**VITA**

**KAREN FRANCES RICKEL**

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**Current Position**

2013- present Associate Professor, Department of Sport & Physical Education, Gonzaga University

2011- present Program Director Master of Arts in Sport and Athletic Administration Campus cohorts

**Academic Degrees**

2005 Ph.D. Education, emphasis Adult Education University of Idaho

2001 M.S. Education, Sport Science University of Idaho

1998 B.S. Physical Education, Health & Wellness Promotion Eastern Washington University

1997 Associate of Arts Spokane Falls Community College

**Certifications**

2016 American Heart Association

1998-2011 American Red Cross Basic Life Support Instructor WA/ID

1998-2010 Certified Health Education Specialist (CHES) National

**Internships, In-Service Training, or Specialized Training**

2017 Course Design Institute Core Integration Seminar (CIS) Gonzaga Core curriculum in 2018

2016 Course Design Institute EDPE 205 to be part of the 2016 Gonzaga Core curriculum

2013 Competency Assessment in Distance Education (CADE) EDPE 525 for online new MAASA program

2011 Competency Assessment in Distance Education (CADE) EDPE 525 for on campus MAASA Program

2010 Competency Assessment in Distance Education (CADE) EDPE 205 for B.Ed. Programs

2007 Safe Space Training Program Gonzaga University

**Professional Experience**

2014-2015 Department Chair Sport and Physical Education Gonzaga University

Fall 2012 Interim Department Chair Sport and Physical Education Gonzaga University

2008-2013 Assistant Professor Sport and Physical Education Gonzaga University

2006-2008 Fixed Term Assistant Professor Sport and Physical Education Gonzaga University

2002-2006 Instructor School of Education University of Idaho

2000-2006 Administrative Assistant Student Union & Trusts/Investments University of Idaho

**Faculty Teaching and Administrative Load**

Summer 2016

EDPE 496DE/696ABC Internships Undergraduate and Graduate (28 students) 3 credits

Fall 2016

EDPE 222 Health and Human Movement 3 credits

EDPE 496C/696ABC Internships Undergraduate and Graduate (20 students) 3 credits

EDPE 205 Sport and Activity in a Diverse Society 3 credits

Spring 2017

Sabbatical

**Current Collegiate Assignments**

2016- present Member Rank, Reappointment, and Tenure Committee School of Education

2015-present Member Core Executive Committee University

2013-present Member Assessment Committee School of Education

**Research Interests**

Exercise adherence

Psychology sociology of exercise, activity, and sport

Sociology of exercise, activity, and sport

Health habits of college students

Academic and social performance of school age children in relation to physical activity

**Current Professional and Academic Associate Memberships – Outside of University**

2012-2016 Reviewer Western Society for Kinesiology and Wellness Journal

1999-present Member Society of health and Physical Educators (SHAPE)

2007-present Member\* Washington State SHAPE

**Current Professional Service, Leadership & Consultation**

2016 Coordinator B. Ed. In Sport Management changes to minor options and course titles

2016 Coordinator MASAA program changes

**Publications – Refereed**

**Books**

Rickel, K.F., Kavon, K.J. & Tunnell, D.T. (2009). *Reaching to finish healthy and fit! Olympia School District Health Education Curriculum Grades 1-5.* Olympia, WA: Author.

Rickel, K. F. (2008) *Exercise adherence: Promoting exercise though philosophy, life stories & technology.* Saarbrücken, Germany: VDM Verlag Dr. Müller.

**Articles**

Rickel, K. F., Park, S., & Morales, J\*. (2012). Multiple groups confirmatory factor analysis of the motivational factors influencing individuals’ decisions about participating in intramural sports. *Sport Management International Journal*, 8(2).

# Hasey, C\*., Rickel, K. F., Stoll, S. K., & Beller. J. M. (2007). Facilitating an online philosophic personal commitment to exercise. *Research Quarterly for Exercise and Sport. 78*(1), A92-A93.

Rickel, K. F., Stoll, S. K., & Beller, J.M. (2006). A life narrative based exercise philosophy & curriculum for exercise adherence*. Research Quarterly for Exercise and Sport, 77*(Suppl.1), A31-A32.

Rickel, K. F., Stoll, S.K., & Beller, J.M. (2005). Effects of a life narrative based exercise philosophy, internet

enhanced curriculum on college participants' subjective and objective exercise values*.* *Research*

*Quarterly for Exercise and Sport, 76 (*Suppl.1), A107-A108.

**Publications- Non Refereed**

**Books**

Rickel, K.F., Kavon, K.J. & Tunnell, D.T. (2009). *Reaching to finish healthy and fit! Olympia School District Health Education Curriculum Grades 1-5.* Olympia, WA: Author

**Articles**

Rickel, K. (2008, Winter). Changing your perspective on exercise. *ZagFit Wellness Newsletter*.

**Professional Papers Presented or Poster Presentations**

**National & International**

Nordstrom, H. and Rickel, K. (2017, January). *Mindfulness in sport and in daily life.* Paper and workshop presented at Hawaii University International Conferences on Arts, Humanities, Social Sciences and Education, Honolulu, HI.

Rickel, K.F. (2012, July). *Let’s get zagfit! Challenging adults in higher education*. Paper presented at National Social Sciences Association, Lake Tahoe, CA

Rickel, K. F., Stoll, S. K., & Beller, J. M. (2006, April). *Hip hop meets Socrates come play with us!* Poster presented at annual American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD) National Convention & Exposition, National Association for Sport & Physical Education, Salt Lake City, UT.

Rickel, K. F., Stoll, S.K., & Beller, J. M. (2006, April). *Life narrative based exercise philosophy & curriculum for exercise adherence.* Paper presented at the AAHPERD National Convention and Exposition, Research Consortium, Salt Lake City, UT.

Rickel, K. F., Stoll, S. K., & Beller, J. M. (2005, April). *Exercise adherence-duty or passion.* Paper presented at the annual AAHPERD National Convention and Exposition, Sport Philosophy Academy, Chicago, IL.

Rickel, K. F., Stoll, S. K., & Beller, J. M. (2005, April). *Effects of a life narrative based exercise philosophy, internet enhanced curriculum on college participants' subjective and objective exercise values.* Paper presented at the annual AAHPERD National Convention and Exposition, Research Consortium, Chicago, IL.

Rickel, K.F., Stoll, S.K., & Beller, J. M. (2004, October 20). *Exercise adherence? The role that sport philosophy can play in developing pedagogical practice.* Paper presented at the annual International Association for the Philosophy of Sport, Fort Worth, TX.

**Regional & Local**

Rickel, K.F. (2016, May). *Finding their wheelhouse-using a wellness and sport lens to connect with people.* Paper presented at The Pacific Conference on Psychology & the Behavioral Sciences, San Mateo, CA.

Nordstrom, H. and Rickel, K. (2015, August). *Going online: Moving from campus to the virtual world*. Paper presented at the National Technology and Social Sciences Conference, Portland, OR.

Nordstrom, H. and Rickel, K. (2015, October). *Transitioning a master’s program to the virtual world: A faculty perspective.* Poster presented at the Technology-Enhanced Curricula in Higher Education Conference. Pullman, WA.

Rickel, K. F. (2011, October). *The role of sport management*. Paper presented at Western Society for Kinesiology & Wellness, Reno, Nevada.

Rickel, K. F. (2011, October). *Technology in teaching*. Paper presented at Western Society for Kinesiology & Wellness, Reno, Nevada.

Rickel, K. F., Slack, J. V., & Stoll, S. K. (2010, October). We’ve been unfit before, let’s learn from it. The cost of obesity to America.  *Obesity and its effects.* Symposium conducted at Western Society for Kinesiology & Wellness, Reno, NV.

Rickel, K. F. & Patton, T. (2010, October). A different view of exercise and fitness, Share your fitness gadgets, new workout equipment, and motivational techniques. *Fitness Gadgets*. Symposium conducted at Western Society for Kinesiology & Wellness, Reno, NV.

Tunnell, D. T. & Rickel, K. F. (2009, October) *Reaching to finish healthy and fit! Olympia school district health education curriculum Grades 1-5.*  In-Service teacher training for Olympia School District using health curriculum. Olympia WA.

Rickel, K. F., Stoll, S. K., & Beller, J. M. (2004, October). *Augmenting with e-learning for exercise adherence: Applying sport philosophy in developing pedagogical practice using web augmentation (WebCT) with Tips, Learning, and Challenges© and the Rickel Value Inventory©.* Paper presented at the Western Conference for Physical Educators, Reno, Nevada.

Rickel, K. F., Stoll, S. K., & Beller, J. M. (2004, October) *Exercise and philosophy: Incongruent or necessity? Applying sport philosophy in developing pedagogical practice using web augmentation (WebCT) with Tips, Learning, and Challenges© and the Rickel value Inventory©.* Paper presented at the Idaho Association for Health, Physical Education, Recreation, and Dance, Moscow, Idaho.

**Other Conference Participation**

Creating & Leading a Differentiated Classroom, Whitworth University, Spokane, WA February 2017

Health Services Research Roundtable, Gonzaga University, Spokane, WA November 2016

Community Engagement Institute, Whitworth University, Spokane, WA October 2016

Pacific Northwest Learning Consortium, Gonzaga University, Spokane, WA October 2016

Society for Health and Physical Educators (SHAPE) America, Washington, Spokane, WA October 2016

Booth Host for Department of Sport and Physical Education at SHAPE America, Seattle, WA April 2015

Opus Prize host in EDPE 205 Classroom for Sister Tesa Fitzgerald and 5 members of her team October 2014

Western Conversations of Jesuit Higher Education, Gonzaga University, Spokane, WA October 2014

National Social Science Association, Tahoe, CA July 2012

Western Society for Kinesiology and Wellness, Reno, NV October 2011

Western Society for Kinesiology and Wellness, Reno, NV October 2010

Western Conversations of Jesuit Universities, Seattle University, Seattle, WA October 2009

American Alliance for Health Physical Education, Recreation, Dance, Ft. Worth, TX 2008

Washington Alliance for Health Physical Education, Recreation, Dance, Lynwood, WA 2008

NW/SW Alliance for Health Physical Education, Recreation, Dance, Reno, NV 2007

American Alliance for Health Physical Education, Recreation, Dance, Salt Lake City, UT 2006

**Community and Scholarly Service**

2017 Volunteer Parasport Spokane

2016 Presenter Gonzaga University UMEC Bridge program   
2016 Presenter Spokane Fastpitch Softball-goal setting and team building

2013-present Volunteer Special Olympics of Washington

2011 Presenter Spokane Jr. Chiefs - Youth Hockey Team (Food for the game)

2010 Presenter GU Men’s and Women’s golf team, DIET (Nutrition for Performance)

2010 Volunteer Urban Plunge sponsored by CCASL and Catholic Charities

2009 Co-Presenter Gonzaga Zagfit Program Facts about Figures

2008 Presenter GU Filipino club and CM Hall Wellness in a College Student’s Life

2008-2016 Volunteer Jefferson Elementary Field Trips & Year End Celebrations

2007-2015 Coordinator Spokane Youth Sports Association -Coaching

2007-2013 Coordinator Trinity Elementary Day in Motion

**Recognition and Awards**

2010 Gonzaga University non tenured Faculty Teaching award

**Past Collegiate Assignments**

2016 Member 2 Faculty Search Committees SOE SPE Department

2016 Member Lecturer Search Committee SOE SPE Department

2015 Chair 2 Faculty Search Committees SOE SPE Department

2014-2015 Member Chairs and Deans Council SOE

2014-2015 Member Core Implementation Committee Gonzaga University

2014 Member Program Assistant Search Committee SOE SPE Department

2014 Member Search Committee Dean of Wellbeing Gonzaga University   
2013-2016 Member Mission Advisory Council Gonzaga University

2012-2015 Co- Advisor Sport Management Club SOE

2012 Member Faculty Senate Special Committee on Compensation Gonzaga University

Fall 2012 Member Chairs and Deans Council SOE

Fall 2012 Member Professional Educators Advisory Board SOE

Fall 2012 Member Professional Educators Council SOE

Fall 2012 Member Certification Committee SOE

2011-2012 Member RRT Guidelines Adhoc Committee SOE

2010-2012 Member Learning Environment of the Future Committee Gonzaga University

2010-2014 Member Faculty Senate Gonzaga University

2009-2014 Member Wellness Committee Gonzaga University

2008-2012 Member Rank Reappointment and Tenure (RRT) Committee SOE

2008-2012 Member Technology Committee SOE

2008-2011 Member Academic Council Policy & Planning Subcommittee Gonzaga University

2008 Member Certification Committee SOE

2006-2013 Member Technology Committee SOE

2006-2007 Member Diversity & Social Justice Committee SOE

**Past Professional Service, Leadership, and Consultation**

2011-2014 Member Spokane Youth Sports Association SYSA Board of Directors

Rickel, K.F. (2013, March-June) External Reviewer for Eastern Washington University Undergraduate *Community Health* and Graduate *Sports and Recreation Administration*