

# Cathrine Himberg, Ph.D.

Associate Professor  
Physical Education, Pedagogy  
California State University, Chico

## PROFESSIONAL ADDRESS:

Department of Kinesiology  
California State University, Chico  
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## EDUCATIONAL BACKGROUND:

**Ph.D.**  
**Curriculum and Instruction/Physical Education, Pedagogy**  
VIRGINIA TECH, Blacksburg, VA (1996)

**M.A. in Physical Education, Exercise Physiology,**  
*With Distinction*  
CALIFORNIA STATE UNIVERSITY, Chico, CA (1992)

**B.S. in Communications**  
*Summa Cum Laude*  
EAST CAROLINA UNIVERSITY, North Carolina (1987)

## ACADEMIC HONORS:

**OUTSTANDING DOCTORAL STUDENT (1996)**  
Virginia Tech, Blacksburg, VA

**MASTERS DEGREE WITH DISTINCTION (1992)**  
California State University Chico, Chico, CA

**SUMMA CUM LAUDE , BACHELOR OF SCIENCE (1987)**  
East Carolina University, Greenville, NC

**THE DAVID BRIGGS MARTIN SCHOLARSHIP AWARD (1987)**  
East Carolina University, Greenville, NC

**PHI KAPPA PHI HONOR SOCIETY**

## PROFESSIONAL EXPERIENCE:

*Aug. 2002-*                      **ASSOCIATE PROFESSOR, PHYSICAL EDUCATION PEDAGOGY**

*present*

**Dept. of Kinesiology  
California State University Chico, Chico, CA**

Responsibilities include:

- Daily classroom/lab teaching and student evaluation in areas of secondary pedagogy, measurement and evaluation, philosophy of school based physical education and current trends/problems in physical education (graduate level).
- Serving as PETE (Physical Education Teacher Education) Blended Credential program co-coordinator.
- Serving as PETE student advisor (undergraduate).
- Serving as thesis/project chair and committee member for graduate students pursuing the Master's degree.
- Pursuing scholarship in a variety of areas related to physical activity promotion and teaching effectiveness. Recent projects include the completion of a secondary physical education curriculum and instruction text book and an accompanying electronic instructor's guide.
- Presenting papers and research findings at educational conferences.
- Serving on a variety of departmental and university committees including the blended program committee, curriculum committee, and Phi Kappa Phi Honors Society executive committee.

*Aug. 1998-  
present*

**ASSISTANT PROFESSOR, PHYSICAL EDUCATION PEDAGOGY  
Dept. of Physical Education and Exercise Science  
California State University Chico, Chico, CA**

Responsibilities included:

- Daily classroom/lab teaching and student evaluation in areas of secondary pedagogy, measurement and evaluation, philosophy of school based physical education and current trends/problems in physical education (graduate level).
- Undergraduate PETE student advisor.
- Serving as thesis/project chair and committee member for graduate students pursuing the Master's degree.
- Pursuing scholarship in a variety of areas related to physical activity promotion and teaching effectiveness. Projects included articles examining the use of various communication technologies in teacher education; founding and writing about CASPER (Concerned Adults and Students for Physical Education Reform) and the development of a new section on P.E. Central called the Kids' Quiz.
- Presenting papers and research findings at educational conferences.
- Serving on a variety of departmental and university committees including the blended program committee, curriculum committee, and Phi Kappa Phi Honors Society executive committee.

*Aug. 1996-  
Aug. 1998*

**LECTURER, PHYSICAL EDUCATION PEDAGOGY  
Dept. of Physical Education and Exercise Science  
California State University Chico, Chico, CA**

Responsibilities included:

- Daily classroom teaching and student evaluation in areas of secondary pedagogy, measurement and evaluation, and motor learning.
- Serving as thesis/project chair and committee member for graduate students pursuing the Master's degree.
- Serving on a variety of departmental committees, including the Credential Option Assessment committee.
- Pursuing scholarship, research and publication as it applies to greater teaching effectiveness.
- Presenting papers and research findings at educational conferences.

*Aug. 1993-  
May 1996*

**GRADUATE RESEARCH/TEACHING ASSISTANT  
Dept. of Health and Physical Education,  
Virginia Tech, Blacksburg, VA**

Responsibilities included:

- Teaching undergraduate courses in physical education.
- Supervision of student teachers - elementary and secondary levels.
- Coordinating and conducting research and writing projects.
- Presenting research findings at educational conferences.
- Planning and coordinating wellness fairs.

*Aug. 1994-  
June, 1995*

**PHYSICAL EDUCATION TEACHER  
Blacksburg New School, Blacksburg, VA**

Responsibilities included:

- Designing and implementing a skill theme, movement concept and wellness oriented physical education program to children, kindergarten through fifth grade.
- Assessing student progress and program quality through the use of authentic assessment methods.

*Jan. 1995-  
May 1996*

**INSTRUCTOR TRAINER  
Dept. of Recreational Sports, Virginia Tech, Blacksburg, VA**

Responsibilities included:

- Designing and implementing an instructor training program for fitness instructors, emphasizing:
  - authentic practice opportunities
  - teaching techniques that promote learning for all participants
  - exercise physiology and anatomy
  - safety, effectiveness and enjoyment.
- Assessing student progress and administering certification exams.

*Jan. 1993-  
May, 1993*

**PROJECT DEVELOPER / INSTRUCTOR  
California State University, Chico, CA**

Responsibilities included:

- Organizing, producing, and writing a multi media package for exercise physiology.
- Instructing and guiding students in the production process.

- Coordinating medical professionals' contributions to the project.
- Assessment of student progress.

*May 1992-  
June 1993*

**PHYSICAL EDUCATION AND HEALTH INSTRUCTOR  
Butte Community College, Chico, CA**

Responsibilities included:

- Daily classroom teaching and student evaluations in the areas of personal health and wellness, and activity classes (fitness, walking, water aerobics and aerobic dance).
- Providing workshops on health and wellness issues for the faculty and staff at Butte College.

*Jan. 1991-  
May 1992*

**GRADUATE ASSISTANT/LAB INSTRUCTOR  
California State University, Chico, CA**

Responsibilities included:

- Teaching exercise physiology laboratory procedures and concepts.
- Student assessment.
- Administration and instruction of exercise physiology tests, including: electrocardiography, body composition, diet analysis, muscular function and indirect calorimetry.

*Jan. 1988-  
Dec. 1989*

**TEACHER (long term substitute)  
Tertnes Elementary School and Astveit High School, Bergen, Norway**

Responsibilities included:

- Teaching physical education, math, Norwegian, English to at risk 8-10<sup>th</sup> grade students, serving as their main (homeroom) teacher.
- Student assessment.
- Short term substitute teaching in elementary and secondary school. Subjects taught included physical education, math, Norwegian, English, science, social studies and art.

*Aug. 1990-  
May 1996*

**FITNESS INSTRUCTOR  
Various health clubs and colleges in California, Virginia and Norway**

Responsibilities included:

- Developing and implementing safe, effective and enjoyable aerobic work outs for people of all ages and fitness levels.
- Instructor training.
- Managing and directing fitness programs for a variety of populations including children, adolescents and senior citizens.

*Dec. 1987-  
present*

**FREELANCE TELEVISION PRODUCER/WRITER/JOURNALIST  
National Network (TV2) and local television, Bergen, Norway**

Opportunities/responsibilities include:

- Writing and reporting on special assignments for national news, sports and other TV shows.

*Jan. 1986-  
Dec. 1987*

**WRITER/PRODUCER/DIRECTOR/PHOTOGRAPHER  
Regional Development Institute, Greenville, NC**

Responsibilities included:

- Developing a nationally distributed video series on cooperative education (including writing, producing, directing and photography).
- Developing videos for East Carolina University and various regional foundations.

*Sep. 1986-  
Dec. 1987*

**TELEVISION NEWS ASSISTANT PRODUCER/PHOTOGRAPHER  
WITN -TV NEWS (NBC), Washington, NC**

Responsibilities included:

- Producing news reports airing throughout eastern North Carolina and Virginia.
- Photography and editing of news stories.
- Downloading, selecting and editing NBC news feeds.

**PRINCIPLE COURSES TAUGHT (college/university):**

- Current Trends and Problems in Physical Education (graduate level)
- Developmentally Appropriate Secondary School Physical Education (Curriculum and Instruction)
- Assessment in Physical Education
- Philosophy Of School Based Physical Education
- Human Learning, Development and Performance
- Developmentally Appropriate Physical Education For Elementary School
- Measurement and Evaluation
- History And Principles Of Physical Education
- Personal Health And Wellness
- Fitness Instructor Training
- Jazz Dance
- Aerobic Dance
- Aquatic Aerobics
- Walking For Fitness

**AWARDS:**

- National Association for Sport and Physical Education Presidential Citation, 2005.

## PUBLICATIONS:

Himberg, C. , Hutchinson, G. & Roussell, J. (2003) Teaching Secondary Physical Education: Preparing Adolescents to be Active for Life. Champaign, IL: Human Kinetics (major textbook).

Himberg, C. , Hutchinson, G. & Roussell, J. (2003) Graphics Package for Teaching Secondary Physical Education: Preparing Adolescents to be Active for Life. Champaign, IL: Human Kinetics.

Himberg, C. , Hutchinson, G. & Roussell, J. (2003) Instructor Guide for Teaching Secondary Physical Education: Preparing Adolescents to be Active for Life. Champaign, IL: Human Kinetics

Himberg C. & Knudson, D. (2002) The NBA/WNBA Rules for stretching. Strategies ,15 (3), 23-26. (Refereed).

Himberg, C. (2000). CASPER Demands: No More "Captains" picking Teams! Teaching Elementary Physical Education, 11 (2), 24-25. (Invited).

Himberg, C. (2000). CASPER Demands: No more Exercise as Punishment! Teaching Elementary Physical Education, 11 (1), 17-18. (Invited).

Himberg, C. & Roussell, J. (1998) Adapting Computer-aided Visual Feedback into K-12 Physical Education and Physical Education Teacher Education (PETE) Curricula. International Visual Literacy Association Book of Selected readings, Penn State University Press. (Refereed).

"Fitness Foundations" (5 chapters) and "Aerobics" (1 chapter) in the **P.E.TV Teacher's Manual**, distributed to 12,000 middle and high schools throughout the United States (Whittle Communications, 1994). (Invited).

Himberg, C. (1998) Athletes and vegetarianism. T. Fahey (Ed.) Sports Medicine Encyclopedia. Possible World Wide Web publication: [www.sportsci.org/encyc/](http://www.sportsci.org/encyc/) or [database.rsnz.govt.nz/sportsci/encyc/index.html](http://database.rsnz.govt.nz/sportsci/encyc/index.html)

Hutchinson, G., Grim, G. & Himberg, C. (1998) Physical education programs that focus on fitness for children and youth. T. Fahey (Ed.) Sports Medicine Encyclopedia. Possible World Wide Web publication: [www.sportsci.org/encyc/](http://www.sportsci.org/encyc/) or [database.rsnz.govt.nz/sportsci/encyc/index.html](http://database.rsnz.govt.nz/sportsci/encyc/index.html)

## FUNDED PROJECTS:

"Planning grant: Blended program for Education and Physical Education ". \$50,000 funded by the California Commission on Teaching Credentialing. Assisted with the writing of the grant proposal under the

direction of Gayle Hutchinson (PHED) and Arnethia Okelo (EDUC).  
September, 2001.

"Development of CASPER's web site and promotional materials."  
Survey of teaching practices was conducted at the CAHPERD  
conference, lead to a Master's thesis (Angie Ladd). \$1,000 funded by the  
college of Communication and Education, 1999.

"Developing and Evaluating P.E.TV", designing and implementing  
methods to evaluate both the program content and P.E.TV's  
effectiveness as a learning resource. Funded by P.E.TV, Whittle  
Communications and Reebok International, 1994 (with G. Graham and  
J. Roussell).

"Medical Topics in Exercise Physiology", a video course, teacher  
handbook, and learner's guide book. Funded by the Department of  
Physical Education, California State University, Chico, 1993 (with J.  
Roussell).

"Cooperative Education Video Series", a series of videos for students,  
academic advisors, and business leaders to provide information on  
cooperative education opportunities. Funded by North Carolina State  
Department of Education, 1986 (with R. Laing and J. Roussell).

#### CONFERENCE PRESENTATIONS:

Do they know enough to really care? Educating parents about  
appropriate physical education through CASPER. Physical Education  
Advocacy Session. AAHPERD, New Orleans, April 1<sup>st</sup>, 2004. (with  
Gayle Hutchinson and John Roussell)

*What are you all about? Communicating the importance of your physical  
education program to the public.* Invited speaker at the Physical Education  
Summit in Sacramento, October 8<sup>th</sup>, 2001. Sponsored by CAHPERD and  
the California Department of Education.

*CASPER: Grass-roots Advocacy.* Invited speaker at the Fall Physical  
Education Conference in Sacramento, CA, October, 2000 (with Gayle  
Hutchinson and John Roussell). Sponsored by CAHPERD and the  
California Department of Education.

*Getting Them Through! (A two-part panel-presentation) -A Comprehensive  
Design for Advising and Evaluation of P.E. Credential Candidates.* Presented  
at the SWD (South West District) AHPERD conference on Oahu, Hawaii,  
June 2000 (with Traci Ciapponi, Erin McLaughlin and Mike Wright).

*Cleaning Up our Act: PR and P.E.* Presented at the AAHPERD conference  
in Orlando, FL, March, 2000 (with Gayle Hutchinson, Angie Ladd and  
John Roussell).

*Assessing Program Potency.* Presented at the NASPE conference on Teacher Education in Bloomington, IL, October, 1999 (with C. Buschner, G. Hutchinson and K. Patton).

*Presenting CASPER: A new advocacy Effort in Physical Education.* Presented at the 66th Annual CAHPERD Conference in Monterey, CA, March, 1999 (with G. Hutchinson).

*Introduction to the internet: Home pages and other uses.* Presented at the 65th Annual CAHPERD Conference in San Diego, CA, March, 1998 (with D. Frankl and R. Carlson).

*Adapting Computer-aided Visual Feedback into K-12 Physical Education and Physical Education Teacher Education (PETE) Curricula.* Paper presented at the International Visual Literacy Association Conference, Penn State University, University Park, PA, October 25, 1997 (with J. Roussell).

*Using Technology to Improve and Promote Your Physical Education Program.* **Key note** presentation at the California Department of Education and CAHPERD's Fall Physical Education Conference entitled "Enhancing and Enriching Physical Education Through Technology", October 7, 1997 (with J. Roussell).

*Using P.E.TV to reach Self-image, Personal Development and Social Development goals of the CA Framework for P.E..* Presentation at the California Department of Education and CAHPERD's Fall Physical Education Conference entitled "Enhancing and Enriching Physical Education Through Technology", October 6, 1997.

*Incorporating technology Into Your PETE Classes.* Presented at the 64th Annual CAHPERD Conference in Los Angeles, CA, March, 1997.

*Using technology in physical education.* Presented at "Sharing the Wealth" Conference, Jekyll Island, GA, Jan. 1996 (with G. Graham, K. Bell, N. Doering, S. McCollum, K. Oliver and S. Westfall).

*Teachers' initial reactions to P.E.TV.* Paper presented at the Eastern Educational Research Association Conference, Hilton Head, SC, March, 1995.

*Authentic assessment of physical education in middle and high school.* Presented at "Sharing the Wealth" Conference, Jekyll Island, GA, Jan. 1995 (with G. Graham, K. Bell, N. Doering, S. McCollum, D. McCrumb, W. Mustain, K. Oliver and S. Westfall).

*Authentic assessment of wellness concepts .* Presented at "Sharing the Wealth" Conference, Jekyll Island, GA, Jan. 1995 (with G. Graham, K. Bell, N. Doering, S. McCollum, D. McCrumb, W. Mustain, K. Oliver and S. Westfall).

*Authentic assessment of physical education and wellness concepts* . Presented at North Carolina AHPERD Conference, Greensboro, NC, Nov. 1994 (with G. Graham, N. Doering, W. Mustain and K. Oliver).

*Michelle's on the varsity, Bob can't catch and Theresa couldn't care less: How to include them all*. Presented at North Carolina AHPERD Conference, Greensboro, NC, Nov. 1994 (with G. Graham, N. Doering, W. Mustain and K. Oliver).

*Exercise and internal locus of control, a bi-directional relationship*. Paper presented at the Eastern Educational Research Association Conference, Sarasota, FL, Feb., 1994.

*Wellness and nutrition issues*. Presented at the California Secretaries Association Conference , Chico, CA, March, 1993 (with S. Herbold).

#### **WEB BASED SCHOLARSHIP:**

- Wrote all sections of CASPER's advocacy web site 1998 (original) , 2000 (revised), 2004 (major revision of design and content). [www.supportREALteachers.org](http://www.supportREALteachers.org)
- Worked with the PE Central staff to develop the PE Central's Kids' Quiz (December, 1999- March 2002). [www.pecentral.org](http://www.pecentral.org)
- Expert of the week on Healthy Hearts, an Interdisciplinary Internet Module, administered by Virginia Tech: [www.chre.vt.edu/~hh](http://www.chre.vt.edu/~hh), May, 1997.
- Participated in the creation and development of the PE Central web site, 1995-1996. [www.pecentral.org](http://www.pecentral.org)

#### **RELATED PROFESSIONAL ACTIVITIES:**

- Founder and director of CASPER (Concerned Adults and Students for Physical Education Reform), April, 1998. Designed the web site and wrote the information on all the pages. [www.supportREALteachers.org](http://www.supportREALteachers.org)
- Program planner and conference organizer for the California Department of Education and CAHPERD's Fall Physical Education Conference entitled "Enhancing and Enriching Physical Education Through Technology", October 7, 1997.

#### **GUEST LECTURES AND OTHER PRESENTATIONS/INSERVICES:**

*CASPER and organizational leadership* . Guest lecture in Dr. Guzley's section of CMST 229, February, 2000.

*CASPER and organizational leadership* . Guest lecture in Dr. Collier's section of CMST 229, March, 2000.

*Who is CASPER? -And Why All the Attention?* Presented at The faculty/staff Forum, College of Communication and Education, November, 1999.

*CASPER and Organizational Leadership.* Presented to two sections of CMST 229 (CSU, Chico), February, 2000.

*Developmentally Appropriate Teaching Practices for Youth Activity Instructors.* A series of workshops for staff at Chico Sports Club, spring and fall semester, 1999.

*Authentic and Fitness Assessment.* Guest lecture in Humboldt State's graduate class, PHED 583: Assessment issues in Adapted P.E., Redding, CA, March 14, 1998.

*Motor Learning Concepts for Adapted Physical Education.* Guest lecture in Humboldt State's graduate class, PHED 580: Motor Development and learning issues in Adapted P.E., Redding, CA, December, 1997.

*Developmentally Appropriate Administration of the Prudential Fitnessgram.* Inservice for San Juan School District, Sacramento, CA, November, 1997.

*Developmentally Appropriate Fitness: Fostering Positive Attitudes.* Presented at the Tehama County Physical Education Cadre, Red Bluff, CA, Jan. 1997.

*Techniques to make your teaching more effective.* Presented at American College of Sports Medicine certification course in Blacksburg, VA, July, 1995.

*Techniques to make your teaching more effective.* Presented at American College of Sports Medicine certification course in Blacksburg, VA, July, 1994.

#### **EFFORTS TO IMPROVE INSTRUCTION:**

- WebCT used to let students discuss teaching effectiveness issues with beginning and master teachers in Los Angeles area (started Spring 2000).
- All lecture-notes created on PowerPoint, for all classes taught (print-outs are handed to students in class, so they can participate in discussion instead of taking notes).
- Interdisciplinary collaboration with faculty in Instructional Technology. Joint projects include:
  - Exploring ways to enhance teaching and learning in physical education using communication and instructional technology.
  - Student projects combining assignments in classes in both fields for enhanced learning.

#### **COMMUNITY SERVICE:**

- Volunteer five-seven hours per week to teach physical education at the high school and elementary school levels (I involve my students in this work through two of my courses: PHED 111 and PHED 184. I work with teachers at Pleasant Valley High School , the Alternative Transition Center at Fairview High School, and Sierra View Elementary School.
- FitnessGram consultant to Chico Unified School District. Responsible for organizing students from my assessment course (PHED 184) in the administration of the fitness tests for all elementary schools in the district.
- Consultant to the Chico Sports Club community sports program for youth. Conducting 4-6 workshops a year on effective and developmentally appropriate teaching. Recruiting interns for the home-school and after-school youth programs.
- On-going facilitation of opportunities for students to get involved with teaching and coaching youth in Chico. Started Spring 1996 through Chico Youth Soccer League, Shasta Elementary School, McManus Elementary School, Sierra View Elementary School, and Pleasant Valley High School.
- Chico Youth Soccer League coach, Spring 1997, Fall, 1997, Fall 2000.
- Southwest Virginia Soccer Association coach, 1994-1996.
- Margaret Beeks Elementary School PTA board member, 8/95-6/96.
- Founded a new organization (April, 1998) for parents, teachers and students with the mission of eliminating inappropriate practices in physical education. The organization is called CASPER (Concerned Adults and Students for Physical Education Reform). Web page: [www.helpcasper.org](http://www.helpcasper.org)

#### **PROFESSIONAL OFFICES HELD:**

- Founder and Executive Director of CASPER (Concerned Adults and Students for Physical Education Reform) an international advocacy organization for developmentally appropriate physical education. April 1998-present.
- California Association for Health, Physical Education, Recreation and Dance: Northern District Coordinator. There are five district coordinators in California. April, 1998-March 2000.
- Served as a representative in the House of Delegates and on the Board of Directors, as well as the membership committee for CAHPERD. April, 1998-March 2000.
- Phi Kappa Phi Honors Society, Vice President of Activities, CSU, Chico chapter. January 1998-present.

#### **ADVOCACY IN PHYSICAL EDUCATION:**

- Contacted by the press for interviews about CASPER and physical education issues in print, radio and TV media, including:
  - Time Magazine, September, 2001.
  - MSNBC, September, 2001.
  - The San Francisco Chronicle, front-page article published November 22, 1999.
  - The Oakland Tribune, article published June 13, 1999.
  - Hayward Daily Review, article published June 14, 1999.
  - Tri-Valley Herald, article published June 13, 1999.
  - The Enterprise Record, article published on the kids' page, August 22, 1999.
  - The Enterprise Record, article published in the Lifestyle section, August 31, 1999.
  - Inside Chico State, front-page article published September 9, 1999.
  - The Orion, two front-page stories and one editorial, published September 8, 1999.
  - The Michael Medved Show (nationally syndicated talk-show), one hour live coverage on August 9, 1999.
  - The David Newman Show (rated #1 in time slot), WJR, ABC station in Detroit Michigan, one hour live coverage on August 19, 1999.
  - The Scoot Show, KOMO 1000 News-talk in Seattle, 30 minutes live coverage on August 9, 1999.
  - KPAY, Chico, AM and FM, taped interviews aired in the news segments on May 27, 1999.
  - KHSL, Channel 12, Chico, taped interviews aired on the news, May 26, 1999.

#### **PROFESSIONAL AFFILIATIONS AND ORGANIZATIONS:**

- Concerned Adults and Students for Physical Education Reform
- American Alliance for Health, Physical Education, Recreation and Dance
- National Association for Sport and Physical Education
- California Association for Health, Physical Education, Recreation and Dance
- Phi Kappa Phi Honor Society