

CURRICULUM VITAE

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College of Health
School of Exercise, Sport, and Health Sciences
Kinesiology

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Table of Contents

A. EDUCATION AND EMPLOYMENT INFORMATION.....	3
Professional Positions	3
Licensures and Certifications.....	5
Professional Memberships	6
B. TEACHING, ADVISING AND OTHER ASSIGNMENTS.....	7
B1. Instructional Summary.....	7
B1.1. Credit Courses.....	7
B1.2. Non-Credit Courses.....	17
B1.3. Invited Guest Lectures	20
B1.4. Curriculum Development	22
B1.5. Graduate & Undergraduate Students.....	23
Undergraduate Mentoring	23
Graduate Supervision.....	26
B2. Student Evaluation Summary	26
B3. Peer Teaching Evaluations.....	N/A
C. RESEARCH, SCHOLARSHIP, AND CREATIVE ACTIVITY	40
C1. Professional Meetings, Symposia, and Conferences.....	40
C1.1 Invited Presentations	40
C1.2 Continuing Education & Development	40

D. SERVICE.....	41
D1. School Service.....	41
D2. College Service.....	42
D3. University Service	42
D4. Other Service.....	42
E. AWARDS AND HONORS.....	43
E1. University and Community Awards.....	43

A. EDUCATION AND EMPLOYMENT INFORMATION

Education

Masters of Science **2000**

University of Oregon, Eugene, Oregon

Exercise Physiology

Masters Project: Corporate Wellness Program Business Plan for venture capital competition

Bachelors of Science **1997**

University of Oregon, Eugene, Oregon

Exercise and Movement Science

Professional Positions

Experiential Learning Coordinator and Instructor, Kinesiology **2022-present** **Promoted to Senior Instructor I** **2023**

School of Exercise, Sport, and Health Sciences, College of Health, Oregon State University, Corvallis, OR

Instruction of KIN 206: Industry Awareness, KIN 307: Pre-Internship, KIN 406: Projects (2 sections), KIN 409 and 409e: Practicum, KIN 410 and 410e: Internship. Facilitate, administer, and oversee student experiential learning opportunities. Manage experiential learning student records, affiliated site agreements and relationships, and relevant policies and procedures.

Instructor, Kinesiology **2016-2022**

School of Biological and Population Health Sciences, College of Public Health and Human Sciences, Oregon State University, Corvallis, OR

Instruction of KIN 394: Professional Activities, Resistance Training Design, KIN 395: Professional Activities, Group Fitness, and KIN 396: Professional Activities, Aquatics. Deliver both labs and lectures with over 6 class types, variable personal training styles, and 3 different aquatics styles. Asked by over 30 students a year to write letters of reference. Created Ecampus KIN 394 in 2020.

Instructor, Physical Activity Courses **2015-2022**

Oregon State University, Corvallis, OR

Teach classes of students with 40+ in the class proper fitness and technique and healthy lifestyle applications. Course development and leadership of aerobics and fitness area. Created Ecampus cardio kickboxing course 2018.

Coordinator and Instructor, Faculty Staff Fitness
Oregon State University, Corvallis, OR

Coordinator, 2016-2022
Instructor, 2015-2022

Volunteer Instructor, 2022-present

Deliver quality fitness experiences for employees and affiliates of OSU, quarterly scheduling, manage 20 instructors, communicate with over 2000 participants a quarter on programming, launched Online FSF fitness program March 2020, fitness facility management for two buildings, created wellness challenges and events such as the Recharge Wellness Challenge, TRYAthlon and 80s Prom Dance.

Group Exercise Director

2013-2016

Timberhill Athletic Club, Corvallis, OR

Manage a staff of 44+ instructors, train and develop current and new staff, organize class curriculum and schedule of 110+ classes/week with quarterly changes, bring in new programming, created group exercise events, incentive programs, and educational seminars, part of leadership team.

Group Exercise Instructor

2013-present

Timberhill Athletic Club, Corvallis, OR

Sub classes for all ages and abilities: MOSSA – Group Groove, Group Blast/Step, Group Power, Group Kick/Fight, Group Centergy, Step, Dance, Strength Training/Body Sculpting, TRX, Boot Camp, HIIT, Reebok Core Board, Bosu, LaBlast Ballroom Dance Fitness Level 1 and 2, Zumba, Active Aging, Kickboxing, Water Fitness

Club Manager, Group Exercise Director, Personal Trainer, Group Personal Trainer, Instructor

2001-2013

Superior Athletic Clubs, Medford, OR

Managed and led the team for a 40,000 square foot fitness facility including 2 paid group training studios, personal training, group exercise programming, cardio and weight rooms and service desk; Developed successful group exercise programs covering 40 instructors, 75+ classes, 3 clubs; Trained staff in a variety of programs and improve their skills and abilities to teach classes; Regularly hosted educational certifications and trainings, Instructed CPR skills to club staff with over 200 classes taught; Personal train 15+ regular clients/week, most clients 5-10 years; Taught small group training classes for 7 years with minimal participant turnover; Created an in-house program for trainers to educate members about health, fitness and nutrition; Developed reciprocal program between weight loss surgeons, orthopedic surgeons, and cardiac rehabilitation

Wellness Consultant

2000-2002

Wellness 2000, Inc., Medford, OR

Provided health risk assessments, presentations, and counseling for health measures such as: height, weight, blood pressure, body composition, lung function, strength, flexibility, VO2max, and questionnaire

Corporate Wellness Consultant

1997-2000

Fitness Link, Inc., Eugene, OR

Provided health risk assessments, presentations, counseling, personal training services, and wellness workshops

Graduate Teaching Assistant, Instructor

1997-2000

Physical Education Department, University of Oregon, Eugene, OR

Taught physical education to students and employees of the university

Rehabilitation Aide

1997-1998

McKenzie Rehabilitation Center, Springfield, OR

Rehabilitation aide to physical, occupational, and speech therapist team. Also led transfer trainings, chair exercise, and helped CNAs when needed.

Work Study, Research Assistant

1995-1997

Woollacott Motor Control Laboratory, University of Oregon, Eugene, OR

Assisted with participant acquisition, screening, data collection, and data analysis for gait and developmental studies

Licensures and Certifications

CPR	1997-present (renew every 2 years)
First Aid	2015-present (renew every 2 years)
American College of Sports Medicine Certified Exercise Physiologist	2001-present
American College of Sports Medicine Cancer Exercise Trainer	2008-present
American College of Sports Medicine Exercise is Medicine Credential	2013-present
American College of Sports Medicine Exercise is Medicine Credential Level 2	2013-present
Heads Up Concussion Training	2017-present

Society for Experiential Education, Reflection (1/6 of Academy)	Sept. 23, 2024
Society for Experiential Education, Teaching and Learning Experientially (1/6 of Academy)	Sept. 23, 2024
Society for Experiential Education, Fundamentals (1/6 of Academy)	Sept. 25, 2023
Society for Experiential Education, Assessment (1/6 of Academy)	Sept. 25, 2023
Heartsaver CPR Instructor	2006-2014
Oregon State University Creating an Online Course	2018
National Academy of Sports Medicine Personal Trainer	2004-2006
Aerobics and Fitness Association of America Group Exercise Certification	1997-2001
Zumba	2006-2008
Kinesiotaping Level 1	2018-present
MOSSA Group Power Instructor	2015
EFi Gravity Personal Trainer	2008
MOSSA Group Groove (Instructor/Tester)	2006
MOSSA Group Blast (Instructor/Tester)	2005
MOSSA Group Centergy Instructor	2005
MOSSA Group Fight Instructor	2005
Les Mills BodyFlow Instructor	2005
Les Mills BodyStep Instructor	2004
Les Mills BodyCombat Instructor	2004
Freemotion Instructor	2004
Reebok Core Board Instructor	2003
Aerobics and Fitness Association of America Aerobic Instructor	1998

Professional Memberships

American Kinesiology Association Member	2024-present
OSU Professional Faculty Leadership Association Member	2022-present
American College of Sports Medicine National Member	1997-present
International Dance and Exercise Association (IDEA) member	2011-2022

B. TEACHING, ADVISING AND OTHER ASSIGNMENTS

B1. Instructional Summary

Fall 2022 with a transition July 1, 2022, I moved into the Experiential Learning Coordinator/Instructor role and will be more consistently teaching and mentoring in that capacity with a new breadth of courses. The history of courses taught are in relation to professional activities in the field so Physical Activity Course (PAC) and Faculty Staff Fitness (FSF) courses will be included to give the overall breadth of instructional abilities.

B1.1. Credit Courses

Term	Course Number	Course Title	Credit Hours	Number of Students
Fall 2024	KIN 307-001	Pre-Internship	1	19
Fall 2024	KIN 206-003	Proj/Industry Awareness	3	37
Fall 2024	KIN 406-006	Proj/AEC	Variable	3
Fall 2024	KIN 406-005	Proj/Rock Steady Box	Variable	10
Fall 2024	KIN 409-001	Practicum	Variable	24
Fall 2024	KIN 409-400	Practicum	Variable	19
Fall 2024	KIN 410-001	Internship	Variable	1
Fall 2024	KIN 410-400	Internship	Variable	2
Summer 2024	KIN 406-004	Proj/AEC	Variable	5
Summer 2024	KIN 406-003	Proj/Rock Steady Box	Variable	10
Summer 2024	KIN 409-001	Practicum	Variable	23
Summer 2024	KIN 409-400	Practicum	Variable	28
Summer 2024	KIN 410-001	Internship	Variable	6
Summer 2024	KIN 410-400	Internship	Variable	6

Spring 2024	KIN 395-001	Professional Activities: Group Fitness	3	18
Spring 2024	KIN 395-011	Professional Activities: Group Fitness Lab	3	7
Spring 2024	KIN 395-012	Professional Activities: Group Fitness Lab	3	11
Spring 2024	KIN 406-004	Proj/AEC	Variable	8
Spring 2024	KIN 406-003	Proj/Rock Steady Box	Variable	10
Spring 2024	KIN 409-001	Practicum	Variable	40
Spring 2024	KIN 409-400	Practicum	Variable	20
Spring 2024	KIN 410-001	Internship	Variable	7
Spring 2024	KIN 410-400	Internship	Variable	1
Spring 2024	KIN 206-008	Proj/Industry Awareness	3	36
Spring 2024	KIN 307-001	Pre-Internship	1	18
Winter 2024	KIN 395-001	Professional Activities: Group Fitness	3	13
Winter 2024	KIN 395-010	Professional Activities: Group Fitness Lab	3	13
Winter 2024	KIN 406-002	Proj/Rock Steady Box	Variable	12
Winter 2024	KIN 406-004	Proj/AEC	Variable	5
Winter 2024	KIN 409-001	Practicum	Variable	29
Winter 2024	KIN 409-400	Practicum	Variable	8
Winter 2024	KIN 410-002	Internship	Variable	7
Winter 2024	KIN 410-400	Internship	Variable	3
Winter 2024	KIN 206-402	Proj/Industry Awareness	3	31
Fall 2023	KIN 206-003	Proj/Industry Awareness	3	28
Fall 2023	KIN 307-001	Pre-Internship	1	10
Fall 2023	KIN 201-002	Research and Scholarship	3	1

Fall 2023	KIN 406-006	Proj/AEC	Variable	2
Fall 2023	KIN 406-005	Proj/Rock Steady Box	Variable	4
Fall 2023	KIN 409-001	Practicum	Variable	19
Fall 2023	KIN 409-400	Practicum	Variable	6
Fall 2023	KIN 410-001	Internship	Variable	1
Fall 2023	KIN 410-400	Internship	Variable	2
Summer 2023	KIN 406-004	Proj/AEC	Variable	5
Summer 2023	KIN 406-003	Proj/Rock Steady Box	Variable	6
Summer 2023	KIN 409-001	Practicum	Variable	19
Summer 2023	KIN 409-400	Practicum	Variable	18
Summer 2023	KIN 409	International Internship (OINT_488_938_U2023)	3	1
Summer 2023	KIN 409	International Internship (OINT_488_939_U2023)	3	1
Summer 2023	KIN 410-001	Internship	Variable	5
Summer 2023	KIN 410-400	Internship	Variable	3
Spring 2023	KIN 406-004	Proj/AEC	Variable	7
Spring 2023	KIN 406-003	Proj/Rock Steady Box	Variable	10
Spring 2023	KIN 409-001	Practicum	Variable	33
Spring 2023	KIN 409-400	Practicum	Variable	18
Spring 2023	KIN 410-001	Internship	Variable	5
Spring 2023	KIN 410-400	Internship	Variable	3
Spring 2023	KIN 206-008	Proj/Industry Awareness	3	39
Spring 2023	KIN 307-001	Pre-Internship	1	19
Winter 2023	KIN 406-002	Proj/Rock Steady Box	Variable	5

Winter 2023	KIN 406-006	Proj/Experiential Learning	Variable	1
Winter 2023	KIN 409-001	Practicum	Variable	28
Winter 2023	KIN 409-400	Practicum	Variable	14
Winter 2023	KIN 410-002	Internship	Variable	8
Winter 2023	KIN 410-400	Internship	Variable	2
Winter 2023	KIN 206-008	Proj/Industry Awareness	3	40
Fall 2022	KIN 406-004	Proj/Rock Steady Box	Variable	4
Fall 2022	KIN 406-001	Proj/Experiential Learning	Variable	3
Fall 2022	KIN 409-001	Practicum	Variable	8
Fall 2022	KIN 409-400	Practicum	Variable	8
Fall 2022	KIN 410-001	Internship	Variable	4
Fall 2022	KIN 410-400	Internship	Variable	4
Fall 2022	KIN 206-001	Proj/Industry Awareness	3	25
Fall 2022	KIN 307-001	Pre-Internship	1	10
Summer 2022	KIN 394-400	Professional Activities: Resistance Training Design Ecampus	3	20
Summer 2022	PAC 287-X006	Weight Training I	1	16
Summer 2022	PAC 203-001	Observ & Assist Instruct PAC	1	1
Spring 2022	KIN 394-001	Professional Activities: Resistance Training Design lecture, in seat with Zoom for people out sick Managed 2 labs+2 GTAs	3	39
Spring 2022	KIN 395-001	Professional Activities: Group Fitness lecture, in seat with Zoom for people out sick	3	21
Spring 2022	KIN 395-010	Professional Activities: Group Fitness Lab	3	5

Spring 2022	KIN 395-012	Professional Activities: Group Fitness Lab	3	16
Spring 2022	PAC 108	Step and Sculpt	1	16
Spring 2022	PAC 288	Weight Training II	1	15
Winter 2022	KIN 394-400	Professional Activities: Resistance Training Design Ecampus	3	24
Winter 2022	KIN 395-001	Professional Activities: Group Fitness lecture, in seat with Zoom for people out sick	3	14
Winter 2022	KIN 395-010	Professional Activities: Group Fitness lab	3	14
Winter 2022	PAC 108	Step and Sculpt	1	14
Fall 2021	KIN 394-001	Professional Activities: Resistance Training Design lecture, in seat with Zoom for people out sick	3	16
Fall 2021	KIN 394-001	Professional Activities: Resistance Training Design lab	3	16
Fall 2021	KIN 395-001	Professional Activities: Group Fitness lecture, in seat with Zoom for people out sick	3	12
Fall 2021	KIN 395-011	Professional Activities: Group Fitness lab	3	12
Fall 2021	PAC 126	Cardio Kickboxing	1	23
Summer 2021	KIN 394-400	Professional Activities: Resistance Training Design Ecampus	3	11
Summer 2021	PAC 287	Weight Training I	1	11
Spring 2021	KIN 394-001	Professional Activities: Resistance Training Design lecture, remote synchronous Manage 2 labs+2 GTAs	3	35
Spring 2021	KIN 395-001	Professional Activities: Group Fitness lecture, remote synchronous	3	21
Spring 2021	KIN	Professional Activities: Group	3	10

	395-011	Fitness lab, remote synchronous		
Spring 2021	KIN 395-012	Professional Activities: Group Fitness lab, remote synchronous	3	11
Spring 2021	PAC 288	Weight Training II	1	4
Winter 2021	KIN 394-400	Professional Activities: Resistance Training Design Ecampus	3	26
Winter 2021	KIN 395-001	Professional Activities: Group Fitness lecture, remote synchronous	3	10
Winter 2021	KIN 395-010	Professional Activities: Group Fitness lab, remote synchronous	3	10
Winter 2021	PAC 126	Cardio Kickboxing, remote synchronous	1	21
Fall 2020	KIN 394-001	Professional Activities: Resistance Training Design lecture, remote synchronous	3	13
Fall 2020	KIN 394-013	Professional Activities: Resistance Training Design lab, remote synchronous	3	13
Fall 2020	KIN 395-001	Professional Activities: Group Fitness lecture, remote synchronous	3	11
Fall 2020	KIN 395-011	Professional Activities: Group Fitness lab, remote synchronous	3	11
Summer 2020	PAC 287	Weight Training I, remote synchronous	1	14
Spring 2020	KIN 394-001	KIN 394: Professional Activities: Resistance Training Design lecture, remote synchronous, managed 2 lab+2 GTAs	3	36
Spring 2020	KIN 395-001	Professional Activities: Group Fitness lecture, remote synchronous	3	34
Spring 2020	KIN 395-011	Professional Activities: Group Fitness lab, remote synchronous	3	16
Spring 2020	KIN 395-012	Professional Activities: Group Fitness lab, remote synchronous	3	18

Spring 2020	PAC 126	Cardio Kickboxing (remote synchronous)	1	17
Winter 2020	KIN 394- 001	Professional Activities: Resistance Training Design lecture, managed 2 labs+2 GTAs	3	19
Winter 2020	KIN 395- 001	Professional Activities: Group Fitness lecture	3	10
Winter 2020	KIN 395- 011	Professional Activities: Group Fitness lab	3	6
Winter 2020	KIN 395- 012	Professional Activities: Group Fitness lab	3	4
Winter 2020	PAC 126	Cardio Kickboxing	1	24
Winter 2020	PAC 288	Weight Training II	1	17
Fall 2019	KIN 394- 001	Professional Activities: Resistance Training Design lecture	3	17
Fall 2019	KIN 394- 013	Professional Activities: Resistance Training Design lab	3	17
Fall 2019	KIN 395- 001	Professional Activities: Group Fitness lecture	3	12
Fall 2019	KIN 395- 010	Professional Activities: Group Fitness lab	3	6
Fall 2019	KIN 395- 011	Professional Activities: Group Fitness lab	3	6
Fall 2019	PAC 126	Cardio Kickboxing	1	32
Fall 2019	PAC 287	Weight Training I	1	25
Spring 2019	KIN 394- 001	Professional Activities: Resistance Training Design lecture, managed 2 labs+2 GTAs	3	30
Spring 2019	KIN 395- 001	Professional Activities: Group Fitness lecture	3	24

Spring 2019	KIN 395-011	Professional Activities: Group Fitness lab	3	9
Spring 2019	KIN 395-012	Professional Activities: Group Fitness lab	3	15
Spring 2019	PAC 126	Cardio Kickboxing	1	35
Spring 2019	PAC 287	Weight Training I/Women	1	24
Winter 2019	KIN 394-001	Professional Activities: Resistance Training Design lecture, managed 2 labs+2 GTAs	3	24
Winter 2019	KIN 395-001	Professional Activities: Group Fitness lecture	3	22
Winter 2019	KIN 395-010	Professional Activities: Group Fitness lab	3	14
Winter 2019	KIN 395-011	Professional Activities: Group Fitness lab	3	8
Winter 2019	PAC 126-028	Cardio Kickboxing	1	33
Winter 2019	PAC 126-400	Cardio Kickboxing Ecampus	1	8
Fall 2018	KIN 394-001	Professional Activities: Resistance Training Design lecture, managed 2 labs+2 GTAs	3	20
Fall 2018	KIN 395-001	Professional Activities: Group Fitness lecture	3	10
Fall 2018	KIN 395-010	Professional Activities: Group Fitness lab	3	6
Fall 2018	KIN 395-011	Professional Activities: Group Fitness lab	3	4
Fall 2018	PAC 126	Cardio Kickboxing	1	27
Spring 2018	KIN 394-	Professional Activities: Resistance Training Design	2	68

	001	lecture, managed 3 labs+2 GTAs		
Spring 2018	KIN 394-011	Professional Activities: Resistance Training Design lab	2	18
Spring 2018	KIN 395-001	Professional Activities: Group Fitness lecture	2	40
Spring 2018	KIN 395-011	Professional Activities: Group Fitness lab	2	20
Spring 2018	KIN 395-012	Professional Activities: Group Fitness lab	2	20
Spring 2018	PAC 126	Cardio Kickboxing	1	40
Winter 2018	KIN 394-001	Professional Activities: Resistance Training Design lecture, managed 2 labs+2 GTAs	2	63
Winter 2018	KIN 394-012	Professional Activities: Resistance Training Design lab	2	17
Winter 2018	KIN 395-011	Professional Activities: Group Fitness lecture	2	26
Winter 2018	KIN 395-011	Professional Activities: Group Fitness lab	2	11
Winter 2018	KIN 395-012	Professional Activities: Group Fitness lab	2	15
Winter 2018	PAC 126	Cardio Kickboxing	1	32
Fall 2017	KIN 394-001	Professional Activities: Resistance Training Design lecture, managed 3 labs+2 GTAs	2	45
Fall 2017	KIN 394-013	Professional Activities: Resistance Training Design lab	2	15
Fall 2017	KIN 395-001	Professional Activities: Group Fitness lecture	2	22
Fall 2017	KIN 395-	Professional Activities: Group Fitness lab	2	10

	010			
Fall 2017	KIN 395- 011	Professional Activities: Group Fitness lab	2	12
Fall 2017	PAC 126	Cardio Kickboxing	1	31
Fall 2017	PAC 287	Weight Training I	1	26
Spring 2017	KIN 395- 001	Professional Activities: Group Fitness lecture	2	37
Spring 2017	KIN 395- 010	Professional Activities: Group Fitness lab	2	24
Spring 2017	KIN 395- 011	Professional Activities: Group Fitness lab	2	13
Spring 2017	KIN 396- 001	Professional Activities: Aquatics lecture	2	17
Spring 2017	KIN 396- 010	Professional Activities: Aquatics lab	2	17
Spring 2017	PAC 122	Body Sculpting	1	39
Spring 2017	PAC 126	Cardio Kickboxing	1	40
Winter 2017	KIN 395- 001	Professional Activities: Group Fitness lecture	2	30
Winter 2017	KIN 395- 011	Professional Activities: Group Fitness lab	2	16
Winter 2017	KIN 395- 002	Professional Activities: Group Fitness lab	2	14
Winter 2017	KIN 396- 001	Professional Activities: Aquatics lecture	2	20
Winter 2017	KIN 396- 010	Professional Activities: Aquatics lab	2	20
Winter 2017	PAC 126	Cardio Kickboxing	1	37
Winter 2017	PAC 287	Weight Training I/Women	1	26

Fall 2016	KIN 395- 001	Professional Activities: Group Fitness lecture	2	25
Fall 2016	KIN 395- 010	Professional Activities: Group Fitness lab	2	8
Fall 2016	KIN 395- 011	Professional Activities: Group Fitness lab	2	17
Fall 2016	KIN 396- 001	Professional Activities: Aquatics lecture	2	14
Fall 2016	KIN 396- 010	Professional Activities: Aquatics lab	2	14
Fall 2016	PAC 126	Cardio Kickboxing	1	33
Fall 2016	PAC 287	Weight Training I/Women	1	28
Spring 2016	PAC 122	Body Sculpting	1	37
Spring 2016	PAC 126	Cardio Kickboxing	1	29
Spring 2016	PAC 287	Weight Training I/Women	1	25
Winter 2016	PAC 122	Body Sculpting	1	39
Winter 2016	PAC 126	Cardio Kickboxing	1	36
Winter 2016	PAC 287	Weight Training I/Women	1	27
Fall 2015	PAC 103	Deep Water Aerobics	1	10
Fall 2015	PAC 122	Body Sculpting	1	45

B1.2. Non-Credit Courses

*Fall 2022-present instruction of FSF classes is volunteer (see Service)

*Spring 2018-present every PAC for credit course was offered as non-credit with the exception of non-credit PAC workshops.

Term	Course Number/Type	Course Title
Fall 2024	FSF (volunteer)	Cardio Dance
Summer 2024	FSF (volunteer)	Sub
Spring 2024	FSF (volunteer)	Cardio Dance

Winter 2024	FSF (volunteer)	Cardio Dance
Fall 2023	FSF (volunteer)	Cardio Dance
Summer 2023	FSF (volunteer)	Sub
Spring 2023	FSF (volunteer)	Cardio Dance
Winter 2023	FSF (volunteer)	Step and Strength
Winter 2023	FSF (volunteer)	Cardio Dance
Fall 2022	FSF (volunteer)	Step and Strength
Fall 2022	FSF (volunteer)	Cardio Dance
Summer 2022	PAC 288	Weight Training I
Summer 2022	FSF	Weight Training
Summer 2022	FSF	Step and Strength
Summer 2022	FSF	Cardio Dance
Spring 2022	PAC 108	Step and Sculpt
Spring 2022	PAC 288	Weight Training II
Spring 2022	FSF	Weight Training
Spring 2022	FSF	Step and Strength
Spring 2022	FSF	Cardio Dance
Winter 2022	PAC 108	Step and Sculpt
Winter 2022	FSF	Weight Training
Winter 2022	FSF	Step and Strength
Winter 2022	FSF	Cardio Dance
Fall 2021	PAC 126	Cardio Kickboxing
Fall 2021	FSF	Weight Training
Fall 2021	FSF	Step and Strength
Fall 2021	FSF	Cardio Dance
Summer 2021	PAC 287	Weight Training I
Summer 2021	FSF	Weight Training
Summer 2021	FSF	Cardio Dance
Summer 2021	FSF	Recording for Online FSF
Spring 2021	PAC 288	Weight Training II
Spring 2021	FSF	Weight Training
Spring 2021	FSF	Cardio Dance
Spring 2021	FSF	Recording for Online FSF
Winter 2021	PAC 126	Cardio Kickboxing (remote synchronous)
Winter 2021	FSF	Weight Training
Winter 2021	FSF	Cardio Dance
Winter 2021	FSF	Recording for Online FSF
Fall 2020	FSF	Weight Training
Fall 2020	FSF	Cardio Dance
Fall 2020	FSF	Recording for Online FSF
Summer 2020	PAC 287	Weight Training I (remote synchronous)

Summer 2020	FSF	Recording for Online FSF
Spring 2020	PAC 126	Cardio Kickboxing (remote synchronous)
Spring 2020	FSF	Creation of Online FSF program and recording
Winter 2020	PAC 126	Cardio Kickboxing
Winter 2020	PAC 288	Weight Training II
Winter 2020	FSF	Weight Training
Winter 2020	FSF	Step and Sculpt
Winter 2020	FSF	Cardio Dance
Winter 2020	FSF	Cardio Kickboxing
Fall 2019	PAC 126	Cardio Kickboxing
Fall 2019	PAC 287	Weight Training I
Fall 2019	FSF	Weight Training
Fall 2019	FSF	Step and Sculpt
Fall 2019	FSF	Cardio Kickboxing
Summer 2019	FSF	Weight Training
Summer 2019	FSF	Step and Sculpt
Summer 2019	FSF	Cardio Kickboxing
Spring 2019	PAC 126	Cardio Kickboxing
Spring 2019	PAC 287	Weight Training I/Women
Spring 2019	FSF	Weight Training
Spring 2019	FSF	Step and Sculpt
Spring 2019	FSF	Cardio Kickboxing
Winter 2019	PAC 126	Cardio Kickboxing
Winter 2019	PAC 126	Cardio Kickboxing Ecampus
Winter 2019	FSF	Weight Training
Winter 2019	FSF	Step and Strength
Winter 2019	FSF	Cardio Kickboxing
Fall 2018	PAC 126	Cardio Kickboxing
Fall 2018	FSF	Weight Training
Fall 2018	FSF	Step and Sculpt
Fall 2018	FSF	Cardio Kickboxing
Summer 2018	FSF	Weight Training
Summer 2018	FSF	Step and Sculpt
Summer 2018	FSF	Cardio Kickboxing
Spring 2018	PAC 126	Cardio Kickboxing
Spring 2018	FSF	Weight Training
Spring 2018	FSF	Step and Sculpt
Spring 2018	FSF	Cardio Kickboxing
Winter 2018	FSF	Weight Training
Winter 2018	FSF	Step and Strength

Winter 2018	FSF	Cardio Kickboxing
Fall 2017	FSF	Weight Training
Fall 2017	FSF	Step and Sculpt
Fall 2017	FSF	Cardio Kickboxing
Summer 2017	FSF	Weight Training
Summer 2017	FSF	Step and Sculpt
Summer 2017	FSF	Cardio Kickboxing
Spring 2017	FSF	Weight Training
Spring 2017	FSF	Step and Sculpt
Spring 2017	FSF	Cardio Kickboxing
Winter 2017	FSF	Weight Training
Winter 2017	FSF	Step and Sculpt
Winter 2017	FSF	Cardio Kickboxing
Fall 2016	FSF	Weight Training
Fall 2016	FSF	Step and Sculpt
Fall 2016	FSF	Cardio Kickboxing
Summer 2016	FSF	Weight Training
Summer 2016	FSF	Step and Sculpt
Summer 2016	FSF	Cardio Kickboxing
Spring 2016	FSF	Weight Training
Spring 2016	FSF	Step and Sculpt
Spring 2016	FSF	Cardio Kickboxing
Winter 2016	FSF	Weight Training
Winter 2016	FSF	Step and Sculpt
Winter 2016	FSF	Cardio Kickboxing
Fall 2015	FSF	Step and Strength
Fall 2015	FSF	Cardio Kickboxing

B1.3. Invited Guest Lectures

Undergraduate/Graduate Audience

Oregon State University

Fall 2021	PAC Students	PAC Sampler	Step Aerobics/Cardio Kickboxing
Sept. 2020	CPHHS Students	CPHHS Marketing	"10 in 10"
March 2020	OSU Students	OSU Student Success Conference	"Leadership in the Fitness Space"

Faculty Audience

Oregon State University

Winter 2022	OSU Family Resource Center	"Fun and Games: The Importance of Physical Activities and Fitness for Children"
December 2021	OSU Financial Aid Department	"Stretching at Your Desk"
June 2021	OSU Family Resource Center	"Keeping your Family Active"
July 2020	OSU Foundation	"Staying Active While at Home"
May 2020	OSU PFLA Organization	"Your Home Fitness Survival Kit"
April 2020	Oregon State University Employees	"Culture of Care Workshop"

B1.4. Curriculum Development

Oregon State University

<u>Date</u>	<u>Program</u>	<u>Course</u>	<u>Role</u>
Summer-Fall 2024	KIN	KIN 193: Careers in Kinesiology	Ecampus development – content, lectures, filming interviews and lectures
Spring 2024-present	KIN	KIN 395: Group Fitness	Redesign of lab course with removal of prerequisites
Spring-Fall 2024	KIN	KIN 293: Get a Job in Kinesiology	Core Ed Development
Spring-Fall 2024	KIN	KIN 193: Careers in Kinesiology	Core Ed Development
Summer-Fall 2023	KIN	KIN 206: Industry Awareness	Ecampus development – content, lectures, filming interviews and lectures, creating games and entertaining content
Fall 2022-present	KIN	KIN 206, 307, 406, 409, 410	Updating course curriculum for experiential learning Updating all KIN experiential learning websites and materials.
Fall 2021-Spring 2022	PAC	PAC 289: Fitness and Wellness Leadership I	Co-Developer through curriculum process
Fall 2021-Spring 2022	PAC	PAC 289: Fitness and Wellness Leadership I	Co-Developer through curriculum process
Fall 2021-Spring 2022	PAC	Fitness and Wellness Leadership Program	Co-Developer of leadership program. Collaboration with Dixon Recreation Services. https://health.oregonstate.edu/pac/leadership/fitness-and-wellness
Fall 2021-Spring 2022	PAC	PAC Pilates, strength, and cardiovascular content created to a streamlined template	Co-Developer to create standard Canvas course materials to fulfill learning objectives

Spring 2021	PAC	PAC 108: Step and Strength	Updated course content through curriculum process
Summer-Fall 2020	KIN	KIN 394: Professional Activities, Resistance Training Design Ecampus	Developer with Ecampus Filmed all lectures and labs, developed content
Spring-Summer 2018	PAC	PAC 126: Cardio Kickboxing Ecampus	Developer with Ecampus Filmed all classes, developed content
Fall 2017	KIN	KIN 394: Professional Activities, Resistance Training Design curriculum recreate	Updated course content for achieving learning objectives
Fall 2016	KIN	KIN 395: Professional Activities, Group Fitness curriculum recreate	Updated course content for achieving learning objectives
Fall 2016	KIN	KIN 396: Professional Activities, Aquatics curriculum recreate	Updated course content for achieving learning objectives

C. RESEARCH, SCHOLARSHIP, AND CREATIVE ACTIVITY

C1. Professional Meetings, Symposia, and Conferences

C1.1 Invited Presentations

November 2024	Fitlife Club Network Owners and Managers Meeting	"Build Your Employee Base through High Impact Internships"
Winter 2021	Oregon Higher Education Professionals in Health and Physical Education (OHEPHPE) Conference	"Flipping from In Person to Remote"

Winter 2020	Oregon Higher Education Professionals in Health and Physical Education (OHEPHPE) Conference	“Leadership in the Fitness Space”
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C1.2 Continuing Education & Development

Conferences Attended

Event	Timeframe
Society for Experiential Education National Conference	Sept. 22-25, 2024
Total Worker Health Continuing Education hosted at OSU (OHSU, SAIF, Portland State, OSU)	December 14, 2023
Society for Experiential Education National Conference	Sept. 25-27, 2023
Nuts and Bolts of Cooperative Education (National Society for Experiential Education)	July 27, 2023
Incorporating Anti-Racism into Curricula by Council on Education for Public Health	July 19, 2023
OSU Media Training	May 2, 2023
Grow Your Business with Authentic Inclusive Marketing and Messaging Strategies (IDEA)	Feb. 24, 2023
Exercise Science Update: New Research and Ideas (IDEA)	Feb. 24, 2023
American Heart Association Worksite Wellbeing Summit	2022
Menopause Training with Gennev	January 2021
International Dance and Exercise Association (IDEA) World Conference	2011, 2012, 2013, 2018, 2021
Oregon Higher Education Professionals in Health and Physical Education (OHEPHPE) Conference	2017, 2019, 2020, 2021
American College of Sports Medicine Virtual Experience	2020
Developing an Online Course, Oregon State University Ecampus	2017
FitLife Regional Convention	2003, 2004, 2014, 2015
International Health, Racquet and Sport Association (IHRSA) Annual Conference	2009, 2011, 2012, 2013
American College of Sports Medicine Annual Meeting	2004
American College of Sports Medicine Health and Fitness Summit	2003
Reebok Revolution	1999

Workshops

Event	Timeframe
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OSU CADI Training	3/18/24
NACE Winning the ATS Game: Demystifying Application Response Rates in 2024	9/6/24
ACSM ExSci Careers Explored Webinar: Identifying Industry Jobs	4/10/24
ACSM's Science Communication Collective presents: Demystifying Generative AI in Exercise Medicine: Hallucination vs. Reality	3/5/34
OSU QT Talks - Mentoring and Supporting Students in Experiential Learning by Career Development Center	2/20/24
OSU QT Talks - Learning Together: Guiding Students to Engage Students in Active Learning by Career Development Center	2/6/24
OSU QT Talks Creating an Inclusive Classroom by Career Development Center	1/23/24
OSU Career Champions by Career Development Center	Fall 2023
Center for Teaching and Learning DEI Book Club "Inclusive Teaching, Strategies for Promoting Equity in the College Classroom"	Spring 2023
Personal book club reading, "Radical Hope, a teaching manifesto"	February 2023
Center for Teaching and Learning DEI Book Club "Why are all the Black Kids Sitting Together in the Cafeteria?"	Spring 2020

D. SERVICE

D1. School Service

Commitment	Timeframe
KIN Undergraduate Curriculum Committee	March 2023-present
FSF Coordinator/PAC Aerobics and Fitness Leader Search Committee	Summer 2022
FSF Search Committees Chair, Oregon State University (over 20 employees)	Summer 2016-Fall 2022
PAC Aerobics and Fitness Instructors Search Committees Chair, Oregon State University (over 5 employees)	Summer 2016-Fall 2022
Physical Activity Office Specialist 3 Search Committee, Oregon State University	Summer 2021
Physical Activity Office Specialist 2 Search Committee, Oregon State University	Spring 2017

D2. College Service

Commitment	Timeframe
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College of Health Office of Student Success Advisor Search Committee, Co-Chair	Summer-Fall 2024
College of Health Promotion and Tenure Committee	Fall 2023-present
College of Health Curriculum Committee	Fall 2023-present
College of Health Experiential Learning Scholarship Committee	Summer 2023-present
Exercise and Sports Sciences School Head Search Committee	Spring 2023
Ad-Hoc BPHS Personnel Committee for PAC instructor PROFS	Spring 2023
Faculty Staff Fitness Instruction (volunteer)	Fall 2022-present
CPHHS Property Specialist 3, Search Committee Chair, Oregon State University	Winter 2022
Organization and implementation of CPHHS Equipment Move, Oregon State University	February 2020

D3. University Service

Volunteer Instructor for Faculty Staff Fitness	Fall 2022-present
Dixon Advisory Committee	February 2023-present
KidSpirit Education Program Assistant 2 Search Chair	Spring 2024
KidSpirit Educational Assistant-1 Search Committee	Spring/Summer 2023

D4. Other Service

Discussions with advocates from OHSU, OSU, and Portland State University in Oregon Total Worker Health for expansion	Summer 2022-present
Edgewood Estates volunteer for community improvement	May 2014-present
Crescent Valley High School volunteer, Corvallis, OR	Spring 2022-present
Cheldelin Middle School Parent Teacher Organization, Corvallis, OR	Spring 2022-present
Hoover Parent Teacher Organization, Corvallis, OR Primary focus: Sock Hop Coordinator	Fall 2015–Spring 2020

E. AWARDS AND HONORS

E1. University and Community Awards

Dean's Unsung Hero, 2024 for work with new curriculum (CORE Ed) development with Beyond OSU courses

OSU Unsung Hero, 2020 <https://today.oregonstate.edu/story/gillen-leads-charge-get-fitness-classes-faculty-and-staff-homes>