

## VITA

### Nichole Diane Calkins

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#### Current Position

2016-present	Assistant Professor	Sport & Physical Education	Gonzaga University, Spokane, WA
2017-present	Program Director	Kinesiology	Gonzaga University, Spokane, WA

#### Academic Degrees

2015	Ed.D.	Doctoral Studies in Education	Seattle Pacific University, Seattle, WA
2006	M.Ed.	Curriculum and Instruction Concentration: Teaching and Learning	Seattle Pacific University, Seattle, WA
2001	B.A.	Physical Education and Spanish Education Endorsement: Health Education	Whitworth University, Spokane, WA

#### Certification or Licensing

2019	NSCA Certified Strength & Conditioning Specialist	National Strength & Conditioning Association
2019	NSCA Foundations of Coaching Certificate	National Strength & Conditioning Association
2015	Program Administrator Certificate	Washington State Certification
2012	Professional Teacher Certification	Washington State Certification
2008	ACSM Certified Personal Trainer	American College of Sports Medicine

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

April 2015	American Heart Association Basic Life Support Training Center Faculty
August 2004	Army Reserve Patient Hospital Administrator Training

#### Professional Experience

2014-2016	P.E. & Health Instructional Specialist	Public School	Highline School District, Burien, WA
2009-2012	Personal Trainer	Community	Federal, Way, WA
2002-2012	Sports Coach	Public School	Highline School District, Burien, WA
2002-2008	Patient Administration Specialist	Army Reserve	Ft. Lewis, Lakewood, WA
2002-2016	Physical Education/Health Teacher	Public School	Highline School District, Burien, WA

#### Faculty Teaching and Administrative Load

##### Fall 2019

EDPE 190	Foundations of Health, Sport, and P.E.	3 credits
EDPE 200	Fitness Training Methods	2 credits
EDPE 209	Community CPR & First Aid	1 credit
EDPE 340	Psychosocial Aspects of Sport & Physical Activity	3 credits
EDPE 492	IS Motor Development & Learning	3 credits
EDPE 497B	Field Experience in Secondary Physical Education	1 credit

Spring 2020

EDPE 203	Lifetime Sports & Activity Methods	2 credits
EDPE 209	Community CPR & First Aid	1 credit
EDPE 312	Health Methods for Diverse Populations	3 credits
EDPE 315	Adapted Physical Education & Sport	2 credits
EDPE 340	Psychosocial Aspects of Sport & Physical Activity	3 credits
EDPE 497C	Field Experience in Health Education	1 credit

Fall 2020

EDPE 189	Exercise Technique	1 credit
EDPE 201	Team Sports Methods	2 credits
EDPE 310	Motor Development & Learning	3 credits
EDPE 312	Health Methods for Diverse Populations	3 credits
EDPE 495	Student Teaching Hlth & Phys Education	1 credit
EDPE 494	Student Teaching Seminar	1 credit
EDPE 497A	Field Experience in Elementary Phys Education	1 credit

Spring 2021

EDPE 204	Elementary Phys Education Methods	2 credits
EDPE 311	Exercise & Sport Instructional Methods	3 credits
EDPE 340	Exercise & Sport Psychology	3 credits
EDPE 495	Student Teaching Hlth & Phys Education	1 credit
EDPE 497A	Field Experience in Elementary Phys Education	1 credit
EDPE 497B	Field Experience in Secondary Phys Education	1 credit

**Current Collegiate Assignments**

2016-present	Member	School of Education Teacher Certification Committee
2016-present	Member	Professional Education Advisory Board
2016-present	Member	Professional Education Council Representative
2019-present	Member	University Core Writing Enriched Designation Committee

**Research Interests**

- Best practices for enhancing student learning, engagement, and fitness in the K-12 physical education and health setting
- Using social cognitive theory and self-regulation strategies to improve health behaviors, physical fitness, and motor skill acquisition
- Fitness education curriculum and instruction

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

2014-present	Member	SHAPE America
2014-present	Member	SHAPE Washington
2019-present	Member	National Strength and Conditioning Association

## Current Professional Service, Leadership & Consultation

2016-present	Consultant	Public Health-King County & Seattle. Wrote an EMS CPR in the Schools curriculum and coordinate with the Emergency Medical Services Division CPR Program Manager to continue to revise and refine the curriculum to make it available to all Washington state teachers.
2016-present	Consultant	Washington State Dairy Council. Curriculum writer for various projects for K-12 health and physical education curriculum.
2017-present	Consultant	Physical education curriculum and instruction consultant: designing and delivering professional development training for physical education teachers in Washington State School Districts (Mukilteo, Everett, and Edmonds School Districts).
2019- present	Member	Gonzaga Writing Enriched Teaching Circle. Engaged in discussing and presenting writing enriched course assessment and instructional strategies with other faculty members.

## Publications – Refereed

### Books

Greenberg, J.D., Calkins, N.D., & Spinosa, L.S. (In press). *Designing and teaching fitness education courses. Innovative ideas and practical solutions for secondary schools.* Human Kinetics.

### Chapters

Calkins, N.D. Greenberg, J.D., & Dunn. L.S. (2018). Chapter 3. Curriculum development and evaluation. In J.D. Greenberg, & J. LoBianco. (Eds). *Organization and administration in physical education: Theory and practice.* Human Kinetics.

Calkins, N.D., Brock, S. J., Robinson, L. H., Greenberg, J.D., & Palmer, K. K. (2018). Chapter 4. Quality instruction. In J.D. Greenberg, & J. LoBianco. (Eds). *Organization and administration in physical education: Theory and practice.* Human Kinetics.

### Articles

Calkins, N.D. & Kreider, C.S. (2020). Winning back a quality endorsement process for health and physical education. *Strategies: A Journal for Physical and Sport Educators.*  
<https://doi.org/10.1080/08924562.2020.1764297>

Calkins, N.D. (2017). Self-regulation strategy development as an instructional approach for motor skill acquisition. *Strategies: A Journal for Physical and Sport Educators, 30* (5), 41-44.  
<http://dx.doi.org/10.1080/08924562.2017.1345262>

Marich, N. (2016). Self-Regulation strategy training and physical education students' physical fitness performance. *Research Quarterly for Exercise and Sport*, 87 (Suppl. 2), A124.  
<http://dx.doi.org/10.1080/02701367.2016.1217725>

## **Publications – Non Refereed**

### **Books**

Calkins, (N.D.) (2021). Health education lessons 7<sup>th</sup>-HS: Nutrition economics and beverage choices for weight management. Retrieved from <https://wadairy.org/health-education-lessons/>

Calkins, N.D. (2018). *Choose to Fuel Up & Play elementary school curriculum*. Retrieved from <https://eatSMART.org/products/upper-elementary-fuel-up-to-play-60-unit-curriculum-free-download>

Calkins, N.D. (2017). *Choose to Fuel Up middle school curriculum*. Retrieved from <https://wadairy.org/fuel-up-curriculum-middle/>

Calkins, N.D. & Miccile, L. (2017). *King County EMS school CPR program*. Retrieved from <http://www.kingcounty.gov/schoolcpr>

### **Articles**

Calkins, N.D. (2018). Universal design: Building lessons for engagement. *SHAPE Washington Journal*. Fall 2018.

Calkins, N.D. (2017). Helping our students understand physical literacy. *SHAPE Washington Journal*. Summer 2017.

## **Professional Papers presented or Poster Presentations**

Calkins, N.D. (2018, March) *Self-Regulation instructional strategies for enhanced motor skill acquisition*. Presentation at SHAPE National Convention, Nashville, TN.

Calkins, N.D. (2016, April 6). *Self-regulation strategy training and physical education students' physical fitness performance*. Poster presented at the SHAPE National Convention and Expo, St. Louis, MO.

### **Regional & Local**

Calkins, N.D. (2020, September). Secondary physical education online professional development training part 2. Presentation at Everett School District Professional Learning Day via Zoom, Everett, WA

Calkins, N.D. (2020, September). Secondary physical education online professional development training part 1. Presentation at Everett School District Professional Learning Day via Zoom, Everett, WA.

Calkins, N.D. (2020, September). Secondary physical education online professional development training part 2. Presentation at Mukilteo School District Professional Learning Day via Zoom, Mukilteo, WA

Calkins, N.D. (2020, September). Secondary physical education online professional development training part 1. Presentation at Mukilteo School District Professional Learning Day via Zoom, Mukilteo, WA.

- Calkins, N.D. (2020, February). Goal-directed workouts in the weight room. Presentation at the Inland Northwest East Best Physical Education Conference Spokane, WA.
- Calkins, N.D. & Glenn, C. (2020, February). *Weight training: Developing posture and patterns through progressions*. Presentation at the Inland Northwest East Best Physical Education Conference Spokane, WA.
- Calkins, N.D. (2019, October). Why do I have to run the mile? Presentation at the SHAPE Washington State Conference, Des Moines, WA.
- Calkins, N.D. & Glenn, C.\* (2019, February). *Weight training tools: Strategies for teaching technique & form*. Presentation at the Inland Northwest East Best Physical Education Conference Spokane, WA.
- Calkins, N.D. & Pollard, B.\* (2019, February). *Maximizing engagement in secondary physical education: Instructional strategies for teaching motor skills*. Presentation at the Inland Northwest East Best Physical Education Conference Spokane, WA.
- Calkins, N.D. (2019, February). *Health & physical education mock interviews*. Presentation at the West Best Conference Seattle, WA.
- Calkins, N.D. (2019, February). *Maximizing engagement in secondary physical education: Instructional strategies for teaching motor skills*. Presentation at the West Best Conference Seattle, WA.
- Calkins, N.D. (2019, February). *Weight training tools: Strategies for teaching technique & form*. Presentation at the West Best Conference Seattle, WA.
- Calkins, N.D. (2019, February). *Instructional resources for quality elementary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA.
- Calkins, N.D. (2019, February). *Strategies for teaching health enhancing fitness in secondary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA.
- Calkins, N.D. (2018, October). *Curriculum decision-making in elementary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA.
- Calkins, N.D. (2018, October). *Inclusive instructional strategies in secondary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA.
- Calkins, N.D. (2018, October). *Universal design in physical education 101*. Presentation at the SHAPE Washington State Conference, Wenatchee, WA.
- Calkins, N.D. (2018, October). *Evidenced-based instructional strategies for teaching motor skills in secondary PE*. Presentation at the SHAPE Washington State Conference, Wenatchee, WA.
- Calkins, N.D. (2018, August). *Standard one instructional strategies in secondary physical education*. Presentation at Spokane Public Schools Professional Learning Day, Spokane, WA.
- Calkins, N.D., Fraga, A\*, Glenn, C.\*Loewen, K\*, (2018, February). *Differentiated circuit training: Teaching intensity through exercise modifications*. Presentation at West Best Conference, Seattle, WA.
- Calkins, N.D. (2018, February). *Designing inclusive and developmental learning experiences for elementary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA.
- Calkins, N.D. (2018, February). *Differentiating motor skill & fitness curriculum & instruction in secondary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA.

Calkins, N.D. (2018, January). *Teaching to and assessing standards in secondary physical education*. Presentation at Spokane Public Schools Professional Learning Day, Spokane, WA.

Calkins, N.D. (2017, October). *Choose to Fuel Up and Play 60: A middle school nutrition curriculum*. Presentation at the SHAPE Washington State Conference, Puyallup, WA.

Calkins, N.D. (2017, October). *Using the cooperative learning model to teach nutrition concepts in elementary physical education*. Presentation at the SHAPE Washington State Conference, Puyallup, WA.

Calkins, N.D. (2017, October). *Developing physically literate students through standards-based learning: elementary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA

Calkins, N.D. (2017, October). *Developing physically literate students through standards-based learning: secondary physical education*. Presentation at Mukilteo School District Professional Learning Day, Mukilteo, WA

Calkins, N.D. (2017, June). *Planning for health-enhancing fitness in physical education*. Presentation at the SHAPE Regional Conference, Albuquerque, NM.

Calkins, N.D. (2017, May). *Developing a resource action plan for teaching nutrition standards*. Presentation at the Health Educator Workshop, Ellensburg, WA.

Calkins, N.D. (2017, May). *Saving lives: Teaching CPR for confidence and competence*. Presentation at the Health Educator Workshop, Ellensburg, WA.

Calkins, N.D. (2017, February). *Mock interviews for university students*. Presentation at the West's Best Conference, Seattle, WA.

Knaggs, K.\*, Moran, M.\*, Seth, T.\*, & Calkins, N.D. (2017, February). *Using Washington State Dairy Council materials to teach nutrition through activity*. Presentation at the West's Best Conference, Seattle, WA.

Calkins, N.D., Lungo, D. Jarvis, P., & Kreider, C. (2017, February). *Utilizing the new health and physical education standards in your teaching*. Presentation at OSPI sponsored conference, Spokane, WA.

Calkins, N.D., Lungo, D. Jarvis, P., & Kreider, C. (2017, January). *Utilizing the new health and physical education standards in your teaching*. Presentation at OSPI sponsored conference, Spokane, WA.

Calkins, N.D. (2016, February). *Standards-based assessment: Making it work in physical education*. Presentation at the West's Best Conference, Seattle, WA.

Calkins, N.D. (2015, October). *Student growth goals in physical education*. Presentation at the SHAPE Washington Annual Conference, Spokane, WA.

Calkins, N.D. (2015, October). *Self-regulation in physical education*. Presentation at the SHAPE Washington Annual Conference, Spokane, WA.

## **Community and Scholarly Service**

### **Grants**

Funded

Calkins, N.D. (2015). *Partnerships to Improve Community Health*. Public Health-Seattle & King County. 2015-2017 for a total of 2.5 years. Awarded June, 2015. \$238,689.

Calkins, N.D. (2016.). *Health Kids-Healthy Schools*. Office of Superintendent of Public Instruction. 2016-2017 for a total of 1 year. Awarded April, 2016. \$195,068.

Calkins, N.D. (2015). *Hometown Grant*. Fuel Up to Play 60. 2015-2017 for a total of 2 years. Awarded March, 2015. \$10,000.

Calkins, N.D. (2014). *Learning & Leadership Grant*. The NEA Foundation. 2014-2105 for a total of 1 year. Awarded November, 2014. \$5,000.

Calkins, N.D. (2013). *Exemplary Sexual Health Education*. Office of Superintendent of Public Instruction. 2013-2016 for a total of 3 years. Awarded December, 2013. \$11,145.

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

2015-2020	Member	OSPI Health and Physical Education Cadre. Assist with designing and delivering state standards professional development.
2019-2019	Volunteer	Zags Help Zags Facilitator.
2016-2019	Volunteer	Camp Rosauer Physical Activity Coordinator. Volunteer 3 hours a year to coordinate activities for School of Education Camp Rosauer.
2018-2018	Volunteer	Trinity Catholic School. Volunteered 1 hour a week as an elementary physical education teacher for grades 1-4.
2018-2018	Member	SHAPE Washington PESB Workgroup. Collaborated with members of SHAPE Washington to prepare documents for the Professional Education Standards Board on Health & Fitness endorsements in Washington State. Presented at a PESB meeting. Volunteered 40 hours to writing and presenting a proposal.
2017-2018	Volunteer	PETE Program Reviewer. Volunteered 6 hours a year. Conduct program reviews for physical education preservice programs nationwide.
2016-2017	Consultant	Shape Washington. Contributor to the pamphlet: <i>Connecting Physical Education to Evaluation Framework &amp; Indicators of Effective Education Instruction</i> .
2015-2016	Member	OSPI Health and Physical Education K-12 Learning Standards Workgroup. Contributor to the revised WA state Health and Physical Education Standards.

### **Past Collegiate Assignments**

2016-2020	Member	Undergraduate Program Review Subcommittee
2018-2020	Member	School of Education RRT Committee