

Shanna U. Moody, Ed.D.

Assistant Professor, Kinesiology and Human Performance
Sul Ross State University

Professional - *shanna.moody@sulross.edu* - 432.837.8861

Personal - *shannamoody@ymail.com* - (254) 216-0530

EDUCATION

- | | |
|------------------------|---|
| Doctorate of Education | Tarleton State University, Stephenville, TX
Educational Leadership; August 2019 |
| Master of Science | Texas Woman's University, Denton, TX
Kinesiology; December 2006 |
| Bachelor of Science | Texas State University, San Marcos, TX
Exercise and Sports Science/Health and Wellness Promotion
May 2000 |

EXPERTISE

Scholar-practitioner, with administrative experiences in Campus Recreation and Municipal Parks and Recreation which provide additional experiences for the program and students. I work closely with students on internships, graduate assistant positions, work study, research projects, and practicums. I have helped students present at professional conferences, earn additional professional development, and acquire soft skills that support their educational curriculum. My varied administrative experience, and scholar-practitioner education have equipped me to apply theory, professional knowledge, and practical application that could serve well in the Human Performance Department.

STRENGTHS

Transformational leader, focused on affecting change that improves health and wellness outcomes through vision, communication, education, and teamwork. I embrace the future while remaining deeply rooted in my commitment to enhance the learning and health of my community. I am a caring, effective, and visible advocate for the needs of the majority as well as underrepresented populations.

Shanna U. Moody, Ed.D.

SUMMARY OF EXPERIENCE

Sul Ross State University	Assistant Professor, Kinesiology & Human Performance 2021-present
Tarleton State University	Assistant Director/TexWell Chair, Campus Recreation 2009-2016; 2018-2020
Tarleton State University	Doctoral Research Fellow, Educational Leadership 2016-2018
Tarleton State University	Adjunct Faculty, Kinesiology 2010-2020
Tarrant County College	Adjunct Faculty, Kinesiology 2017-2018
Ranger College	Adjunct Faculty, Health and Fitness 2012-2013
City of Gatesville	Director of Health and Fitness 2001-2009

CERTIFICATIONS

- NASM Mental Toughness
- Clery Act
- Mental Health First Aid
- National Institutes of Health: CITI Training
- American Council on Exercise: Personal Training and Group Fitness Instructor
- Nutrition Coaching
- Other (Senior Fitness, Youth Activity, Yoga, Bootcamp, Cycling, Pilates)
- National Federation of State High School Associations (NFHS) Certifications:
 - Appearance and Performance Enhancing Drugs and Substances
 - Sudden Cardiac Arrest
 - Concussion Safety in Sports
 - COVID-19 for Coaches and Administrators
 - Heat Illness Prevention
 - Sports Nutrition
 - Understanding Vaping and E-Cigarettes

Shanna U. Moody, Ed.D.

PROFESSIONAL EXPERIENCE

2021 - Current

Sul Ross State University

*Assistant Professor, Kinesiology & Human Performance
Undergraduate Program Coordinator*

Sul Ross State University is a public university in Alpine, Texas. The main campus is the primary institution of higher education serving the nineteen-county Big Bend region of far West Texas.

Kinesiology and Human Performance provides professional training through research, quality teaching, and service, it prepares a diverse student population and community for several professional careers in health, fitness, recreation and sports. The Bachelor of Science with a major in Kinesiology and Human Performance offers four concentrations: 1) Athletic Training Concentration 2) Pre-Professional Concentration 3) Sport and Recreation Management Concentration 4) All-Level Physical Education Teacher Certification.

Courses taught:

- SRSU 1101 First Year Seminar
- PE 1301 Introduction to Physical Fitness and Sport
- PE 1306 First Aid & CPR
- KES 1153 Lifeguarding
- KES 1154 Disc Golf
- KES 2302 Nutrition
- KES 3302 Health and Aging
- KES 3321 Recreation Administration
- KES 4312 Health Promotion at Work
- KES 5312 Advanced Human Nutrition
- KES 5315 Group Dynamics
- KES 5316 Motor Learning and Control
- KES 5373 Health and Human Behavior

Shanna U. Moody, Ed.D.

Highlight of Accomplishments:

- Undergraduate and Graduate Faculty
- Kinesiology Club Faculty Sponsor
- Kinesiology Undergraduate Advisor
- Academic and Administrative Advisory Committee: EPS representative, 2021
- Selected as a QEP Navigator, Fall 2021
- Selected to represent Sul Ross at the SACS Summer Conference, 2021
- Faculty Certification for Online Instruction completed through SHSU
- Sul Ross Employee Wellness Initiative
 - Implemented the *College Culture and Wellness Assessment*; partnered with Blue Cross and Blue Shield and Health Select to produce a Healthy Worksite Assessment Plan
- Sul Ross Aquatics - Internal Pool Consultant and Content Expert

University Committees:

- SRSU Wellness Committee
- Academic and Administrative Advisory Committee - 2021

Shanna U. Moody, Ed.D.

2009-2016; 2018 - 2020

Tarleton State University

Assistant Director; Campus Recreation

Tarleton State University is a regional, comprehensive university in the Texas A&M University System. Tarleton has campuses located in Stephenville (main), Fort Worth, Midlothian, Waco, and RELLIS - Bryan, Texas, and the Global Campus - Online. Academic Enrollment: 13,000+

Campus Recreation portfolio: Wellness, Facilities, Fitness, Nutrition, Aquatics, Leadership, Marketing, Member Services, Youth Programs, Community Services, Exercise Is Medicine, Intramurals, Sport Clubs, Outdoor Pursuits.

Highlight of Accomplishments:

- Worked collaboratively with students, faculty, staff and administrators across university divisions and colleges to ensure the integration of wellness programs and services that enhanced the health of the campus community.
- Developed health promotion programs as the originator and committee chair - Employee Wellness Initiative (WOW - Working on Wellness) and TexWELL, a university holistic health strategy.
- Created eligibility for participation documents and files, managed engagement documentation, payment distribution, assessment, and reported results.
- Partnered with service providers and vendors to support and expand wellness initiatives on the Stephenville, Fort Worth, and Midlothian campuses.
- Managed requests and referrals for health and wellness services from students, faculty, and staff.
- Led educational sessions on health related behaviors including: stress, weight loss, nutrition healthy activity, alcohol, drugs, vaping, suicide, smoking cessation.
- Served on multiple committees and organizational boards.
- Provided direction and administration for all departmental assessment, data analysis, and reporting of program participation and outcomes.
- Created marketing materials, including digital, graphic, and video for all programs, events, and services.
- Managed a team of 20+ interns, student workers, graduate assistants, and committee members. Performed performance evaluations and recommendations.
- Implemented virtual programming for health and wellness programming that encouraged engagement and community building.
- Facilitated offsite Recreation services and community partnership agreements with the City of Fort Worth to facilitate student well-being.

Shanna U. Moody, Ed.D.

WOW! Working On Wellness Initiative — Originator/Chair

Energize Tarleton employees to take an active role in healthy behaviors that created a culture of wellness on campus. The goal of the Wellness Initiative WOW! was to energize the workforce and reward employees for engagement in wellness activities. The program educated employees and the university about taking small steps toward lifelong healthy behaviors to improve productivity, decrease absenteeism, and strengthen the bottom line. Key Activities: Employee needs assessment, Policy development, Vendor management, Fitbit Incentive, Employee Wellness Release Time, Stress Less Campaign, Walk & Talk Leadership Series, Wellness Exams, Flu Shot Clinics, EIM prescriptions, Get Fit 5K and more. The program was evaluated annually by A&M and BCBS and received exceptional marks.

TexWELL - Originator/Chair

The purpose of the TexWELL program was to enhance the health and wellbeing of the Tarleton community by empowering them to make life-long healthy choices that not only greatly reduced the risk for disease and premature death, but also to maintain and improve overall wellness for the mind and body. TexWELL was based on the 8 dimensions of wellness to educate participants on the multitude of ways to improve health and well-being Key Activities: a one day event, WELLFEST, to educate participants about the multifaceted nature of wellness, and connected participants with campus and community programs that promote well-being and provide resources to assist, Glow Run 5K, Public Health Wellness Series, Campus-Wide Wellness Assessment.

University Committees

- Summer Bridge - Student Affairs Task Force
- Revive Wellness Advisory Committee
- Higher Education Advisory Council - Tarleton State University
- Student Progress Committee - Educational Leadership and Technology
- STRIVE Committee - Student Affairs
- Search Committee - Director of the Office of Diversity, Inclusion and International Programs

Shanna U. Moody, Ed.D.

2016-2018

Tarleton State University

Doctoral Research Fellow

Tarleton State University is a regional, comprehensive university in the Texas A&M University System. Tarleton has campuses located in Stephenville (main), Fort Worth, Midlothian, Waco, and RELLIS - Bryan, Texas, and the Global Campus - Online. Academic Enrollment: 13,000+

The Department of Educational Leadership and Technology: Offers a master's, doctorate, and principal and superintendent certification programs through hybrid course delivery for busy educational leaders working in the classroom, at the campus or district level, and in institutions of higher education.

Highlight of Accomplishments:

- Collaborated with Educational Leadership faculty on research activities.
- Facilitated development of Educational Leadership and Technology Strategic Plan and organizational change that included vision, mission, goals, program development, and name change (previously Educational Leadership and Policy Studies).
- Carnegie Project on the Education (CPED) research project and scope for the department's acceptance into the program.
- Data entry, data coding, data analysis, literature review, grant-writing.
- Doctoral Recruitment Committee - led recruitment activities to help the department exceed previous enrollment numbers.
- Website, social media, and email marketing coordinator for inter and intra departmental communications and promotion.
- Doctoral handbook revisions and policy evaluation.
- Annual administration for the department that included collecting and reporting data for accreditation, assessment, program review, and strategic planning into the WEAVE software management system.
- Creating reports and providing recommendations after performing department and programmatic benchmarking for best practices.
- Served as a program liaison for student activities and programs.
- Earned the National Institutes of Health training "Protecting Human Research Participants" certificate.

Shanna U. Moody, Ed.D.

2001-2009

City of Gatesville

Director of Health and Fitness

Gatesville is a city in and the county seat of Coryell County, Texas, United States. The population was 15,751 at the 2010 census. The city has five of the eight prisons and state jails for women operated by the Texas Department of Criminal Justice. Gatesville is part of the Killeen–Temple–Fort Hood Metropolitan Statistical Area.

The City of Gatesville Fitness Center was a Texas Parks and Wildlife grant funded construction project that included the addition of indoor aquatics, racquetball, and fitness space for the citizens of the community. The department also included wellness programming for the community and corporate partnerships.

Highlight of Accomplishments:

- Hired as the first Director of Health and Fitness during the construction completion of the facility.
- Opened the first facility of its kind to the community of Gatesville and Coryell County.
- Fulfilled grant requirements with the Texas Parks and Wildlife Department to complete opening of facility.
- Solely responsible for facility design and equipment selection.
- Designed, developed and fulfilled marketing and promotions programs to launch membership campaigns and introduce fitness and wellness programming opportunities to the community.
- Created operational policies and procedures for the facility, including membership sales, corporate partnerships, and municipal collaborations.
- Utilized a best practices approach in creating and designing facilities and space utilization, designing organizational and operational structure, and departmental programming.
- Grew program from one full time staff member, to a network of staff that included administration, fitness providers, customer service associates, and facilities staff.
- Increased operations through program growth and expanded participation annually.

Shanna U. Moody, Ed.D.

OTHER PROFESSIONAL EXPERIENCE

JumpSport Fitness

Curriculum designer for professional education training.

- Training focused on the topics that students learn and the materials that teachers use in the learning environment.
- Utilized learning theories and technical knowledge to create an educational experience for learners that successfully taught participants new information or improved their skill level.
- The design process included assessing learner needs and styles, defining learning objectives, creating the learning environment and content materials, implementing the training and evaluating the effectiveness of the curriculum.
- Worked closely with colleagues, managers and other educators to determine needs throughout the design process.

Aqua Body Strong

Technical writer and professional information communicator

- Transferred information between the aquatic company and instructors for the benefit of exercise participants.
- Content created and dispersed through multiple mediums in order to best facilitate the transfer and comprehension of the information.
- Researched and created information through a variety of delivery media.

Connect 2 Concepts

Connect2 Academy Team faculty member.

- Connect2Concepts provides eco-friendly solutions for the recreation, sport, leisure, spa, higher education, hospitality and entertainment industries.
- Connect2 is the only market specific software that provides managers with a mobile tool to streamline their operations and centralize their communications.
- Created content and taught virtually on task lists, training tools, reports and more.

Transformation Coach

An independent results-based life coach who helps people identify their goals and develop an actionable plan to achieve them.

- Coach role includes enthusiastic support, objective perspective, and experienced insight.
- Professionally trained through related certifications and experience to maximize the full potential of clients and help them reach their desired results.

Shanna U. Moody, Ed.D.

PRESENTATIONS

Moody, S. (2021). Texas Higher Education Kinesiology Summit (THEKS). Accreditation: Process or Status Symbol?. Virtual.

Moody, S. (2020). 2020 Transformative Learning Conference. Turning aspiration into engagement. Stephenville, TX.

Moody, S. (2020). ABC to XYZ: Educating the Instant Generation. Excellence in Teaching Conference, Tarleton State University. Stephenville, TX.

Moody, S. & Hager, L. (2019). Elevate the Game: Performance training for the colleges "other" athletes. NIRSA Region IV Conference. Tulsa, OK.

Moody, S. & Trussell, D. (2019). From ABC to XYZ. Student Persistence and Success for Gen Z. TACUSPA Annual Convention. San Marcos, TX.

Moody, S. (2019). A Lesson Plan for Wellness. Effective Schools Project. Granbury, TX.

Moody, S. & Gibson, C. (2019). Effective Use of Software: Your Personal Training Program. Connect2 Academy: Micro-Communities for Fitness and Wellness. Online Webinar.

Moody, S. & Robertson, S. (2017). Combining Mental Health First Aid and Exercise is Medicine into an Integrated Wellness Model: Lessons Learned in the First Year of Whole Texans. Building Healthy Academic Communities (BHAC) Annual Conference, University of Florida.

Moody, S. (2017). Epistemological Assessment of Student Learning. Poster Presentation, Texas A&M Research Symposium. Prairie View A&M.

Moody, S. & Peak, K. (2017). Professional Development Playbook: A Meaningful Approach to Preparing Students for Real-World Success. Transformative Learning Conference, OK.

Moody, S. (2017). Calling All Nurses: Being an Exercise Role Model. Tarleton State University Department of Nursing.

Moody, S. (2015). Keynote Speaker: Stand Up Straight. Tarleton Staff Development Day. Stephenville, TX.

Moody, S. & Brian, K. (2013). Rec-ol-ogy. NIRSA Region IV Annual Conference. Baton Rouge, LA.

Shanna U. Moody, Ed.D.

PUBLICATIONS

Moody, S., Bowden, R., Brock, J. & Bunch, P. (2020). College Student Aspiration as a Motivation for Engagement: The Road to Academic Success? *Journal of College Student Retention: Research Theory & Practice*, 0(0) 1-23.

DOI: 10.1177/1521025120957594

Moody, S. (2019). An Examination of the Relationship Between Educational Aspiration, Personal Characteristics and Engagement Levels of First-Year College Students. Dissertation in ProQuest.

Peak, K., Moody, S., Wolfe, A., & Ray, B.J. (2017), Professional Development Playbook: A meaningful approach to preparing students for real-world success. *Transformative Learning Conference Proceedings*, p. 15-16. University of Central Oklahoma.

PUBLICATION FEATURES

Howard, B. (2020). The Future of Functional Training. *Campus Rec Magazine*, May; online.

https://campusrecmag.com/the-future-of-functional-training/?fbclid=IwAR11PxrE7_e_ABfcJ8jjGlr-mkuMRtIWxaNqteWjMBWn9qgoCORybyhX_CA

Butler, H. (2019). Healthy Ways to Reduce Stress as Finals Approach. *Texan News Service*, online.

http://texannews.net/healthy-ways-to-reduce-stress-as-finals-approach/?fbclid=IwAR3uDq1yIRvZjLED4kXLCxXRShqiOYdfRb1Ln_AF_8x4kZf_ZddOtkcsB9s

Bannan, K. (2015). High (Tech) Fashion; Wearable Technology on Campus. *Ed Tech Magazine*, Summer; 13-14.

<https://edtechmagazine.com/higher/article/2015/08/latest-campus-fashion-wearable-technology>

Brooks, B. (2015). "Exercise Is Medicine" at Tarleton. *JTAC*, online.

<https://jtacnews.com/4037/news/exercise-is-medicine-at-tarleton/>

Shanna U. Moody, Ed.D.

AWARDS and HONORS

2018 Recognition, Who's Who Among Executive and Professional Women

2017 Grant, Tarleton State University
OCSRCA Student Research Travel Grant

2017 Scholarship, Tarleton State University
Dr. Dennis P. McCabe Student Endowment Scholarship

2015 University Impact Award, Tarleton State University Annual Staff Award
Presented in recognition of exemplary service and outstanding dedication to extend the reputation and impact of the university through the Employee Wellness Program

2014 Presidential Coin, Tarleton State University Core Values Award
Presented in recognition of dedicated service to the university mission for improving the culture of Tarleton by bringing employee wellness to the forefront

PROFESSIONAL MEMBERSHIPS & ROLES

- TACUSPA Board of Directors: Director of Education and Professional Development
- TACUSPA Research and Publications Committee
- TACUSPA Awards Committee
- NASPA Professional Affiliate
- NIRSA Professional Affiliate
- Carnegie Project on the Education Doctorate - Research Committee
- *Applied Recreational Research and Programming Annual Journal* - Reviewer

COMMUNITY INVOLVEMENT

- Leadership Development, Stephenville High School
- Merit Badge Presentation, Boy Scouts of America
- Activity Program Development, Rock House for Developmental Disabilities

American Red Cross Authorized Provider and Instructor

An Authorized Provider, certified as a Red Cross instructor to deliver quality training for First Aid, CPR, AED, Lifeguarding and more. Able to train students, employees or other members of an organization at any location, discretion and convenience. Courses have been modified to comply with social distancing guidance.

Shanna U. Moody, Ed.D.

SUMMARY OF OTHER TEACHING EXPERIENCE

Tarleton State University
Adjunct

ELHE 5304 Higher Education Leadership - Fall 2019
KINE 4385 Seminar: Certification Prep - 2013-2015
KINE 1248 Yoga - Fall 2010 - Fall 2016
KINE 1226 Lifeguarding - Fall 2015
KINE 1233 Beginning Aerobic Dance Fall 2014
KINE 1235 Water Aerobics - Fall 2013
KINE 1239 Beginning Group Exercise - Fall 2011

Developed coursework for the certification preparation course that began as an advanced elective and was adopted into the curriculum and spurred the addition of other certification based courses that eventually became their own Kinesiology program track: Fitness, Athletic, and Strength Training (FAST). The value provided to students enrolled in KINE 1248 (Yoga I) resulted in student requests for a Yoga II option in order to continue to advance knowledge in the course for an additional semester.

Tarrant County College
Adjunct

KINE 1164 Introduction to Physical Fitness &
Wellness - Fall 2017, Spring 2018
KINE1304 Personal/Community Health - Spring 2018
KINE 1134 Yoga - Spring 2018

To attract and engage prospective students in their effort to identify, pursue and attain a quality, accessible and affordable education TCC provides instruction presented in 3 different instructional formats for high school students. Served as an instructor in all 3 formats and developed relationships with the college and high school campus partners:

- TCC On-Campus, Concurrent enrollment, South Campus
- Early College High School - Crowley Collegiate Academy
- Dual Credit Program - OD Wyatt High School

Ranger College
Adjunct

PHED 1306 First Aid - 2012-2013

Texas Woman's University

Teaching Graduate Assistant

Texas State University

Earned Texas Standard Secondary Certificate;
Student Teaching: Lockhart High School