SHAINE E. HENERT, Ph.D., ACSM-EP

Associate Professor and Kinesiology Program Director

Department of Kinesiology and Physical Education

Anderson Hall 226

DeKalb, Illinois 60115

(815) 753-6358

[shenert@niu.edu](mailto:shenert@niu.edu)

# EDUCATION

Ph.D., University of Minnesota 2000 Psychosocial Aspects of Physical Activity

Advisor: Dr. Diane Wiese-Bjornstal

M.S., Michigan State University 1995 Sport & Exercise Psychology

Advisor: Dr. Martha Ewing

B.S., Illinois State University 1991 Major – Psychology, Minor – Physical Education

# TEACHING & STUDENT SUPPORT

***Northern Illinois University, Associate Professor, Senior Graduate Faculty Member, 2018-present***

***Kinesiology Program Director***

***Department of Kinesiology & Physical Education***

Courses taught include undergraduate and graduate courses in Sport & Exercise Psychology, Psychology of Athletic Injury, and Physical Activity, Health, & Psychological Well-Being (F2F, hybrid, and online)

Kinesiology Program Director – responsible for oversight of Kinesiology program staff, curriculum, laboratory space/equipment, and internships

Graduate Faculty and Advisor for M.S. Sport & Exercise Psychology specialization

Health & Exercise Research Group Collaborator and Physical Activity & Life Skills Group Faculty Member

***Rock Valley College, Professor & Department Chair 2006-2018***

***Department of Fitness, Wellness & Sport***

Courses taught included Sport & Exercise Psychology, Sociology of Sport, Nutrition, Exercise & Weight Control, Personal Fitness & Wellness, Nutrition for Fitness & Sport, Introduction to Exercise Science, History of Physical Education & Sport

Practicum Coordinator, Internship Supervisor – Maintained and developed new partnerships with several Rock Valley area community agencies and athletic programs in order to provide observation and internship experiences for our degree and certificate students

Department Chair - Responsible for oversight and development of full- and part-time faculty, coordination of curriculum and assessment, course scheduling, ICCB program review, retention and recruitment of students for our Associate of Applied Sciences (A.A.S.) degree in FWS - Exercise Science and Sport Management options and certificate programs in Personal Training and Coaching Education.

Academic Advisor for A.A.S. degree in FWS and certificates programs in Coaching Education and Personal Training

***Chicago State University, Associate Professor & Graduate Program Director 1999-2006***

***Department of Health, Physical Education and Recreation***

Courses taught included undergraduate and graduate Sport & Exercise Psychology (undergraduate and graduate), Sport Sociology (undergraduate and graduate), Research & Statistical Methods in Physical Activity, Theories & Principles of Coaching, Youth Sports, Personal Health & Wellness

Graduate Program Director (Faculty position with administrative release time) - Responsible for development and supervision of Physical Education Graduate Program curriculum, faculty, and students.

Academic advisor for Undergraduate and Graduate PE programs and served as PE majors club faculty supervisor

# PUBLICATIONS

Henert S., Pitney W., Wood, B., Grahovec N., & Wood T. (2022). An examination of emotional resilience

among athletic trainers working in the secondary school setting. *The Internet Journal of Allied Health Sciences and Practice, 20*(4), Article 13.

Barton, K.\* & Henert, S. (2022). An exploratory analysis of the impact of concussions on female collegiate

athletes’ susceptibility to burnout. *Journal of Sport Behavior, 45*(2), 143-157.

Rosado, A.\* & Henert, S. (2021). Attitudes toward eating and body weight and the psychological

impact of weight loss on college wrestlers. *Journal of Sport Behavior, 44*(2), 224-240.

Henert, S., Jacobs, J., & Wahl-Alexander, Z. (2021). Let’s play! Exploring the impact of summer day camp

participation on the physical and psychosocial experiences of diverse urban youth. *Child & Adolescent Social Work Journal*. *38*(4), 381-391.

Wright, P., Henert, S, Looney, M., & Gregory, E. (2021). Correlating self-efficacy for teaching personal and

social development with other aspects of physical educators’ teaching self-efficacy. *The Physical Educator, 78*(2), 163-182.

Lutsch, D.J.\*, Camic, C.L., Jagim, A.R., Stefan, R.R.\*, Cox, B.J.\*, Tauber, R.N., & Henert, S.E. (2020). Effects

of a multi-ingredient preworkout supplement versus caffeine on energy expenditure and feelings of fatigue during low-intensity treadmill exercise in college-aged males, *Sports, 8*, 132. doi:10.3390/sports8100132

Sebastião, E., Henert, S., & Siqueira, V. A. (2020). Physical activity and physical function in older adults living

in a retirement community: A cross-sectional analysis focusing on self-rated health. *American Journal of Lifestyle Medicine*. Advanced online publication. <https://doi.org/10.1177/1559827620942720>

Erickson, J.R., Camic, C.L., Jagim, A.R., Pellersels, P.M., Wright, G.A., Henert, S., & Foster, C. (2020).

Effects of one versus two doses of a multi-ingredient pre-workout supplement on metabolic factors and perceived exertion during moderate-intensity running in females. *Sports*, *8*(4), 52.

Hatten, T.L., Thomas, A., & Henert, S. (2019, July). Solutions to declining participation rates in United States

male fastpitch softball. *The Sport Journal, 21.* Retrieved fromhttp://thesportjournal.org/article/solutions-to-declining-participation-rates-in-united-states-male-fastpitch-softball/.

Wiese‐Bjornstal, D.M., Albinson, C.B., Henert, S.E., Arendt, E.A., Schwenz, S.J., Myers, S.S. &

Gardetto‐Heller, D.M. (2011). Evaluating the dynamic model of psychological response to sport injury and rehabilitation. In J.H. Bastos & A.C. Silva (Eds.), Athlete performance and injuries. Nova Science Publishers.

Reed, J. & Henert, S. (2009). Post-exercise affective responses in sedentary African American females. *Journal*

*of Sport Behavior,32*(3), 357-375.

Henert, S. (2001, March). Gender differences in coping with injury. *Athletic Injury Today, 6*(2), 26-27.

(Unpublished work)

Henert, S. (2000). Exploring injured athletes’ ratings of social support and use of coping strategies as a function

of injury type and gender over the course of rehabilitation. (Unpublished doctoral dissertation).

University of Minnesota, Minneapolis, MN.

(Manuscripts or projects in progress)

Henert, S., Hill, C., Connors, B.\*, Navarro, J.\*, & Louis, G.\* (under review). The comparative effects of

exercise and neurostimulation on college students’ emotional well-being. *Journal of American College Health*.

Louis, G. & Henert, S. *Assessing the mental health resources of mid-major level college athletic departments*.

Manuscript development for submission to the Journal of Issues in Intercollegiate Athletics.

Henert, S., Pitney, W., Louis, G.\*, Wood, T., & Grahovec, N. *Forms, functions, and sources of social support*

*following an athletic injury: A systematic review.* Final draft of manuscript being completed for submission to the Journal of Sport Rehabilitation.

Henert, S., Hill, C., Connors, B.\*, Navarro, J.\*, & Louis, G.\* *The comparative effects of exercise and*

*neurostimulation on the emotional wellbeing of college students.* Final draft of manuscript being completed for submission to the Journal of American College Health

Henert, S., Goodrich, B.\*, & Louis, G.\* *Stress experiences of college student athletes.* Final draft of manuscript

being completed for submission to the Sport Journal.

Henert, S., Moxley, B., Kowal, R., & Louis, G.\* Combining MVPA and motivational strategies to improve the

mental health and well-being of sedentary middle-aged adults. Data currently being analyzed.

# PROFESSIONAL PRESENTATIONS

Louis, G.\* & Henert, S. (2023). “Assessing the mental health plans and programs of mid-major level college

athletic departments.” Presentation at the 2023 College of Education Student Research Symposium, Northern Illinois University, Dekalb, IL.

Louis, G., Henert, S., Hill, C., Connors, B.\*, & Navarro, J.\* (2023). “Exercise, neurostimulation and emotional

well-being.” Presentation at the 2023 Midwest Psychological Association (MPA) Annual Meeting, Palmer House, Chicago, IL.

Louis, G.\* & Henert, S. (2023). “Assessing the mental health plans and programs of mid-major level college

athletic departments.” Presentation at the 2023 Midwest Sport & Exercise Psychology Symposium (MSEPS), Ball State University, Muncie, IN.

King, J.\* & Henert, S. (2023). “Athletic identity and life after college sports.” Presentation at the 2023 Midwest

Sport & Exercise Psychology Symposium (MSEPS), Ball State University, Muncie, IN.

Amaya, A.\* & Henert, S. (2023). “Disordered eating in women’s figure skating: The role of coach-skater

relationship.” Presentation at the 2023 Midwest Sport & Exercise Psychology Symposium (MSEPS),

Ball State University, Muncie, IN.

Henert, S. (2022). CMPC group mentoring: Benefits and challenges. Presentation at the 2022 Association of

Applied Sport Psychology (AASP) Conference, Fort Worth, TX.

Louis, G.\*, Henert, S., & Moxley, B. (2022). “Physical activity recommendations and the mental well-being of

middle-aged sedentary adults.” Presentation at the 2022 Midwest American College of Sports Medicine

(MWACSM) Annual Meeting & Conference, Indianapolis, IN.

Henert, S., Hill, C., Connors, B.\*, & Navarro, J.\* (2022). The comparative effects of exercise and

neurostimulation on emotional well-being. Presentation at the 2022 North American Society for the Psychology of Sport & Physical Activity (NASPSPA) Annual Conference, Waikoloa Village, HI.

Connors, B.\*, Navarro, J.\*, Henert, S., & Hill, C. (2022). “The comparative effects of exercise and

neurostimulation on emotional well-being.” Presentation at the 2022 College of Education Student

Research Symposium, Northern Illinois University, Dekalb, IL.

Mahoney, T.\*, Barton, K.\*, Henert, S., & Jacobs, J. (2022). “Finding balance: Integrating mental skills training

into concussion rehabilitation programs.” Presentation at the 2022 Midwest Sport & Exercise Psychology Symposium (MSEPS), Michigan State University, East Lansing, MI.

Louis, G.\* & Henert, S. (2022). “Assessing the mental health resources and needs of college athletic

departments.” Presentation at the 2022 Midwest Sport & Exercise Psychology Symposium (MSEPS),

Michigan State University, East Lansing, MI.

Webb, I.\* & Henert, S. (2022). “The effect of a mindfulness-based psychological skills program on high school

wrestlers’ performance and psychological development.” Presentation at the 2022 Midwest Sport & Exercise Psychology Symposium (MSEPS), Michigan State University, East Lansing, MI.

Nelson, B.\* & Henert, S. (2022). “Learning & life skills specialist in a university athletic department:

A unique opportunity for sport & exercise psychology graduate students.” Presentation at the 2022 Midwest Sport & Exercise Psychology Symposium (MSEPS), Michigan State University, East Lansing, MI.

Navarro, J.\*, Connors, B.\*,Henert, S.,&Hill, C. (2021). “The comparative effects of exercise and transdermal

trigeminal nerve stimulation on psychological feeling states.” Presentation at the 2021 Midwest American College of Sports Medicine (MWACSM) Annual Meeting & Conference, online.

Connors, B.\*,Navarro, J.\*, Hill, C., & Henert, S.(2021). “A comparison of acute aerobic exercise and

transdermal nerve stimulation on emotional valence and arousal.” Presentation at 2021 Midwest American College of Sports Medicine (MWACSM) Annual Meeting & Conference, online.

Henert, S., Pitney, W.A., & Wood, B. (2021). “Helping athletic trainers develop emotional resilience: A unique

opportunity for sport psychology consultants.” Presentation at 2021 Association for Applied Sport

Psychology (AASP) Conference, Las Vegas, NV.

Henert, S., Jacobs, J., & Wahl-Alexander, Z. (2021). Let’s play! Exploring the impact of a sport- and physical

activity-based summer camp on the physical and psychosocial experiences of diverse urban youth. Presentation at 2021 Association for Applied Sport Psychology (AASP) Conference, Las Vegas, NV.

Henert, S. & Goodrich, B.\* (2021). College student athletes' stress and preferences for specially trained

professional support. Presentation at 2021 Association for Applied Sport Psychology (AASP) Conference, Las Vegas, NV.

Barton, K.\*, Jacobs, J., & Henert, S. (2021). The influence of a dual-mentorship approach on a CMPC

candidate’s experience: A self-study. Presentation at 2021 Association for Applied Sport Psychology (AASP) Conference, Las Vegas, NV.

Sebastião, E., Henert, S., & Siqueira, V. A. (2020). “Physical activity, sedentary behavior and cognition in

elderlies living in a retirement community: Impact of frailty status.” Presentation at 2020 European

College of Sport Science (ECSS) Conference, Seville, Spain.

Barton, K.\* & Henert, S. (2020). “The effect of concussions on collegiate athletes' susceptibility to

burnout.” Presentation at 2020 Association for Applied Sport Psychology (AASP) Conference, Orlando, FL.

Rosado, A.\* & Henert, S. (2020). “College wrestling: The psychological impact of weight loss.

Presentation at 2020 Association for Applied Sport Psychology (AASP) Conference, Orlando, FL.

Barton, K.\* & Henert, S. (2020). “The effect of concussions on collegiate athletes’ experiences of

burnout.” Presentation at 2020 Midwest Sport & Exercise Psychology Symposium (MSEPS), Illinois State University, Normal, IL.

Danahy, M.\* & Henert, S. (2020). “The effects of sport on the recovery of perceived connectedness

of physical & emotional self in female survivors of childhood abuse.” Presentation at 2020 Midwest Sport & Exercise Psychology Symposium (MSEPS), Illinois State University, Normal, IL.

Kaeb, B.\* & Henert, S. (2020). “College athletes’ attitudes toward the use of cannabis for sport

performance.” Presentation at 2020 Midwest Sport & Exercise Psychology Symposium (MSEPS), Illinois State University, Normal, IL.

Olszewski, A.\* & Henert, S. (2020). “Performance anxiety in marching band musicians: An

intervention.” Presentation at 2020 Midwest Sport & Exercise Psychology Symposium (MSEPS), Illinois State University, Normal, IL.

Rosado, A.\* & Henert, S. (2020). “College wrestling: The psychological impact of weight loss.”

Presentation at 2020 Midwest Sport & Exercise Psychology Symposium (MSEPS), Illinois State University, Normal, IL.

Tellschow, B.\* & Henert, S. (2020). “Mental health of student athletes” Presentation at 2020

Midwest Sport & Exercise Psychology Symposium (MSEPS), Illinois State University, Normal, IL.

Henert, S. (2019). “Emotional resiliency among athletic trainers: Experiences and strategies to

maintain psychological well-being.” Presentation at the 2019 Illinois Athletic Trainers’ Association State Meeting and Clinical Symposium, Naperville, IL.

Flentge, H.\*, Henert, S., & Sebastião, E. (2019). “Perceived health, physical activity and physical

function: a cross-sectional analysis among oldest olds living in a senior housing facility.” Presentation at the Midwest American College of Sports Medicine (MWACSM) Annual & Conference, Oak Brook, IL.

Henert, S., Zurbrugg, A.\*, Wahl-Alexander, Z., & Jacobs, J. (2019). “Exercise self-efficacy

ratings among college students enrolled in a sport education fitness class versus a traditional fitness class.” Presentation at the 2022 Association of Applied Sport Psychology (AASP) Conference, Portland, OR.

Henert, S. & Reed, J. (2019). “The relationship between grit and exercise behavior and adherence.”

Presentation at the 2022 Association of Applied Sport Psychology (AASP) Conference, Portland, OR.

Barton, K.\* & Henert, S. (2019). “Do concussions have an effect on athlete’s burnout rate?”

Presentation at 2019 Midwest Sport & Exercise Psychology Symposium (MSEPS), University of Kentucky, Lexington, KY.

Danahy, M.\* & Henert, S. (2019). “The Effects of sport in the recovery of perceived control of physical

& emotional self in female survivors of childhood abuse.” Presentation at 2019 Midwest Sport & Exercise Psychology Symposium (MSEPS), University of Kentucky, Lexington, KY.

Hennig, J.\* & Henert, S. (2019). “Say what now!?! How to reduce distractions caused by social media use”

Presentation at 2019 Midwest Sport & Exercise Psychology Symposium (MSEPS), University of Kentucky, Lexington, KY.

Mirda, D.\* & Henert, S. (2019). “Homonegativity in athletes: Explicit and implicit attitudes” Presentation at

2019 Midwest Sport & Exercise Psychology Symposium (MSEPS), University of Kentucky, Lexington, KY.

Tellschow, B.\* & Henert, S. (2019). “Mental health of student athletes” Presentation at 2019 Midwest Sport &

Exercise Psychology Symposium (MSEPS), University of Kentucky, Lexington, KY.

# GRANTS & RESEARCH

Grants

Moxley, B. & Henert, S. *The response of BDNF to vigorous intensity interval exercise in sedentary middle-aged adults.* NIU College of Health & Human Sciences SEED Research Grant. $4,970 – Funded.

Moxley, B. & Henert, S. *The response of BDNF to vigorous intensity interval exercise in sedentary middle-aged adults*. Herth Faculty Hope Fellowship Grant. $10,625 – Funded.

Louis, G.\* & Henert, S. *Assessing the mental health resources of college athletic departments.* NCAA Graduate Student Research Grant Program. $1,000 – Funded.

Henert, S. *A mindfulness-based intervention for student-athletes’ health & well-being.* NCAA Innovations in Research and Practice Grant Program. $28,535 – Unfunded.

Henert, S. & Louis, G.\* *Assessing the mental health resources of college athletic departments.* Association of Applied Sport Psychology Research Grant. $4,695 – Unfunded.

Henert, S. & Jacobs, J. *Assessing the impact of a physical activity-based summer camp on psychological and physical outcomes for a diverse urban youth population*. NIU College of Education Research & Artistry Grant. $2,500 - Funded.

Henert,S. *Using the CoachDISC profile for self-development: Increased awareness and application of effective coaching behaviors, preferences, and styles*. NIU College of Education Instructional Innovation Grant. $2,500 - Unfunded.

*\*Denotes student*

Research Interests

-The relationship between physical activity participation and physical and mental health and well-being

-Assessing factors associated with exercise behavior and adherence

-The effect of psychological skills training on physical activity performance

-Assessing the psychosocial factors related to the athletic injury and rehabilitation in college athletes

# SERVICE

Department

-Planning committee, KNPE Career & Internship Day

-Co-coordinator, MSEPS conference KNPE student participation

-Coordinator, MWACSM conference KNPE student participation

-Co-coordinator, KNPE Graduate Program Review

-Supervisor, KNPE Independent Study, Directed Research, and Internship courses

-KNPE Curriculum Committee member

-KNPE Leadership Team member

-Health & Exercise Research Group (HERG) Collaborator

-Physical Activity and Life Skills (PALS) Collaborator

-Co-coordinator, Kinesiology program internship protocol changes due to COVID

-Created new MSEd courses for Sport & Exercise Psychology specialization (KNPE 584, 585)

-Created new BS Kinesiology program courses (KNPE 469, 471)

-Guest speaker, KNPE 301 - Kinesiology Program & Internship overview and Q&A

-2+2 articulation agreement review and coordination with several local community colleges

-Chair, Kinesiology Program Curriculum Review sub-committee

-Co-chair of the KNPE Biomechanics Faculty Search committee

-KNPE Academic Advisor Search Committee member

-Maintain status for our Kinesiology Program as an Education Recognition Program for the National Strength & Conditioning Association’s (NSCA) Certified Strength & Conditioning Coach credential

-Developed new Kinesiology Program Internship Handbook

College/University

-Sport & Exercise Psychology Consultant – NIU Athletics

-NIU Student-Athlete Well-being Committee member

-NIU Admitted Huskie Day

-NIU Preview Day

-Graduate Colloquium Co-coordinator

-Co-coordinator, CoE Engage US KNPE Student Experiences

-Coordinator, CoE Educate US Sport & Exercise Psychology student participation in AASP conference

-Co-creator of Psychosocial Aspects of Sport & Physical Activity transdisciplinary minor

-Coordinator of transdisciplinary study course enrollment opportunities for KNPE and COUN students

-CITL Online Teaching Symposium Presenter – Moving from Remote to Online Teaching

-Co-coordinator, Learning & Life Skills Specialist Internship experience for KNPE MSEd students working with NIU Athletics’ Student Athlete Academic Support Services (SAASS)

-NIU Well-Being Health Equity committee member

-NIU First-Generation Student Meet the Faculty event

Profession

-Provide several department, college, university and professional organization award nomination letters and letters of support for our students, faculty, and staff

-Provide several references and letters of recommendations for students and staff

-AASP Registry of Approved Mentors for Certified Mental Performance Coach (CMPC) credential

-Manuscript Reviewer

-Journal of Sport Behavior

-Journal for Advancing Sport Psychology in Research

-Journal of Aging & Physical Activity

-Association for Applied Sport Psychology (AASP) – Annual Conference Abstract Reviewer

-Association for Applied Sport Psychology (AASP) – Community Outreach Committee

-National Athletic Trainers’ Association (NATA) – Foundation Research Grant Reviewer

-Sport Psychology Consultant – several youth, high school, and college/university athletic programs

-Advisory Board - Studies in Philosophy of Sport Lexington Book Series

-Coordinator, KNPE participation in MWACSM Graduate Program Fair Booth

-Guest Speaker, Rock Valley College Introduction to Exercise Science course

# DEVELOPMENT & SCHOLARLY ACTIVITY

-Participant in NASPSPA pre-conference workshop - Making your teaching and mentoring more inclusive: Equity and diversity considerations and suggestions

-Participant in NIU’s Strategic Transdisciplinary Artistry, Research, and Scholarship group (STARS)

-AASP professional webinars (examples provided below)

-Mentorship Circuit Training: Multicultural Considerations, Navigating Mentorship Challenges, and Facilitating Group Mentorship through a Professional Peer Consultation Lens

-Finding Your Ethical Way: Realities of Practice in a Multi-Disciplinary Field.

-Sleep & Performance: Advances in Research and Practice

-Tools for Professionals in Sport during Black Lives Matter & COVID

- Becoming the instructor you wish you had: A graduate student and young professional’s guide to college teaching.

-ACSM professional webinar - COVID-19: Special Considerations and Return of Play Across Sports

-AthleteAssessments.com webinar - Choosing Captains and Leadership Development within your Team

-Chronicle of Higher Education webinar - Enhancing the Student Experience: What the COIVD-19 era has taught us

-NIU CITL Online Course Design Academy

-NIU CITL Online Teaching Symposium

-NIU Center for Innovative Teaching & Learning workshops (examples provided below)

-Quality Online Teaching Series: Best Practices for Delivering an Online Course

-Bridging Generation Gaps in the Classroom

-Recording Lectures with Microsoft PowerPoint

-Reflecting on Your Teaching and Professional Development

-Preview of Blackboard Ultra: Hands on Workshop

-Preview of Blackboard Ultra: Navigation

-Teaching the Selfie Generation

-NIU College of Education GPS workshops for new faculty

-NIU New Faculty Orientation & Faculty Development seminars

-MACtion Summit – Today in College Athletics

-Attendance and presentations at Association for Applied Sport Psychology (AASP) and regional (Midwest Sport & Exercise Psychology Symposium) conferences

-Attendance and presentations at American College of Sports Medicine (ACSM) Annual Meeting and Health & Fitness Summit and regional (Midwest ACSM) conferences

-Attendance and presentations at North American Society for the Psychology of Sport & Physical Activity (NASPSPA) conferences

-Attendance and presentations at State of Illinois Educational Institution Personal Fitness Training Clinic

# AWARDS

-MWACSM Exercise is Medicine – On-Campus ActiveU Award (2022)

-NIU CITL Certificate of Excellence in Online Teaching Award (2021)

-AASP Foundation Sharing Knowledge Award (2020)

# CERTIFICATIONS

-AASP Registry of Approved Mentors for Certified Mental Performance Coach (CMPC) credential

-American College of Sports Medicine (ACSM) Certified Exercise Physiologist

# PROFESSIONAL MEMBERSHIP (in alphabetical order)

-American College of Sports Medicine (ACSM)

-Association for the Applied Sport Psychology (AASP)

-North American Society for the Psychology of Sport & Physical Activity (NASPSPA)

# REFERENCES

Dr. Steve Howell, Professor

KNPE Department Chairperson

Northern Illinois University

showell2@niu.edu

Dr. Todd Gilson, Professor, FAASP

Associate Dean, College of Education

Northern Illinois University

tgilson@niu.edu

Dr. Chad McEvoy, Professor

Dean, College of Applied Science & Technology

Illinois State University

cdmcevo@IllinoisState.edu

Dr. Clayton Camic, Professor

Northern Illinois University

ccamic1@niu.edu

Dr. Jenn Jacobs, Associate Professor

Northern Illinois University

jmjacobs@niu.edu

Ellen Njolstad-Oksnevad, Dean

Nursing & Allied Health

Rock Valley College

815-921-3273

Dr. Diane Wiese-Bjornstal, Professor

School of Kinesiology

University of Minnesota

612-625-6580

dwiese@umn.edu