

Todd R. Pennington

CURRICULUM VITA

Personal Information

405 E 1980 N
Provo, UT 84604
Phone: (801) 368-1294

Education

- Ph.D. Virginia Polytechnic Institute and State University, 1998.
Curriculum and Instruction: Physical Education Pedagogy.
Major Professor: Dr. George Graham

- M.S. University of Utah, 1995.
Exercise and Sport Science: Psychosocial Aspects of Sport.
Major Professor: Dr. Evelyn Hall

- B.S. Brigham Young University, 1991.
Major: Psychology.
Minor(s): Physical Education/Coaching; Communications.

Professional Experience

Current Employment

Associate Professor, Brigham Young University
249 E SFH Department of Teacher Education
Provo, UT 84602
Phone: (801) 422-2335
E-mail: todd_pennington@byu.edu

Previous Employment

**1997-1998 Director - Fitness/Wellness Instructional Services (Basic Instruction Program),
Virginia Tech**

Responsibilities:

Supervised, scheduled, and coordinated all Graduate Teaching Assistants and courses taught in the basic instruction program. Duties included supervision of peer mentoring program, equipment purchasing, and teacher evaluations.

1995-1997 Graduate Teaching Assistant, Virginia Tech

Basic Instruction Teaching Responsibilities:

Activity Courses: Designed and taught three activity classes each semester. Classes included: Beginning Tennis, Racquetball, and Volleyball.

Physical Education Pedagogy Teaching Responsibilities:

Supervised Student Teachers 1996-1997. Responsible for supervision, participation in student teacher seminars, and evaluation of teaching and written portfolios.

1994-1995. Adjunct Instructor, Department of Exercise and Sport Science, University of Utah, Salt Lake City, UT.

Teaching Responsibilities:

* ESS 320: Introduction to Coaching, Fall 1994 & Spring 1995

* ESS 482: Coaching Field Experience, Fall 1994; Winter 1995 & Spring 1995

Teaching Assistant-

* ESS 471: Teaching Secondary Physical Education, Fall 1994

* ESS 472: Teaching Secondary Physical Education, Winter 1995

* ESS 351: Game Development/School Age Population, Winter 1995

Committee Work:

* Pedagogy Advisory Board, Dept. of Exercise and Sports Science, 1994-95

* Faculty Representative, Majors Day, 1994-95

Summer 1995. Director, Youth Sports Fitness Academy Summer Camp, University of Utah, Salt Lake City, UT.

Responsibilities:

Coordination of Youth Sports Fitness Academy Summer Camp including a) scheduling, staffing, and equipment purchasing, b) development of curriculum, and c) supervision of instructors.

Committee Work:

Youth Institute Advisory Board, Division of Continuing Education, 1994-1995

1992-1994. Graduate Teaching Assistant, University of Utah

Basic Instruction Teaching Responsibilities:

Activity Courses: Designed and taught three activity classes each quarter. Classes included: Beginning Tennis, Racquetball, Volleyball, and Weight Training.

1992-1994 Summers. Instructor, Youth Sports Fitness Academy Summer Camp

Teaching Responsibilities:

Teaching physical activities/skill themes to children ranging in ages from 5-12 in preparation for participation in soccer, tennis, volleyball, basketball, football, and other fitness related activities.

1992-1994. Substitute Teacher (Permanent Position), Physical Education Department, The Waterford School, Sandy, UT.

Teaching Responsibilities:

Instruction in Physical Education Activities in middle and secondary classes.

1990-1992. Student Research Assistant, Brigham Young University, Dr. John Seggar, Provo, UT.

Responsibilities:

Responsibilities included: a) data collection with the athletic lifestyle and performance scale, b) assist in evaluating and advising players and coaches to enhance both team and individual performance with women's tennis and men's volleyball.

COACHING EXPERIENCE

1993-1994. Sixth Grade Boys' Basketball Coach

The Waterford School, Sandy UT.

1992-1993. Head Women's High School Volleyball Coach

The Waterford School, Sandy, UT.

1990-1991. Assistant Strength and Conditioning Coach

Women's Tennis Team, Brigham Young University, Provo, UT.

RESEARCH**Creative Works**

August 1996 - Present Executive Advisor and Web Developer, PE Central Web Site
(<http://www.pecentral.org>)

Responsibilities:

In August 1996 I was one of the creators and co-developers of this award winning Web site. To this date this site has won 35 awards. Up until this year my responsibilities included managing, and editing the Top Web Sites, the Health Lesson Ideas, Kids Quotes, and the Job Center sections of PE Central on a weekly basis. As an Executive Advisor my current responsibilities include managing the Job Center and reviewing Secondary Lesson Ideas. In addition to the everyday maintenance and management of the site I, along with the Executive Editor, am responsible for budget, marketing, developing new ideas for the site, and personnel decisions.

June 2000- 2012 Lakeridge Junior High/BYU Model School Partnership, Coordinator for BYU Pedagogy partnership.

Responsibilities:

In June of 2000 I co-developed the “Model School” partnership between the BYU Physical Education Pedagogy program and Lakeridge Junior High Physical Education Department. These two institutions created a partnership implementing recent research based instructional practices and an innovative curriculum aligned with state and national standards. This partnership provides unique opportunities for both institutions. These include: 1) Research site for BYU faculty and graduate students, 2) Observation and practice site for future teachers and, 3) Professional development for public school educators. Along with my participation as one of its creators, I have the role to coordinate all of the BYU pedagogy involvement ranging from coordinating research for BYU faculty and graduate students to teaching practicum experiences for our undergraduate teacher education students.

Wilkinson, C., Harris R. C., Bretzing R., Baker, D. S., Chan, P., & Pennington T. R. The Robyn Bretzing Case, Interactive CD-ROM, Carl Harris Video Production, 2000.

Fall, Spring 1996. Content and Technical Expert, Healthy Hearts Interdisciplinary Internet Module (IIM).

Grants

Pennington, T. (October, 2008). Mary Lou Fulton Grant. \$2,535.00 *Pedagogy Graduate Student Presentations* (Southwest District AAHPED 2009).

Pennington, T. (October, 2007). Mary Lou Fulton Grant. \$2,500.00 *The Model School Partnership: Fitness Adventures in Learning Seminars*.

Pennington, T. (February, 2007). Mary Lou Fulton Grant. \$4,382.00 *The BYU/Lakeridge Jr. High Model School Partnership: Fitness Adventures in Learning Seminars*.

Pennington, T. (October, 2005). Mary Lou Fulton Grant. \$3,792.00 *Fitness Adventures in Learning Seminars*.

Co-investigator, Physical Education for Progress (PEP) Federal Grant. (July, 2005-2008) \$501,000.00 *Get Fit for Life: Nebo School District*.

Co-investigator, Physical Education for Progress (PEP) Federal Grant. (October, 2003) \$321,798.00 *Get Fit: Nebo School District*.

Co-investigator. Environments in Mentoring Grant, (February 2003), \$19,400.
The effects of traditional physical education and the Leadership in Fitness Training (LIFT) program in junior high school physical education curriculum.

Co-investigator. National School Fitness Foundation, (September 2002) \$5,000. *Effects of leadership if fitness training in junior high school physical education.*

Co-investigator. College of Health and Human Performance, BYU, (September 1998) \$5,000.
The Robyn Bretzing case, Interactive CD-ROM, Carl Harris Video Production, 2000.

Refereed Publications

Pennington, T., Prusak, K. A., Beddoes, Z. (In Press). A Framework for Advocacy in Physical Education. *Journal of Physical Education, Recreation & Dance*.

Beddoes, Z., Prusak, K., Pennington, T. (In Press). Attending to the Emotional Side of Professional Learning Communities (PLCs) by cultivating positive team dynamics. *Journal of Physical Education, Recreation & Dance*.

Beddoes, Z., Prusak, K., Beighle, A., Pennington, T. (2021). Utilizing School-Based, Professional Learning Communities to Enhance Physical Education Programs and Facilitate Systems Change (Part 1). *QUEST*, 73(3), 283-293.

Beddoes, Z., Prusak, K., Beighle, A., Pennington, T. (2021). Utilizing School-Based, Professional Learning Communities to Enhance Physical Education Programs and Facilitate Systems Change (Part 2). *QUEST*, 73(3), 294-305.

- Pennington, T., Wilkinson, C., Prusak, K. A., Hanson, A., & Haslem, L. (2020). Exploring the Use of Triad Student Teaching Placement in Physical Education. *The Physical Educator*, 77(3), 570-587.
- Walton-Fisette, J. L., Richards, K.A., Centeio, E. E., Pennington, T. R., & Hopper, T. (2019). Exploring Future Research in Physical Education: Espousing a Social Justice Perspective. *Research Quarterly for Exercise and Sport*, 90(4), 440-451.
DOI: [10.1080/02701367.2019.1615606](https://doi.org/10.1080/02701367.2019.1615606)
- McCullough, N., Gibb, G. S., Pennington, T., & Heath, M. (2019): Academic experiences of special admit college football athletes: Progress compared to general admits and perceptions of support services, *Journal for the Study of Sports and Athletes in Education*, 13(2), 146-170. DOI: [10.1080/19357397.2019.1633509](https://doi.org/10.1080/19357397.2019.1633509)
- Fullmer, M. O., Wilkinson, C., Prusak, K. A., Eggett, D. & Pennington, T. R. (2018). Adolescent Physical Activity and Motivational Profiles While Keeping a Physical Activity Record. *Journal of Teaching in Physical Education*, 37(1), 1-11.
- Hanson, A., Pennington, T., Prusak, K., & Wilkinson, C. (2017). PE Central: A Possible Online Professional Development Tool. *The Physical Educator*, 74, (3), 570-587.
- Brewer, L., Barney, D., Prusak, K., & Pennington, T. (2016). The Effects of Music on Physical Activity Rates of Junior High School Physical Education Students. *The Physical Educator*, 73, (3), 487-509.
- Haslem, L., Wilkinson, C., Prusak, K.A., Christensen, W., & Pennington, T. (2016). Relationships Between Health-Related Fitness Knowledge, Perceived Competence, Self-Determination, and Physical Activity Behaviors of High School Students. *Journal of Teaching in Physical Education*, 35(1), 27-37.
- Pennington, T., Prusak, K.A., & Wilkinson, C. (2014). Succeed together or fail alone: Going from good to great in physical education. *Journal of Teaching in Physical Education*, 33, 28-52.
- Prusak, K.A., Davis, T., Pennington, T., & Wilkinson, C. (2014). Children's perceptions of a district-wide physical education program. *Journal of Teaching in Physical Education*, 33, 4-27.
- Wilkinson, C., Pennington, T., Whiting, E., Newberry, M., Feinauer, E., Losser, J. (2014). Triad relationships and member satisfaction with paired placement of student teachers. *Australian Journal of Teacher Education*, 39(8), 162-184.
- Wilkinson, C., Pennington, T., Barney, D. C., Lockhart, B., Hager, R., Prusak, K. (2014). PETE Students' Perceptions of a Healthy and Active Lifestyle. *The Physical Educator*, 71(4), 644-659.

- Prusak, K. A., Fellingham, G., Jackson, K., Pennington, T., Reese, S.C. (accepted April, 2013). The effect of ball movement, dribbles, and post touches have on offensive outcomes in half court sets for men's division I basketball. *Journal of Quantitative Analysis of Sport*.
- Wilkinson, C., Brown, L., Graser, S., & Pennington, T. (2012). Adolescent girls' preferences pertaining to cardiovascular fitness testing: A comparison between the one-mile run and PACER tests. *The Physical Educator*, 69(1), 52-70.
- Johnson, T. G., Prusak, K.A., Pennington, T., Wilkinson, C. (2011). The effects of the type of skill test, choice, and gender on the situational motivation of physical education students. *Journal of Teaching in Physical Education*, 30, 281-295.
- Vincent Graser, S., Pennington, T., Prusak, K. A., and Sampson, B. (2011). Children's perceptions of fitness self-testing, the purpose of fitness testing, and personal health. *The Physical Educator* 68(4) pp. 175-187.
- Wilkinson, C., Pennington, T., & Zanandrea, M. (2011). Teaching wellness concepts using Mosston's Spectrum of Teaching styles. *Strategies*, 24(5), 28-30.
- Prusak, K.A., Pennington, T., Hager, R., Graser, S.V., Wilkinson, C., & Zanandrea, M. (2011). A critical look at physical education and what must be done to address obesity and other lifestyle issues. *The Journal of Physical Education, Recreation and Dance*, 82(4), 39-46.
- Vincent Graser, S., Groves, A., Prusak, K. A., & Pennington, T. (2011) Pedometer Steps-per-minute, moderate intensity, and individual differences in 12- to 14-year-old youth. *Journal of Physical Activity and Health*, 8, 272-278.
- Prusak, K.A., Pennington, T., Vincent Graser, S.D., Beigle, A., & Morgan, C. (2010). Systemic success in physical education: The east valley phenomenon. *Journal of Teaching in Physical Education*, 29 (1), 85-106.
- Riter, T., Kaiser, D., Pennington, T., Hopkins, T., Eggett, D., & Chamberlain, R. (2008). Presence of Burnout in Undergraduate Athletic Training Students. *Athletic Training Education Journal*, 2 (3), 57-66.
- Prusak, K.A., Wilkinson, C., Vincent Graser, S.D., Pennington, T. (2008). Helping Kids Make Connections: Using Object Lessons to Teach Health Related Fitness Concepts. *Journal of Physical Education, Recreation & Dance*, 79 (9), 18-26.
- Pennington, T. R. (2006). National Board Certification-Practicing the Standards We Teach. *Strategies*, 20 (2), 22-23.

- Pennington, T. R. (2004). Getting the Most Out of PE Central. *Journal of Physical Education, Recreation, and Dance*, 75 (6), 21 & 58.
- Pennington, T. R., Wilkinson, C., & Vance, J. (2004). Physical Educators Online: What is on the Minds of Teachers in the Trenches? *The Physical Educator*, 61 (1). 45-56.
- Pennington, T. R. (2003). Physical Education Teacher Education Assessment: Are We Effectively Preparing Teachers for the 21st Century? *Western College of Physical Education Society Monograph*.
- Holley, K. C., Clark, M. S., Pennington, T., & Aldana, S. (2003). The use of content standards by Utah Secondary School Physical Educators. *Journal of Physical Education, Recreation, and Dance*, 74 (6), 45-48.
- Pennington, T.R., & Graham, G. (2002). Exploring the influence of a physical education listserv on K-12 physical educators. *Journal of Technology and Teacher Education*, 10 (3), 383-405.
- Wilkinson, C., Pennington, T. R., & Vance J. (2002). The USPE-L listserv: A forum for reflective discourse? *The Physical Educator*, 59 (3), 158-168.
- Pennington, T. R., Manross, D., & Poole, J. (2001). Exploring alternative assessment in college physical education classes. *The Physical Educator*, 58 (4), 206-211.
- Spackman, M.B., George, J.D., Pennington, T.R., & Fellingham, G.W. (2001). Maximal Graded Exercise Test Protocol Preferences of Relatively Fit College Students. *Measurement in Physical Education and Exercise Science*, 5(1), 1-13.
- Wilkinson C., Pennington T. R., & Padfield G. (2000). Student perceptions of using skills software in physical education. *Journal of Physical Education, Recreation, and Dance*, 71(6), 37-53.
- Pennington, T. R., & Krouscas, J. (1999). Connecting secondary physical education with the lives of students. *Journal of Physical Education, Recreation, and Dance*, 70 (1), 34-39.
- Graham G., Bell, K., Doering, N., Elliott, E., Krouscas, J., Manross, M., McCollum, S., Oliver, K., Pennington, T., Person, L., Poole, J., & Westfall. S. (1997). [Review of the book Student learning in physical education: Applying research to enhance instruction]. *Journal of Teaching Physical Education*, 17 (1), 130-134.

Published Abstracts

- Pennington, T., Griffiths, R., Wilkinson, C., & Prusak, K. A. (2018, March). Parent Perceptions of SSPE: A Study in Advocacy in Action. *Research Quarterly for Exercise and Sport*, 89(s1), A-187.
- Fullmer, M. O., Wilkinson, C., Prusak, K. A., Pennington, T. R. & Eggett, D. (2016, March). Physical activity rates and motivational profiles of adolescents while keeping a daily leisure-time physical activity record. *Research Quarterly for Exercise and Sport*, 87(s2), A-55.
- Hall, A., Pennington, T., Prusak, K., & Wilkinson, C. (2015). Physical Education Central: A Possible Professional Development Tool. *Research Quarterly for Exercise and Sport*, 86(S2), A-125.
- Wilson, A., Pennington, T., Vehrs, P., & Padfield, G. (2004). Junior High Students Attitudes Toward Physical Education: Does the LIFT America Program make a difference? *Research Quarterly for Exercise and Sport*.
- Pennington, T., & Kolodyazhny, D. (2003). Exploring the Experiences of Brigham Young University Physical Education Teacher Preparation Program (PETE) Graduates: From students to First-Year Teachers. *Research Quarterly for Exercise and Sport*, 74(1), A-72.
- Pennington, C., Pennington, T., & Hager, R. (2003). Children's Beliefs as a Determinant of Physical Activity. *Research Quarterly for Exercise and Sport*, 74(1), A-72.
- Abbott, R., Phillips, M., Vehrs, R., Pennington, T., & Padfield, G. (2003) Changes in body composition following 16 weeks of two different junior high school physical education programs. SWACSM Web Page (<http://jan.ucc.nau.edu/%7Eswacsm-p/>), Nov 2003.
- Allen, A., Tegeder, A., Pearson, J., Pennington, T., Padfield, G., & Vehrs, P.R. (2003) Strength gain comparison of two junior high school physical education curricula. SWACSM Web Page (<http://jan.ucc.nau.edu/%7Eswacsm-p/>), Nov 2003.
- Phillips, M., Abbott, R., Vehrs, P.R., Pennington, T., & Padfield, G. (2003) Comparison of two methods of estimating body composition in 12-15 year olds. SWACSM Web Page (<http://jan.ucc.nau.edu/%7Eswacsm-p/>), Nov 2003.
- Tegeder, A., Pearson, J., Pennington, T., Padfield, G., & Vehrs, P.R. (2003) Fitness test comparison of two junior high school physical education curricula. SWACSM Web Page (<http://jan.ucc.nau.edu/%7Eswacsm-p/>), Nov 2003.
- Pennington, T., Blakemore, C., Wilkinson, C., Karpel, M., & Wells, T. (2001). Assessment of PETE Programs: Student Perceptions of the Teacher Preparation Process and Product. *Research Quarterly for Exercise and Sport*, 72(1), A-76.

George, J.D., Spackman, M.B., Pennington, T.R., & Fellingham, G.W. (2000). Individualized maximal GXT is preferred over standardized Bruce protocol in relatively fit college students. *Medicine and Science in Sport and Exercise*, 31(5), Supplement.

Pennington, T.R., & Graham, G. (1999). Exploring the use and influence of the USPE-L listserv on K-12 physical educators. *Research Quarterly for Exercise and Sport*, 70(1), A-98.

Graham, G., Manross, M., Pennington, T., Brown, K., Westfall, S., Krouscas, J., Poole, J., Person, L. (1999). Survey of workplace conditions for K-12 physical education teachers. *Research Quarterly for Exercise and Sport*, 70(1), A-75.

Non-refereed Publications

Pennington, T. R. (November, 1998). *Virtual Team Teaching: Overcoming Isolation Through the Internet*. PBS Online. [Online] <http://www.pbs.org/teachersource/health/lounge.html>

Pennington, T.R. (1998). *Exploring the use and influence of USPE-L on K-12 physical educators*. Doctoral dissertation, Virginia Tech, Blacksburg, VA.

Manross, M, Pennington, T., & Westfall, S. *Listserv Tips For Physical Educators*. PE Central. 11 July 1997. Online. <http://pe.central.vt.edu/uspeemailtips.html>.

Pennington, T.R. (1995). *Factors Influencing Athletic Career Termination with Female Collegiate Athletes*. Unpublished master's thesis, University of Utah, Salt Lake City, UT.

Poole, J.R., & Pennington, T.R. (1994). *Tennis handbook*. Publication developed for Youth Sport Fitness Academy.

Pennington, T.R. (1992). *A Mental Skills Guide for Competitive Recreational Tennis Players*. Publication for Fort Douglas Country Club.

Invited Professional Presentations

Pennington, T., & Prusak, K. (2015). Using a Pedagogy Lab featuring Studiocode in PETE. *Studiocode Research Conference Sponsored by Center for Education Research at Stanford*, Palo Alto, CA. October, 2015. **This was an invited presentation as a Keynote address.

Pennington, T. (2015). What are we doing as professionals to recruit future educators? *Utah Council of Education Deans Annual Conference*, Ogden, UT. October, 2015.

Pennington, T. (2006). *Assessment and Accountability in Physical Education*. Sponsored by Utah State Office of Education, Salt Lake City, UT.

- Pennington, T. (2005). *Developing and Forming Teacher Networks*. Sponsored by Secondary Education Partnership Advisory Council Annual Meeting.
- Pennington, T., Vincent, S., Davies, T., Johnson, R., Boyack, D., & Patterson, A. (2004). *Effective Partnerships: What Nebo School District & BYU Physical Educators Built Together*. Sponsored by CITES Associates Program Annual Conference, Provo, UT.
- Pennington, T. (2003). *Getting the Most out of PE Central: Examining the Countries Best Practices*. Sponsored by the Nebo School District, Spanish Fork, UT.
- Pennington, T. (2002). *Current Trends in Physical Education*. Sponsored by Utah State Office of Education, Salt Lake City, UT.
- Pennington, T. (2001). *Using the PE Central website: Incorporating Technology into the Physical Education Classroom*. Sponsored by Utah State Office of Education, Ogden, UT.
- Pennington, T. (2001). *Ten Tips for Getting the Most out of PE Central. PIT (Putting It Together) Crew Professional Development Conference*. Sponsored by Utah State Office of Education, Park City, UT.

Refereed Professional Presentations

- Pennington, T., Newsom, A., Toolson, J., Eves, T., & Beddoes, Z. (2022). Where are the future K-12 physical educators; Can PETE programs successfully recruit? *Presented at Western Society for Kinesiology and Wellness (WSKW) Convention*, Oakland, CA. October, 2022.
- Prusak, K. A., Barney, D., Beddoes, Z., & Pennington, T. (2022). Teacher Motivation, Self-Efficacy, and Burnout in a District Physical Education Program. *Presented at SHAPE America National Convention*, New Orleans, LA. April, 2022.
- Walton-Fisette, J. L., Richards, K.A., Centeio, E. E., Pennington, T. R., & Hopper, T. (2021). Exploring Future Research in Physical Education: Espousing a Social Justice Perspective. *SHAPE America National Convention*, Baltimore, MD. (Changed to a Virtual National Convention).
- Zanandrea, M., Wilkinson, C., Barney, D., & Pennington, T. (2018). Infusing Disability Examples into a Motor Learning Course for PETE Majors. *Physical Education Teacher Education (PETE)/Health Education Teacher Education (HETE) National Conference*, Salt Lake City, UT. October, 2018.
- Barney, D., Prusak, K. A., Wilkinson, C., Zanandrea, M., & Pennington, T. (2018). Senior (50+) Knowledge of Appropriate Instructional Practices in Physical Education. *Physical Education Teacher Education (PETE)/Health Education Teacher Education (HETE) National Conference*, Salt Lake City, UT. October, 2018.

- Pennington, T., Griffiths, R., Wilkinson, C., & Prusak, K. A. (2018). Parent Perceptions of SSPE: A Study in Advocacy in Action. Presented at SHAPE America National Convention, Nashville, TN. April, 2018.
- Wilkinson, C., Pennington, T., Prusak, K. A. (2017). The triad experience: Benefits and drawbacks of the paired placement of student teachers in physical education. Presented at International Conference on Physical Education and Sport Sciences, London. June, 2017.
- Fullmer, M. O., Wilkinson, C., Prusak, K. A., Eggett, D., & Pennington, T. (2017). Physical activity rates and motivational profiles of adolescents while keeping a daily leisure-time physical activity record. Presented at International Conference on Physical Education and Sport Sciences, London. June, 2017.
- Pennington, T., Prusak, K. A., & Beddoes, Z. (2017). Preparing successful advocates through PETE: A model for the future. Presented at SHAPE America National Convention, Boston, MA. March, 2017.
- Fullmer, M. O., Wilkinson, C., Prusak, K. A., Pennington, T. R. & Eggett, D. (2016). Physical activity rates and motivational profiles of adolescents while keeping a daily leisure-time physical activity record. Presented at *SHAPE America National Convention*, Minneapolis, MN. March, 2016.
- Pennington, T., Hall, A., Haslem, L., Brewer, L., & Beddoes, Z. (2015). Teaching Advocacy in PETE Programs: A Model for the Future. *Physical Education Teacher Education (PETE)/Health Education Teacher Education (HETE) National Conference*, Atlanta, GA. October, 2015.
- Pennington, T., Barney, D., Wilkinson, C., Zanandrea, M., Griffiths, R., Higginson, K., Fullmer, M., & Beddoes, Z. (2015). Restructuring a Master's degree for Future PETE Doctoral Candidates: How is it working? *Physical Education Teacher Education (PETE)/Health Education Teacher Education (HETE) National Conference*, Atlanta, GA. October, 2015.
- Wilkinson, C., Fullmer, M., Zanandrea, M., & Pennington, T., (2015). Developing HALM Teaching Competencies in PETE Students. *Physical Education Teacher Education (PETE)/Health Education Teacher Education (HETE) National Conference*, Atlanta, GA. October, 2015.
- Hall, A., Pennington, T., Prusak, K., & Wilkinson, C. (2015). Physical Education Central: A Possible Professional Development Tool. *Society for Health and Physical Education (SHAPE) National Conference*, Seattle, WA. April, 2015.
- Haslem, L., Wilkinson, C., Prusak, K.A., Christensen, W., & Pennington, T. (2014). Relationships Between Health-Related Fitness Knowledge, Perceived Competence, Self-Determination, and Physical Activity Behaviors of High School Students. *Society*

- for Health and Physical Education (SHAPE) National Conference*, St. Louis, MO. April, 2014.
- Wilkinson, C., & Pennington, T. (2014). Triad relationships and satisfaction with paired placement of student teachers. *Society for Health and Physical Education (SHAPE) National Conference*, St. Louis, MO. April, 2014.
- Barney, D., Prusak, K.A., & Pennington, T. (2014). The Effects of Music on Physical Activity Rates of Junior High Physical Education Students. *Society for Health and Physical Education (SHAPE) National Conference*, St. Louis, MO. April, 2014.
- Pennington, T., Prusak, K.A., Davis, T., & Wilkinson, C. (2013). Children's perceptions of a district-wide physical education program. *National AAHPERD Conference*, Charlotte, NC. April, 2013.
- Prusak, K. A., Fellingham, G., Jackson, K., Pennington, T. R., Reese, S.C. (2013). The effect of ball movement, dribbles, and post touches have on offensive outcomes in half court sets for men's division I basketball. *National AAHPERD Conference*, Charlotte, NC. April, 2013.
- Wilkinson, C., Pennington, T., Barney, D. C., Zanandrea, M. (2012, October). *PETE students' perceptions of healthy and active lifestyle skills*. Poster session presented at the NASPE National PETE Conference Location: Las Vegas, NV.
- Pennington, T., & Prusak, K. A. (2012, October). *Accelerating Learning in PETE: Integrating Digital Video Technologies into PETE*. Presented at the NASPE National PETE Conference Location: Las Vegas, NV.
- Pennington, T., & Prusak, K. A. (2011). *Good to Great: Does it really exist in PE?* Poster presentation at the Annual AAHPERD Convention held in San Diego, California, March, 2011.
- Prusak, K.A., Pennington, T., Graser, S. V., & Wilkinson, C. (2011). *Using a pedagogy lab in PETE*. Two-hour workshop presented at the Annual AAHPERD Convention held in San Diego, California, March, 2011.
- Wilkinson, C., Brown, L., Graser, S., Pennington, T. (2010, February). *Adolescent girls' preferences pertaining to cardiovascular fitness testing: A comparison between the one-mile run and PACER tests*. Poster session presented at the annual convention of South West District AHPERD, Santa Fe, NM.
- Prusak, K.A., Pennington, T., Wilkinson, C., (2010, February). *Children's Perceptions of a District-Wide Physical Education Program*. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Santa Fe, NM.

- Wilkinson, C., Pennington, T., & Prusak, K.A. (2009). *Infusing Wellness and Advocacy Principles into the BYU PETE Program*. Physical Education Teacher Education Conference, Myrtle Beach, SC.
- Prusak, K.A., Pennington, T., Graser, S., Wilkinson, C., & Zanandrea, M. (2009). *Restructuring a Master's Degree Program to Prepare Future PETE Doctoral Candidates*. Physical Education Teacher Education Conference, Myrtle Beach, SC.
- Pennington, T. & Padfield, G. (2009). *Creating Physically Active Lifestyles through Fitness Adventures in Learning Seminars*. Presented at the Annual AAHPERD Convention in Tampa, FL.
- Pennington, T., & Prusak, K.A. (2009). *From Good to Great: Does it Exist in PE?* Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Phoenix, AZ.
- Pennington, T., Jackson, K., Watts, T., & Brown, L. (2009). *History of Physical Education: Are Our Forefathers Being Forgotten*. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Phoenix, AZ.
- Karpel, M. & Pennington, T. (2008). *Philosophies of Successful Division 1 Baseball Coaches*American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), Fort Worth, TX.
- Parker, M., Wilkinson C., Vincent Graser, S., & Pennington, T. (2008). *Relationship between maternal employment and children's physical activity*. American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), Fort Worth, TX.
- Parker, M., Wilkinson C., Vincent Graser, S., & Pennington, T. (2008). *Relationship between parental physical activity and children's physical activity*. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Kona, HI.
- Prusak, K.A., & Pennington, T. (2007). *What's in your PE World?* Southwest/Northwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Reno, NV.
- Prusak, K.A., & Pennington, T. (2007). *Just the Facts Ma'am: The brutal facts about physical education and what must be done to address obesity and other lifestyle issues*. Physical Education Teacher Education Conference, Pittsburgh, PA.
- Prusak, K.A., Vincent Graser, S.D., Pennington, T., Beigle, A., & Morgan, C. (2006). *Systemic success in physical education: The east valley phenomenon*. Physical Education Teacher Education Conference, Longbeach, CA.

- Prusak, K.A., Vincent Graser, S.D., Wilkinson, C. Pennington, T., (2006). Come visit our pedagogy lab. A 4-hour workshop in conjunction with the national AAHPERD convention in Salt Lake City, Provo, UT.
- Wilkinson, C., Vincent, S., Prusak, K., & Pennington, T. (2005). Examining Excellence in Teaching Using StudioCode Analysis Software. American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), Chicago, IL.
- Wilson, A., Pennington, T., Vehrs, P., & Padfield, G. (2004). Junior High Students Attitudes Toward Physical Education: Does the LIFT America Program make a difference? American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), New Orleans, LA.
- Pennington, T., Welch, E., Ward, J., & Oh, Y., & Barker, R. (2004). Physical Education History: Will it shape our future? Western College of Physical Education Society,(WCPES), Reno, NV.
- Pennington, T., & Padfield, G. (2004). A Model School Concept: The Brigham Young University and Lakeridge Junior High partnership. National Teacher Education Conference in Physical Education, Baton Rouge, LA.
- Vehrs, P., Pennington, T., & Padfield, G. (2004). The National School fitness Foundation LIFT America: Is it working? Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Albuquerque, NM.
- Pennington, T. R. (2003). Physical Education Teacher Education Assessment: Are We Effectively Preparing Teachers for the 21st Century? Western College Physical Education Society,(WCPES), Reno, NV.
- Abbott, R., Phillips, M., Vehrs, P., Pennington, T., and Padfield, G. (2003). Changes in body composition following 16 weeks of two different junior high school physical education programs. Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV.
- Allen, A. Tegeder, A., Pearson, J., Pennington, T., Padfield, G. and Vehrs, P. (2003). Strength gain comparison of two junior high school physical education curricula. Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV.
- Phillips, M, Abbot, R., Pennington, T., Padfield, G. and Vehrs, P. (2003). Comparison of two methods of estimating body composition in 12-15 year olds. Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV.
- Tegeder, A., Pearson, J., Pennington, T., Padfield, G. and Vehrs, P. (2003). Fitness test comparison of two Junior High School physical education curriculum. Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV.

- Pennington, T., & Kolodyazhny, D. (2003). Exploring the Experiences of Brigham Young University Physical Education Teacher Preparation Program (PETE) Graduates: From students to First-Year Teachers. American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), Philadelphia, PA.
- Pennington, C., Pennington, T., Hager, R. (2003). Children's Beliefs as a Determinant of Physical Activity. American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), Philadelphia, PA.
- Pennington, T., Barker, R., Lawrence, C., Padfield, G., Winters, M., Wilson., & McCoy, J. (2003). University/Public School Partnerships: A Model School Concept. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Reno, NV.
- Pennington, T., Vehers, P., Padfield, G., Holley, K., Johnson, T., & Wilson, A. (2003). The Model School Project. Utah Alliance of Health, Physical Education, Recreation, and Dance, (UAHPERD), South Jordan, UT.
- Pennington, T. (2001). Getting the Most out of PE Central. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Park City, UT.
- Pennington, T., Blakemore, C., Wilkinson, C., Karpel, M., & Wells, T. (2001). Assessment of PETE Programs: Student Perceptions of the Teacher Preparation Process and Product. American Alliance of Health, Physical Education, Recreation, and Dance, (AAHPERD), Cincinnati, OH.
- Pennington, T., Wilkinson, C., & Vance, J. (2000). Identifying the needs and concerns of K-12 physical educators: An analysis of the USPE-L Listserv archives. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Turtle Bay, HI.
- Blakemore, C., Pennington, T., Wilkinson, C., Karpel, M., & Wells, T. (2000). PETE student perceptions: .The teacher preparation process and product. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Turtle Bay, HI
- Pennington, T. (2000). PE Central: A resource for practitioners. Utah Alliance of Health, Physical Education, Recreation, and Dance, (UAHPERD), Provo, UT.
- George, J.D., Spackman, M.B., Pennington, T.R., & Fellingham, G.W. (2000). Individualized maximal GXT is preferred over standardized Bruce protocol in relatively fit college students. Annual National Meeting of the American College of Sports Medicine, Indianapolis, IN.

- Wilkinson, C., & Pennington, T. (1999). Improving computer literacy of pre-service teachers. National Teacher Education Conference in Physical Education, Bloomington, Ill.
- Pennington, T., & Graham, G. (1999). Exploring the use and influence of the USPE-L listserv on K-12 physical educators. American Alliance of Health, Physical Education, Recreation and Dance National Convention, Boston, MA.
- Graham, G., Manross, M., Pennington, T., Elliott, E., (1999). PE Central: Join the team and help create the future. American Alliance of Health, Physical Education, Recreation and Dance National Convention, Boston, MA.
- Graham, G., Manross, M., Pennington, T., Brown, K., Westfall, S., Krouscas, J., Poole, J., Person, L. (1999). Survey of workplace conditions for K-12 physical education teachers. American Alliance of Health, Physical Education, Recreation and Dance National Convention, Boston, MA.
- Wilkinson, C., Pennington, T., & Schick., T. (1999). Using the Internet as physical educators. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Tuscon, AZ.
- Graham, G., Elliott, E., Fowler, J., Manross, M., Pennington, T., Poole, J., & Westfall, S. (1997). Technology is great: But how do we know it works? National Conference on Technology in Physical Education and Sport, Muncie, Indiana.
- Pennington, T., & Westfall, S. (1997). USPE-L: Breaking the barriers of isolation through E-Mail discussion groups. National Conference on Technology in Physical Education and Sport, Muncie, IN.
- Manross, M., & Pennington, T. (1997). Exploring PE Central: The ultimate web site for physical educators. National Conference on Technology in Physical Education and Sport, Muncie, IN.
- Graham, G., Elliott, E., Manross, M., & Pennington, T. (1997). E-mail and the Internet for physical education teachers: Practical examples to improve your program and make your job easier. American Alliance of Health, Physical Education, Recreation and Dance National Convention, St. Louis, MO.
- Manross, M., Pennington, T., & Poole, J. (1997). Health, physical education and the internet for K-12 health and physical education teachers (Part II): Exploring the web. Montgomery County Physical Education Teachers Workshop, Riner, VA.
- Pennington, T., & Poole, J. (1996). Support Systems and Their Influence on Transitions out of Collegiate Sport. Southwest District American Alliance of Health, Physical Education, Recreation, and Dance, (SWDAAHPERD), Sacramento, CA.

- Graham, G., Oliver, K., Elloitt, E., Bell, K., & Pennington, T. (1996). Do your students have a cue: What they can learn about wellness in 72 hours. Sharing the Wealth in Elementary, Middle, and High School Physical Education Conference, Jekyll Island, GA.
- Elloitt, E., & Pennington, T. (1996). Using the Internet in physical education. West Virginia Alliance of Health, Physical Education, Recreation, and Dance, (WVHPERD), Charleston, WV.
- Manross, M., Pennington, T., & Poole, J. (1996). Health, physical education and the internet for K-12 health and physical education teachers (Part I). Montgomery County Physical Education Teachers Workshop, Riner, VA.
- Pennington, T., & Seggar, J.F. (1995). Beyond Termination: Toward a Paradigm of explaining the transition out of Athletic competition. North American Society for the Sociology of Sport, Sacramento, CA.
- Beveridge, S.K., Poole, J.R., & Pennington, T. (1995). Effective Physical Education Teaching, Fit-Kids Project. In-Service Workshop Sponsored by Utah State Department of Education, Park City, UT.
- Poole, J.R., & Pennington, T. (1995). Summer Youth Sport Programs: Filling the Void of Summer Vacation. Utah Alliance of Health, Physical Education, Recreation, and Dance, (UAHPERD), Orem, UT.
- Seggar, J.F., Hawks, N.R., & Pennington, T. (1992). A Holistic Approach to Enhancing Performance. Presentation at the 1992 Third Annual Sport Psychology Symposium, Salt Lake City, UT.

HONORS/AWARDS

2019 Nancy Peery Marriott (McKay School of Education) Excellence in Teaching Award Recipient. In the McKay School of Education 2019 annual meeting I received the teaching excellence award. This is awarded each year to a member of the faculty along with a video presentation recognizing their teaching.

2017 Andrea Hastings Lemmon Scholarship. Created and guided the fundraising efforts for an endowed PETE scholarship in honor of a former PETE graduate who passed away in 2012.

2015 College Educator of the Year. Utah Alliance of Health, Physical Education, Recreation, and Dance.

2003 Dr. G. Arthur Broten Young Scholar Recognition Award Recipient. Western College Physical Education Society.

1997-1998 PHI KAPPA PHI Honor Society, Virginia Tech.

1997-1998 Winner, The Outstanding Doctoral Student Award, Health and Physical Education Program, Virginia Tech.

1997-1998 Winner, The Fitness/Wellness Instructional Services Graduate Teaching Assistant Award, Virginia Tech.

1996-1997 Winner, The Fitness/Wellness Instructional Services Graduate Teaching Assistant Award, Virginia Tech.

1996 AMTP Pedagogy Specialist Certificate.

1994-1995 PHI KAPPA PHI Honor Society, University of Utah.

TEACHING

Courses Taught

EXSC 754 Program Management & Evaluation
 EXSC 752 Teaching Physical Education in Higher Education
 EXSC 649 Curriculum Theory and Design
 EXSC 693R Readings in Pedagogy Literature
 EXSC 654 History & Philosophy of Physical Education
 EXSC 691 Introduction to Graduate School
 EXSC 377 Physical Education Practicum (Supervision)
 EXSC 375 Teaching Elementary Physical Education Methods
 EXSC 360 Curriculum & Assessment of Learning in Physical Education
 EXSC 300 Advocacy & Historical Foundations of Physical Education
 Sec. Ed. 476 Student Teaching Coordinator & Supervisor
 Sec. Ed. 276 Exploration of Teaching (Middle School Physical Education Teaching Methods)

Graduate Student Advising

Masters Students

Ashlynn Erbe, Committee Member, degree completed.
 Nicole McCullough, Committee Member, degree completed.
 Robin Huddleston, Committee Member, degree completed.
 Matt Fullmer, Committee Member, degree completed.
 Liz (Bailey) Haslem, Committee Member, degree completed.
 Lindsay (Benham) Brewer, Committee Member, degree completed.
 Michael Spackman, Committee Member, degree completed.
 Peter Malo, Committee Member, degree completed.
 Tawnya DeMordaunt, Committee Member, degree completed.

K.C. Holley, Committee Member, degree completed.
 Mike Hunter, Committee Member, degree completed.
 Becky Jackson, Committee Member, degree completed.
 Patrick Milligan, Committee Member, degree completed.
 Andrea Greenwall, Committee Member, degree completed.
 Shari Hales, Committee Member, degree completed.
 Mary Shaw, Committee Member, degree completed.
 Mindy Winters, Committee Member, degree completed.
 Jan Calahan, Committee Member, degree completed.
 Tyler Johnson, Committee Member, degree completed.
 Ashley Eyre, Committee Member, degree completed.
 Dustin Staley, Committee Member.
 Alan Groves, Committee Member, degree completed.
 Barbara Sampson, Committee Member, degree completed.
 Rachel Griffiths, Committee Chair, degree completed.
 Amber Hall, Committee Chair, degree completed.
 Emily Welch, Committee Chair, degree completed.
 Steve Clark, Committee Chair.
 Steve McCain, Committee Chair, degree completed.
 Tyler Barker, Committee Chair, degree completed.
 Kevin McGiven, Committee Chair, degree completed.
 Marilyn Miller, Committee Chair, degree completed.
 Brooke Huebner, Committee Chair, degree completed.
 Anthony Wilson, Committee Chair, degree completed.
 Dmytro Kolodyazhnyy, Committee Chair, degree completed.
 Alysson Gibbs, Committee Chair, degree completed.
 *Julienne Vance, Committee Chair, Undergraduate Honors Thesis, degree completed.

Doctoral Students

Karen Lamb, Committee Member.
 Shawn Fluharty, Committee Member, degree completed.
 Michael Karpel, Committee Chair, degree completed.

CITIZENSHIP

Departmental, College, University and Professional Organization Administrative and Committee Assignments

2021-Present, Physical Education Teacher Education (PETE), Program Coordinator, (Department)

2021-Present, Member, Initial Programs Council (IPC) (University)

2021-Present, Member, Secondary Education Council (University)

2020-Present, Member, McKay School (College) Rank & Advancement Committee

2021-Present, Member, McKay School (College) Educator Preparation Council (EPP)

2021-Present, Member, McKay School (College) Undergraduate Recruitment Council

2020-2021, Member, Utah State Board of Education, Competency Based Endorsements Committee in Physical Education

2020-Present, Member, McKay School (College) Rank & Advancement Committee

2013-2020, Member, Department of Teacher Education Rank & Advancement Committee

2018-2020, Co-Program Review Chair, national conference program for teaching and learning research section. Society of Health and Physical Education (SHAPE)

2015-2018, Member, Society of Health and Physical Education (SHAPE) America National Educator Honor Awards Committee

2015-2016, Department of Teacher Education Re-Envisioning Committee

2014-2016, Member, Department of Teacher Education Graduate Assessment Committee

2013-2019, Member, Department of Teacher Education Curriculum Committee

2015-Present, Chair, University Athletic Advisement Council

2013-2014, Vice Chair, University Athletic Advisement Council

2011-2012, Member, University Athletic Advisement Council

2007-2009, Member, Department of Exercise Sciences Rank & Advancement Committee

2006-2008. Chair of Department of Exercise Sciences Teacher Development Committee

2006. Member. University Rank and Status Appeal Panel

2005-2006. Member, Department of Exercise Sciences Rank & Advancement Document Committee

2003-2009. Member, Department of Exercise Sciences, Service Program Committee

2002-2006. Program Director, Physical Education Pedagogy Graduate Program

2001-2009, Committee Member, Center for the Improvement of Teaching and Schools (CITES) Leadership Committee

2001-2009. Member, Department of Exercise Sciences, Graduate Curriculum Committee

2000-2005. Program Co-Chair, Physical Education Teacher Education Undergraduate Program

2000 Chaired PETE Committee in development of Physical Education Teacher Education "PETE" recruiting brochure.

1999-2009. Member, Department of Exercise Sciences, Capital Equipment Committee

1999-2009. Member, Department of Exercise Sciences, Graduate Student Recruiting Committee

1998-Present, Member, Physical Education Teacher Education Committee

1999-Present, Member, Secondary Education Renewal and Restructuring Project (SERRP) Committee

1998-1999. Member, College of Health and Human Performance Teacher Development Committee

Professional Organizations

2009 Delegate representing the National Association for Sport and Physical Education (NASPE) to the American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD) Convention, Tampa, FL.

2008 Nominated & Selected to serve on the NASPE National Nominating Committee for Nationally Elected Officers

2005 Educational Testing Service (ETS) Standard Setting Study Committee for Utah State Office of Education.

2005 Nominated & Selected to represent American Heart Association for the State of Utah at National Lobby Day in Washington DC to meet with Federal legislators.

2004-2007 Nominated & Selected to serve on the NASPE National Middle and Secondary School Physical Education Council (MASSPEC)

2000-2008. Treasurer, Southwest District American Alliance of Health, Physical Education, Recreation, and Dance (SWDAAHPERD)

2000-2001. Chair, Higher Education and Technology, Utah State Association for Health, Physical Education, Recreation & Dance (UAHPERD)

2000. Delegate representing Utah State Association for Health, Physical Education, Recreation & Dance (UAHPERD) to American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD) Convention, Orlando, FL.

Society for Health and Physical Education (SHAPE) formerly the American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD), Member.

Utah State Association for Health, Physical Education, Recreation & Dance (UAHPERD) Member.