

VITA

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Information Date: 3.1.09
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Current Position

2006-present Assistant Professor
Department of Sport & Physical Education

Gonzaga University

Academic Degrees

1986 Ph.D. Educational Leadership
1985 M.Ed. Physical Education
1975 BA.Ed. Physical Education

Gonzaga University
Eastern Washington University
Eastern Washington University

Certification or Licensing

2009 Certified Strength and Conditioning Specialist
2005 Heart Zones Cycling Certification
2003 Heart Zones Certification
1977 Provisional Elementary Principal Certification
1975 K-12 Teacher Certification

National
National
National
State of Washington
State of Washington

Subsequent to appointment at Gonzaga University: Internships, in-service training, or specialized training

Nov. 2008 Exercise for Older Adults
Feb. 2009 Marzano: Getting Serious About School Reform
Mar. 2006 First Aid/ CPR/ certificate of training
Jan. 2005 Thinking Strategies with Lori Conrad

San Diego, CA
Spokane, WA
Spokane, WA
Spokane, WA

10/11/2005- 8/30/2005 Hours Earned: 13

F&H Curriculum Guide Program Guide Obesity Issues/ Fitness and Health Instructors will meet for two days to receive and review the revised 2005 program guide learn how to effectively discuss with knowl

8/29/2005-8/30/2005 Hours Earned: 12

Going Deeper with Understanding by Design/This workshop will provide Moran Prairie staff with a deeper experience examining the elements of Understanding by Design.

4/29/2005-2/22/2005 Hours Earned: 6

Fitness Testing Protocol CBA Pilot Test Scoring Circuit Stations/ Revisions to the curriculum and program guide will be presented to the fitness and health staff. The 05 PEP committee will present th...

3/28/2005-4/1/2005 Hours Earned: 6

F&H Conference Week Inservice/Staff will be given information to better understand how different environmental factors impact students and their performance in the classroom as well as the Physical Ed.

Spokane Schools Math Overview/This training will give the Moran Prairie staff an understanding of the history of Spokane Public Schools math curriculum materials and curriculum guides as well.

Fitness and Health CBA Training/Staff will receive training in how to administer the test and how to score the test for CBA for Fitness and Health with 5th grade students.

Fitness and Health Conference Week/How to implement lifetime activities for all students in a safe practical way. Discuss and participate in lifetime and outdoor activities so as to learn correct t3e.

First Aid/CPR/The First Aid/CPR certificate of training you receive via the district is valid for two years. At the end of two years you must go through a four hour refresher course. If you do not 1/28/2004 – 11/25/2003

Curriculum Guides/ As district curriculum guides are being completed they will be rolled out to staff in stages. 11/20/2003 – 11/25/2003

Understanding by Design Training (Building/ **Each workshop is for building staff only.** This 20 hour workshop will provide a training for Understanding by Design and will be structured to prom. 8/28/2003 – 9/23/2003

Fitness and Health Conference Week/How to implement lifetime activities for all students in a safe practical way. Discuss and participate in lifetime and outdoor activities so as to learn correct t3e. 3/31/2003 – 4.3/2002

Bookstudy: How to differentiate instruction Mixed Ability Classrooms/Training for teaching staff to address the specific needs of our student population and align the training with UbD work. 2/18/2003 – 5/12/2003

Fitness and Health Curriculum Workshop/

1/27/2003

Fitness and Health Conference week/ Fitness and Health teachers will receive instruction on caloric needs of children. The body image unit is developed so it can be used by all F & H specialists.

11/15/2001 – 11/20/2001

First Aid/CPR refresher/This course provides an opportunity to keep First Aid/CPR certificates current for selected staff per state code district and policy.

3/14/2001 – 3/16/2001

Body Image and Nutrition Curriculum/The Body Image Unit is developed so it can be used by all Health and Fitness Specialists. Craig Hunt will provide expertise in the area of childhood and adolescent nu.

3/13/2001 – 3/15/2001

Safety Committee Training/Provides consistent knowledge regarding safety to the Site Safety Committee who relays information of safety awareness to employees/students at the site. **Intended Partici**

3/1/2001 – 3/1/2001

Fitness and Health Curriculum Development/ These sessions will provide curriculum design techniques and assessment strategies for aerobic endurance strength & flexibility. Participants will learn more a

11/6/2000 – 11/21/2000

Professional Planning Day for Physical Education/ A Practical Realistic Approach to Fitness and Health Education; Fun and Easy Strength Training; Elementary PE Inservice

2/22/2000 – 2/22/2000

Grading Criteria for Elementary Fitness Health/How to design program and assessments to meet the new criteria for achievement grades for elementary intermediate students in Fitness and health.

10/8/1999 – 11/3/1999

Professional Planning Days (Elementary)/ This is the superset of PPD101 classes

10/20/1999 – 2/10/1999

Polar Heart Rate Monitor Training/Teachers will learn how to (10 Implement heart Rate monitors in Physical Education classes and (20 design activities to increase students levels of aerobic

8/25/1998 – 8/25/1998

Professional Experience

2006-present	Assistant Professor	Gonzaga University Spokane, WA
2003	Adjunct Professor	Gonzaga University Spokane, WA
1982-2006	Health & Fitness Teacher	Spokane School District Spokane, WA
1984-1986	Adjunct Professor	Gonzaga University Spokane, WA
1981-1982	Seventh-Eighth Grade Teacher	College Place School District College Place WA
1981-1982	Coach/ Adjunct	Walla Walla Community College Walla Walla WA
1976-1981	Preschool-sixth grade Teacher	Walla Walla School District Walla Walla WA

Faculty and Administrative Load

Fall 2007

EDPE 137	Ski Conditioning	1 credit
EDPE 190	Fndtn of Hlth, Sport Phys Ed.	3 credits
EDPE 311	Hlth, Fitness, & Phys Ed Teach	3 credits
EDPE 415	Elementary Physical Education	1 credit
EDPE 416	Health Methods	1 credit
EDPE 495	Student Teaching Hlth & Phys Ed	12 credits
EDPE 497A	In School EXP	1 credit
EDPE 497C	In School EXP	1 credit

Summer 2007

EDPE 415	Elementary Physical Education	1 credit
EDPE 416	Health Methods	1 credit
EDPE 518	ESM: Meth in Health/Fitness	3 credits

Spring 2008

EDPE 138-01	Alpine Skiing	1 credit
EDPE 138-02	Alpine Skiing	1 credit
EDPE 140-01	Snowboarding	1 credit
EDPE 140-02	Snowboarding	1 credit
EDPE 315	Adapted Physical Education	3 credits
EDPE 413	Student Evaluation & Management	
EDPE 492	Elem. Phys. Ed & Health Methods	3 credits
EDPE 495	Student Teaching Health & Phys. Ed.	12 credits
EDPE 497A	In-School Exp I – Hlth/Fit	1 credit
EDPE 497B	In-School Exp II – Hlth/Fit	1 credit
EDPE 497C	In-School Exp III – Hlth/Fit	1 credit

Fall 2008

EDPE 222	Health and Human Movement	3 credits
EDPE 415	Elementary Physical Education	1 credit
EDPE 416	Health Methods	1 credit
EDPE 495	Student Teaching Hlth & Phys. Ed.	12 credits
EDPE 497A	In-School Exp. I – Hlth/Fit	1 credit
EDPE 497B	In-School Exp II – Hlth/Fit	1 credit
EDPE 497C	In-School Exp III – Hlth/Fit	1 credit
EDPE 518	ESM: Meth in Health/Fitness	3 credits

Summer I 2008

EDPE 415	Elementary Physical Education	1 credit
EDPE 518	Meth. In Health/Fitness	3 credits
EDPE 518	ESM: Meth. In Health/Fitness	3 credits

Spring 2009

EDPE 138-01	Alpine Skiing	1 credit
EDPE 138-02	Alpine Skiing	1 credit
EDPE 140-01	Snowboarding	1 credit
EDPE 140-02	Snowboarding	1 credit
EDPE 204	PL: Leisure Sports and Games	3 credits
EDPE 222	Health and Human Movement	3 credits
EDPE 495	Student Teaching Hlth & Phys. Ed.	12 credits
EDPE 497A	In-School Exp. I – Hlth/Fit	1 credit
EDPE 497B	In-School Exp II – Hlth/Fit	1 credit
EDPE 497C	In-School Exp III – Hlth/Fit	1 credit

Other Collegiate Assignments

2007-present Member, School of Education Diversity Committee

Professional and Academic Associate Memberships – Outside of University

1976-present Member, National Educational Association
1986-present Member, Washington Alliance for Health, PE, Rec. & Dance
2004-present Member, National Strength and Conditioning Association

Current Professional Assignments and Activities

Aug 1982-present	Consultant	Fit For Bloomsday Fitness Training Program Bloomsday Spokane Washington
Jan 2006-present	Consultant	Marmot March Children's Run Bloomsday Spokane Washington
Aug 2004-present	Consultant	Bloomsday

Other Conference Participation (last 2 years)

2008 American Alliance for Health Physical Education, Recreation, Dance, Ft. Worth, TX
2008 Washington Alliance for Health Physical Education, Recreation, Dance, Lynwood, WA
2007 NW/SW Alliance for Health Physical Education, Recreation, Dance, Reno, NV

Research Interests or Specialties

Exercise for Youth
Exercise for Older Adults
Health & Wellness

Other Projects or Products

2003-present	Assisted in Piloting the Classroom based Assessment for Third Grade Students in Physical, Superintendent of Public Instruction WA State
2008- present	Assisting in Successful Health Behavior Change as a Result of a Classroom-based Assignment/ Does One Health Behavior Change Contribute to Other Positive Health Behaviors? / Maintenance of Positive Health Behavior after Classroom-based Assignment is completed
2008-present	Assisting in the Development of Health Lessons for the Olympia School District

Community Service

Lilac Bloomsday Association, Board Member 1994-present