

SHAWN R. SIMONSON

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Human Performance Laboratory
Department of Kinesiology
Center for Teaching and Learning

Boise State University
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Education

University of Northern Colorado, Greeley, CO. (1998)
Doctor of Education, Physical Education, Physiological Kinesiology
Cognate Areas: Exercise Immunology and Space Physiology
Dissertation Title: *The Effects of Acute and Chronic Weight Training by Moderately Conditioned and Weight Trained Individuals On Selected Immune Parameters.*

University of Northern Colorado, Greeley, CO. (1990)
Master of Arts, Physical Education, Coaching

Colorado State University, Fort Collins, CO. (1986)
Bachelor of Science, Biology

Additional Study

Aims Community College, Greeley, CO. (1990)
Emergency Medical Technician – Basic, I.V., M.A.S.T.

Colorado State University, Fort Collins, CO. (1987)
Secondary Science Education

Research and Professional Experience

Professor, Department of Kinesiology, College of Health Sciences, Boise State University, Boise, ID. (2017 – Present) Instruct in pertinent areas, advise students, advise graduate student research, conduct discipline related research, maintain professional certifications and participation in national organizations, participate in faculty governance and committees, maintain working and personal relationships within the university, and serve in the community. (*Associate Professor*, 2012 – 2017. *Assistant Professor*, 2008 – 2012. *Visiting Assistant Professor*, 2007 – 2008.)

Adjunct Professor, Center for Professional Education, Seattle Pacific University, Seattle, WA (2016 – Present). Instruct EDSC 5715 *Writing POGIL Activities*.

Faculty Associate, Center for Teaching and Learning, Boise State University, Boise, ID (2014 – Present) Provide leadership for teaching and learning at Boise State, with particular foci on the Scholarship of Teaching and Learning and pedagogical tools. Assist with general consultations and Mid-Semester Assessment Processes. Conduct workshops. Facilitate Faculty Learning Communities. Contribute to assessment and planning in the Center for Teaching and Learning.

Dive Master, Dive Magic, Boise, ID (2013 – Present). Lead recreational divers as they experience the underwater world. Provide instructional and safety support to scuba instructors, new divers, and divers wishing to generally improve their diving experience.

Director – Human Performance Laboratory, Department of Kinesiology, College of Health Sciences, Boise State University, Boise, ID. (2009 – Present) Plan, develop, organize, implement, direct and evaluate laboratory operations and performance. Coordinate and foster collaboration with various clients, agencies, and researchers. Develop, implement, and make available accurate, valid, and reliable testing procedures, results reporting, and facility policies. Ensure a safe environment for test participants and technicians. Engage and oversee qualified employees, graduate and undergraduate research assistants, and interns. Ensure

optimum facility and equipment upkeep and operation. Develop and implement an operations budget within business goals. Lead and direct the development, communication and implementation of effective growth strategies and processes. Direct a successful community outreach program that provides laboratory services to the community and raises funds for laboratory maintenance and growth.

Program Coordinator – Kinesiology Bachelor's Degree (formerly Exercise Science), Department of Kinesiology, College of Education, Boise State University, Boise, ID. (2008 – 2015) Responsible for the shared management of the largest degree program in the Kinesiology Department and for managing curriculum and opportunities for student success (i.e. advising, internships, conduct) Work with other Kinesiology program faculty to set annual program goals and a member of the Kinesiology Department administrative team. Lead and direct the development, communication and implementation of effective growth strategies and processes. Initiated the annual Career Symposium that has grown from a few presenters to a department-wide multi-day conference (2011). Coordinated the re-writing and merging of three undergraduate degrees into one with three emphasis areas (2012). Developed a Student Success program to enhance timely degree completion and post-degree opportunities (2013).

Reviewer

Clinical Case Reports and Reviews. (2015)

Education Sciences. (2018)

Journal of Kinesiology and Wellness. (2015 – Present)

Journal of Sports Medicine and Physical Fitness. (2015 – Present)

Lippincott, Williams and Wilkins. (2009 – Present) Textbooks.

Professional and Organizational Development (POD) Network in Higher Education. (2015 – Present) Annual Conference presentations.

Research Quarterly for Exercise and Sport. (2008 – Present)

Science Education and Civic Engagement: An International Journal. (2012)

Strength and Conditioning Journal. (2010 – Present)

The POGIL Project. (2012 – Present) Teaching/Learning activities.

To Improve the Academy: A Journal of Educational Development. (2015 – Present)

Wadsworth Thomson Learning Publishers, Health and Physical Education Division. (2002 – 2003) Textbooks.

Wolters Kluwer. (2014 – Present) Textbooks.

Women in Sport and Physical Activity Journal. (2009)

Program Development Specialist, LifeMasters Supported SelfCare, Inc. Albuquerque, NM. (2006 – 2007) Create and implement new metabolic syndrome product. Develop relevant participant focus, identify and create multimedia deliverables, establish program objectives, metrics, and workflows, identify health educator needs and develop materials to support. Oversee health educator team development and performance.

Corporate Wellness Workplace Initiative Development Team, LifeMasters Supported SelfCare, Inc. Albuquerque, NM. (2005 – 2006) Develop and implement corporate wellness program. Initiated with chair-based exercises designed to reduce repetitive motion and hypokinetic conditions and followed by wellness education and services within and outside the workplace.

- Ergonomics Evaluator*, LifeMasters Supported SelfCare, Inc. Albuquerque, NM. (2005 – 2007)
Evaluation of workplace and worksite appropriateness for specific employees, recommended, and implemented necessary changes.
- Health Educator*, LifeMasters Supported SelfCare, Inc. Albuquerque, NM. (2005 – 2007) Disease management using telephonic health assessments, education, and monitoring of participants with chronic diseases (asthma, chronic obstructive pulmonary disease, coronary artery disease, chronic heart failure, diabetes, and low back pain) to proactively improve health and quality of life. Act as a preceptor for new nursing and health education staff.
- Executive Director*, Doc's Body Shop, Albuquerque, NM. (2004 – 2005) Owned and operated personal training gym catering to those with special needs such as injury rehabilitation and prevention, disease management, and obesity. Assessed individual goals, capabilities, and fitness levels. Designed innovative, enjoyable, and effective exercise programs to achieve a myriad of goals. Creatively educated and motivated members to achieve fitness ambitions. Educated members in the correct use of the equipment, diplomatically supervised daily use of the facility, supervised the daily operation and maintenance of equipment and facility, generated business proposal and plan, secured funding, opened new fitness center.
- Personal Trainer*, The Training Sensation, Albuquerque, NM. (2003 – 2004) Assessed individual goals, capabilities, and fitness levels. Designed innovative, enjoyable, and effective exercise programs to achieve a myriad of goals. Creatively educated and motivated members to achieve fitness ambitions (specializing in injury and illness rehabilitation). Educated members in the correct use of the equipment, diplomatically supervised daily use of the facility, assisted in the cleaning and maintenance of equipment and facility.
- Assistant Professor, Exercise Sciences*, Department of Wellness and Movement Sciences, School of Health Sciences and Human Performance, Western New Mexico University, Silver City, NM. (2000 – 2003) Instructed in pertinent areas, advised students, coordinated exercise science laboratory, managed department wellness center, conducted discipline related research, maintained professional certifications and participation in national organizations, participated in faculty governance and committees, maintained working and personal relationships within the university, and served in the community.
- Consultant*, Countermeasure Evaluation and Validation Program, Lockheed Martin Engineering and Sciences Company, NASA Ames Research Center, Moffett Field, CA. (2001 – 2003) Provide expertise and assistance in training staff, protocol preparation, and preparing the exercise physiology laboratory and bed rest facility for upcoming countermeasure studies.
- Reviewer, International Technical Review*, NASA Ames Research Center, Moffett Field, CA. (2000) Review applications and proposals for scientific and technical merit to evaluate the feasibility of developing and implementing proposed in-flight experiments.
- Research Physiologist*, Lockheed Martin Engineering and Sciences Company, NASA Ames Research Center, Moffett Field, CA. (1998 – 2000) Managed the Human Environmental Physiology Laboratory. This included supervision of laboratory technicians and graduate students, advising of graduate student research, budget management, acquisition of subjects and supplies, testing of responses to acceleration, exercise, and orthostatic challenge before and after conditioning and deconditioning, data collection and evaluation, preparations of final reports and grant applications.
- Fitness Director*, Miramont Sport Center, Fort Collins, CO. (1998) Successfully managed department resources in a full-service health club. Oversaw fitness specialists, personal training, aerobics, senior fitness, programming, wellness education, and member retention.

This included personnel and material scheduling and evaluation, recommend equipment purchases and maintenance, and program and staff development and promotion.

Research Assistant, NASA-ASEE Summer Faculty Fellowship Program Graduate Student Fellowship, Human Environmental Physiology Laboratory, NASA-Ames Research Center, Moffett Field, CA. (1997) Researched fluid shifts and the subsequent orthostatic intolerance in response to simulated microgravity. Developed protocols for analysis of the physiologic responses to the human powered centrifuge.

Clinical Exercise Physiologist, Pulse Rehab Center, Fort Collins, CO. (1997 – 1998) Injury treatment specialist that assessed patient functional status, designed and implemented training programs to improve function. Developed and monitored conditioning programs to assist patients in returning to, and surpassing, pre-injury levels. Dealt mostly with neck and back injuries.

Self-Defense Instructor, The Conditioning Spa, Greeley, CO. Fort Collins Pulse Aerobic and Fitness Center, Fort Collins, CO. (1996 – 1997) Taught self-defense, movement, awareness, and strategic skills. Instructed victimization prevention.

Fitness Director, Fort Collins Pulse Aerobic and Fitness Center, Fort Collins, CO. (1995 – 1998) Successfully managed department resources in northern Colorado's most successful health club. Included personnel and material scheduling and evaluation, recommending equipment purchases and maintenance, and program development and promotion. Developed and supervised a highly sought after practicum and internship program. Edited and/or wrote the monthly fitness column for distribution to the members.

Tutor, Disabled Student Services, University of Northern Colorado, Greeley, CO. (1995) Assisted undergraduate students in grasping kinesiology course material and increasing their opportunity for achievement.

Fitness Instructor/Personal Trainer, Fort Collins Pulse Aerobic and Fitness Center, Fort Collins, CO. (1994 – 1998) Creatively educated and motivated members to achieve fitness goals (specializing in injury and illness rehabilitation), educated members in the correct use of the equipment, diplomatically supervised daily use of the facility, assisted in the cleaning and maintenance of equipment and facility, assisted in program development and instruction, and mentored fitness practicum students and interns.

Personal Trainer, Fitness Plus, Fort Collins, CO. (1994) Successfully instructed members in the proper use of equipment, designed and implemented fitness programs based on a wide variety of individual goals and limitations, performed membership sales, and assisted in the daily management of the health club.

Instructor, KINE 332, Sport Physiology, University of Northern Colorado, Greeley, CO. (1993) Used a wide variety of instructional techniques to teach the basics and practical implementation of exercise physiology and the principles of conditioning to undergraduate coaching minors with the intent of promoting safe and effective program design and exercise prescription.

Graduate Research Assistant, Exercise Physiology, University of Northern Colorado, Greeley, CO. (1991 – 1997) Assisted in the conduct of original research in exercise physiology, immunology, and space physiology with funding from a NASA/JOVE (JOint Venture) grant. Prepared manuscripts and grant applications. Instructed in the use of, and interpretation of results obtained from, performance and anthropometric assessment equipment.

Student Athletic Trainer, Athletic Training Clinical Program, University of Northern Colorado, Greeley, CO. (1991 – 1992) Assisted certified personnel in athletic injury care and prevention, especially in the areas of taping and wrapping, therapeutic exercise, and treatment modalities.

Martial Arts Instructor/Personal Trainer, Fort Collins, CO. (1990 – 1998) Taught self-defense, movement, awareness, and strategic skills. Provided guidance and motivation to improve fitness and performance based on individual goals and abilities.

Science/Health Teacher, Milliken Middle School, Weld County School District Re-5J, Milliken, CO. (1987 – 1990) Imparted knowledge and skills to middle school children using a myriad of approaches. Taught the scientific method of problem solving, managed financial and material resources, developed curriculum, submitted and received educational grants, and dealt with the community.

Assistant Coach, Milliken Middle School, Weld County School District Re-5J, Milliken, CO. (1987 – 1990) Football, wrestling, and track. Demonstrated and taught motor skills, motivated individuals and teams of varying skill levels, managed equipment and personnel, advised conditioning and minor injury rehabilitation within one of the top programs within the athletic conference.

Research Assistant, NeuroAnatomy, Colorado State University. (1986) Developed and carried out research procedures, gathered data, and assisted in laboratory and equipment maintenance. Studied spinal cord regeneration and the effects of exercise and pharmacological interventions on step pattern generation.

Refereed Publications

Taylor, T.J., **S.R. Simonson**, S.A. Conger, Y. Gao. Iron deficiency's effect on training reductions in college distance runners. *Journal of Strength and Conditioning Research*. Submitted 10/4/16. In revision.

Simonson, S.R. Boise State University students went to great depths to learn. *Alert Diver*. Submitted 7/27/16. In revision.

26. **Simonson, S.R.** Control systems and muscle physiology. *TBLC Resource Portal*. 2018. <http://www.tbldadmin.org/modulebank/webpages/simonson.html>.

25. Dobbs, T., **S.R. Simonson**, S.A. Conger. Improving power output in older adults utilizing plyometrics in an AlterG treadmill. *Journal of Strength and Conditioning Research*. 32(9): 2458–2465, 2018.

24. **Simonson, S.R.** Modifying the Monte Carlo Quiz to increase student motivation, participation, and content retention. *College Teaching*. 65(4):158-163, 2017. doi: 10.1080/87567555.2017.1304351

23. **Simonson, S.R.** To flip or not to flip: What are the questions? *Education Science*. 7(71):1-10, 2017. doi: 10.3390/educsci7030071

22. **Simonson, S.R.** Establishing common course objectives for undergraduate exercise physiology. *Advances in Physiology Education*. 39(4):295-308, 2015.

21. Wade, S., Z.C. Pope, and **S.R. Simonson**. How prepared are college freshmen athletes for the rigors of college strength and conditioning? A survey of college Strength and conditioning Coaches. *Journal of Strength and Conditioning Research*. 28(10):2746-2753, 2014.

20. Sutherland, L.L., **S.R. Simonson**, D.M. Weiler, J. Reis, and A. Channel. The Relationship of Metabolic Syndrome and Health-Promoting Lifestyle Profiles of Latinos in the Northwest. *Hispanic Health Care International*. 12(3):130-137, 2014.
19. **Simonson, S.R.** Making students do the thinking: Team-Based Learning in a laboratory course. *Advances in Physiology Education*. 38(1):49-55, 2014.
18. **Simonson, S.R.**, J.T. Moffitt, and J. Lawson. What is the impact of NCAA Policy 11.7.2.1.1 Weight or Strength Coach (Football Bowl Subdivision) limits on strength and conditioning as a profession? *Strength and Conditioning Journal*. 36(1):82-87, 2014.
17. Schaal, M., L. Ransdell, **S.R. Simonson**, and Y. Gao. Physiologic performance test differences in female volleyball athletes by competition level and player position. *Journal of Strength and Conditioning Research*. 27(7):1841-1850, 2013.
16. Schotzko, C. and **S.R. Simonson**. What is the role of exercise in inflammatory disease prevention and management? *The Health & Fitness Journal of Canada*. 6(2):91-100, 2013.
15. Date, A., **S.R. Simonson**, L. Ransdell, and Y. Gao. Lactate accumulation in three different volume patterns of power clean. *Journal of Strength and Conditioning Research*. 27(3):604 – 610, 2013.
14. **Simonson, S.R.** and S. Shadle. Implementing process oriented guided inquiry learning (POGIL) in undergraduate biomechanics: lessons learned by a novice. *Journal of STEM Education*. 14(1):7 – 14, 2013.
13. Sutherland, L.L., D.M. Weiler, L. Bond, **S.R. Simonson**, and J. Reis. Northwest Latinos' health promotion lifestyle profiles according to diabetic risk status. *Journal of Immigrant and Minority Health*. 14(6):999 – 1005, 2012.
12. Grieser, J.D., Y. Gao, L. Ransdell, and **S.R. Simonson**. Intensity levels of selected Wii Fit activities in college aged individuals. *Measurement in Physical Education and Exercise Science*. 16(2):135-150, 2012.
11. Behrens, M. and **S.R. Simonson**. A comparison of the various methods used to enhance sprint speed. *Strength and Conditioning Journal*. 33(2):64-71, 2011.
10. **Simonson, S.R.**, J.M. Shimon, E.M. Long, B. Lester. Effects of a walking program using the AlterG anti-gravity treadmill system on an extremely obese female: a case study. *Clinical Kinesiology*. 65(2):29-38, 2011.
9. **Simonson, S.R.** Teaching the resistance training class: a circuit training curriculum for the strength and conditioning coach. *Strength and Conditioning Journal*. 32(3):90 – 96, 2010.
8. **Simonson, S.R.** and C.G.R. Jackson. Leukocytosis occurs in response to resistance exercise in men. *Journal of Strength and Conditioning Research*. 18(2):266-271, 2004.
7. **Simonson, S.R.**, P. Norsk, and J.E. Greenleaf. Heart rate and blood pressure during initial LBNP do not discriminate higher and lower orthostatic tolerant men. *Clinical Autonomic Research*. 13(6):422-426, 2003.
6. **Simonson, S.R.** and F.B. Wyatt. The rate pressure product is greater during supine cycle ergometry than during treadmill running. *Biology of Sport*. 20(1):4-13, 2003.
5. Cowell, S.A., J.M. Stocks, D.G. Evans, **S.R. Simonson**, and J.E. Greenleaf. The exercise and environmental physiology of extravehicular activity. *Aviation, Space, and Environmental Medicine*. 73:54-67, 2002.
4. **Simonson, S.R.** The immune response to resistance exercise. *Journal of Strength and Conditioning Research*. 15(3):378-384, 2001.

3. Greenleaf, J.E., T.W. Petersen, A. Gabrielsen, B. Pump, P. Bie, N.J. Christensen, J. Warberg, R. Videbaek, **S.R. Simonson**, and P. Norsk. Low LBNP tolerance in men is associated with attenuated activation of the renin-angiotensin system. *American Journal of Physiology, Regulatory, Integrative, and Comparative Physiology*. 279:R822-R829, 2000.
2. Greenleaf, J.E., J.L. Chou, N.J. Stad, G.P.N. Leftheriotis, N. Arndt, C.G.R. Jackson, **S.R. Simonson**, and P.R. Barnes. Short-arm (1.9 m) +2.2Gz acceleration: isotonic exercise load – O₂ uptake relationship. *Aviation, Space, and Environmental Medicine*. 70(12):1173-1182, 1999.
1. Wyatt, F.B. and **S.R. Simonson**. Comparison of ventilatory threshold for treadmill and supine cycle ergometry. *International Sports Journal*. Summer:17-23, 1997.

Other Publications

21. **Simonson, S.R.** *Exercise Physiology: A Guided Inquiry*. The POGIL Press, John Wiley and Sons. In revision.
20. **Simonson, S.R.** and M. Bruno (Eds). *POGIL Implementation Guide: Getting Started*. Lancaster, PA. The POGIL Press. 2019. 20 pp.
19. **Simonson, S.R.** (Ed). *POGIL: An Introduction to Process Oriented Guided Inquiry Learning for Those Who Wish to Empower Learners*. Sterling, VA. Stylus Publishing. 2019. 321 pp.
18. **Simonson, S.R.** Assessment, Metacognition, and Grading in POGIL. In: *POGIL: An Introduction to Process Oriented Guided Inquiry Learning for Those Who Wish to Empower Learners*. S.R. Simonson (Ed.). Stylus Publishing. p. 215-230. 2019.
17. **Simonson, S.R.** Encouraging completion of pre-class assignments with the roll of a die. In *Teaching Tips*, Teaching Issues Writing Consortium, distributed to contributing Teaching & Learning Centers for electronic publication, 2018-2019. August 29, 2018.
<https://ctl.boisestate.edu/teaching-tips/page/2/>.
16. **Simonson, S.R.** Test bank questions (chapters 9, 10, 11, 15, 16, 20, 21, 22, 23, 24). In: Stanfield, C.L. *Principles of Human Physiology* (5th Ed). Upper Saddle River, NJ. Pearson Publishing. 2012.
15. **Simonson, S.R.** and C.G.R. Jackson. Endurance training for the older adult. In: *Nutrition and Exercise Concerns of Middle Age*. J.A. Driskell (Ed.). Boca Raton, FL. CRC Press. p. 317-352. 2009
14. **Simonson, S.R.** *Exercise Coaching*. A multimedia interactive tutorial designed to educate Health Educators and Nurse Consultants in the basics of exercise science and exercise prescription. And to further enhance their counseling of participants with chronic diseases as they assist the participants in improving their overall wellness, positively impact their physical health, and reduce healthcare costs. LifeMasters Supported SelfCare, Inc. 58 pp. March 2007.
13. **Simonson, S.R.** *Diet Coaching*. A multimedia interactive tutorial designed to educate Health Educators and Nurse Consultants in the basics of nutrition science and diet prescription. And to further enhance their counseling of participants with chronic diseases as they assist the participants in improving their overall wellness, positively impact their physical health, and reduce healthcare costs. LifeMasters Supported SelfCare, Inc. 58 pp. February 2007.
12. **Simonson, S.R.** *Wellness Coaching*. A multimedia interactive tutorial designed to educate Health Educators and Nurse Consultants in the basics of coaching behavior change. And to further enhance their counseling of participants with chronic diseases as they assist the participants in improving their overall wellness, positively impact their physical health, and reduce healthcare costs. LifeMasters Supported SelfCare, Inc. 76 pp. February 2007.

11. **Simonson, S.R.** *Metabolic Syndrome One-pagers*. An interactive educational series of one-page (two sided) documents designed to provide participants with the basic information regarding the various aspects of metabolic syndrome and its management, to generate thought and discussion, and to serve as a visual reminder of their commitment to change and health management. (5 A Day, Abdominal Obesity, Dietary Approach to Stop Hypertension, Dyslipidemia, FITT, Food Labels, Getting Started with Physical Activity I & II, Healthy Diet, Hypertension, Insulin Resistance, Mediterranean Diet, Nutrients: Carbohydrates, Nutrients: Lipids, Nutrients: Micronutrients, Nutrients: Protein, Nutrients: Supplements, OPS, Physical Activity Pyramid, Portion Control, Weight Management, What is Metabolic Syndrome). LifeMasters Supported SelfCare, Inc. December 2006.
10. **Simonson, S.R.** *Metabolic Syndrome Jump Page*. A multimedia interactive web page designed to provide Health Educators with access to pertinent information regarding metabolic syndrome to enhance their counseling of participants with metabolic syndrome as they assist the participants in improving their overall wellness, positively impact their physical health, and reduce healthcare costs. LifeMasters Supported SelfCare, Inc. September 2006.
9. **Simonson, S.R.** Metabolic Syndrome: A new health concern and a new product at LifeMasters. *The HISTorian: The LifeMasters Health Improvement Services Newsletter*. Fall:6, 2006.
8. **Simonson, S.R.** Immobilization and disuse muscular atrophy. In: *Deconditioning and Reconditioning*. J.E. Greenleaf (Ed.). Boca Raton, FL. CRC Press. p. 47-60, 2004.
7. Greenleaf, J.E., **S.R. Simonson**, J.M. Stocks, J. Evans, C.F. Knapp, S.A. Cowell, K.N. Pemberton, H.W. Wilson, J.M. Vener, S.N. Evetts, P.A. Hardy, R.E. Grindeland, H. Hinghofer-Szalkay, S.M. Smith, M.G. Ziegler, D.R. Brown, D.G. Evans, F.B. Moore, and D.T. Quach. Effect of Exercise Training and +Gz Acceleration Training on Men. *NASA Technical Memorandum 2001-210926*. 2001.
6. **Simonson, S.R.** Supporting the immune system: nutritional considerations for the strength athlete. In: *Nutrition and the Strength Athlete*. C.G.R. Jackson (Ed.). Boca Raton, FL. CRC Press. p. 175-196, 2000.
5. Greenleaf, J.E., J.L. Chou, and **S.R. Simonson**. Human exercise-acceleration countermeasure for spaceflight. In: Ames Research and Technology 1998. Moffett Field, CA: NASA *Technical Memorandum 99-208768*:143-145. 1999.
4. Chou, J.L., G.P.N. Leftheriotis, N.J. Stad, N. Arndt, C.G.R. Jackson, **S. Simonson**, P.R. Barnes, and J.E. Greenleaf. Human physiological responses during +Gz acceleration with cycle ergometer leg exercise. *NASA Technical Memorandum 98-112237*. 1998.
3. **Simonson, S.R.** Strong all over. *Living Fit Magazine*. March/April:102-109 1996.
2. Jackson, C.G.R. and **S.R. Simonson**. The relationship between human energy transfer and nutrition. In: *Nutrition and the Recreational Athlete*. C.G.R. Jackson (Ed.). Boca Raton, FL. CRC Press. p. 19-36, 1995.
1. Hardesty, A.J., J.E. Greenleaf, **S. Simonson**, A. Hu, and C.G.R. Jackson. Exercise, exercise training, and the immune system: a compendium of research (1902 - 1991). Moffett Field, CA: *NASA Technical Memorandum 93-108778*. 1993.

Invited Presentations

36. Delayed Onset Muscle Soreness, Inflammation, Adaptation, and Recovery: The Immune System in Conditioning. *NSCA Idaho State Clinic*. Boise, ID. January 2017.

35. Boyer's Model of Scholarship: An Introduction to the New Addition of Promotion and Tenure Criteria. *Albertson's Library Faculty Development*, Boise State University. Boise, ID. October 2015.
34. Research Application: Panel Discussion. *American Society of Exercise Physiologist National Meeting*. Oklahoma City, OK. October 2015. With F.B. Wyatt and S. Raiyani.
33. Undergraduate Exercise Physiology: Required of Everyone, Verified by None. Keynote Address, *American Society of Exercise Physiologists National Meeting*. Oklahoma City, OK. October 2015.
32. What do you mean "I POGIL?" *Idaho Conference on Undergraduate Research*. Boise, ID. July 2015.
31. The modified Monte Carlo Quiz format for increasing student motivation, participation, and content retention. *POGIL Northwest Regional Workshop*. Portland, OR. July 2015.
30. Team-Based Learning in *Active Learning in Large Enrollment Classes*. *College of Business and Economics, Boise State University*. Boise, ID. April 2015.
29. The role that internships and field experiences play in college-to-career transitions. *Treasure Valley Skills Summit 2014*. Boise, ID. October 2014.
28. What do you mean "I POGIL?" in *Innovations in Teaching Biomechanics*. *World Congress of Biomechanics – World Council of Biomechanics*. Boston, MA. July 2014.
27. Why do I use TBL? in ACSM Exercise Science Education Special Interest Group. *American College of Sports Medicine*. Orlando, FL. May 2014.
26. Investigating Student Learning: Using classroom assessment projects to inform your teaching. *Center for Teaching and Learning*. Boise State University, Boise, ID. February 2014. With J.A. Goodman and M. Genuchi.
25. Active Learning @ Lunch – Guided Inquiry – Encouraging Students to Develop Curiosity in the Classroom: A Look at POGIL. *Center for Teaching and Learning*. Boise State University, Boise, ID. February 2013.
24. The physiology of obesity. *Honors Seminar: Obesity Crisis in America*. Boise State University, Boise, ID. February 2013.
23. Engaging Students in Applying Content through Case Studies: Building and Revealing the Case with Interesting Twists and Turns. *Center for Teaching and Learning*. Boise, ID. September 2012. With J.A. Goodman.
22. Exercise on the road to wellness. *Diabetes and Latino Health in Our Community Conference*, Nampa, ID. April 2012.
21. What can you do with a degree in Exercise Science? *KINES (101) 201 Foundations of Kinesiology*. Boise State University, Boise, ID.

h. October 2014	d. October 2012
g. February 2014	c. April 2012
f. September 2013	b. October 2011
e. February 2013	a. March 2011
20. Implementing Process Oriented Guided Inquiry Learning (POGIL). *KINES 598 Graduate Seminar*. Boise State University, Boise, ID. November 2010.
19. Introduction to Cardiac Function in Improving Facilitation. *POGIL Northwest Regional Meeting*. Seattle, WA. July 2010.

18. Seizing the Magic Pill of Fitness. 2009 St. Alphonsus Regional Medical Center Arthritis Symposium: *Keeping in Step – Living Well with Arthritis*. Boise, ID. May 2009.
17. The Needs Analysis: Designing an Effective Conditioning Program. *NSCA Idaho Annual State Meeting*. Boise, ID. October 2008.
16. The neglected regulator: A discussion of the immune response to endurance exercise in the heat. *The Hotter 'n Hell Science and Medicine in Cycling 2008*, Wichita Falls, TX. August 2008.
15. Arthritis and exercise on the road to wellness. *Idaho Arthritis in Motion, monthly support meetings*, Boise, ID. March 2008.
14. Exercise Physiology. *USA Cycling Level 2 Coaching Certification Clinic*, Boise, ID. February 2008.
13. Exercise on the road to wellness. *Blue Cross of Idaho Wellness Challenge*, Meridian, ID. January 2008.
12. Promoting exercise adherence. *Developing Physical Activity Programs in Your Community*. La Vida, HMS, Diabetes Resource Center, Silver City, NM. April 2003.
11. Exercise guidelines for diabetes. *Developing Physical Activity Programs in Your Community*. La Vida, HMS, Diabetes Resource Center, Silver City, NM. April 2003.
10. The relationships between exercise physiology and diabetes. *Developing Physical Activity Programs in Your Community*. La Vida, HMS, Diabetes Resource Center, Silver City, NM. April 2003.
9. Writing the biomechanical analysis: the composite of writing styles. *Writing Across the Curriculum Workshop*. Western New Mexico University, Silver City, NM. November 2002.
8. Writing the wellness plan in “Concepts of Fitness and Wellness.” *Writing Across the Curriculum Workshop*. Western New Mexico University, Silver City, NM. April 2001.
7. The effects of space flight and proposed countermeasures on the immune system. *San Francisco State University*, San Francisco, CA. February 1999.
6. Care and protection of the low back in the construction environment. *Colorado Department of Transportation*, Denver, CO. January 1998.
5. Introduction to a career in personal training. *Career Pathways Day*. Poudre High School, Fort Collins, CO. October 1997.
4. Introduction to a career in personal training. *Colorado State University Wellness Club*. Colorado State University, Fort Collins, CO.
 - b. December 1997
 - a. February 1997.
3. Case studies. *American College of Sports Medicine, Health/Fitness Instructor Workshop*. Denver Technical College, Denver and Colorado Springs, CO.

d. March 1998	b. March 1997
c. September 1997	a. September 1996.
2. Exercise leadership. *American College of Sports Medicine, Health/Fitness Instructor Workshop*. Denver Technical College, Denver and Colorado Springs, CO.

d. March 1998	b. March 1997
c. September 1997	a. September 1996.
1. Pathophysiology/risk factors. *American College of Sports Medicine Health/Fitness Instructor Workshop*. Denver Technical College, Denver and Colorado Springs, CO.

d. March 1998	b. March 1997
c. September 1997	a. September 1996.

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Boise State University
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Abstracts/Presentations

46. Stanford, N. S. Bennett, T. Kempf, J. Anderson, and **S.R. Simonson**. Apnea training and physical characteristics: enhancement of the dive response, apneic time, and recovery. *Graduate Student Showcase*, Boise State University. Boise, ID. April 2019.
45. Maddy, D. C. Cooley, T. Brown, and **S.R. Simonson**. Analyzing change of direction and laterally resisted split squat. *Graduate Student Showcase*, Boise State University. Boise, ID. April 2019.
44. Shadle, S.E., T. Souza, S. Dalrymple, B. Earle, T. Focarile, M. Frary, and **S.R. Simonson**. The 'Sparkshop': Making faculty development timely and department-based. *POD Network Annual Meeting*, Portland, OR. November 2018.
43. Frary, M. and **S.R. Simonson**. A framework for assessment of effective teaching. *POD Network Annual Meeting*, Portland, OR. November 2018.
42. **Simonson, S.R.** and M. Frary. A proposed rubric for evaluating teaching effectiveness. *POGIL National Meeting*, St. Louis, MO. June 2018.
41. McDonough, D.J., **S.R. Simonson**, Y. Gao, and S.A. Conger. Oral creatine hydrochloride supplementation: acute effects on intermittent, submaximal bouts of resistance exercise. *American College of Sports Medicine*. Minneapolis, MN. May 2018.
40. Frary, M. and **S.R. Simonson**. A proposed rubric for evaluating teaching effectiveness. *Great Ideas in Teaching and Learning Symposium*, Center for Teaching and Learning, Boise State University. Boise, ID. January 2018.
39. Youell, J.D., **S.R. Simonson**, M.E. Darnell, S.A. Conger. The Effects of Carbohydrate Mouth Rinse Concentration on Cycling Time Trial Performance. *American College of Sports Medicine*. Denver, CO. May 2017.
38. Dobbs, T.J., **S.R. Simonson**, and S.A. Conger. Improving Power Output in Older Adults Utilizing Plyometrics in an AlterG Treadmill. *American College of Sports Medicine*. Denver, CO. May 2017.
37. Bercier, K., **S.R. Simonson**, Y. Gao, and J. Shimon. Effect of weight loss training protocol using two different treadmills for obese individuals.
 - b. *American College of Sports Medicine*. Orlando, FL. May 2014.
 - a. *Graduate Student Research Symposium*, Boise State University. Boise, ID. May 2014.
36. **Simonson, S.R.** Making students do the thinking: Team-Based Learning in an exercise physiology laboratory course.
 - b. *American College of Sports Medicine*. Orlando, FL. May 2014.
 - a. *Great Ideas in Teaching and Learning Symposium*, Center for Teaching and Learning, Boise State University. Boise, ID. January 2014.
35. **Simonson, S.R.** Team-Based Learning (TBL) in the laboratory class: Where students answer the questions. *Great Ideas in STEM Education Research*, STEM Station, Boise State University. Boise, ID. January 2014.
34. **Simonson, S.R.** The modified Monte Carlo Quiz format for increasing student motivation, participation, and content retention.
 - d. *American College of Sports Medicine*. San Diego, CA. May 2015.

- c. *Great Ideas in Teaching and Learning Symposium, Center for Teaching and Learning*, Boise State University. Boise, ID. January 2014.
- b. *Great Ideas in STEM Education Research, Boise State University, STEM Station*. Boise, ID. January 2014.
- a. *International Society for Exploring Teaching and Learning*. Orlando, FL. October 2013.
- 33. Weiler, D.M., L. Sutherland, J. Glogowski, and **S.R. Simonson**. Hemoglobin A1c: The new gold standard in type 2 DM screening? *The Endocrine Society Annual Meeting and Exposition*. Houston TX. June 2012.
- 32. Gao, Y., C. Gunderson, M. Schaal, **S.R. Simonson**, K. Larsen and K. Kennedy. Variation of walking METs among individuals in different weight categories. *AAHPERD National Convention and Exposition, Research Consortium Conference*. Boston, MA. March 2012.
- 31. Grieser, J.D., Y. Gao, **S.R. Simonson**, and L. Ransdell. Determining intensity levels of selected Wii-Fit activities in college aged individuals. *AAHPERD National Convention and Exposition, Research Consortium Conference*. Boston, MA. March 2012.
- 30. Kennedy, K., Y. Gao, C. Gunderson, M. Schaal, **S.R. Simonson**, and K. Larsen. A comparison of ActiGraph activity counts in controlled and perceived speed walking across weight categories. *AAHPERD National Convention and Exposition, Research Consortium Conference*. Boston, MA. March 2012.
- 29. Shimon, J.M., **S.R. Simonson**, E.M. Long, B. Lester AlterG Anti-Gravity Treadmill Walking Program on an Extremely Obese Female. *AAHPERD National Convention and Exposition, Research Consortium Conference*. San Diego, CA. March 2011.
- 28. **Simonson, S.R.**, G. Hynes, J. Galanter, S. Price, J. Oxford, and K.G. Shea. The effect of treadmill walking exercise with a partial reduction of body weight on knee osteoarthritis disease progression. Abstract. St. Alphonsus Regional Medical Center Arthritis Symposium: *Keeping in Step – Living Well with Arthritis*. Boise, ID. June 2010.
- 27. Shea, K.G., N.L. Grimm, **S.R. Simonson**, J. Jacobs. ACL and knee injury prevention programs for young athletes: Do they work?
 - b. *American Orthopaedic Society for Sports Medicine 2010 Annual Meeting*. Providence, RI. July 2010.
 - a. *Pediatric Orthopaedic Society of North America*. Waikoloa, HI. May 2010.
- 26. Glogowski, J., D.M. Weiler, L. Sutherland, J. Vanty, and **S.R. Simonson**. Latino population assessment: foundation, process, and discovery. *Western Institute of Nursing Annual Research Conference*. Glendale, AZ. April 2010. *Communicating Nursing Research* 43, *WIN Assembly* 18, *Nursing Science: Informing Practice and Driving Policy*. 117, 2010.
- 25. **Simonson, S.R.**, J. Glogowski, D.M. Weiler, L. Sutherland. Anthropometric divergence in a Latino population. *Western Institute of Nursing Annual Research Conference*. Glendale, AZ. April 2010. *Communicating Nursing Research* 43, *WIN Assembly* 18, *Nursing Science: Informing Practice and Driving Policy*. 122, 2010.
- 24. Weiler, D.M., L. Sutherland, J. Glogowski, and **S.R. Simonson**. Assessing diabetes risk among Latino adults: current vs. new recommendations. *Western Institute of Nursing Annual Research Conference*. Glendale, AZ. April 2010. *Communicating Nursing Research* 43, *WIN Assembly* 18, *Nursing Science: Informing Practice and Driving Policy*. 121, 2010.
- 23. **Simonson, S.R.** and S. Shadle. Implementing process oriented guided inquiry learning (POGIL) in undergraduate biomechanics: lessons learned by a novice.
 - b. *Hawaii International Conference on Education*. Honolulu, HI. January 2010.

- a. *Northern Rocky Mountain Region Education Association*. Jackson Hole, WY. October 2009.
22. Cooper, B., M. Sabick, S. Kuhlman, R. Pfeiffer, **S.R. Simonson**, and K.G. Shea. Peak traction coefficients of cleated athletic shoes at various angles of internal rotation on artificial turf. *American Society of Biomechanics Annual Meeting*. University Park, PA. August 2009
21. Cooper, B., M. Sabick, S. Kuhlman, R. Pfeiffer, **S.R. Simonson**, and K.G. Shea. Peak traction coefficients of cleated athletic shoes at various angles of internal rotation on artificial turf. Abstract. *ASB Northwest Regional Meeting*. Pullman, WA. June 2009.
20. **Simonson, S.R.**, G. Hynes, J. Galanter, S. Price, J. Oxford, and K.G. Shea. The effect of treadmill walking exercise with a partial reduction of body weight on knee osteoarthritis disease progression. Abstract. St. Alphonsus Regional Medical Center Arthritis Symposium: *Keeping in Step – Living Well with Arthritis*. Boise, ID. May 2009.
19. Cooper, B., M. Sabick, S. Kuhlman, R. Pfeiffer, **S.R. Simonson**, and K.G. Shea. Peak traction coefficients of cleated athletic shoes at various angles of internal rotation on artificial turf. Abstract. St. Alphonsus Regional Medical Center Arthritis Symposium: *Keeping in Step – Living Well with Arthritis*. Boise, ID. May 2009.
18. **Simonson, S.R.** Longer duration circuit training improves flexibility and strength in college men and women. Abstract. *American College of Sports Medicine*, Annual meeting. San Francisco, CA. May 2003. *Medicine and Science in Sport and Exercise*. 35(5S):1515, 2003.
17. Greenleaf, J.E., **S.R. Simonson**, J.M. Stocks, J.M. Evans, and C.F. Knapp. Exercise versus +Gz acceleration training. Presentation. *Tenth International Conference on Environmental Ergonomics*. Fukuoka, Japan. September 2002.
16. Vener, J.M., **S.R. Simonson**, J. Stocks, S. Evetts, K. Bailey, S. Cowell, H. Biagini, C.G.R. Jackson, and J.E. Greenleaf. Cardiopulmonary responses to supine cycling during short-arm centrifugation. Abstract. *American College of Sports Medicine*, Annual meeting. Saint Louis, MO. May 2002. *Medicine and Science in Sport and Exercise*. 34(5S):1223, 2002.
15. Vener, J.M., **S.R. Simonson**, J. Stocks, S. Evetts, K. Bailey, S. Cowell, H. Biagini, C.G.R. Jackson, and J.E. Greenleaf. Cardiopulmonary responses to supine cycling during short-arm centrifugation. Abstract. *American College of Sports Medicine - Southwest Chapter*, Annual meeting. San Diego, CA. November 2001.
14. **Simonson, S.R.**, P. Norsk, and J.E. Greenleaf. Acute heart rate and blood pressure variables during lower body negative pressure (-15 mmHg and -50 mmHg) do not discriminate higher and lower orthostatic tolerance men. Abstract. *International Congress of Physiological Societies*. Christchurch, New Zealand. August 2001.
13. **Simonson, S.R.**, J.M. Stocks, S.A. Cowell, K.N. Pemberton, J. Evans, and J.E. Greenleaf. Effect of exercise and acceleration training on resting and orthostasis induced changes in hematological variables. Presentation. *Bioastronautics Investigators Workshop*. Galveston, TX. January 2001.
12. **Simonson, S.R.**, S.A. Cowell, J.M. Stocks, H.W. Biagini, J.M. Vener, S.N. Evetts, K.N. Bailey, J. Evans, C. Knapp, and J.E. Greenleaf. The influence of passive acceleration and exercise+acceleration on work capacity and orthostasis. Abstract. *International Academy of Astronautics, Humans in Space Symposium*. Santorini, Greece. May 2000.
11. Evans, J.M., **S.R. Simonson**, C.F. Knapp, J.M. Stocks, H.W. Biagini, S.A. Cowell, K.N. Bailey, J.M. Vener, S.N. Evetts, F.B. Moore, M.B. Stenger, C.M. McIntosh, and J.E. Greenleaf. Differences in acceleration training and exercise training on resting cardiovascular

- parameters. Abstract. *Experimental Biology*. San Diego, CA. April 2000. *FASEB Journal*, 14:A616, 2000.
10. Greenleaf, J.E., T.W. Petersen, A. Gabrielsen, B. Pump, P. Bie, N.J. Christensen, J. Warberg, R. Videback, **S.R. Simonson**, and P. Norsk. Low LBNP tolerance in men is associated with attenuated activation of the renin-angiotensin system. Abstract. *Experimental Biology*. San Diego, CA. April 2000. *FASEB Journal*, 14:A58, 2000.
 9. Chou, J.L., N.J. Stad, G.P.N. Leftheriotis, N. Arndt, C.G.R. Jackson, **S. Simonson**, P.R. Barnes, and J.E. Greenleaf. Human physiological responses during +Gz acceleration with cycle ergometer exercise. Abstract. *Eighth International Conference on Environmental Ergonomics*. San Diego, CA. October 1998.
 8. **Simonson, S.R.** Immune phage numbers increase in response to resistance exercise. Abstract. *National Strength and Conditioning Association*, National conference. Nashville, Tennessee. June 1998. *Journal of Strength and Conditioning Research*, 12(4):277, 1998.
 7. **Simonson, S.R.** and C.G.R. Jackson. Natural Killer Cells increase in response to resistance training. Abstract. *American College of Sports Medicine*, National meeting. Orlando, Florida. June 1998. *Medicine and Science in Sport and Exercise*. 30(5S):108, 1998.
 6. **Simonson, S.R.** and C.G.R. Jackson. Natural Killer Cells increase in response to resistance training. Abstract. *American College of Sports Medicine - Rocky Mountain Chapter*, Annual meeting. Frisco, CO. February 1998.
 5. **Simonson, S.R.** Acute hematological responses to resistance training in unconditioned individuals. Abstract. *American College of Sports Medicine - Rocky Mountain Chapter*, Winter meeting. Winter Park, CO. January 1997.
 4. **Simonson, S.R.**, F.B. Wyatt, S. Rodearmel, and J.K. Moffit. Comparison of Cardiovascular parameters for the supine cycle ergometer and the treadmill. Abstract. *American College of Sports Medicine - Rocky Mountain Chapter*, Winter meeting. Frisco, CO. January 1995.
 3. Wyatt, F.B., **S.R. Simonson**, S. Rodearmel, and J.K. Moffit. Comparison of ventilatory threshold for the treadmill and supine cycle ergometer. Abstract. *American College of Sports Medicine - Rocky Mountain Chapter*, Winter meeting. Frisco, CO. January 1995.
 2. **Simonson, S.R.**, C.G.R. Jackson, and J.E. Greenleaf. Leukocyte counts and plasma volume during supine cycle ergometry in men. Abstract. *American College of Sports Medicine - Rocky Mountain Chapter*, Winter meeting. Frisco, CO. January 1994.
 1. **Simonson, S.R.** Findings of the 1993 RMC-ACSM. Membership Questionnaire. Presented at the winter meeting, *American College of Sports Medicine - Rocky Mountain Chapter*. Frisco, CO. January 1994.

Workshops

35. Pedagogical Case Studies. *Center for Teaching and Learning*, Boise State University. Boise, ID. *Course Design Institute*. May 2019.
34. Learner-centered vs. Teacher-centered, why does it matter? *Center for Teaching and Learning*, Boise, ID. February 2019.
33. Enhancing scholarly productivity with Writing Circles. *Center for Teaching and Learning*, Boise, ID. January 2019.
32. Mixing it Up: Finding a new tool to teach the same stuff. *Center for Teaching and Learning*, Boise, ID. September 2018.
31. Writers' Retreat. *The POGIL Project*. St. Louis, MO.

SHAWN R. SIMONSON

CURRICULUM VITA

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Human Performance Laboratory
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Center for Teaching and Learning

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- b. July 2018. With K. Deavers and C. Kussmaul.
- a. July 2018. With K. Deavers.
- 30. Scaffolding – a focus on what students need and when. *Center for Teaching and Learning*, Boise State University. Boise, ID.
 - b. *Course Design Institute*. May 2019.
 - a. *Course Design Institute*. May 2018.
- 29. On the job training: successful student mentoring. *Center for Teaching and Learning*, Boise State University. Boise, ID. January 2018.
- 28. Introduction to Team-Based Learning series. *Center for Teaching and Learning*, Boise State University. Boise, ID.
 - c. Creating effective group assignments, case studies, and problems. November 2017.
 - b. Groups or teams? How to form and manage effective collaborative learning. October 2017.
 - a. Scratch-off tests, the Readiness Assessment Process, and getting students to do the reading. September 2017.
- 27. Introduction to Fink's Taxonomy of Significant Learning. *Center for Teaching and Learning*, Boise State University. Boise, ID.
 - c. *Course Design Institute*. May 2019.
 - a. *Course Design Institute*. May 2017.
 - b. *Course Design Institute*. May 2018.
- 26. Learning Outcomes: What are they and why are they important? *Center for Teaching and Learning*, Boise State University. Boise, ID.
 - c. *Course Design Institute*. May 2019.
 - a. *Course Design Institute*. May 2017.
 - b. *Course Design Institute*. May 2018.
- 25. Asking questions about student learning: How do I know what works and how do I tell others about it? *Center for Teaching and Learning*, Boise State University. Boise, ID. April 2017.
- 24. Getting students to do something in class: active learning strategies for the classroom. Boise State University. *Center for Teaching and Learning*, Boise, ID.
 - b. October 2018.
 - a. October 2016.
- 23. Writing POGIL Activities. Round Lake School District. Round Lake, IL. With M. Sullivan.
 - c. June 2018.
 - b. May 2017.
 - a. June 2016.
- 22. Student Development: Where are they, where do we want them to go, and how do we get them there? *Boise State Concurrent Enrollment*. Boise State University. Boise, ID. May 2016. With T. Focarile.
- 21. Writing Guided Inquiry Activities Series. *Center for Teaching and Learning*, Boise State University. Boise, ID.
 - c. Guided Inquiry Activity Structure. March 2016.
 - b. Designing Guided Inquiry Models. February 2016.
 - a. Writing Learning Objectives. January 2016.
- 20. Introduction to Team-Based Learning (TBL).

- b. Hall International Academy for Arts and Humanities. Boise, ID. April 2017.
 - a. *Great Ideas in Teaching and Learning Symposium, Center for Teaching and Learning*, Boise State University. Boise, ID. January 2016.
- 19. Process Oriented Guided Inquiry Learning (POGIL). 1-day workshop. Round Lake High School. Round Lake, IL. With M. Sullivan, U. Halliday, and K. Plessel.
 - b. March 2016.
 - a. January 2016.
- 18. Developing Soft Skills. *Treasure Valley Skills Summit*. Boise State University. Boise, ID. October 2015.
- 17. Writing Guided Inquiry Activities so that the Students do the Thinking. *Center for Teaching and Learning*, Boise State University. Boise, ID.
 - b. December 2015.
 - a. October 2015.
- 16. Boyer's Model of Scholarship: An Introduction to the New Addition of Promotion and Tenure Criteria. *Center for Teaching and Learning*, Boise State University. Boise, ID. September 2015.
- 15. Grading: The Necessary Evil of Teaching. *Teaching Assistant Orientation, Center for Teaching and Learning*, Boise State University, Boise, ID.

<ul style="list-style-type: none"> f. <i>Teaching Assistant Orientation</i>. August 2019 e. <i>Teaching Assistant Orientation</i>. August 2018. d. <i>Teaching Assistant Orientation</i>. August 2017. 	<ul style="list-style-type: none"> c. <i>Teaching Assistant Orientation</i>. August 2016. b. <i>New Faculty Orientation</i>. January 2016. a. <i>Teaching Assistant Orientation</i>. August 2015.
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- 14. Team-based learning: I was flipping the classroom when flipping wasn't cool. *Center for Teaching and Learning*, Boise State University. Boise, ID. March 2015. With K. Johnson.
- 13. Asking questions about student learning: how do I know what I am doing is making a difference? *Center for Teaching and Learning*, Boise State University. Boise, ID. January 2015.
- 12. Team-based inquiry labs: making students do the thinking. *Center for Teaching and Learning*, Boise State University. Boise, ID. October 2014.
- 11. The promising syllabus. *Center for Teaching and Learning*, Boise State University. Boise, ID.

<ul style="list-style-type: none"> g. <i>Course Design Institute</i>. May 2019. f. <i>Course Design Institute</i>. May 2018. e. <i>Course Design Institute</i>. May 2017. d. <i>Course Design Institute 2</i>. May 2016. 	<ul style="list-style-type: none"> c. <i>Course Design Institute 1</i>. May 2016. b. <i>Course Design Institute</i>. May 2015. a. <i>Course Design Institute</i>. May 2014.
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- 10. Teaching and learning activities and group assignment design. *Center for Teaching and Learning*, Boise State University. Boise, ID.

<ul style="list-style-type: none"> g. <i>Course Design Institute</i>. May 2019. f. <i>Course Design Institute</i>. May 2018. e. <i>Course Design Institute</i>. May 2017. d. <i>Course Design Institute 2</i>. May 2016. 	<ul style="list-style-type: none"> c. <i>Course Design Institute 1</i>. May 2016. b. <i>Course Design Institute</i>. May 2015. a. <i>Course Design Institute</i>. May 2014.
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- 9. Team-Based Learning (TBL) in the laboratory class: where the students answer the questions. *International Society for Exploring Teaching and Learning*. Orlando, FL. October 2013.
- 8. Making Students do the Thinking: TBL in a Laboratory Course. *Boise State Teaching Scholars, Center for Teaching and Learning*, Boise State University. May 2013.

7. Process Oriented Guided Inquiry Learning (POGIL), 1/2-day workshop. *Idaho Science Teachers Association*. Boise, ID. October 2012.
6. Introduction to POGIL, Intermediate POGIL, and Advanced POGIL. *POGIL Northwest Regional Meeting*, 3-day workshop co-facilitator.
 - e. Tacoma, WA. July 2016.
 - d. Portland, OR. July 2015.
 - c. Tacoma, WA. June 2014.
 - b. McMinnville, OR. June 2013.
(Regional coordinator.)
 - a. Seattle, WA. July 2012.
5. Process Oriented Guided Inquiry Learning (POGIL), 1/2-day workshop. *American Chemical Society Northwest Regional Meeting and the American Association for the Advancement of Science*. Boise, ID. June 2012. With S.E. Shadle.
4. Process Oriented Guided Inquiry Learning (POGIL). 1-day workshop. College of Western Idaho. Nampa, ID. June 2012. With S.E. Shadle.
3. Process Oriented Guided Inquiry Learning (POGIL). 1-day workshop.
 - c. *Center for Teaching and Learning*. Red Deer College. Red Deer, AB Canada. January 2015.
 - b. *Boise Independent School District and Center for Teaching and Learning*, Boise State University. Boise, ID. October 2013.
 - a. *American College of Sports Medicine*. San Francisco, CA. May 2012.
2. Managing Student resistance to cooperative learning: generating student buy-in to group learning. *Center for Teaching and Learning*, Boise State University. March 2012.
1. Process Oriented Guided Inquiry Learning (POGIL) Laboratories in Exercise Science Classes: Cooperative, Student-Centered, Teaching to Increase Engagement and Learning. *Hawaii International Conference on Education*. Honolulu, HI. January 2012.

Consulting

4. Mills, R.A., Attorney. Anderson, Julian & Hull, LLP. Boise, ID. 2016.
3. Chittoori, B. NSF IUSE grant: *Permeating Sustainability and Resiliency Concepts in Civil Engineering Curriculum*. Department of Civil Engineering, College of Engineering, Boise State University. Boise, ID. 2016 – 2018.
2. Salzman, E, Attorney. Ada County Public Defender. Boise, ID. 2016.
1. Crane, T.J., Attorney. Anderson, Julian & Hull, LLP. Boise, ID. 2016.

Interviews

9. Hollingshead, N. More than just a fashion accessory: Fitness wearables. *Community Magazine*. May/June 2017, 23 – 26.
8. Sharp, S. and N. Snyder. [The Human Performance Laboratory. Boise State University In the Community Television](#). March 27, 2016.
7. Mullen, J. [Shawn Simonson discusses resistance training for incoming college swimmers. Swim Sci](#). October 31, 2014.
6. Poore, R. Faculty flip the classroom to encourage new way of learning. *Focus on Boise State University*. Fall 2013, 20-23.
5. Cripe, C. Davis Cup: the science of tennis in Boise. *Idaho Statesman*. March 31, 2013, S1,S3.
4. Montenegro, M. [Test yourself: Fix these common moves. Simply Healthy by Marta](#). February 6, 2013.
3. Lamay, C. Living well with arthritis. *Idaho Statesman*. April 27, 2009.

2. Getting quality help: selecting a gym and personal trainer. *The Morning Show with Nick Seibol. KNFT AM Radio.* Silver City, NM. May 22, 2002.
1. Getting started: exercise myths and fallacies. *The Doctor Mom Show with Jay Trent. KNFT AM Radio.* Silver City, NM. April 29, 2002.

Grants/Funding Received

18. **Simonson, S.R.** Boise City Fire Department. (2013) *Assessment of Firefighting Training Officers.* \$8,586.04
17. **Simonson, S.R.** Peak Power Cycling, Boise, ID. (2010) *Proof of concept for a novel strength training apparatus for improving anaerobic cycling performance.* \$6,507.00
16. **Simonson, S.R.** Center for Teaching and Learning Investigating Student Learning Grant. Boise State University, Boise, ID. (2010) *A comparison of traditional expository laboratory teaching to Process Oriented Guided Inquiry Learning (POGIL) laboratory teaching in KINES 331 Laboratory for Exercise Physiology.* \$3,500.00
15. **Simonson, S.R.** Boise State University, Boise, ID. (2010) Service-Learning Planning Grant. \$300.00
14. **Simonson, S.R.** College of Education Faculty Research Grant Program. Boise State University, Boise, ID. (2009) *The effect of body weight supported treadmill walking exercise on knee osteoarthritis disease progression.* \$4,250.00
13. **Simonson, S.R.** Immunodiagnostic Systems, Inc. Fountain Hills, AZ. (2009) Research support. *The effect of body weight supported treadmill walking exercise on knee osteoarthritis disease progression.* (Gift-in-kind) \$4479.45
12. **Simonson, S.R.** Idaho Sports Medicine Institute. (2009) Research support. *The effect of body weight supported treadmill walking exercise on knee osteoarthritis disease progression.* (Gift-in-kind) \$2,500.00
11. **Simonson, S.R.** Hearing and Balance Center at Idaho Elks. (2009) Research support. *The effect of body weight supported treadmill walking exercise on knee osteoarthritis disease progression.* (Gift-in-kind) \$7,250.00
10. **Simonson, S.R.** AlterG, Inc. Freemont, CA. (2009) Research support. *The effect of body weight supported treadmill walking exercise on knee osteoarthritis disease progression.* (Gift-in-kind) \$80,000.00
9. Weiler, D.M., L. Sutherland, M. Vallez, J. Glogowski, **S.R. Simonson**, B. Lind, Z.K. Hansen, and T. Soelberg. College of Health Sciences Developmental Research Grant. Boise State University, Boise, ID. (2008) *Diga Si a la Salud.* \$5,000.00
8. **Simonson, S.R.** Boise State University, Boise, ID. (2008) Service-Learning Planning Grant. \$300.00
7. **Simonson, S.R.** Center for Teaching and Learning, Travel Award. Boise State University, Boise, ID. (2008) Attendance at the Process Oriented Guided Inquiry Learning (POGIL) Workshop. \$300.00
6. **Simonson, S.R.** Boise State University, Boise, ID. (2007) Service-Learning Planning Grant. \$300.00
5. **Simonson, S.R.,** and M.J. Osmick. LifeMasters Supported SelfCare, Inc., South San Francisco, CA. (2007) Proof of concept pilot: Demonstration of the use of a personal computerized energy expenditure device coupled with individual and group coaching on participant motivation and weight loss. \$5,000.00

4. **Simonson, S.R.** C & I Benefit Solutions, Albuquerque, NM. (2004) Doc's Body Shop, small business start-up funding. \$150,000.00
3. Niederman, R., and **S.R. Simonson.** Western New Mexico University, Silver City, NM. (2002) Western New Mexico University, Faculty Research Grant, Effect of Tai Chi practice on indices of balance and coordination. \$1000.00
2. **Simonson, S.R.** Western New Mexico University, Silver City, NM. (2000) Western New Mexico University, Faculty Research Grant. Acute indicators or orthostatic intolerance. \$1000.00
1. Doughty, M., and **S.R. Simonson.** American Heart Association, Heart Health Education Grant. (1987) Milliken Middle School, Milliken CO. \$500.00

Teaching Assignments:

Boise State University (2007 – present)

KINES 330 Exercise Physiology
 KINES 331 Exercise Physiology Lab
 KINES 370 Biomechanics
 KINES 371 Biomechanics Lab
 KINES 432 Conditioning Procedures
 KINES 436 Exercise Testing and Prescription
 KINES 510 Physiology of Activity
 KINES 515 Exercise Physiology Lab
 KINES 520 Biomechanics

KINES 540 Applied Principles of Conditioning
 KINES 545 Clinical Exercise Physiology and Testing
 KINES 552 Applied Statistical Methods
 KINES 580 Selected Topics: Hyperbaric Physiology
 KINES 593 Thesis
 KINES 688 Thesis Proposal
 KINES 696 Directed Research

Seattle Pacific University (2016 – present)

EDSC 5715 Writing POGIL Activities

Western New Mexico University (2000 – 2003)

MVSC 100 Lifetime Wellness
 MVSC 106 Self Defense
 MVSC 109 Circuit Training
 MVSC 110 Patrol Fitness
 MVSC 111 Patrol Fitness II
 MVSC 121 Outdoor Experiences
 MVSC 213 First Aid
 MVSC 240 Anatomical and Physiological Kinesiology
 MVSC 307 Teaching Rhythm and Fitness

MVSC 341 Physiology of Exercise
 MVSC 343 Biomechanics
 MVSC 400 Motor Behavior
 MVSC 402 Adapted Physical Education
 MVSC 408 Assessment in Physical Education
 MVSC 440 Exercise Prescription for Special Populations
 MVSC 441 Principles of Conditioning
 WELL 300 Nutrition and Diet Therapy

Service Activity

Department Administrative Duties and Committees

Human Performance Laboratory. Director. (2009 – Present)

Sport and Exercise Psychology Position Search. Committee member. (2015 – 2016)

Kinesiology (formally Exercise Science) Program Area, Coordinator. (2008 – 2015)

Exercise Science/Physiology Position Search. Chair. (2012 – 2013) Successfully lead search that resulted in the hiring of the department's first choice.

Facilities. Chair. (2007 – 2008) Purchased equipment to upgrade the teaching weight room located in the Kinesiology Annex. Continue to serve as a resource for decisions regarding this facility.

Biomechanics Position Search. Chair. (2008 – 2009) Successfully lead search that resulted in the hiring of the department's first choice.

Kinesiology Fundraising Reception. Co-chair with Jennifer Neil and Kris Kamann of the Boise State University Foundation. (2010 – 2012) Created, planned, and executed the first annual Kinesiology department reception and fundraising event on November 16, 2010. Coordinated the two subsequent events and increased the size of the event and the number of gifts to the department.

Scholarship. Member. (2008 – 2013), Chair (2013 – present) Serve as the Exercise Science program representative to review and award student department scholarships.

College Committees

Technology. Member. (2007 – 2014) Represent the Kinesiology department's needs to the College of Education Technology committee resulting in the addition of approximately \$100,000.00 worth of equipment to Kinesiology. Purchases range from activity monitoring systems to high speed cameras.

University Service

University Foundations Review. Review of the Foundational Studies Program – Specifically University Foundations 100, with Mac Test (2016)

Center for Teaching and Learning. Faculty Associate (2014 – Present)

Treasure Valley Skills Summit. (2014 – 2017)

Core Reform Participant – Intellectual Foundations Work Group. (July 29, 2010)

Faculty Connections program. Mentor (2011 – 2012)

Scholarly/Professional Organizations/State Committees or Educational Agencies

NSCA ID State Clinic. 2017, Co-host with D. Jaconi (January);

2009, Co-host with L. Ransdell (March);

2008, Host (October)

NSCA ID State Clinic Planning Committee. Member (2007 – 2012, 2016 – Present)

POGIL NW Regional Steering Committee. Member (2011 – Present).

Coordinator (2012 – 2013)

POGIL Project National Steering Committee. Member (2016 – 2019).

POGIL TAPAS Curator. 2013 – 2017

Tenure Comprehensive Review.

University of Colorado, Colorado Springs, Department of Human Physiology and Nutrition. Fall 2019

Community Engagement

Presentations

Arthritis and exercise on the road to wellness. Idaho Arthritis in Motion, monthly support meetings, Boise, ID. Invited. March 3 and 18, 2008

Exercise on the road to wellness. Blue Cross of Idaho Wellness Challenge, Meridian, ID. Invited. January 30, 2008

Workshops/Seminars

Seizing the Magic Pill of Fitness. 2009 St. Alphonsus Regional Medical Center Arthritis Symposium: Keeping in Step – Living Well with Arthritis. Boise, ID. Invited. May 2, 2009

Consulting

Sun Valley Nordic Ski Olympic Training Center (2012 – present)

Treasure Valley YMCA: Trim Kids. (2007 – 2008)

Achievements and Honors

Graduate Student Showcase, College of Health Sciences Award. Stanford, N. S. Bennett, T. Kempf, J. Anderson, and S.R. Simonson. Apnea training and physical characteristics: enhancement of the dive response, apneic time, and recovery. *Graduate Student Showcase*, Boise State University. (2019).

POD Innovation Award, Finalist. Shadle, S.E., T. Souza, S. Dalrymple, B. Earle, T. Focarile, M. Frary, and **S.R. Simonson**. The ‘Sparkshop’: Making faculty development timely and department-based. POD Network. (2018). Nominated for innovative faculty development program.

Service Learning Faculty Award, Nomination. Service-Learning in Action, Boise State University. (2012). Nominated for use of service-learning in the classroom.

Service Learning Faculty Award, Nomination. Service-Learning in Action, Boise State University. (2011). Nominated for use of service-learning in the classroom.

The Golden Apple, Nomination. Associated Students of Boise State University. (2009) Nominated for excellence in teaching.

Merit Award – Metabolic Syndrome Product Development, LifeMasters Supported SelfCare, Inc., South San Francisco, CA. (2007)

Achievement Award – Participant Monitoring, LifeMasters Supported SelfCare, Inc. Albuquerque, NM. (2006)

Achievement Award – Participant Self-Monitoring, LifeMasters Supported SelfCare, Inc. Albuquerque, NM. (2006)

Certificate of Appreciation, Human Environmental Physiology Laboratory, NASA-Ames Research Center, Moffett Field, CA. (2000) Dedication and contribution to project.

Lightning Award, Lockheed Martin Space Operations Corporation, NASA-Ames Research Center, Moffett Field, CA. (2000) Exceptional performance and contribution.

Graduate Student Fellowship, NASA-ASEE Summer Faculty Fellowship Program, NASA-Ames Research Center, Moffett Field, CA. (1997)

Sandan Black Belt, Shimpu-kai Kempo Karate, Ames Community College, Greeley, CO. (1993)

Certificate of Appreciation, American Heart Association, Heart Health Education Grant Program. (1988)

Certifications

*Certified Strength and Conditioning Specialist (CSCS)**, National Strength and Conditioning Association (NSCA). 1996

*Coach, Level 1**, American Coaching Effectiveness Program (Now the American Sport Education Program, ASEP). 1988

*Dive Master**, Professional Association of Dive Instructors (PADI). 2013

Emergency Medical Technician (EMT), Weld County, CO. 1990

*ACSM Certified Exercise Physiologist (EP-C)**, American College of Sports Medicine (ACSM). 1994
POGIL Facilitator, The POGIL Project.* 2011

Professional Lecturer, Physical Fitness, New Mexico Department of Public Safety Training and Recruiting Division. 2001

Secondary Science Teacher, Class A Certificate, Colorado Department of Education. 1987

Team-Based Learning Trainer-Consultant, Team-Based Learning Collaborative.* 2019

Basic Cardiac Life Support, American Heart Association. 2005

American Red Cross Certifications

Cardiopulmonary Resuscitation.* 1999

Cardiopulmonary Resuscitation for the Professional Rescuer. 2000

First Aid.* 1999

Responding to Emergencies. 2000

American Red Cross Instructor Certifications

Community First Aid and Safety. 2000

Cardiopulmonary Resuscitation for the Professional Rescuer. 2000

Responding to Emergencies. 2000

Workplace Standard First Aid. 2000

(*Certification maintained.)

Professional Organizations

Aerospace Medical Association (AsMA). 1999 – 2001

American College of Sports Medicine (ACSM). 1993 – Present

American Society of Exercise Physiologists (ASEP). 2015 – Present

International Society of Exercise and Immunology (ISEI). 1995 – 2003

International Society for Exploring Teaching and Learning (ISETL). 2013 – 2014

National Strength and Conditioning Association (NSCA). 1995 – Present

State Clinic Committee. Participant in scheduling and planning the 2008, 2009, 2017 Idaho State Clinics in Boise, ID. 2007 – 2012, 2016 – 2017

Process Oriented Guided-Inquiry Learning (POGIL). 2008 – Present

POGIL Project National Steering Committee. Member (2016 – 2019)

POGIL NW Regional Steering Committee. Member. 2011 – Present

POGIL NW Regional Coordinator. 2012 – 2013

TAPAS Curator. 2013 – 2018

Professional and Organizational Development (POD) Network in Higher Education. 2014 – Present

Professional Association of Dive Instructors (PADI). 2013 – Present

Rocky Mountain Chapter of the American College of Sports Medicine (RMC-ACSM). 1993 – 1998

Special Projects Committee. Created and implemented membership interest survey. Compiled survey results to create a membership directory and provide the RMC-ACSM board with member input and programming recommendations. Assisted in scheduling and planning the 1994 Winter Meeting in Frisco, CO. 1993

Student Representative to the RMC-ACSM board. Provided the students' perspective in the chapter decision-making process and coordination of the semi-annual meetings. 1994

Liaison to the ACSM Student Affairs Committee. Provided the student perspective in the chapter decision-making process. Involved in establishing criteria for evaluating student poster presentation at the chapter's winter meetings. Represented the Rocky Mountain Region to the National Student Affairs Committee. 1995 – 1998

Team-Based Learning Collaborative. 2012 – Present

Undersea and Hyperbaric Medicine Society. 2003

Professional Activities

American College of Sports Medicine – Health/Fitness Instructor Workshop. Denver, CO; September 1994.

American College of Sports Medicine – Rocky Mountain Chapter, Annual meeting. Frisco, CO; February 1998. Winter Park, CO; January 1997. Frisco, CO; January 1996. Frisco, CO; January 1995. Frisco, CO; January 1994.

American College of Sports Medicine – Rocky Mountain Chapter, Fall symposium. Fort Collins, CO; October 1997. Greeley, CO; October 1996. Denver, CO; September 1995.

American College of Sports Medicine – Southwest Chapter, Annual meeting. Las Vegas, NV; November 1998.

American College of Sports Medicine, Annual meeting. San Diego, CA; May 2015. Orlando, FL; May 2014. San Francisco, CA; May 2012. Seattle, WA; May 2009. Denver, CO; May 2006. San Francisco, CA; May 2003. Saint Louis, MO; May 2002. Orlando, FL; June 1998. Denver, CO; May 1997. Cincinnati, OH; May 1996. Minneapolis, MN; May 1995. Indianapolis, IN; May 1994.

American Society of Exercise Physiologist, National meeting. Oklahoma City, OK; October 2015.

Bioastronautics Investigators Workshop. Galveston, TX; January 2001.

Course Design Institute. Boise State University, Boise, ID; May 2017. May 2016. May 2015. May 2014. May 2012. May 2009.

Faculty Advising Institute. Boise State University, Boise, ID; October 2007.

Hawaii International Conference on Education, Honolulu, HI; January 2012, January 2010.

The Hotter 'n Hell Science and Medicine in Cycling, Wichita Falls, TX; August 2008.

International Academy of Astronautics, Humans in Space Symposium. Santorini, Greece; May 2000.

National Conference for Advanced POGIL Practitioners. Allentown, PA; June 2017.

International Congress of Physiological Societies. Christchurch, New Zealand; August 2001.

International Society for Teaching and Learning. Orlando, Florida; October 2013.

National Science Foundation Day at Boise State University. Boise, ID; April 2010.

National Strength and Conditioning Association, Idaho State Clinic. Boise, ID; January 2017. March 2009. October 2008.

National Strength and Conditioning Association, National Conference. Las Vegas, NV; July 2008. Nashville, TN; June 1998. Las Vegas, NV; June 1997.

NIH Regional Seminar on Program Funding and Grants Administration. Portland, OR; June 2001.

Northern Rocky Mountain Region Education Association. Jackson Hole, WY; October 2009.

Northwest Biomechanics Symposium. Boise, ID; May 2008.

POGIL (Process Oriented Guided Inquiry Learning) Facilitator Training. Myrtle Beach, SC; January 2011.

- POGIL (Process Oriented Guided Inquiry Learning) National Meeting.* St. Louis, MO; June 2018. St. Louis, MO; June 2017. June 2016. June 2013. June 2012. June 2011.
- POGIL (Process Oriented Guided Inquiry Learning) Northwest Regional Workshop.* Tacoma, WA, July 2016; Portland, OR; July 2015. Tacoma, WA; June 2014. McMinnville, OR; June 2013. Seattle, WA; July, 2012. Seattle, WA; July, 2010. McMinnville, OR; June 2009. McMinnville, OR; June 2008.
- POD (Professional and Organizational Development) Network in Higher Education Annual Conference.* Portland, OR; November 2018. Louisville, KY; November 2016. San Francisco, CA; November 2015. Dallas, TX; November 2014.
- St. Alphonsus Regional Medical Center Arthritis Symposium: Keeping in Step – Living Well with Arthritis.* Boise, ID; May 2009.
- Team-Based Learning Collaborative Annual Workshop/Meeting.* Orlando, FL; March 2017. St. Petersburg, FL; March 2012.
- U.S. Navy Recruiting: Educators' Orientation Visit.* San Diego, CA; August 2008.
- World Council of Biomechanics.* Boston, MA. July 2014.