

BOYD FOSTER, PH.D.

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SPOKANE, WASHINGTON 99223

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CURRENT POSITION

Associate Professor Department of Sport and Physical Education
Gonzaga University Appointed: August 2001

ACADEMIC DEGREES

1999	Ph.D.	Exercise and Wellness	Arizona State University
1985	M.S.S.	Sports Science	United States Sports Academy
1984	M.S.	Biology	University of South Alabama
1983	B.S.	Biology/Physical Education	Judson College

CERTIFICATION

2010-Present HIV/Bloodborne Pathogens Training Certification
2001-Present Red Cross Community First Aid and CPR Instructor
2001-Present Red Cross AED Instructor
1994-Present Arizona Community College Teaching Certification

PROFESSIONAL EXPERIENCE

2008-Present Associate Professor, Sport and Physical Education, Gonzaga University
2001-2008 Assistant Professor, Sport and Physical Education, Gonzaga University
2008 Adjunct Instructor, Whitworth University
2006-2007 Adjunct Instructor, Anatomy/Physiology, Long Beach City College
2006 Adjunct Instructor, Kinesiology, California State University, Dominguez Hills
2005 Adjunct Instructor, Biology, Spokane Community Colleges
2000-2001 Assistant Professor/Director of Exercise Science Program, Pfeiffer University
1999-2000 Assistant Professor, Health Education, Eastern Washington University
2000 Adjunct Professor, Sport and Physical Education, Gonzaga University
1999 Adjunct Instructor, Women's Studies, Arizona State University
1996-1999 Graduate Assistant Instructor, Exercise and Wellness, Department of Exercise Science and Physical Education, Arizona State University
1993-1999 Adjunct Instructor, Rio Salado and Scottsdale Community Colleges, Biological Sciences Department
1995-1996 Co-Chair, High School Science and Math Division, Arizona School for the Arts, Phoenix, Arizona
1993-1995 Director of Work Hardening and Rehabilitative Exercise, Novacare Outpatient Rehabilitation Division, Tempe, Arizona
1991-1993 Sports Rehabilitation and Work Hardening Specialist, Visiting Athletic Trainer, The Campbell Clinic, Memphis, Tennessee
1990-1991 Professor and Practicum Supervisor (interim), Athletic Training Graduate Division, The United States Sports Academy, Mobile, Alabama
1987-1990 Sport Rehabilitation Specialist and Visiting Athletic Trainer, Gallatin Hospital, Gallatin, Tennessee
1986-1987 Adjunct Instructor, Physical Education Department, Faulkner State Junior College, Bay Minette, Alabama
1985-1986 Head Women's Athletic Trainer/ Adjunct Instructor, Physical Education, The University of the Pacific, Stockton, California
1985 Intern Graduate Assistant Athletic Trainer/Adjunct Instructor, The University of Southern Mississippi, Hattiesburg, Mississippi

FACULTY AND ADMINISTRATIVE LOAD

Spring 2012

EDPE 210 Community First Aid, CPR and Safety Education	3 credits
EDPE 222 Health and Human Movement	3 credits
EDPE 377 Scientific Principles of Health/Fitness	3 credits
EDPE 377L Scientific Principles Lab	1 credits

Fall 2012

EDPE 210 Community First Aid, CPR and Safety Education	3 credits
EDPE 222 Health and Human Movement	3 credits
EDPE 276 Anatomy & Physiology for Health/Fitness	3 credits
EDPE 276L Anatomy/Physiology Lab	1 credits
EDPE 494 Special Topics: Fitness Program Planning/Admin	3 credits

Spring 2011

EDPE 210 Community First Aid, CPR and Safety Education	3 credits
EDPE 377 Scientific Principles of Health/Fitness	3 credits
EDPE 377L Scientific Principles Lab (2 sections)	2 credits
EDPE 494 Special Topics: Advanced Fitness Assessment	3 credits

Fall 2010

EDPE 220 Athletic Training	3 credits
EDPE 276 Scientific Principles of Anatomy and Physiology	3 credits
EDPE 276L Scientific Principles Lab (2 sections)	2 credits
EDPE 494 Special Topics: Kinesiological Mechanics	3 credits

RECENT GRADUATE THESIS ADVISING

Radtke, Nels: "the Impact of Physical Activity on Learning Outcomes", 2012
Ferre, Cameron: "NBA Athletes: Analyzing the Relationship Between Player Salaries and Performance", 2011
Hershey, Ryan: "NCAA Division I Athletes/ Knowledge of Exertional Heat Illness", 2011

RECENT UNDERGRADUATE RESEARCH PROJECT ADVISING

Rothembueler, Kayla: "Stress and College Students: Are Institutions Doing Enough?", 2012

CURRENT COLLEGIATE ASSIGNMENTS

Member: Faculty Senate	2007-Present
Member: Faculty Senate Productivity Subcommittee	2012-Present
Member: Faculty Senate Core Subcommittee	2011-Present
Member (alternate):Academic Freedom and Tenure	2010-Present
Member: University Core Curriculum Committee	2007-Present
Member: Discrimination and Harassment Review Committee	2010-Present
Member: Wellness Committee	2011-Present
Member, Gonzaga University Safety Committee	2007-2010
Member: GLBT Student Group Advisory Board	2008-Present
Member: Women's and Gender Studies Advisory Board	2008-Present

PROFESSIONAL AND ACADEMIC ASSOCIATION INVOLVEMENT/MEMBERSHIPS

National Advisory Board, Educational Testing Services (ETS), Health and Physical Education Praxis 2009-2010
Consultant/Test Validator, ETS, Health and Physical Education Praxis 2003-2011
American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
American College of Sports Medicine (ACSM), Health and Fitness division
Northwest Regional Chapter, AAHPERD
Northwest Regional Chapter, ACSM
Steering Committee, 2001-2002
Washington Alliance for Health, Physical Education, Recreation and Dance (WAHPERD)
Vice President for Fitness, 2005-06

Western Society for Kinesiology and Wellness 2003-Present
President, 2008-2009
President-Elect (Conference Organizer), 2007-2008
American Red Cross

RECENT PROFESSIONAL ASSIGNMENTS AND ACTIVITIES

Pending: Presentation of Proposal for Fitness Specialist Concentration within the B.Ed. Program for Physical Education
Pending: Consultant/Curriculum Design, American Institute of Clinical Massage, (Sports Rehabilitation/Performance Focus)
Consultant, Empire Health Foundation, Project Design/Grant Proposal: Experience Food Project, Cheney/Othello School Districts, 2011
Assessment Project at Gonzaga University(Accreditation Liaison Office and Institutional Research Office), 2011
Reviewer, Total Fitness Assessment 2010 software, Lippincott, Williams, & Wilkins, 2010.
Reviewer, Exercise Physiology Illustrated (*Skeletal Muscle Structure and Function*), Benjamin Cummings Publishing, 2010
Reviewer, *Case Summary Brief: GM Goes Bankrupt and a Local Dealership Closes Its Doors* (article), 2010
Reviewer, *Strategies: A Journal for Physical and Sport Educators*, 2004-Present
Reviewer, *International E-Journal of Health Education* , 2005-Present
WSKW Website Development and Maintenance , 2008-2010

PUBLICATIONS -- REFEREED

Foster, B. (in revision): Aussie Rules! (planned submission to JOPERD.
Foster, B. (2007). Behavior Modification and the Fight Against Obesity, *WSKW Western Society Review*.
Foster, B. & Fritz, S. (2004). Research Works: Perceptions of Homophobia and Heterosexism in Physical Education. *Journal of Physical Education, Recreation, and Dance*, Volume 75, No. 9.
Foster, B. (2004). Name Change – Physical Education: Innocent Desire for Change or Society Pressure? *WCPEs Western Society Review*, 2nd edition.
Foster, B. (2004). Educating for the Future: Health Content. *WCPEs Western Society Review*, 2nd edition.
Foster, B. (2004). Nutrition Education: A New Path. *WCPEs Western Society Review*, 2nd edition.
Foster, B. (2004) Video analysis of muscle motion. *Strategies*, Volume 17, Number 4.
Foster, B. (2003) Research Works: Aerobic endurance training improves soccer performance. *Journal of Physical Education, Recreation, and Dance*, Volume 74, Number 1.
Foster, B. (2002) Nutrition Education for Students: A New Path for Health and Fitness Professionals. *Western College Physical Education Society Monograph Series*, Volume 12.
Foster, B. (2002). It's for your own good: Women, power, and physical activity. *The Feminist Papers*, Volume 5, Spring.
Foster, B. (1999). Sarcopenia and decreased muscle strength in elderly women: Resistance training as a safe and effective intervention. *Journal of Women and Aging*, Volume 11, No. 4.
Foster, B. and Swan, P.D. (1999). Heavy resistance training is effective for body composition changes in premenopausal obese women. *Sports Medicine, Training and Rehabilitation Journal*, 30 (9): S 224.
Swan, P.D. Foster, B., & McConnell, K.E. (1999). Metabolic variables predict fat loss in obese women. *Medicine and Science in Sports and Exercise*.31 (supplement 5): S371.

PUBLICATIONS -- NON-REFEREED

Foster, B. (2005). The Wear-and-Tear Syndrome. *WAHPERD Journal*, Spring.
Foster, B. (2005). Hyponatremia: Water's Other Extreme, *WAHPERD Journal*.
Foster, B. (2004). Book Reviews (References). *WAHPERD Journal*, Fall 2004.
Foster, B. (2004). Liposuction: Not the Way to Go for Better Physical Health. *WAHPERD Journal*, Fall.
Foster, B. & Desserault, N. (2004). Five-A-Day Adventures: Nutrition Fun for Elementary Students. *WAHPERD Journal*, Fall.
Foster, B. (2004). Food Guide Pyramid: Extreme Makeover and a New Web Tool. *WAHPERD Journal*, Summer.
Foster, B. (2004). Are You Road Ready Yet? *WAHPERD Journal*, Summer.
Foster, B. (2004). SafetyNET: Another Good Service from The American Red Cross. *WAHPERD Journal*, Summer.

PROFESSIONAL PAPERS PRESENTED

Health-Related Characteristics of a College Wellness Class, 7th Annual Hawaii International Conference on Education, January 2009

Obesity in the Classroom: Potential Effects on Academic Achievement, 7th Annual Hawaii International Conference on Education, January 2009.

Obesity in the Classroom: the New Diversity, 4th International Globalization, Diversity, and Education Conference, February 2008.

Rubrics and their use in the Health Education Setting: PEAK Workshop, 2006.

OSPI Summer Institutes (Igniting Innovation), "Performance Assessment for Health Education: Tools and Criteria", four sites across Washington, Summer 2005.

What Can the Profession of Kinesiology Do to Aid in the Fight against Obesity and Physical Inactivity?, WSKW Annual Meeting, October 2005.

The Role of Physical Activity in Combating Childhood Obesity, WSKW Annual Meeting, October 2005

Outside Accreditation Agencies: Effects on Curriculum in Higher Education, WCPES Annual Meeting, October 2004.

ESSPN: A Forum for Student Professionalism (with Bruya, L.), WCPES Annual Meeting, October 2004.

Physical Education vs. Kinesiology: Name Change in the Field, WCPES Annual Meeting, October 2004.

Without Fear: Blurring the line between the gym and the classroom. Combined NW/SW AAHPERD Regional Meeting, February 2003.

Nutrition education for students: A new path for health and fitness professionals. G. Arthur Broten Young Scholar Award Presentation, WCPES, October 2002.

Exercise, body shape and weight control: Integrating a realistic knowledge base, NWAHPERD Annual Meeting, March 2002

OTHER CONFERENCE PARTICIPATION

ACSM Health and Fitness Summit, 2012

Educating for Personal And Social Responsibility: A Twenty-First Century Imperative, 2011

Institute on General Education and Assessment, 2011

Global Positioning: Essential Learning, Student Success and the currency of U.S. Degrees, 2011

Designing Courses for Significant Learning, 2010

Shaping Faculty Roles in a Time of Change: Leadership for Student Learning, 2009.

Chair, two sessions, 7th Annual Hawaii International Conference on Education, 2009

WSKW Conference Organizer/Coordinator, 2008.

Western Society for Kinesiology and Wellness (yearly), 2002-Present

Aussie Rules: Modified for Middle/High School Participants, WAHPERD Annual Meeting, October 2005.

ACSM Health and Fitness Summit, 2008.

WAHPERD State Conference, 2007

AAHPERD National Conference 2004

Health Education Assessment Project, WA state representative, 2004-2006

Faculty Development Institute on Performance Assessment (AAHE/NASPE), 2005

RESEARCH INTERESTS/SPECIALTIES

Health and fitness behaviors of the fit and unfit; wellness knowledge and practices of college students; conventions and attitudes surrounding perceptions of overweight/obesity; student learning and attitudes across classes; politics and professionalism in the university setting; expected knowledge, skills and practices expected of a well-educated student..

FUNDED GRANTS, CONTRACTS, AND RESEARCH

Graduate Research Support Program, Arizona State University: Dissertation research grant, Spring 1999.

Department of Exercise Science and Physical Education, Arizona State University: Dissertation research grant, Spring 1998.

Graduate College and Pew Charitable Trust : Preparing Future Faculty Grant,, 1997.

Graduate College and Pew Charitable Trust: National Wellness Association Community College Conference Grant, 1997.

LifeFitness Academy, Graduate Student Grant: Body composition and hormonal profiles in response to exercise in obese women with regional adiposity, 1997.
Alternative Health Fund: Body fat distribution and health correlates in minority women. 1996.

OTHER PROJECTS OR PRODUCTS

Revision of EDPE 222 to a hybrid online/face-to-face format, 2011-2012
Revision of EDPE 377 Lab to include more hands-on practice/assessment of fitness levels of student peers, 2012
Center for Teaching and Advising (Gonzaga University): invited presentation on best practices applied in current courses, 2011
Creation of new videos for EDPE 276L, used for Blackboard/online instruction and review, 2011
Faculty Exchange program, Center for Teaching and Advising, 2009.
Data collection on health behaviors in EDPE 222 class members, 2008
Data collection on fitness levels of participants in EDPE 158 Fitness and Conditioning Class, 2008
Yearly revision of self-authored EDPE 377 Lab Book for Scientific Principles: Experiments in Health and Fitness (2003-Present)
Developed specific program section in area of expertise for WSKW conference, 2006.
Developed new courses EDPE 209 and 224.
Coordinated and gained approval of Broadcast Studies Minor for Sport Management majors.
Reviewer, Vermont State Health Education Standards: Grade level Benchmarks, 2004.
Teacher Work Sample Workshop: Performance Accountability Systems (The Renaissance Group), 2004
Expert, validation of new survey for Lifetime Fitness Instructor research project, Arizona State University/Dr. Charles Corbin, 2006.
Higher Education Consultant, Health Education Assessment Project contracted journal article, 2004.
G. Arthur Broten Young Scholar Award Winner, WSKW, 2002

COMMUNITY SERVICE

Empire Health Foundation, advising for Experience Food Project Grant Proposal to RWJF, 2011
Volunteered to provide body composition measurements and interpretation, Wellness Committee "Biggest Loser" program, 2009-2010.
Revisiting those Resolutions: How to Set Goals and How to Get There", Zagfit/Wellness Committee presentation, January, 2006.
Active Ways to Enhance Nutrition Education," WSU Extension Food Sense, January-February 2005.
Youth College, Spokane Falls Community College, 2005, 2006, 2008, 2009, 2010 .
Using the Interactive Healthy Eating Index (free online tool) to Grade Your Diet", Zagfit/Wellness Committee presentation, April 2005.
Volunteer, Catholic League Basketball, 2005.
Presenter for School of Education, Greenacres Middle School Career Safari, May 2004.
"King of Myths: Aerobic Activity and its Requirements." Residence Hall Educational Programming, Gonzaga University, February 2004.
Volunteer for residence hall educational programming, Gonzaga University, 2003-2004
American Red Cross Instructor, Spokane, Washington, 2001-present
Hoopfest, 2000-2005, 2007-2008.
Trinity Day in Motion, 2002, 2004, 2005, 2006, 2008, 2009,
Member, Washington Coalition for Promoting Physical Activity, 1999-2000.

PAST UNIVERSITY COMMITTEES

University Academic Computing Committee
Assessment Committee, School of Education
Research Committee, School of Education
Certification Committee, School of Education
Curriculum Committee, School of Education
Mission Statement Revision Committee, School of Education