 3 cr.  
Lab Assessment of Human Work Capacity. (assisted). 3 cr.  
Advanced Applied Anatomy & Kinesiology. (assisted). 3 cr.

University of Arizona:

Bowling. 1 cr.  
Tennis. 1 cr.  
Handball. 1 cr.

Distance Education & Courses Delivered Via Technology

PE 605 Leadership and Administration. (Satellite & WebCT). 3 cr.  
PE 615 Philosophy of Athletics. (Satellite). 3 cr.  
PE 631 Athletics and the Law. (Satellite). 3 cr.  
PE 649 Issues in PED and Athletic Administration. (Satellite). 3 cr.  
PE 6635 Management Aspects of Athletics. (Satellite). 3 cr.

New Course Development & Update of Curriculum

Idaho State University:

PE 243 Anatomical Foundations of Human Activity (developed)  
PE 301 Physiology of Exercise Laboratory (developed)  
PE 302 Human Kinesiology Laboratory (developed)  
PE 302 Human Kinesiology (revised)  
PE 364 Introduction to Sport Law (developed)  
PE 482 Mechanical Analysis of Human Movement (developed)  
PE 484 Exercise Assessment and Prescription (developed)  
PE 658 Athletics in the West (developed)  
PE 3303 Exercise Science for Teachers and Coaches (developed)

Designed Exercise Science Emphasis area in SSPE Department  
SSPED Undergraduate Curriculum (helped revise)

Northwestern Oklahoma State University:

Computer Applications in PE & Athletics (developed)

#### Supervision Activities

- PE 231 Activity Laboratory: Field & Court. (supervised placement of students in teaching situations at Franklin Junior High).
- PE 235 Activity Performance Techniques I. (supervised placement of students in teaching situations at Franklin Junior High).
- PE 235 Activity Performance Techniques I. (supervised collaboration with ISU PE/New Horizon students).
- PE 480/580 Coaching Problems. (worked with on-site supervisor in various off-campus sites).
- PE 490 Practicum: PE. (worked with on-site supervisors in various off-campus sites).
- PE 655 Internship. (worked with on-site supervisors in various off-campus sites).
- PE 495 Student Teacher Supervision. (supervised approximately 30 student teachers, 1990-2014)

#### Advising Activities

Advise approximately 50 undergraduate SSPED Majors per year  
Advise approximately 25 graduate MPE-AA students per year

#### SCHOLARSHIP

##### Articles in Refereed Journals

- Paul, D.R., Scruggs, P.W., Goc Karp, G., Ransdell, L.B., Robinson, C., Lester, M.J., Gao, Y., Petranek, L.J., Brown, H., and Shimon, J.M. Developing a statewide childhood body mass index surveillance program. *Journal of School Health*, December, 2013.
- Lester, M.J. (2001). Making connections. *IAHPERD Journal*. Idaho: 20.
- Lester, M.J., Jacobson, B.H., and Edwards, S.W. (1988). Effect of ingestion of smokeless tobacco on motor distal latency of the median nerve. *The Journal of Perceptual and Motor Skills*. 67: 283-290.

##### Articles in Non-Refereed Journals and ERIC Documents

- Lester, Mike (2010). President's Letter ó Invited editorial. *JOHPERD*. Idaho: 4-5.
- Lester, Mike (2008). *Physical Education in Idaho* ó Invited editorial. *IAHPERD Newsletter*. Idaho.
- Lester, Mike (2001). *Introduction* ó Invited editorial. *IAHPERD Journal*. Idaho: 4.

## Books & Textbooks

- Lester, Mike (1992). *Physiology of Activity Laboratory Manual*. Minneapolis, MN: Alpha Editions. Burgess Publishing.
- Lester, M. (1984). *Exercise Physiology Laboratory Manual*. Minneapolis, MN: Alpha Editions. Burgess Publishing.

## Articles in Refereed Monographs or Proceedings of Scholarly Meetings

- Lester, M.J. (1992). Computer review of the human elbow joint. *Proceedings of the 3rd National Symposium on Teaching Kinesiology and Biomechanics in Sports*. Iowa: 147-149.

## Scholarly Presentations at Professional meetings/Conferences

- Lester, Mike (August 4, 2015). Dartfish Express App. IAHPERD Summer Conference. Pocatello, ID.
- Lester, Mike (October 3, 2013). Dartfish Express for Teachers and Coaches. IAHPERD Fall Conference. Moscow, ID.
- Lester, Mike (October 4, 2012). Leadership in sport. IAHPERD Fall Conference. Boise, ID.
- Karp, G.G. Scruggs, P.W. Paul, D.R. Brown, H.F. Shimon, J. Robinson, C. Ransdell, L. Lester, M.J. Gibson, T. Fitzpatrick, J.M. (2011). *Idaho Physical Education: Quality and Quantity Program and Policy Surveillance*. Poster Presentation. AAHPERD National Conference. San Diego, CA.
- Counsell, S. and Lester, M. (March 2011) What is Happening to Outdoor Play: Examining Nationwide Trends in the US (accepted for presentation at the Oxford Round Table at the Harris Manchester College in the University of Oxford, Oxford, England) note: We had to withdraw from this presentation because we could not secure adequate funding to attend.
- Karp, G.G. Scruggs, P.W. Paul, D.R. Brown, H.F. Shimon, J. Robinson, C. Ransdell, L. Lester, M.J. Gibson, T. Fitzpatrick, J.M. (2010). *Idaho Schools Body Mass Index (BMI) Assessment*. Physical Activity Poster Session. American Public Health Association Conference. Denver, CO.
- Lester, M. & Counsell, S. (October 2009). *Perceptions of Children's Access to Daily Outdoor Play & Recess*. IAHPERD Conference, Moscow, ID.
- Lester, M.J. (2008). Body Composition Measurement. IAHPERD State Conference, Pocatello, ID.
- Lester, M.J. (2008). Athletics in the West Field/Practicum Experience. IAHPERD State Conference, Pocatello, ID.
- Lester, M.J. (2003). The Development of Graduate Teaching Assistants. NAPEHE National Conference, Long Beach, CA.
- Lester, M.J. & Cordingley, K. (2002). Kinball. IAHPERD State Convention. Idaho Falls, Idaho.
- Lester, M.J. & Lyons, G.G. (2002). Graduate Teaching Assistant Development. NorthWest District AAHPERD Conference. Boise, Idaho.
- Lester, M.J. & Lyons, G.G. (2001). University Department Linking with the School District. January 4<sup>th</sup>. NAPEHE Conference at Amelia Island, Florida.

- Lyons, G.G. & Lester, M.J. (1999). Program Evaluation: From Arbitrary to Artful Compliance. Northwest District AAHPERD Convention. Boise, Idaho.
- Lester, M.J. (1998). Exercise Physiology for Coaches. IAHPERD State Convention. Blackfoot, Idaho.
- Lester, M.J. (1998). Kinball. IAHPERD State Convention. Blackfoot, Idaho.
- Lester, M.J. (1994). Sports Medicine. Curso Internacional Deportiro VIII, University of Monterrey, Monterrey, Mexico.
- Lester, M.J. & Louis, G. (1993). Fitness Measures of Police & Fire Department Personnel. Poster Presentation at the Northwest/Southwest District AAHPERD Convention. Reno, Nevada.
- Lester, M.J. (1992). Sports Conditioning. Workshop conducted at ISU Learning Center. Idaho Falls, Idaho.
- Lester, M.J. (1992). Nutrition and Exercise in Sport. Workshop conducted at ISU Learning Center, Idaho Falls, Idaho.
- Girvan, J., Girvan, G., Farrell, L., & Lester, M.J. (1992). Aids Education and Kids. Workshop conducted at Gate City Elementary School. Pocatello, Idaho.
- Lester, M.J. and Peterson, D. (1991). Multimedia Use in Kinesiology. IAHPERD State Convention. Caldwell, Idaho.
- Lester, M.J. (1991). Steroids in Sport. IAHPERD State Convention. Caldwell, Idaho.
- Lester, M.J. (1991). Nutrition and Exercise in Sport. Workshop conducted at College of Southern Idaho. Twin Falls, Idaho.
- Lester, M.J. (1991). Ergogenic Aids in Sport. Workshop conducted at College of Southern Idaho. Twin Falls, Idaho.
- Lester, M.J. (1991). Computer Review of the Human Elbow Joint. Third National Symposium on Teaching Kinesiology and Biomechanics in Sports. Iowa State University. Ames, IA.
- Lester, M.J. (1991). Sports Conditioning. Workshop conducted at College of Southern Idaho. Twin Falls, Idaho.
- Farrell, L. & Lester, M.J. (1991). Aids Education and Kids. Workshop conducted at Jerome High School. Jerome, Idaho.
- Farrell, L., Girvan, G., & Lester, M.J. (1991) Aids Education and Kids. Workshop conducted at Wendell High School. Wendell, Idaho.
- Lester, M.J. (1988). The Effect of Smokeless Tobacco on Motor Nerve Latency. OAHPERD State Convention. Edmond, Oklahoma.

#### International Presentations

- Lester, M.J. (2004). Risk Management. Invited presentation. Tokai University, Tokyo, Japan.
- Lester, M.J. (1994). Sports Medicine. Curso Internacional Deportiro VIII, University of Monterrey, Monterrey, Mexico.

#### Audiovisual, Electronic & On-Line Media

- Lester, M.J. (2007). *Body Composition Measurement Calculations*. Computer Software program written in Microsoft Excel to calculate body fat percentage using densitometry.



- Lester, M.J. (1992). Steroids and Performance Enhancing Drugs in Sport. Session for Current Issues in Health, Physical Education, & Dance. ISU Media Center, PBS, February 8.
- Lester, Mike (1992). *Physical Fitness Exercise Prescription*. Computer Software written in BASIC language for IBM-compatible computers.
- Lester, M.J. (1991). *Computer Review of the Human Elbow Joint*. Computer Software written in BASIC language for IBM-compatible computers.
- Lester, M.J. (1991). *Body Composition Laboratory Calculations*. Computer Software written in BASIC language for IBM-compatible computers.
- Lester, M.J. (1991). *Body Composition for Children*. Computer Software written in BASIC language for Apple computers.
- Lester, M. (1989). *Reaction & Movement Time*. Computer Software written in BASIC language for IBM-compatible computers.

#### Technical, Government or Final Reports of Funded Grants & Contracts

- Counsell, S. & Lester, M. (March, 2010). *Perceptions of Young Children's Access to Outdoor Play: What are the Trends Telling Us Nationwide and What Does it Mean for Overall Learning and Development?* Frances R. Dewing Foundation. \$18,750.00.
- Urfer, A., Lester, M.J. & Faure, C. Nike Sport Science Grant Proposal. Fall, 2007 (interdisciplinary department proposal, submitted fall, 2007) \$25,000,000.
- Lester, M.J. Dean's Incentive Grant (Major Equipment Purchase). December, 2005. College of Education. Idaho State University. Hydro-Tank Underwater Weighing System. \$5,000.
- Lester, M.J. & Lyons, G.G. Dean's Incentive Grant (Professional Travel). December, 2000. College of Education. Idaho State University. NAPEHE Annual Conference. \$1,736.
- Lyons, G.G. & Lester, M.J. Dean's Incentive Grant (Major Equipment Purchase). December, 2000. College of Education. Idaho State University. Digital Camera. \$1,000.
- Lester, M.J. & Lyons, G.G. Dean's Incentive Grant (Professional Travel). December, 1999. College of Education. Idaho State University, ASEP Certification. \$ 2,740.
- Creelman, J., Urfer, A. & Lester, M.J. Idaho State Board of Education Grant. Development of a Web-based Athletic Training/Modalities Course. \$200,000 (interdisciplinary department proposal, submitted 1998).
- Lester, M.J. Idaho State University Technology Oversight Council Grant (Human Performance Lab Multimedia Upgrade, \$8,618) awarded, spring, 1998.
- Urfer, A., Creelman, J. & Lester, M.J. 3 Dimensional Motion and Force Analysis System Laboratory (Gait Analysis System, \$ 84,000, Kasiska Family Foundation, (interdisciplinary department proposal, submitted 1994)
- Lester, M.J. Proposal Writing Workshop, Idaho State University, October 15, 1993
- Lester, M.J. & Girvan, J. Computerized Cybex II+ Testing and Rehabilitation System. \$20,990. Kasiska Family Foundation. (submitted & awarded: 1993)

## Unfunded Grant & Contract Proposals

Counsell, S. & Lester, M. (Fall, 2009). *Perceptions of Young Children's Access to Outdoor Play: What are the Trends Telling Us Nationwide and What Does it Mean for Overall Learning and Development?* ISU Faculty Research Council (GSRSC). \$4857.67.

Albertson's Foundation. Fall, 2000. Physical Education Professional Development School Grant, Cooperative Idaho Universities, \$250,000.

Lester, M.J. Dean's Incentive Grant (Professional Travel). December, 1999. College of Education. Idaho State University. Beyond the Millennium. \$1,697.

Urfer, A., Joseph, T., Newhouse, K. & Lester, M.J. Peak Performance System. Kasiska Family Foundation. Collaborative Department request. \$84,000. (submitted 1993).

## Student Handbooks/Study Guides & Self-Published Materials

Lester, Mike. *Biomechanics Laboratory Manual*. WebCT & Moodle. 2005 ó 2013.

Lester, Mike. *Physiology of Exercise Laboratory Manual*. WebCT & Moodle. 2005 ó 2013.

Lester, Mike. *Kinesiology Laboratory Manual*. ISU Copy Center, 1995 ó 2005.

Lester, Mike. *Physiology of Exercise Laboratory Manual*. ISU Copy Center. 1999-2005.

## Unpublished Manuscripts

Lester, Mike. *Human Kinesiology Laboratory Manual*.

Lester, Mike. *Physiology of Exercise Laboratory Manual*.

## Publications Board Member or Reviewer

Book Reviewer: (Summer, 2015). *Sports Matter*. Sage Publications, Inc.

Book Reviewer: Lawler, J. (Fall, 2013). *Applied Biomechanics*. Jones and Bartlett Publishers.

Book Reviewer: (Fall, 2010) *Virtual Physiology of Exercise Laboratory*. Benjamin/Cummings.

Book Reviewer: Baghurst, T.M. & Parish, A. (2010). *Case Studies in Coaching*. Scottsdale, AZ: Holcomb Hathaway.

Book Reviewer: Hall, S.J. (1999). *Basic Biomechanics*. (third edition). Dubuque, IA: WCB/McGraw-Hill.

Book Reviewer: Thompson, C.W. and Floyd, R.T. (1998). *Manual of Structural Kinesiology*. (thirteenth edition). Dubuque, IA: WCB/McGraw-Hill.

Book Reviewer: Arnheim, Daniel & Prentice, William. (1998). *Essentials of Athletic Training*. (fourth edition). Dubuque, IA: WCB/McGraw-Hill.

## Curriculum Development Projects

SSPE Exercise Science Emphasis Curriculum Revision (2012-14)

SSPE Undergraduate Curriculum Revision (2009-2012)

SSPED Undergraduate Curriculum Revision. (2000-01/2004-05).

SSPED Graduate Written Examination Revision (1999).

SSPED Activity Course Revision (1996)

## Science Course Curriculum Revision (1990-1991)

### SERVICE

#### Professional & Academic Association Memberships

National Association for Physical Education in Higher Education (NAPEHE)  
American Association of Colleges for Teacher Education (AACTE)  
American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)  
Idaho Alliance for Health, Physical Education, Recreation and Dance (IAHPERD)  
National Association for Sport and Physical Education (NASPE)  
American College of Sports Medicine (ACSM), 1995-1998  
Northwest District Association of the American Alliance for Health, Physical Education, Recreation, & Dance, 1990-1995.  
Oklahoma Association for Health, Physical Education, Recreation & Dance (OAHPERD), 1988-1990, 1981-1985.  
Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD), 1985-1988.  
National Strength & Conditioning Association (NSCA), 1986-88.  
International Society of Biomechanics in Sports (ISBS), 1986-88.  
National Association of Intercollegiate Athletics - Athletic Directors Association (NAIA-ADA), 1985-1988.  
National Association of Collegiate Directors of Athletics (NACDA), 1985-1988.  
American Baseball Coaches Association (ABCA), 1985-1988, 1978-1981.

#### Service to Professional Associations

Historian, Idaho Association of Health, Physical Education, Recreation & Dance (IAHPERD). (2011-present)  
Volunteer Host, AAHPERD National Conference. San Diego, CA. (2011).  
President-Elect/President/Past-President, IAHPERD, 2008-2010.  
Idaho NWD Representative, Northwest District AHPERD, Ellensburg, WA, 2010.  
Vice-President Nominee for Physical Education, Northwest District AAHPERD, 1992.

#### In-Service Courses and Workshops to Schools

Lester, M.J., Cordingley, K. & Chilson, M. (2004). Kinball. Pocatello School District 25 In-service Workshop. Pocatello, Idaho.  
Lester, M.J. (2003). ASEP Citizenship Through Sports Workshop. Idaho State University. Pocatello, Idaho.  
Lester, M.J. & Lyons, G.G. (2003). ASEP Sport First Aid Workshop. Idaho State University. Pocatello, Idaho.  
Lester, M.J. & Lyons, G.G. (2002). ASEP Sport First Aid Workshop. Idaho State University. Pocatello, Idaho.  
Lester, M.J. & Lyons, G.G. (2001). ASEP Sport First Aid Workshop. Idaho State University. Pocatello, Idaho.  
Lester, M.J. (2001). ASEP Citizenship Through Sports Workshop. Idaho State University. Pocatello, Idaho.

- Lyons, G.G. & Lester, M.J. (2001). ASEP Coaching Principles Workshop. Idaho State University. Pocatello, Idaho.
- Lester, M.J. & Lyons, G.G. (2000). ASEP Sport First Aid Workshop. Idaho State University. Pocatello, Idaho.
- Lyons, G.G. & Lester, M.J. (2000). ASEP Coaching Principles Workshop. Idaho State University. Pocatello, Idaho.
- Lester, M.J. (1997). ASEP Sport First Aid Workshop. Idaho State University. Pocatello, Idaho.
- Lester, M.J., Lyons, G.G., & Chilson, M. (1997). Physical Education In-Service Workshop. Ellis Elementary School, Chubbuck, Idaho.
- Luckey, P., Dimick, T., Lester, M.J. (1994). Modalities. 1<sup>st</sup> Annual Bengal ISU Sports Medicine Symposium. Idaho State University. Pocatello, ID.

#### Off-Campus, Overload and Continuing Education Courses

- PE 491/591 Physical Education Workshop. (Idaho Falls). 1 cr.
- PE 491/591 Physical Education Workshop. (Twin Falls). 1 cr.
- PE 645 Sports Medicine. (Idaho Falls). 3 cr.
- PE 645 Sports Medicine. (Twin Falls). 3 cr.
- PE 649 Issues in PED and Athletic Administration. (Boise). 3 cr.

#### Early College Program

- University Liaison for PE 243/2243 Anatomical Foundations of Human Activity course ó Meridian Medical Arts Charter School (2006-2015)
- University Liaison for PE 243 Anatomical Foundations of Human Activity course ó Aberdeen High School (2001-2006)

#### Professional Leadership at the Local, State, and National Levels

- Historian, Idaho Association of Health, Physical Education, Recreation & Dance (IAHPERD). (2011-2014)
- NWD AHPERD, State of Idaho Chair of Volunteers for AHPERD National Conference (2010-11)
- Conference Manager, 2011 Fall Conference, Idaho Association of Health, Physical Education, Recreation & Dance (IAHPERD). Pocatello, Idaho (October, 2011)
- State Department of Education & IAHPERD, Pipeline Workshop Coordinator (ISU, April, 2010)
- Task Force Committee Member, Physical Education Standards, Idaho State Board of Education (June, 2006)
- University Representative, *Assessment-Based Undergraduate Program Review Assessment Symposium*, North Carolina State University, Raleigh, NC, April 16-17, 2004.
- ASEP/NFICEP Certified Instructor, Coaching Principles, December, 1999
- ASEP/NFICEP Certified Instructor, Citizenship Through Sports, December, 1999
- ASEP/NFICEP Certified Instructor, Sport First Aid, Spring, 1997
- Chair, College of Education, Educational Technology Committee (1990-1993)
- Captain, HPERD Dept. Fitness/Wellness Challenge (1990-1993)

## University Committee Work and Leadership

### University

Affirmative Action Grievance Committee (2011-13)  
Early College Planning Committee (2010-11)  
Campus Planning Council COE representative (2010)  
Curriculum Council COE representative (2008 ó 2011)  
Provost/Vice President for Academic Affairs Search Committee (2008 ó 2009)  
NIKE Proposal President's Task Force Committee member (2007-2008)  
President Search Committee (2006-07)  
University Recreation Advisory Committee, (1998 ó 2008)  
ISU Student Services/Athletics, Dance Team Coach Search Committee (2000)  
ISU Athletics, Women's Basketball Search Committee (1996)  
University Electronic Publishing Committee (1993)

### College

Promotion and Tenure Committee (2014-present)  
Diversity Committee ó Co-Chair (2012-13)  
College Framework Ad Hoc Committee (2012-13)  
Sanger Promotion and Tenure Review Committee (2012)  
Coffland Promotion and Tenure Review Committee (2012)  
Undergraduate Curriculum Committee (2008 ó 2010)  
Library Liaison Committee (2007 ó 2011)  
Graduate Studies Committee (2000-present)  
Assessment Coordinator ó Exercise Science (2008 ó present)  
Assessment Coordinator ó SSPE Department (2006 ó 2010)  
College Leadership Advisory Committee, (1998-2010)  
Kole McGuffy Award Committee (2007-2008)  
NCATE Committees (2006-2008)  
Scholarship Committee (2004-2005)  
Jane Strickland Promotion & Tenure Committee (2002)  
Deborah Hedeon Promotion Committee (2003)  
Alan Frantz Tenure Committee (2000)  
Assessment Committee, (1999-2000)  
Professional Development Committee (1999)  
T.C. Mattocks Tenure Committee (1999)  
Accreditation Committee (1998-1999)  
Technology Committee, (1997-1998)  
Ad Hoc Faculty Workload Committee (1996)  
Educational Technology Committee (1993-1994)  
College of Education, Dean Search Committee (1993)  
Robert Rinehart Promotion Committee (1995)  
Kearns Promotion Committee, (1991)  
McAleese Promotion Committee, (1991)

## Department

Chair, Exercise Science Search Committee (2012-13)  
Athletic Training Search Committee (2012)  
Chair, Dr. Howard Gauthier's SSPE Department level Promotion and Tenure Committee (2011)  
Chair, Dr. Caroline Faure's SSPE Department level Promotion and Tenure Committee (2011)  
Chair, Dr. John Fitzpatrick's SSPE Department level Promotion and Tenure Committee (2008)  
Chair, Dr. Karen Appleby's SSPE Department level Promotion and Tenure Committee (2008)  
University Student Teacher Supervisor (28 candidates, 1991-2010)  
HPERD Dept. ad hoc Promotion and Tenure Committee (1992-93)  
HPERD Dept. ad hoc 'Visions' Committee (1991-92)  
HPERD Dept. Teaching/Course Evaluation Committee (1990-91)  
HPERD Dept. P.E. Curriculum Committee (1990-91)

## Advisor for Student Organizations and Other Student Services

ISU Baseball Club Sport Faculty Advisor (2007-2008)

## Graduate Faculty Service

27 MHE Graduate Committees (1991-2015)  
277 MPE-AA Graduate Committees (1991-2015)  
101 MPE-AA Major Advisor (1991-2015)  
12 Major Advisor for MPE-AA Theses  
6 Israeli Graduate Committees (1995)  
43 MPT & DPT (Physical Therapy) Graduate GFR (1992-2015)  
7 MEd (Education) Graduate Committees (GFR) (1993-2015)  
2 EDD (Education) Graduate Committee (2006-2010)  
3 MPA (Physician Assistant) Graduate GFR (2012-2015)  
11 MS (HRDT) Graduate GFR (2009-2013)

## Program Coordinator

Chair, Sport Science, Physical Education, & Dance Department, (1998-2008/2009-2010)  
Program Area Leader, Physical Education & Dance, (1996-1997)  
Program Area Leader, Physical Education & Dance, (1995-96)

## Faculty Mentor

Dave Bale, 1997

## Professional Speaking to Civic or Business Groups

Presentation, Exercise & Diabetes. Diabetics Support Group, Soda Springs, Fall, 1990.

## Other Professionally-Related Community Service

Youth Baseball Coach, Pony League, Bannock Boys Baseball, Summer, 1999  
Youth Baseball Coach, Pony League, Bannock Boys Baseball, Summer, 1998  
Presentation, Steroids. American Falls High School Health Fair, Fall, 1997  
Youth Baseball Coach, Colt League, Bannock Boys Baseball, Summer, 1997  
Youth Soccer Coach, Gate City Youth Soccer Association, Spring, 1996  
Youth Soccer Coach, Gate City Youth Soccer Association, Fall, 1995  
Presenter, Model School Program Award to Stoddard & Stalker Elementary School at IAHPERD State Convention, Lewiston, Idaho, October 2, 1992  
Co-coordinator, Health & Wellness Program, Fitness Assessment of Firemen & Policemen. City of Pocatello, Idaho, Spring, 1992  
Model School Evaluator for Elementary Physical Education Programs at Stoddard & Stalker Elementary Schools, Blackfoot, Idaho, Spring, 1992  
Youth Soccer Coach, Gate City Youth Soccer Association, Fall, 1991  
Developed Computer Software Program Body Composition for Children. that was used by Fitness/Wellness Center's Health Fair, March 30, 1991  
Body Composition Measures. Special session for 2nd grade class of Gate City Elementary School conducted at ISU, Fall, 1990  
Youth Soccer Coach, Alva Youth Soccer Association, Fall, 1989