

Rhonda Boyd – Department of Kinesiology – College of Education

1. Undergraduate Courses Taught

	SCH	# Enrolled	Final #	Retention Rate
<u>2010-2011</u>				
Spring 2011				
KINE 206 (003) Adult Fitness	3	28		
KINE 206 (051) Adult Fitness	3	38		
KINE 290 (001) Personal & Comm. Health	3	28		
KINE 406 (001) Health Aspects of Aging	3	37		
KINE 433C (184) Drivers Ed. Curr. & Instr.	3	2		
Winter 2011				
KINE 206 (005) Adult Fitness	3	27	27	100%
KINE 206 (051) Adult Fitness	3	29	31	94%
KINE 406 (001) Health Aspects of Aging	3	44	45	98%
KINE 433C (184) Drivers Ed. Curr. & Instr.	3	7	7	100%
Fall 2010				
KINE 206 (003) Adult Fitness	3	23	25	92%
KINE 206 (051) Adult Fitness	3	43	46	96%
KINE 290 (002) Personal & Comm. Health	3	32	32	100%
KINE 433C (084) Drivers Ed. Curr. & Instr.	3	9	9	100%
UNIV 100 (009) University Sem.	3	40	40	100%
<u>2009-2010</u>				
Summer 2010				
KINE 206 (003) Adult Fitness	3	33	33	100%
KINE 290 (060) Personal & Comm. Health	3	28	27	96%
Spring 10				
KINE 206 (003) Adult Fitness	3	13	13	100%
KINE 206 (051) Adult Fitness	3	35	35	100%
KINE 290 (001) Personal & Comm. Health	3	33	30	91%
KINE 406(001) Health Aspects of Aging	3	34	34	100%
Winter 10				
KINE 206 (005) Adult Fitness	3	18	18	100%
KINE 206 (051) Adult Fitness	3	25	24	96%
KINE 406 (001) Health Aspects of Aging	3	36	36	100%

Fall 09

KINE 206 (003) Adult Fitness	3	19	18	95%
KINE 206 (051) Adult Fitness	3	30	30	100%
KINE 290 (002) Personal & Comm. Health	3	35	35	100%
UNIV. SEM 100 (009)	1	51	51	100%

2008-2009**Summer 09**

KINE 206 (003) Adult Fitness	3	47	45	96%
KINE 292 (060) Fitness & Wellness	3	28	28	97%

Spring 09

KINE 206 (003) Adult Fitness	3	22	22	100%
KINE 206 (051) Adult Fitness	3	31	31	100%
KINE 290 (002) Personal & Comm. Health	3	31	30	97%

Winter 09

KINE 206 (005) Adult Fitness	3	23	23	100%
KINE206 (051) Adult Fitness	3	30	30	100%
KINE 406 (001) Health Aspects of Aging	3	67	67	100%

Fall 08

UNIV SEM 100 (010)	1	33	33	100%
KINE 290 (002) Personal & Comm. Health	3	35	35	100%
KINE 206 (051) Adult Fitness	3	34	32	94%
KINE 206 (004) Adult Fitness	3	26	26	100%
KINE 206 (005) Adult Fitness	3	35	35	100%
KINE 206 (006) Adult Fitness	3	34	31	91%

2007-2008**Summer 08**

HES 206 (002) Adult Fitness	3	50	50	100%
HES 292 (030) Fitness & Wellness	3	10	10	100%

Spring 08

HES 206 (003) Adult Fitness	3	28	28	100%
HES 206 (005) Adult Fitness	3	30	30	100%
HES 290 (001) Personal & Comm. Health	3	37	36	97%

Winter 08

HES 206 (002) Adult Fitness	3	29	29	100%
HES 206 (005) Adult Fitness	3	29	28	97%
HES 406 (051) Health Aspects of Aging	3	41	40	98%

Fall 07

HES 206 (003) Adult Fitness	3	22	22	100%
HES 206 (004) Adult Fitness	3	29	29	100%
HES 290(002) Personal & Comm. Health	3	35	35	100%
University Seminar (010)	1	25	25	100%

2006-2007**Summer 07**

HES 206 (001) Adult Fitness	3	31	31	100%
HES 206 (002)Adult Fitness	3	35	35	100%

Spring 07

HES 206 (005) Adult Fitness	3	31	30	97%
HES 206 (006) Adult Fitness	3	38	35	92%
HES 290 (001) Personal & Comm. Health	3	37	36	97%

Winter 07

HES 206(001) Adult Fitness	3	27	27	100%
HES 206(002) Adult Fitness	3	29	27	93%
HES 206(003) Adult Fitness	3	16	16	100%
HES 406(050) Health Aspects of Aging	3	38	38	100%
HES 290(003) Personal & Comm. Health	3	36	36	100%

Fall 06

HES 206(005) Adult Fitness	3	25	25	100%
HES 206(006) Adult Fitness	3	29	29	100%
HES 206(007) Adult Fitness	3	18	18	100%
Univ. Sem. 100 (010) Univ. Seminar	1	19	17	89%

2005-2006**Summer 06**

HES 206 (001) Adult Fitness	3	29	29	100%
HES 206 (002) Adult Fitness	3	38	38	100%
HES 206(003) Adult Fitness	3	39	39	100%

Spring 06

HES 206(005) Adult Fitness	3	26	26	100%
HES 206(006) Adult Fitness	3	32	32	100%
HES 206(007) Adult Fitness	3	18	18	100%

Winter 06

HES 206(005) Adult Fitness	3	16	16	100%
HES 206(006) Adult Fitness	3	17	17	100%
HES 206(007) Adult Fitness	3	37	37	100%
HES 406(001) Health Aspects of Aging	3	34	31	91%

Fall 05

HES 206 (005) Adult Fitness	3	26	26	100%
HES 206 (006) Adult Fitness	3	30	30	100%
HES 206(007) Adult Fitness	3	30	30	100%
HES 290(051) Personal & Comm. Health	3	17	17	100%

2. Evaluations Line 15:

Fall 2010:

KINE 290 002	4.0
KINE 206 051	3.9
KINE 206 003	3.8

Winter 2011:

KINE 406 001	4.0
KINE 206 005	4.0
KINE 206 051	4.0

3. Beliefs concerning the significance of undergraduate teaching:

To me there is nothing more significant than teaching undergraduate students, helping them to explore new ideas and “think outside the box”. These future professionals need to be exposed to as much as possible in class, through hands on activities, field trips, and service learning projects. When they have had these experiences and listened to a variety of view points and theories, then they can best decide what they believe and how they can implement what they have learned giving it their own unique twists as they grow into professionals. With this said, I believe teaching undergraduates also carries a huge responsibility in helping them achieve their goals. I believe it is the teacher’s responsibility to challenge and encourage students at every point.

4. Innovations brought to undergraduate teaching:

During the last 5 years I have made a great effort to revitalize the classes I teach as well as the Adult Fitness Program. Service learning and hands-on learning have become integral parts of my classes.

KINE 406: Health Aspects of Aging

Since this is my signature course, I started trying new and creative things in this class first. I feel this is one of the most relevant and important classes our undergraduates take. For the most part, this the first time the majority of them are exposed to the issues and topics covered in this class. Fridays have become “Focused Learning Fridays.” On these days we do activities, take field trips, have guest speakers, and debates.

One of the very first activities I do in this class is have “Generation Speakers” visit class and share their experiences with the students. Every quarter we have “40, 50, 60, 70, 80, and 90 something year old” speakers share their secrets of longevity and how they are aging

successfully. A couple of quarters we were fortunate to have Ms. Ruth Johnson (100 years old) speak. Ms. Ruth, Jason Owen, and Garland Gregory have all been speakers and it should be noted that they are each College of Education Alumni of the Year.

I also implemented service learning projects. The first facility to benefit from this was the Russ House Assisted Living Facility. Students planned, coordinated, raised funds, and implemented their projects from start to finish. The first quarter students did a luau, a self defense class, a Mardi Gras Ball and Casino Night and a Game Show Night featuring the Price Is Right. Since that time, many other (different) projects have been done. Each winter quarter the students host the Winter Games for members of our Adult Fitness Program. This has become a highly anticipated event by students and members of the program. During the spring quarter students conduct activities such as bowling, balloon volleyball, red hat ladies parties, carnivals, and games at Princeton Place Nursing Facility.

Last spring I introduced Sensitivity Training to the schedule of activities. Students travel through stations including: Feed and Be Fed, Vision Impairment, COPD Simulation, Sensory Changes, Upper Limb Mobility Limitations, Lower Limb Mobility Limitations, and Arthritis. I also have added guest speakers (Medicare expert) and take field trips (Princeton Place, Owens Memorial Funeral Home). Students must complete a written reflection on the service learning projects as well as the activities we do in class (what did they learn, what do they think, and how can they implement what they learned).

KINE 290: Personal and Community Health

This class has definitely evolved over the last few years. Mrs. Szymanski, Dr. LaBorde, and I have tried to make this class “real” since it covers topics of utmost importance to college students today such as STI’s, contraception, alcohol, and drug issues. I have enhanced our power points to make them more relevant and through combined efforts with the other instructors we have added activities to stimulate discussion and debate.

During the spring quarter students have an opportunity to participate in two service learning projects. The first one is the Lives Lost to Alcohol Display where students participate in setting up the display sponsored by the North Central Alliance Partners in Prevention Community Coalition. Before the students begin their work, Dr. Tommy Grafton talks to them about the significance of the display. The students also have an opportunity to participate in the dedication ceremony. The second project is the North Central Alliance Partners in Prevention Youth Conference Students help serve lunch to 2000 6th graders at the conference. They also have an opportunity to hear some of the speakers and interact with the youth. As part of the evaluation process for this project, students write a reflection about the event.

Students in this class participate in several hands-on activities to enhance the lectures. Activities include using the Fatal Vision Goggles that simulate intoxication at different levels. Another activity added beginning of summer 2010 was the use of the Empathy Belly. This simulates what it is like to be pregnant (extra weight, bladder pressure, air restriction, fetal movements, and ribcage pressure).

UNIVERSITY SEMINAR 100

I love teaching University Seminar and am always looking for ways to engage students, get them involved and keep them productive while at Louisiana Tech. I have developed several things in my class and was asked to share with other instructors via a resource guide on Blackboard/Moodle. One unique thing I did was a “touring history” of Louisiana Tech. I took photos of all the buildings on campus and have them arranged as a campus tour via PowerPoint. I was able to locate a lot of interesting facts about the beginnings of the university and its early faculty and have integrated that into the “tour”. This has been used by the LA GEAR UP camps for scavenger hunts also.

I have also made myself available to conduct Fatal Vision Goggle presentations for other University Seminar classes. Below is a list of the ones I conducted this past fall:

Fatal Vision Goggle Presentation for Dr. Laura Flurry’s University Seminar Class (Business). September 27, 2010.

Fatal Vision Goggle Presentation for Dr. Julie Holmes’ University Seminar 9:30 AM Class (Education). September 27, 2010.

Fatal Vision Goggle Presentation for Dr. Julie Holmes’ University Seminar 2 PM Class (Education). September 27, 2010.

Fatal Vision Goggle Presentation for Dr. Barry Morales’ University Seminar Class (Undecided and Non-Traditional Students). October 28, 2010.

Fatal Vision Goggle Presentation for Kary Munn’s University Seminar Class (Aviation). October 28, 2010.

Presenter for the 2010 University Seminar Instructor Workshop. *A Bag of Classroom Teaching Tips and Tricks to Engage the First-Year Student*. September 2, 2010.

TECH 2020 Work Group Request – request to complete survey “verifying where the greatest vulnerabilities exist in undergraduate retention”. Fall 2010.

I am currently working with Stacy Gilbert to come up with ways to get students to know more of their fellow classmates. While conducting the Winter Games the last couple of years in KINE 406, students have commented that they were glad they had an opportunity to work with all members in the class whereby they became better acquainted. I feel this should happen during the freshman year, not the senior year. I am working with Dr. Tammy Schilling to conduct leadership activities with my students this upcoming fall to address this issue.

5. My role as a mentor:

I exist for my students. Besides teaching, being a mentor is extremely important. I have an open door policy. In University Seminar I tell my students to think of me as their “go to person” during their freshman year. If they have a problem or issue, they can call me, email me, text me, or come by my office. I tell them if I don’t know the answer I will find someone who does. As the mother of a college student, I do what I hope other faculty would do for my child. I feel this develops a trust with students. I cannot tell you how many students come by office during the week. At first, they may come with a problem, but then they come just to say hello. I have students who contact me after graduation just to thank me for the extra time I took with them to help them while at Louisiana Tech.

Another way I see myself as a mentor is as the Adult Fitness Program Director. I have an opportunity to mentor students during their practicum experience they do with the Adult Fitness Program. Many of our majors are preparing to be physical therapists, occupational therapists, physician assistants, or someone in the health/fitness world. Their primary client base is going to be the Baby Boomers, yet many students are uncomfortable around older people. For many of our students, this is the first time they have had any experience working with older people. I try to help them break down stereotypes and barriers so that they can gain the most from their experience. The program also affords me the opportunity to help students be creative in designing programs for older adults. Over the past 6 years I have mentored 104 practicum students.

Finally, I take great pride in advising students. I LOVE advising! I love the opportunity to see students grow and mature from freshmen to seniors. I was honored last year to receive the Outstanding Faculty Advisor for the College of Education. I was nominated the previous year as well. The plaque did not mean as much as did the letters written by students on my behalf. I encourage my students to be involved on campus to develop into a well-rounded individual and professional. One of my advisees was the 2010 Outstanding Future Young Professional for the Louisiana Association of Health, Physical Education, Recreation and Dance. He was chosen from all the Kinesiology majors in the state of Louisiana. I nominated this student for this award and drove him to Baton Rouge to accept the award.

I have also assisted other students with travel plans to accept awards at national conferences (Ft. Worth, TX, Tampa Bay, FL, Indianapolis, IN, and San Diego, CA).

6. Professional Presentations

“The Dynamic Duo: Circuits and Strength Training to Improve Balance”. Rhonda Boyd and C. Smiley Reeves. 2010 American Alliance for Health, Physical Education, Recreation and Dance National Convention & Exposition. San Diego, CA (April 2011).

“Your Brain on Alcohol: Alcohol Prevention Lesson Plans for Elementary School through College Using Fatal Vision Goggles”. Presented at the 75th Annual Louisiana Association for Health, Physical Education, Recreation and Dance Convention, Baton Rouge, LA (November 2009).

“Effects of Exercise on Adults 55 and Older. Author listing: Reeves, C., Boyd, R., Ciciarella, C., Dornier, L., & Szymanski, D. Poster presentation at the 75th Annual Louisiana Association for Health, Physical Education, Recreation and Dance Convention, Baton Rouge, LA. (November 2009).

“For Adults Only: Part 1: Water Exercise, Part 2: Land Exercise”. Rhonda Boyd and C. Smiley Reeves. 2009 American Alliance for Health, Physical Education, Recreation and Dance National Convention & Exposition. Tampa Bay, FL (April 2009).

“Thirty Years Fit: The Keys to Success”. Rhonda Boyd and C. Smiley Reeves. 2008 American Alliance for Health, Physical Education, Recreation and Dance National Convention & Exposition. Fort Worth, TX (April 2008).

“Balance Improvement in Older Adults Using Stability Steppers.” Rhonda Boyd and C. Smiley Reeves. Louisiana Association for Health, Physical Education, Recreation and Dance. Baton Rouge, LA (November, 2007).

“Core Training in Senior Adults: Effectiveness of Stability Trainers with a Special Population”. Author Listing: Chris Pisciotta, Rhonda Boyd, and C. Smiley Reeves. 5th Annual National Conference on Girl’s and Women’s Physical Activity and Sport. Louisiana State University, Shreveport, LA (February 2007).

“Exercise Motivation Across the Female Lifespan”. Author Listing: Rhonda Boyd, Dr. April Crommett. 5th Annual National Conference on Girl’s and Women’s Physical Activity and Sport. Louisiana State University, Shreveport, LA (February 2007).

“Effect of Webbed Glove Resistance in Aquatic Exercises for Senior Adults”. Author Listing: C.S. Reeves, A. Crosby, R. Boyd, and J. O’Connor. Poster Session: 5th Annual National Conference on Girl’s and Women’s Physical Activity and Sport. Louisiana State University, Shreveport, LA (February 2007).

“Making an Impact with Campaigns”. (using research based campaigns). Teen Institute Mini Camp in conjunction with The Extra Mile and Office for Addictive Disorders. Louisiana Tech University. Ruston, Louisiana. (June 2006)

“Understanding Your Surroundings”. Teen Institute Mini Camp in conjunction with The Extra Mile and Office for Addictive Disorders. Presented with Dr. Tommy Grafton. Louisiana Tech University. Ruston, Louisiana. (June 2005).

“Project Northland, Caring Communities Survey, and Working with the DHH”. LAHPERD Conference. Baton Rouge, Louisiana. (November 2004).

“Understanding Your Surroundings”. Teen Institute Mini Camp in conjunction with The Extra Mile and Office for Addictive Disorders. Presented with Dr. Tommy Grafton. Louisiana Tech University. Ruston, Louisiana. (June 2004).

“A Comparison of Exercise Motivational Factors in Senior Adults: Water vs. Chair Aerobics (a sub-study of An Exploration of Motivation Factors Over the Lifespan)” Council for Aging and

Adult Development poster presentation, AAPHERD National Convention. Co-authored with Craig Walker and Dr. Gail Clark. New Orleans, Louisiana (March 2004).

“Comparison of Psychological Responses Between Men and Women Engaged in Aquatic Exercises”. Author listing: G. Clark, S. Reeves, S. Diver, J. O’Connor, & C. Lox. Poster Presentation, AAPHERD National Convention. New Orleans, Louisiana (March 2004).

“Promote Wellness in Your Senior Centers: Fitness for the Older Adult Louisiana Recreation and Park Association Annual Conference. Presented with Dr. Gail Clark. Ruston, Louisiana (February 2003).

“Exercise: Overlooked Issues”, Regional Conference on Girls and Women in Sports. Presented with Dr. April Crommett and Dr. Kendal Honea. LSU, Shreveport, Louisiana (February 2003).

“Healthy Lifestyles: Eating and Exercise”, Aging in the Nineties Conference sponsored by Sen. J. Bennett Johnson. Presented with Avis and Ward, Northeast Louisiana University, Monroe, Louisiana (August 1992).

“H2O Exercise, the Fun and Fitness”, Taught 2-1 week sessions of the Elderhostel program sponsored by the NLU Gerontology Institute, Monroe, Louisiana (April 1992).

“How to Organize a Nursing Home Olympics” Pre-convention gerontology workshop, Southern District American Alliance of Health, Physical Education, Recreation and Dance Convention. Presented for by Dr. Margaret Pope, Atlanta, Georgia (February 1992).

“Activities for the Elderly”, “XYZ” Conference on Exercise, Fitness and Sports Programs for Folks 55 and Older. Sponsored by Athens State College and the Alabama Governor’s Commission on Physical Fitness and Sports. Birmingham, Alabama (May 1990).

“Attitudinal Variations Among Children Toward Lifetime Physical Activity”, National Council on Aging 40th Annual Conference. Roundtable presentation with Dr. Lucy Shackelford Washington, D.C. (April 1990).

“SUPERCLASS: Exercise Extraordinary”, American Alliance of Health, Physical Education, Recreation and Dance National Convention. Presented with Dr. Gail Clark (LTU) and Dr. Joan Tillotson, (UNC at Charlotte). New Orleans, Louisiana (March 1990).

Guest instructor and field trip coordinator for the NLU Senior Adult Exercise Program field trip to Jacksonville State University. Jacksonville, Alabama (May 1989).

Guest instructor for the Senior Adult Exercise Program during visit to Jacksonville State University. Jacksonville, Alabama (April 1989).

“Aquatic Activities for the Older Adult”, Pre-convention Gerontology workshop, American Alliance of Health, Physical Education, Recreation and Dance pre-convention workshop. Chattanooga, Tennessee (February 1989).

“Designing and Exercise Program for Nursing Home Residents”, Region V Patient Activity Coordinators Regional Meeting. Monroe, Louisiana (January 1988).

7. Any other relevant information

The Adult Fitness Program, as previously mentioned, affords students many opportunities for hands-on experiences. Our program is unique in that it is one of only a few within a university setting. In addition, our program is nationally recognized for its excellence in service to older individuals. Not only do our undergraduates do one of their practicums in the program, but they also have an opportunity to assist with fitness testing. We have an ongoing research project of collecting data on our senior adults. It is a collaborative effort between Lanie Dornier, Charles Ciccicarella, C. Smiley Reeves, and me. I am constantly looking at ways to improve our program, not only for our members, but to provide our students opportunities to use many different types of equipments.

I have been actively involved with adolescent alcohol prevention grants during this time as well as serving as a health educator in Lincoln and Union parishes. Over the past 6 years I have served as co-principal investigator with Dr. Tommy Grafton on several federal grants through the Office for Addictive Disorders, Baton Rouge, LA.

I have been actively involved with the Office of Professional Development in developing and implementing an online driver education certification program for teachers. The first classes were offered during fall 2010. I developed the KINE 433C: Curriculum and Instructional Devices online class.

Awards:

2010	College of Education Advisor of the Year
2009	Kinesiology Outstanding Teaching Award
2007- 2008	Kinesiology Outstanding Service Award
2004	Kinesiology Outstanding Service Award

Thank you for the opportunity to represent the College of Education for this prestigious award. It is truly an honor! Rhonda Boyd