

Shelby E. Ison

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EDUCATION

- 2018-2022 Ph.D., Kinesiology, University of Illinois, Urbana-Champaign, Illinois
Dissertation: "[*Basic Psychological Needs, Affect, and Motivation Among Elementary Students in a Physical Activity-Based Wellness Program*](#)"
- 2013-2015 M.S., Kinesiology: Physical Activity, Fitness, & Wellness, Indiana University, Bloomington, Indiana
- 2009-2013 B.S., Health and Physical Education, B.S., Physical Education, East Stroudsburg University, East Stroudsburg, Pennsylvania

PROFESSIONAL EXPERIENCE

- 2022-present Visiting Assistant Professor, Department of Kinesiology and Physical Education, Northern Illinois University, DeKalb, Illinois
- Teaching Effectiveness Institute participant - August 2022
 - College of Education, Supervisor Training - August 2022
 - Faculty Academy for Cultural Competence - August 2022
- 2017-present Adjunct Faculty II; Department of Health Sciences, Heartland Community College, Normal, Illinois
- Lead Course Instructor
 - Curriculum developer
- 2018-2022 Ph.D. Candidate, Department of Kinesiology and Community Health, University of Illinois, Urbana-Champaign, Illinois
- Mixed methods experimental researcher designing and evaluating psychologically informed physical activity interventions
 - Lead Course Instructor
 - Coordinator of the Pedagogical Kinesiology Research Laboratory
- 2019-2022 Assistant Director of Programming and Physical Activity; Illinois Physical Activity and Lifeskills Program (iPALS), University of Illinois, Urbana-Champaign, Illinois
- Curriculum developer
 - Hire, train, evaluate, and supervise a team of 30+ part-time staff
- 2016-2018 Fitness Coordinator, Department of Campus Recreation, Illinois State University, Normal, Illinois
- Hire, train, evaluate, and supervise the fitness department team, including two graduate assistants and a staff of 30 undergraduate student employees
 - Design and instruct the American Council of Exercise (ACE) Group Fitness and Personal Training courses
 - Direct all fitness programs and special events
- 2016-2017 Program Manager, Four Seasons Health Club, Bloomington, Illinois
- Direct six fitness departments
 - Supervise all employees for each department, including two full-time employees and over 50 part-time employees
 - Manage an annual budget of over \$320,000
- 2015-2016 Health and Wellness Specialist, Student Health Center, Indiana University, Bloomington, Illinois
- Faculty curriculum liaison
 - Clinician for medically supervised exercise assessment and prescription

2013-2015 Graduate Assistant of Fitness and Wellness, Department of Campus Recreation, Indiana University, Bloomington, Indiana

- Direct supervisor of two program assistant and 50 group fitness instructors
- Design program evaluations
- Direct fitness programs and special events

TEACHING EXPERIENCE - Teaching Portfolio: <https://www.pracademiceducation.org/teaching>

Northern Illinois University – DeKalb, Illinois

Visiting Assistant Professor, Lead Course Instructor

- KNPE 577: Physical Education in the Elementary School (Spring 2023)
- KNPE 340: Growth and Motor Development (Fall 2022)
- KNPE 344: Early Field Experience (Fall 2022)
- KNPE 335: Developmental Skill-Based Approach to Teaching (Spring 2023)

University of Illinois – Urbana-Champaign, Illinois

Lead Course Instructor

- KIN 268: Children's Movement (Spring 2022, Fall 2021, Spring 2021, Fall 2020)
- KIN 262: Motor Learning, Growth, and Development (Spring 2022)
- KIN 261: Teaching Activities II (Spring 2022)
- KIN 101: Aerobic Dance Activities (Spring 2019, Fall 2018)

Mentor/Advisor

- Advisor, James Scholar Undergraduate Research Project, Advisee: Gabriella Diaz
- Mentor, ESL 515, Mentee: Youngjoon Kim, First year Ph.D. student
- Mentor, SPARK Freshman Research Program, Mentee: Chloe Walsh

Teaching Assistant

- KIN 340: Sociological and Psychological Aspects of Physical Activity (Spring 2019, Fall 2018)
- KIN 262: Motor Learning, Growth, and Development (Spring 2020)
- KIN 201: Research Methods (Fall 2020, Fall 2019)

Heartland Community College – Normal, Illinois

Adjunct Faculty II

- HLTH 225: Clinical Kinesiology (Spring 2021, Spring 2020, Fall 2019, Spring 2019, Fall 2018, Spring 2018, Fall 2017)
- HLTH 120: Nutrition (Summer 2022, Fall 2020, Summer 2020, Summer 2019)
- HLTH 118: Personal Health and Wellness (Fall 2021, Spring 2019)

Campus Recreation & Wellness Course Instructor

Illinois State University – Normal, Illinois

- Group Fitness Instructor Training Courses (2016-2018)
- Personal Trainer Training Course (2016-2018)

Indiana University – Bloomington, Indiana

- Group Fitness Instructor Training Courses (2013-2015)
- Wellness Undergraduate Course Guest Lecturer (2015-2016)
- ACE Group Fitness Preparation Course (2015-2016)

K-12 Teaching Experience

Monroe County Community School Corporation – Bloomington, Indiana

- K-12 Substitute Teacher (2015-2016)

Easton High School – Easton, Pennsylvania

- 10th grade Fitness and Health & Sexuality Education (2013)

Pleasant Valley Elementary School – Pleasant Valley, Pennsylvania

- K-3 Physical Education & Health Education (2012-2013)

RESEARCH INTERESTS

Primary research interests include understanding K-12 students' psychological experiences in health, physical education, and after-school wellness programs with emphasis on serving underrepresented communities through evidence-based practices and interventions.

Specific research interests include:

- Designing and implementing youth physical activity and wellness (i.e., nutrition, social and emotional learning, sleep) extracurricular preventive interventions to examine the reach, dose, and fidelity to achieve significant positive psychophysiological outcomes
- Evaluating existing health and physical education K-12 written curriculum and taught curriculum to understand curriculum's effects on student learning, psychological well-being, and health behavior outcomes
- Collaborate with K-12 schools and youth community programs to create unique curricula which meets their students physical, social, emotional, and academic needs

PUBLICATIONS

Ison, S. E., Woods, A. M., Khan, N., & Richards, K. A. R. (in preparation). Relationship Between Basic Psychological Needs Satisfaction and Well-being in K-5 Youth Participants During a 4-week Wellness Program. *European Physical Education Review*.

Ison, S. E., Killian, C. M., Pennington, S. A. (in preparation). What motivates high school students to enroll and engage in an online physical education course? *Psychology of Sport and Exercise*.

Ison, S. E., Kahn, J., Walsh, C., & Richards, K. A. R. (in preparation). Self-Determination Theory Applied to Youth Out-of-School-Time Programs: A Scoping Review. *Quest*.

Butler, J., & **Ison, S. E.** (in preparation). Getting Officers Motivated to Train: An Approach Grounded in Psychology.

Ison, S. E., Richards, K. A. R., Hemphill, M. A., & Templin, T. J. (2022). A content analysis of qualitative research in the JTPE from 2009-2019. *Journal of Teaching in Physical Education*.

Ison, S. E., Graber, K. C., & Richards, K. A. R. (2022). Impact of a Self-Determination Theory-informed training on youth wellness program staff. *Journal of Teaching in Physical Education*.

Hemphill, M. A., Richards, K. A. R., **Ison, S. E.**, & Wright, P. M. (in press). Chapter 2: Historical evolution of qualitative research within physical education and sport.. In K. A. R. Richards, M. A. Hemphill, & P. M. Wight (Eds.). *Qualitative research and evaluation in physical education and sport pedagogy*. Burlington, MA: Jones & Bartlett.

Cohen, D. A., McKenzie, T. L., Manuel, K., Levy, M. C., Ruiz, M. S., Puttock, E. J., Marquez, J., Spear, S., Young, D. R., Heller, J., Bagley, E., Smith, N., Han, B., Apedaile, L., Nolan, V., Krytus, K., Hoelscher, D. M., Shirley, A. M., **Ison, S. E.**,... Hosung, So. (2022). Association of Masking Policies with Mask Adherence and Distancing during the SARS-COV-2 Pandemic. *American Journal of Infection Control*.

Richards, K. A. R., **Ison, S. E.**, Graber, K. C., Woods, A. M., Walsh, C., & Wilson, W. J. (2022). Understanding U.S. PETE faculty stress in the sociopolitical environment of higher education. *European Physical Education Review*, 28, 446-462.

Richards, K. A. R., Graber, K. C., Woods, A. M., & **Ison, S. E.**, & Killian, C. M. (2022). U.S. PETE faculty members' workplace perceptions across gender and institution type. *Journal of Teaching in Physical Education*, 41, 11-22.

Ison, S. E., Jakaitis, T., & Richards, K. A. R., & Pennington, S. (2021). Redesigning high school physical education curricula to

PUBLISHED CONFERENCE PAPERS AND ABSTRACTS

Richards, K. A. R., **Ison, S. E.**, Graber, K. C., Woods, A. M., & Walsh, C. (2022). U.S. PETE faculty stress and the sociopolitics of higher education. *Research Quarterly for Exercise and Sport*.

Ison, S. E., Richards, K. A. R., Hemphill, M. A., & Templin, T. J. (2021). A content analysis of qualitative research in the JTPE from 2009-2019. *Research Quarterly for Exercise and Sport*, 92(S2), A27-28.

Gawrisch, D. P., Kinder, C. J., **Ison, S. E.**, Kim, J., Wei, M., Killian, C. M., & Richards, K. A. R. (2020). National Board-Certified Elementary Physical Education Teachers' Technology Use. *Research Quarterly for Exercise and Sport*, 91, A-126-A-127.

Box, A. G., **Ison, S. E.**, Chizewski, A., & Petruzzello, S. J. (2019, May). *Alterations in exercise-affect between those with higher and lower intensity preference and tolerance*. Annual Meeting, American College of Sports Medicine, Orlando, FL.

Ison, S. E., Box, A. G., Chizewski, A., & Petruzzello, S. J. (2019, May). *Exploring the relationship between personality and high-intensity exercise-affect in men and women*. Annual Meeting, American College of Sports Medicine, Orlando, FL.

RESEARCH GRANTS

FUNDED

Ison, S. E. & Richards, K. A. R. (2021). *An Evaluation of Needs-Supportive Instruction Integration and Outcomes During a 4-Week Youth Wellness Program*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD). \$4,328.

NOT FUNDED

Ison, S. E., Ressler, J., Wright, P., Calderala, A., & Zittel, L. (2022). *The Non-Licensure Physical Education Specialization (NOLPES) Study: Enhancing NIU's Physical Education Program to Support Student and Community Needs*. Northern Illinois University College of Education Research Grant. \$2,500.

Killian, C. M., **Ison, S. E.**, & Woods, A. M. (2020). *Toward accessible, culturally relevant online physical education*. Spencer Foundation (not funded). \$49,561.

PRESENTATIONS

NATIONAL & INTERNATIONAL PEER REVIEWED ORAL PRESENTATIONS

Killian, C. M., **Ison, S. E.**, Pennington, S. A., Killian, L. A., & Lanier, K. (2021, June). *Theoretically informed professional development through design: Engaging teachers in the construction of a quality online physical education course*. Presentation at the International Association for Physical Education in Higher Education (AISEP) Virtual Conference.

Ison, S. E., Killian, C. M., & Pennington, S. (2021, April). *What motivates high school students to enroll and engage in an online physical education course?*. Presented at the SHAPE America National Convention 2021 Virtual Conference.

Killian, C.M., **Ison, S.E.**, Pennington, S., & Woods, A.M. (2021, April). *PA in an Online PE course: (Missed) opportunities for engagement*. Presented at the Comprehensive School Physical Activity Research Symposium at the SHAPE America National Convention Virtual Conference.

Richards, K. A. R., Graber, K. C., Woods, A. M., Killian, C. M., & Ison, S. E. (2021, April). U.S. PETE faculty members' workplace perceptions across doctoral, master's, and baccalaureate institutions. Presented at the American Educational Research Association Virtual Conference.

LOCAL, STATE, & REGIONAL PEER REVIEWED ORAL PRESENTATIONS

Ressler, J. D., Ison, S. E., McFarlane, J., SeLander, D., & McDermott, S. (2022, December). *Base Camp to the Mountaintop: Adventure Based Learning for All*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD), Tinley Park, IL.

Ison, S. E. (2021, December). *An Evaluation of Needs-Supportive Instruction Integration and Outcomes During a 4-Week Youth Wellness Program*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD), Tinley Park, IL.

Ison, S. E., & Sherman, J. (2018, January). *Maximizing the mentor mentee relationship*. NIRSA Region III Student Lead On, Carbondale, IL.

Ison, S. E., & Sherman, J. (2017, November). *How to empower students as a mentor vs friend*. Illinois Intramural Recreational Sports Association (IIRSA), Normal, IL.

Evans, K. M., & Ison, S. E. (2015, February). *Recruit, hire, train, repeat: leader training*. Midwest Fit Fest at University of Dayton, Dayton, OH.

Kuchinski, C., Ison, S. E., & Inch, K. (2013, November). *The spectrum of teaching styles in physical education*. Pennsylvania Association of Health, Physical Education, Recreation, and Dance (PAHPERD), Valley Forge, PA.

Ison, S. E. (2013, April). *Creating safe and effective vinyasa yoga classes*. Pennsylvania Intramural Recreational Sports Association (PIRSA) Fitness Expo, East Stroudsburg, PA.

INVITED PRESENTATIONS

Richards, K. A. R., & Ison, S. E. (2022, February). The what, why, & how of instructional technologies in higher education. Presented at the University of Illinois at Urbana-Champaign College of Applied Health Sciences Teaching Academy.

Ison, S. E., Pennington, S., Gawrich, D., Killian, C. M. (2021, October). *Invited Panelist: Delivery Quality Online Physical Education*. [U.S. PETE Collaborative](#).

Ison, S. E., Richards, K. A. R., O'Connor, J., & Trad, A. M. (2021, October). *Let's Explore Canvas*. University of Illinois at Urbana-Champaign, College of Applied Health Sciences, Teaching Academy, Urbana, IL.

Ison, S. E. (2021, September). *Social and Emotional Learning in Schools*. Rockdale County Public Schools Board of Education Retreat, Conyers, GA.

Ison, S. E. (2021, July). *Returning from COVID: Social and Emotional Learning in Schools*. Rockdale County Public Schools Administration and Counselors, Conyers, GA.

Ison, S. E. (2021, April). *Research Design and Qualitative Methods*. University of Illinois at Urbana-Champaign, Guest Lecture: KIN 201 Research Methods, Dr. Neha Gothe, Urbana, IL.

Ison, S. E. (2020, October). *iGen Book Study*. Faculty Academy III, Heartland Community College, Normal, IL.

Ison, S. E. (2020, October). *Delivering Physical Education in a Virtual Environment*. University of Illinois at Urbana-Champaign, Guest Lecture: KIN 361 Curriculum in Grades K-6, Dr. K. Andrew R. Richards, Urbana, IL.

- Ison, S. E.** (2020, September). *Engaging Students Virtually*. Illinois School District U-46, District Professional Development, Elgin, IL.
- Ison, S. E.** (2020, September). *Engaging ESL Students in PE Using TPR*. Illinois School District U-46, District Professional Development, Elgin, IL.
- Richards, K. A. R., & **Ison, S. E.** (2020, August). *Integrating instructional technology into the classroom*. University of Illinois at Urbana-Champaign, College of Applied Health Sciences, New Faculty Orientation, Urbana, IL.
- Ison, S. E.,** Killian, C., & Pennington, S. (2020, August). *My Independent PE Curriculum Professional Development*. Illinois School District U-46 Administration and Curriculum Writing Team, Elgin, IL.
- Ison, S. E.** (2020, August). *Social and Emotional Learning in Schools*. Rockdale County Public Schools Administration and Counselors, Conyers, GA.
- Richards, K. A. R., & **Ison, S. E.** (2020, March). *Integrating instructional technology into the classroom*. University of Illinois at Urbana-Champaign, College of Applied Health Sciences Specialized Faculty Meeting, Dr. Amelia Mays Woods, Urbana, IL.
- Ison, S. E.,** & Richards, K. A. R. (2020, February). *Creating inclusive learning environments in physical education and beyond*. Urbana School District #116 Winter Institute, Urbana, IL.
- Killian, C. M., **Ison, S. E.,** & Pennington, S. (2020, January). *Meeting Today's Students' Needs with Independent Physical Education*. Illinois School District U-46 Secondary Physical Education Professional Development Day, Elgin, IL.
- Ison, S. E.,** & Jakaitis, T. (2019, November). *Independent Physical Education*. Presented at Illinois Association of School Boards Annual Conference, Chicago, IL.
- Ison, S. E.** (2019, November). Guest lecture for Dr. K. Andrew R. Richards's Elementary Methods course at the University of Illinois, Urbana-Champaign, Urbana, IL.
- Ison, S. E.** (2018, April). *Creating inclusive fitness spaces as a physical education teacher*. Guest lecture for Dr. Emily Jones KIN 247 course at Illinois State University, Normal, IL.
- Fry, A., & **Ison, S. E.** (2014, May). *Police academy health and fitness*. Presented at Indiana University Police Academy, Bloomington, IN.

PROFESSIONAL SERVICE

2020	Curriculum Creation and Dissemination, COVID-19 Support for Secondary Physical Education Teachers during the Transition to Online Learning
2020	Curriculum Consultant, Secondary Physical Education and Diversity, McFarland School District, McFarland, Wisconsin
2019-present	Manuscript Reviewer, Journal of Teaching in Physical Education (JTPE)
2019	Peer Reviewer, American Education Research Association (AERA), SIG 93
2018	General Education Assembly for Learning Outcomes Advanced Composition, University of Illinois at Urbana-Champaign, Urbana-Champaign, Illinois
2018	Healthy Campus Initiatives Committee, Illinois State University, Normal, Illinois
2018	Midwest Mania Fitness Conference Volunteer, Chicago, Illinois
2017	Conference Committee, Illinois Intramural Recreation Sports Association (IIRSA), Illinois State University, Normal, Illinois

2017	Chair of Search Committee, Graduate Assistant of Fitness Search, Department of Campus Recreation, Illinois State University, Normal, Illinois
2016-2018	Assessment Committee, Department of Campus Recreation, Illinois State University, Normal, Illinois
2016	Conference Volunteer, Indiana Intramural Recreation Sports Association (IRSA), Department of Campus Recreation, Indiana University, Bloomington, Indiana
2014	Conference Committee, Indiana Intramural Recreation Sports Association (IRSA), Department of Campus Recreation, Indiana University, Bloomington, Indiana
2013	Conference Volunteer, National Intramural Recreational Sports Association (NIRSA), Las Vegas, Nevada
2013	Workshop Committee, Pennsylvania Intramural Recreational Sports Association (PIRSA), Department of Campus Recreation, East Stroudsburg University, East Stroudsburg, Pennsylvania

MEDIA APPEARANCES

2020	Virtual Learning and the Future of Physical Education , American Kinesiology Association: Kinesiology Today, Fall Issue 2020, Volume 13, No. 4.
2020	AHS Researchers Adapt iPALS for the COVID-19 World , College of Applied Health Sciences: News and Features, University of Illinois at Urbana-Champaign, Urbana-Champaign, Illinois.
2020	A Longstanding Focus on Online Learning , Top Story: Education, The Pantagraph, Breaking News, Bloomington Normal and Central Illinois.
2020	Illinois Program for Childhood Physical Education Goes Virtual , The Daily Illini, University of Illinois at Urbana-Champaign, Urbana-Champaign, Illinois.

PROFESSIONAL CERTIFICATIONS

- ACE Certified Group Fitness Instructor (2014-2020)
- ACE Certified Personal Trainer (2014-2020)
- AFFA Certified Group Fitness Instructor (2010-2014)
- Alternative Delivery Certification (2018; Perpetual)
- American Red Cross Certified CPR/AED (2011-present)
- American Red Cross Instructor Certified (2017-2019)
- Functional Movement Systems Certified (2013; Perpetual)
- ICG Indoor Cycling (2012; Perpetual)
- Pennsylvania, K-12 Health and Physical Education Teaching License, (2013; Perpetual)
- Schwinn Cycling (2014; Perpetual)
- Self-Determination Theory: An approach to motivation, development and wellness, University of Rochester (2020)
- TESOL-VIPKid Foundational (2019; Perpetual)
- Wellcoaches Health Coach (2015; Perpetual)
- YogaFit Level 1 (2011; Perpetual)
- Zumba (2014-2019)

HONORS & AWARDS

- Most Valuable Professor (MVP), nominated by a student on the University of Illinois Softball team (2022)
- University of Illinois List of Teachers Ranked as Excellent (all semesters Fall 2018 - Spring 2022)
- Women of Distinction Nominee – McLean County, Illinois (2019)
- National Association for Sport and Physical Education (NASPE) Outstanding Major of the Year (2013)