

Curriculum Vitae

Zachary Wahl-Alexander**CONTACT INFORMATION**

Northern Illinois University
 Department of Kinesiology and Physical Education
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 DeKalb, IL 60155

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ACADEMIC HISTORY**Education:**

Doctor of Philosophy in Kinesiology **August, 2015**
 University of Alabama Tuscaloosa,
 AL

Specialization: Sport Pedagogy

Certificate: Qualitative Research Certificate

Dissertation Chairs: Matthew D. Curtner-Smith, Ph.D. and Oleg A. Sinelnikov, Ph.D.

Dissertation Title: Advancing Sport Education: Influence of Negotiations Prior to Sport Education, Within Sport Education, and Students' Autobiographical Memories of Multiple Seasons

Master of Arts in Kinesiology **December, 2012**
 University of Alabama Tuscaloosa,
 AL

Specialization: Sport Pedagogy

Thesis Chair: Matthew D. Curtner-Smith, Ph.D.

Thesis Title: Influence of Negotiations on Preservice Teachers' Instruction within Multi-Activity and Sport Education Units

Bachelor of Science in Education **May, 2009**
 University of Georgia Athens, GA
 Physical and Health Education

Academic Appointments:

Northern Illinois University	Department of Kinesiology and Physical Education	
Associate Professor (with tenure)	Present	August 2020 -
Assistant Professor	2020	August 2015 – May

Related Professional Experience:**Trails End Camp**

Assistant Director

**Beach Lake,
PA** 2017 - Present**Project FLEX (Fitness Leadership EXperience)**

Founder and Director

**DeKalb,
IL** 2018 -
Present**Intensive Juvenile Detention Center**

Physical Education Teacher

**Tuscaloosa,
AL** 2015 -
2016**Graduate Assistant**

Graduate Teaching Assistant

**Tuscaloosa,
AL** 2010 -
2015**Research Interests:**

Broadly speaking, my research focuses on examining the extent to which pedagogical changes can inform and impact teaching practices within the context of physical education and physical activity. More specifically, my interests focus on investigating: The Sport Education pedagogical model, negotiated curriculum, and building community-based partnerships (i.e., summer camps, juvenile detention centers) focused on providing youth opportunities to be physically active.

ACADEMIC INSTRUCTION

Teaching:

Northern Illinois University, Department of Kinesiology and Physical Education, DeKalb, IL.

Undergraduate courses taught:

KNPE 335: Developmental Skill Based Approach to Teaching
 KNPE 343: Elementary Physical Education
 KNPE 344: Elementary Physical Education Field Experience
 KNPE 368: Sport Education Curriculum Model
 KNPE 421: Curriculum Instruction and Design
 KNPE 467: Field Experience in the Middle School
 KNPE 468: Field Experience in the High School

Graduate courses taught:

KNPE 544: Field Experience in Elementary School
 KNPE 567: Field Experience in the Middle School

KNPE 568: Field Experience in the High School
 KNPE 577: Physical Education in the Elementary School

The University of Alabama, Department of Kinesiology, Tuscaloosa, AL.

Undergraduate courses taught:

KIN 104: Basketball
 KIN 108: Beginning Tennis
 KIN 117: Volleyball
 KIN 145: Beginning Racquetball
 KIN 155: Women's Self-Defense
 KIN 157: Beginning Weight Training
 KIN 167: Running
 KIN 306: Analysis and Teaching Movement I: Invasion, Striking, Fielding and Target Games
 KIN 364: Physical Education for Teachers of Children (Elementary Education Majors)
 KIN 468: Adapted Physical Education

Undergraduate course co-taught:

KIN 307: Analysis of Teaching Movement II: Track/Field & Net Wall Games
 KIN 350: Secondary Curriculum Methods
 KIN 351: Secondary Curriculum Clinical Experience
 KIN 360: Elementary Curriculum and Content
 KIN 361: Elementary Philosophy, Theory and Practice
 KIN 368: Coaching Volleyball

Invited Lectures

Northern Illinois University, Graduate Instructional Approaches, DeKalb, Illinois (2019)
 What is Sport Education? A Models-Based Approach for Success in Physical Education

Northern Illinois University, Research Advancement Series, DeKalb, Illinois (2019)
 Becoming a Content Area Expert

Northern Illinois University, College of Education Invited Recruitment Speaker, DeKalb, Illinois (2019)
 Why Choose the College of Education?

Northern Illinois University, Graduate Curriculum and Development, DeKalb, Illinois (2017)
 Advancements in Sport Education

Northern Illinois University, Assessment in Kinesiology and Physical Education, DeKalb, Illinois (2016)
 Current Evaluation and Assessment Principles in Physical Education

University of Alabama, Introduction to Kinesiology, Tuscaloosa, Alabama. (2012)
 The Current State of Physical Education in America

Mentoring

Masters Thesis Committee Chair
 James Peterson, M.S. (Exercise Science)

2019

SCHOLARLY CONTRIBUTION

Overview of Scholarly Activity:

	1 st Author	Other	Total
Published Manuscripts	33	17	50
Published Book Chapters		2	2
Published Abstracts	15	14	29
Conference Presentations	34	33	67

Publications with Students	7	9	16
Presentations with Students	6	15	21

Published Manuscripts:

Wahl-Alexander, Z., & McMurray, A.* (in press). What is the “new normal” in Physical Education Post-COVID-19?. *The Journal of Physical Education, Recreation and Dance*.

Wahl-Alexander, Z., & Camic, C. (in press). Impact of COVID-19 on School-Aged Male and Female Health-Related Fitness Markers. *Pediatric Exercise Science*.

Wahl-Alexander, Z. Jacobs, J., Kaeb, K.,* & Riley, K.* (in press). No gear? No problem! Fitness activities for students with limited space and equipment. *The Journal of Physical Education, Recreation and Dance*.

Jacobs, J., Richards, K. A. R., **Wahl-Alexander, Z.,** & Ressler, J. (in press). Helping preservice teachers learn to negotiate sociopolitical relationships through a physical education teacher education outdoor education experience. *Journal of Teaching in Physical Education*.

Mitchell, J. B., Gardner, A. J., **Wahl-Alexander, Z.,** Schwamberger, B., Craddock, D., Agomo, C.,* & Lang, M.* (in press). Impact of a summer nutrition and physical activity intervention to attenuate obesity in urban african american youth. *International Journal of Aquatic Research and Education*.

Wahl-Alexander, Z., Brusseau, T., & Burns, R. (in press). Physical activity levels and changes in health-related fitness in residential summer camp counselors. *Journal of Parks and Recreation Administration*.

Wahl-Alexander, Z., & Brezwyn, J.* (2021). Integrating virtual reality into a PETE methods course. *The Journal of Physical Education, Recreation and Dance*.

Howell, S.M., Gilson, T.A., Zvosec, C.C., & **Wahl-Alexander, Z.** (2021). Zebras in the Basketball Serengeti: Perceptions of high school basketball officiating. *Journal of Physical Education and Sports Management*, 8(1).

- Schwamberger, B., & **Wahl-Alexander, Z.** (2020). A roadmap to establishing a community engagement partnership between a university PETE program and a homeschool community. *The Journal of Physical Education, Recreation and Dance*, 91(8), 39-45.
- Wahl-Alexander, Z.**, Brusseau, T., & Burns, R. (2020). Changes in daily step counts and health-related fitness after a sports-based residential summer camp in boys. *A Journal of Leisure Studies and Recreation Education*, 1-10.
- Wahl-Alexander, Z.**, & Ressler, J (2020). Recalibrating physical education in an era of physical activity. *The Journal of Physical Education, Recreation and Dance*, 91(7), 3-5.
- Wahl-Alexander, Z.**, Malecki, A.,* & Smart, S.* (2020). The impact of prompting and group contingency on middle school students' physical activity during a badminton sport education season. *The Physical Educator*, 77(2), 208-229.
- Wahl-Alexander, Z.**, & Morehead, C. (2020). An observational assessment of physical activity levels and social behavior during residential summer camp unstructured time. *American Journal of Health Promotion*, 34(4), 387-292.
- Smart, S.,* & **Wahl-Alexander, Z.** (2020). Optimizing physical activity during non-fitness-based sport education seasons. *The Journal of Physical Education, Recreation and Dance*, 91(4), 22-29.
- DeMet, T.,* & **Wahl-Alexander, Z.** (2019). Integrating skill-related components of fitness: Combine in physical education. *Strategies*, 32(5), 10-17.
- Wahl-Alexander, Z.**, Jacobs, J., & Mack, T.* (2019). Lessons learned from the field: Teaching in high-risk physical education environments. *The Journal of Physical Education, Recreation and Dance*, 90(5), 8-15.
- Wahl-Alexander, Z.**, Sinelnikov, O., & Richards, K. A. R. (2019). Referee engagement and officiating accuracy in a college-level volleyball Sport Education Season. *The Physical Educator*, 76, 568-587.
- Jacobs, J., **Wahl-Alexander, Z.**, & Mack, T. (2019). Strategies for gaining access to deliver sport programs with highly vulnerable youth. *Journal of Youth Development*, 14, 155-164.
- Wahl-Alexander, Z.**, & Curtner-Smith, M. (2019). Influence of negotiations on preservice teachers' instruction within a skill themes unit. *Journal of Teaching in Physical Education*, 39(4), 500-507.
- Paver, S.,* & **Wahl-Alexander, Z.** (2018). Emphasizing the affective: Creating a positive and safe camp environment. *Camping Magazine*, 91(2), 56-59.
- Del Alcazar, J.,* & **Wahl-Alexander, Z.** (2018). Reaching all girls: using girls' participation patterns to increase engagement in physical education. *ASAHPERD Journal*, 38, 9-13.

- Wahl-Alexander, Z.**, Richards, K. A. R., & Howell, S. (2018). The influence of online training on camp counselors perceived competency. *Journal of Parks and Recreation Administration*, 72, 72-89.
- Wahl-Alexander.**, Richards, K. A. R., Washburn,* & Sinelnikov, O. (2018). Changes in adolescent goal orientations and motivation in traditional and sport education units in a summer camp setting. *Journal of Parks and Recreation Administration*, 36 (2), 141-159.
- Richards, K. A. R., Jacobs, J., **Wahl-Alexander, Z.**, & Ressler, J. (2018). Preservice physical education teacher socialization through an outdoor education field experience. *Journal of Adventure Education and Outdoor Learning*, 18, 367-381.
- Wahl-Alexander, Z.**, Hastie, P., & Johnson, N.* (2018). Using a fishing sport education season to promote outside engagement. *Journal of Physical Education, Recreation and Dance*. (89)7, 28-33.
- Wahl-Alexander, Z.**, & Chomentowski, P. (2018). Impact of a university physical conditioning sport education season on students' fitness levels. *Health Education Journal*, 77(7), 828-836.
- Haleem, A.* & **Wahl-Alexander, Z.** (2018). The autonomous curriculum: How student choice in physical education contributes to engagement, enjoyment and learning. *ASAHPERD Journal*, 37(3), 28-36.
- Wahl-Alexander, Z.**, Curtner-Smith, M., & Sinelnikov, O. (2018). Influence of a training program on preservice teachers' ability to negotiate with students. *Journal of Teaching in Physical Education*, 37(2), 144-153.
- Schwamberger, B., & **Wahl-Alexander, Z.** (2018). Swim to the top: A university partnership focused on enhancing swimming competency in african american youth. *Strategies*, 31(3), 20-26.
- Blocker, D.* & **Wahl-Alexander, Z.** (2018). Using sport education in a university physical activity course. *Journal of Physical Education, Recreation and Dance*. 89(2) 56-61.
- Wahl-Alexander, Z.**, & Curtner-Smith, M. (2018). Influence of negotiations on graduate teaching assistants' instruction within university activity courses. *Journal of Teaching in Physical Education*. 37(2), 164-174.
- Wahl-Alexander, Z.** (2017). Promoting emotional recover following natural disasters through integrative art and physical activity programs. *Harvard Health Policy Review*, Retrieved from <http://www.hhpronline.org/articles/2017/10/8/promoting-emotional-recovery-following-natural-disasters-through-integrative-art-and-physical-activity-programs>
- Wahl-Alexander, Z.**, Howell, S & Richards, K. A. R., (2017). Summer camp counselors' perceived competency prior to and following staff training. *Journal of Outdoor Recreation, Education, and Leadership*. 9(3), 298-313.

- Wahl-Alexander, Z.,** & Morehead, C. (2017). Comparing campers' physical activity levels between sport education and traditional instruction in a residential summer camp. *Journal of Physical Activity and Health*. 14(9), 665-670.
- Wahl-Alexander, Z.,** Richards, K. A. R., & Washburn, N.* (2017). Changes in perceived burnout among camp staff across the summer camp season. *Journal of Park and Recreation Administration*. 35(2), 74-85.
- Wahl-Alexander, Z.,** & Schwamberger, B. (2017). Elementary student's activity levels within an after-school program focused on emotional recovery. *Journal of Physical Activity Research*. 2(1), 15-19.
- Wahl-Alexander, Z.,** Schwamberger, B., & Neels, D. (2017). In-depth analysis of a teacher's experience implementing sport education in an after-school context. *The Physical Educator*. 74, 626-651.
- Schwamberger, B., **Wahl-Alexander, Z.** & Ressler, J. (2017). Ensuring that moral development is built in physical education. *Strategies*. 30, 33-37.
- Washburn, N.,* & **Wahl-Alexander, Z.** (2017). Don't just stand there: Use summer camps to instill physical literacy. *Camp Business*. July/August 20-23.
- Wahl-Alexander, Z.,** Sinelnikov, O., Curtner-Smith, M. (2017). A longitudinal analysis of students' autobiographical memories of participation in multiple sport education seasons. *European Physical Education Review*. 25, 25-40.
- Schwamberger, B. & **Wahl-Alexander, Z.** (2016). Children's activity levels and lesson context during summer swim instruction. *The Physical Educator*, 73 (4), 733 – 744.
- Wahl-Alexander, Z.,** Curtner-Smith, M., & Sinelnikov, O. (2016). Influence of a purposefully negotiated season of sport education on one teacher and his pupils. *European Physical Education Review*. 22(4), 450-464.
- Wahl-Alexander, Z.** & Sinelnikov, O. A. (2016). Examining instructor's and student's perceptions in an after-school program focused on emotional recovery following a natural disaster. *Athens Journal of Sport*, 3(1), 7-24.
- Wahl-Alexander, Z.** (2015). Creating the connection between university education programs and summer camps. *Camping Magazine*. 88(6), 52-54.
- Wahl-Alexander, Z.** (2015). Practitioners' experiences creating and implementing an emotional recovery and physical activity program following a natural disaster. *Strategies*, 28(2), 17-20.
- Wahl-Alexander, Z.** & Sinelnikov, O. A. (2015). Sport education as an innovative practice for activities at camp. *Camping Magazine*. 87(6), 44-47.

Wahl-Alexander, Z., & Curtner-Smith, M. (2015). Influence of negotiations between preservice teachers and pupils on instruction within multi-activity and sport education units. *Sport Education and Society*, 20(7), 838-854.

Wahl-Alexander, Z. & Sinelnikov, O. A. (2013). Using physical activity for an emotional recovery after a natural disaster. *Journal of Physical Education, Recreation & Dance*, 84 (4), 23-28.

Wahl-Alexander, Z. & Sinelnikov, O. A. (2012). Stress reduction in children after traumatic events: somatic, physiological and psycho-social techniques for physical educators. *Physical Culture and Sport*, 5, 31-34.

Wahl-Alexander, Z. (2011). Sport Education: What do students learn? *Journal of Physical Education, Recreation and Dance*, 82(8), 12.

**Denotes student-directed work in a faculty advisor role*

Published Book Chapters:

Ressler, J., & **Wahl-Alexander, Z.** (2021). *Student Voice in Physical Education and Physical Activity*. In E. Centeio & R. Martinnen (Eds.), *Before and After School Approaches to Physical Education and Physical Activity* (227-238). Routledge.

Published Abstracts:

Wahl-Alexander, Z., & Maveus, T. J.* (2020). Fitness Markers of Campers in a Fitness-Based Sport Education Season. *Research Quarterly for Exercise and Sport*, 91, A119-A120.

Wahl-Alexander, Z., Jacobs, J. & Mack, T.* (2020). Body mass index and fitness markers of incarcerated minority youth, *Research Quarterly for Exercise and Sport*, 91, A56-A57.

Schwamberger, B., **Wahl-Alexander, Z.,** & Ressler, J. (2019). Homeschool parent perceptions of physical education and physical activity. *Research Quarterly for Exercise and Sport*, 90, A132-A132.

Wahl-Alexander, Z., Richards, K. A. R., & Jacobs, J. (2019) Fading Supervision: A Tiered Approach to Learning to teach Sport Education, *Research Quarterly for Exercise and Sport*, 90, A152-A153.

Malecki, A.* Smart., S.* & **Wahl-Alexander, Z.** (2019) Effect of Goal-Oriented Contingencies on In-Class Physical Activity, *Research Quarterly for Exercise and Sport*, 90, A151-A151.

Gilson, T.A., Howell, S.M., Schaeperkoetter, C., & **Wahl-Alexander, Z.** (2018). Life on the court: examining officials' perceptions of refereeing basketball, *Research Quarterly for Exercise and Sport*, 89(S1), A-142.

Washburn, N., & **Wahl-Alexander, Z.** (2018). Examining the life history of one distinctive physical educator, *Research Quarterly for Exercise and Sport*, 89(S1), A-40.

- Wahl-Alexander, Z.,** & Schwamberger, B. (2018). Activity levels in university courses: Sport education vs. traditional instruction, *Research Quarterly for Exercise and Sport*, 89(S1), A-153.
- O'Neil, K., Krause, J.M., Richards, K. A. R., **Wahl-Alexander, Z.,** Doan, R.J., Healy, S. (2018). Surviving and Thriving as an Early Career Academic, SHAPE American National Convention, Nashville, TN.
- Richards, K. A. R., Jacobs, J., **Wahl-Alexander, Z.,** & Ressler, J.D. (2018). Preservice Teacher Socialization in an Outdoor Education Field Experience, *Research Quarterly for Exercise and Sport*, 89(S1), A-148.
- Woodruff, E., Selnikov, O., **Wahl-Alexander, Z.,** & Helm-Allen, J.A. (2018). Examining Individuals with Disabilities Perception of a Physical Activity Environment, *Research Quarterly for Exercise and Sport*, 89(S1), A-11.
- Selnikov, O.A., **Wahl-Alexander, Z.,** Richards, K. A. R., & Washburn, N.* (2017). Goal orientation and motivation in a summer camp sport education season, *Research Quarterly for Exercise and Sport*, 88(S2), A151-A152.
- Wahl-Alexander, Z.,** & Schwamberger, B. (2017). Elementary activity levels during an after school emotional recovery program, *Research Quarterly for Exercise and Sport*, 87(S2), A104.
- Woodruff, E., Selnikov, O., **Wahl-Alexander, Z.,** & Helm-Allen, J.A. (2017, March). Young Adults with Disabilities Impact University Student Development, SHAPE America National Convention, Boston, MA, *Research Quarterly for Exercise and Sport*, 88(S2), A175-A176.
- Wahl-Alexander, Z.,** Selnikov, O. A., & Curtner-Smith, M. (2016). Longitudinal Analysis of Students' Memories in Multiple Sport Education Seasons. *Research Quarterly for Exercise and Sport*, 87(S2), A104.
- Wahl-Alexander, Z.,** Selnikov, O. A., & Curtner-Smith, M. (2016). Influence of a Purposefully Negotiated Season of Sport Education. *Research Quarterly for Exercise and Sport*, 87(S2), A105.
- Woodruff, E. A., & **Wahl-Alexander, Z.** (2015). Exploring Perspectives of Students with Intellectual Disabilities on Physical Activity. *Research Quarterly for Exercise and Sport*. 86, A91.
- Wahl-Alexander, Z.,** & Curtner-Smith, M.D., (2015). Influence of Negotiations on Instruction During University Activity Courses. *Research Quarterly for Exercise and Sport*. 86, A147.
- Schwamberger, B. & **Wahl-Alexander, Z.,** (2015). Preservice Classroom Teachers Locus of Foci while Teaching Physical Education. *Research Quarterly for Exercise and Sport*. 86, A143.
- Wahl-Alexander, Z.,** & Curtner-Smith, M. D. (2014) Effect of negotiations on instruction during a movement concepts unit. *Research Quarterly for Exercise and Sport*, 85, A160.

Wahl-Alexander, Z., & Sinelnikov, O. A. (2014). Elementary students' drawing interpretations following natural disaster. *Research Quarterly for Exercise and Sport*, 85, A161.

Sinelnikov, O. A., & **Wahl-Alexander, Z.** (2014). After-School program following a tornado: Instructors' perceptions. *Research Quarterly for Exercise and Sport*, 85, A157-A158.

Wahl-Alexander, Z., Jensen, J., & Fowler, V. (2014). Descriptive account of a speedball sport education season in the after-school setting. *KAHPERD Journal*, 51(2), 18.

Wahl-Alexander, Z. & Sinelnikov, O. (2013). Perceived Efficacy of Stress-Reducing Techniques Following a Natural Disaster. *Research Quarterly for Exercise and Sport*, 84, A61-A62.

Wahl-Alexander, Z. & Curtner-Smith, M. (2013). Influence of Negotiations on Preservice Teachers' Instruction. *Research Quarterly for Exercise and Sport*, 84, A62.

Shipp, K., **Wahl-Alexander, Z.,** & Vollmer, C. (2013). Perceptions of Physical Education Among Elementary School Classroom Teachers. *Research Quarterly for Exercise and Sport*, 84, A57.

**Denotes student-directed work in a faculty advisor role*

Conference Presentations:

Ressler, J., **Wahl-Alexander, Z.,** & Anderson, J*. (2021). *Tracking Physical Activity in Adventure Based Learning: The Next "Steps?"* SHAPE American National Convention, Baltimore, MD.

Wahl-Alexander, Z. (2021). *Behavior Modification Strategies Impact on Activity during Consecutive Sport Education Seasons.* SHAPE American National Convention, Baltimore, MD.

Wahl-Alexander, Z., & Jacobs J. (2021). *Project FLEX: A Physical Activity Program for Incarcerated Youth.* SHAPE American National Convention, Baltimore, MD.

Wahl-Alexander., & Maveus., T.* (2020). *Games that mattered: Providing a purposeful experience with the sport education pedagogical model.* Illinois Association for Health, Physical Education, Recreation & Dance, St. Charles, Illinois.

Ressler, J., **Wahl-Alexander, Z.,** Zittel, L., Shiver, V., & Anderson, J.* (2020). *Applying core practices in elementary physical education.* Illinois Association for Health, Physical Education, Recreation & Dance, St. Charles, Illinois.

Wahl-Alexander, Z., Jacobs, J.M., Riley, K.,* & Kaeb, B.* (2020). *Meeting the needs of our forgotten youth: A holistic implementation of a physical activity leadership program for incarcerated teenage males.* American Public Health Association, San Francisco. (Conference Cancelled)

Wahl-Alexander, Z., Jacobs, J. & Mack, T.* (2020). *Body mass index and fitness markers of incarcerated minority youth,* SHAPE American National Convention, Salt Lake City, UT. (Conference Cancelled)

- Wahl-Alexander, Z.** & Maveus, T.* (2020). *Fitness markers of campers in a fitness-based sport education season*, SHAPE American National Convention, Salt Lake City, UT. (Conference Cancelled)
- Tauber, R. N.,* Peterson, J, Kowal, R., Sebastio, E., Camic, C., **Wahl-Alexander, Z.**, & Chomentowski, P. (2020). *Association between television viewing, physical fitness markers and body composition in college-aged adults*, American College of Sports Medicine, San Francisco, CA. (Conference Cancelled)
- Wahl-Alexander, Z.** & Maveus, T. (2019). *Introducing Sport Education: How to Provide an Authentic Positive Sporting Experience in Physical Education*, Illinois Association for Health, Physical Education, Recreation & Dance, St. Charles, Illinois.
- Jacobs, J.M. & **Wahl-Alexander, Z.** (2019). *Performing Under Extreme Pressure: A Case Study of a Coach Leading a Sport-Based Leadership Program Inside a Medium-Security Juvenile Detention Center*. Association of Applied Sport Psychology Conference, Portland, Oregon.
- Henert., S., **Wahl-Alexander, Z.**, & Zurburrgg, A.* & Jacobs, J. (2019). *Exercise self-efficacy ratings among college students enrolled in a sport education fitness class versus a traditional fitness class*. Applied Sport Psychology Annual Conference, Portland, Oregon.
- Wahl-Alexander, Z.**, Jacobs, J.M., & Mack, T.* (2019). *Designing Project FLEX: Sport-Based Leadership Program for Incarcerated Youth*. Engagement Scholarship Consortium, Denver, Colorado.
- Jacobs, J.M., **Wahl-Alexander, Z.**, & Mack, T.* (2019). *Relationship-building behind bars: Lessons learned by a female faculty member overseeing a sport leadership program for incarcerated male youth*. Social Justice Through Sport and Exercise Psychology Conference, Hillsboro, Oregon.
- Jacobs, J.M., **Wahl-Alexander, Z.**, & Mack, T.* (2019). *Gaining access to youth in highly vulnerable environments*. Social Justice Through Sport and Exercise Psychology Conference, Hillsboro, Oregon.
- Schwamberger, B., **Wahl-Alexander, Z.**, & Ressler, J. (2019). *Homeschool parent perceptions of physical education and physical activity*. SHAPE American National Convention, Tampa, Florida.
- Wahl-Alexander, Z.**, Richards, K. A. R., & Jacobs, J. (2019) *Fading Supervision: A Tiered Approach to Learning to teach Sport Education*, SHAPE American National Convention, Tampa, Florida.
- Malecki, A.,* Smart., S.,* & **Wahl-Alexander, Z.** (2019) *Effect of Goal-Oriented Contingencies on In-Class Physical Activity*, SHAPE American National Convention, Tampa, Florida.
- Smart, S.,* Malecki, A.,* & **Wahl-Alexander, Z.** (2018). *The influence of Using Goal Oriented Contingencies in Sport Education and the Effect on In-Class Physical Activity*, Illinois Association for Health, Physical Education, Recreation & Dance, St. Charles, Illinois.
- Ressler, J., **Wahl-Alexander, Z.**, Maveus, T.,* Mikos,* M., Braswell, B.,* & Smart, K.* (2018). *Teaching and Learning in Real Time: An Effective P.E. Lesson*, Illinois Association for Health, Physical Education, Recreation & Dance, St. Charles, Illinois.

- Wahl-Alexander, Z.** (2018). *Pre-Service Teacher's Ability to Negotiate with Elementary Students Following Intervention*, Physical Education Teacher Education / Health Education Teacher Education National Conference. Salt Lake City, Utah.
- Wahl-Alexander, Z.** (2018). *Using the Theory of Planning Behavior to Determine Pre-Service Teachers Intention to Utilize Sport Education*, Physical Education Teacher Education / Health Education Teacher Education National Conference. Salt Lake City, Utah.
- Wright, Ressler, J., & **Wahl-Alexander, Z.** (2018). *Social and Emotional Learning in Physical Education*, Physical Education Teacher Education / Health Education Teacher Education National Conference. Salt Lake City, Utah.
- Ressler, J., Jacobs, J., Kim, S., Koehling, G., Parker, J., **Wahl-Alexander, Z.**, & Zittel, L. (2018). *Results of design, diversity, and partnership: A PETE program tapestry*. Physical Education Teacher Education / Health Education Teacher Education National Conference. Salt Lake City, Utah.
- Gilson, T.A., Howell, S.M., Schaeperkoetter, C., & **Wahl-Alexander, Z.** (2018). *Life on the Court: Examining Officials' Perceptions of Refereeing Basketball*, SHAPE America National Convention, Nashville, Tennessee.
- Washburn, N., & **Wahl-Alexander, Z.** (2018). *Examining the Life History of one Distinctive Physical Educator*, SHAPE America National Convention, Nashville, Tennessee.
- Wahl-Alexander, Z.**, & Schwamberger, B. (2018). *Activity Levels in University Courses: Sport Education vs. Traditional Instruction*, SHAPE America National Convention, Nashville, Tennessee.
- O'Neil, K., Krause, J.M., Richards, K. A. R., **Wahl-Alexander, Z.**, Doan, R.J., Healy, S. (2018). *Surviving and Thriving as an Early Career Academic*, SHAPE America National Convention, Nashville, Tennessee.
- Richards, K. A. R., Jacobs, J., **Wahl-Alexander, Z.**, & Ressler, J. D. (2018). *Preservice Teacher Socialization in an Outdoor Education Field Experience*, SHAPE America National Convention, Nashville, Tennessee.
- Woodruff, E., Sinelnikov, O., **Wahl-Alexander, Z.**, & Helm-Allen, J.A. (2018). *Examining Individuals with Disabilities Perception of a Physical Activity Environment*, SHAPE America National Convention, Nashville, Tennessee.
- Haleem, I.,* & **Wahl-Alexander, Z.**, (2017). *Emphasizing offensive and defensive team sport strategies*. 2017 IAHPERD State Conference, St. Charles, Illinois.
- Blocker, D.,* Paver, S.,* & **Wahl-Alexander, Z.**, (2017). *Incorporating goalball into a sport education curriculum*. 2017 IAHPERD State Conference, St. Charles, Illinois.

- Horn, A.* & **Wahl-Alexander, Z.**, (2017). *Integrating STEM using adventure and fitness education*. 2017 IAHPERD State Conference, St. Charles, Illinois.
- Woodruff, E., Sinelnikov, O., **Wahl-Alexander, Z.**, & Helm-Allen, J.A. (2017). *Young Adults with Disabilities Impact University Student Development*, SHAPE America National Convention, Boston, Massachusetts.
- Sinelnikov, O.A., **Wahl-Alexander, Z.**, Richards, K. A. R., & Washburn, N.* (2017). *Goal orientation and motivation in a summer camp sport education season*. 2017 SHAPE National Convention, Boston, Massachusetts.
- Wahl-Alexander, Z.**, & Schwamberger, B. (2017). *Elementary activity levels during an after school emotional recovery program*. 2017 SHAPE National Convention, Boston, Massachusetts.
- Horn, A.* & **Wahl-Alexander, Z.**, (2016). *Integrating STEM into Physical Education*. IAHPERD State Conference, St. Charles, Illinois.
- Gardner, A., Mitchell, J., Craddock, D.* & **Wahl-Alexander, Z.** (2016). *Evaluating a multicomponent program designed to prevent obesity and drowning's among African American youth*. American Public Health Association Annual Meeting and Expo, Denver, Colorado.
- Wahl-Alexander, Z.**, Sinelnikov, O.A., & Curtner-Smith, M.D. (2016). *Longitudinal analysis of students' memories in multiple sport education seasons*. 2016 SHAPE National Convention, Minneapolis, Minnesota.
- Wahl-Alexander, Z.**, Curtner-Smith, M.D., & Sinelnikov, O.A. (2016). *Influence of a Purposefully Negotiated Season of Sport Education*. 2016 SHAPE National Convention, Minneapolis, Minnesota.
- Wahl-Alexander, Z.**, Howell, S, & Donahue, K. (2016). *Summer Camp Counselors' Self-Perceived Competency prior to, and Following Staff Training*. American Camping Association National Conference, Atlanta, Georgia.
- Gardner, A., Mitchell, J., Craddock, D.* Agomo, C.* **Wahl-Alexander, Z.**, Schwamberger, B., & Lang, M., (2016). *Swim to the Top (S3T)*. Gulf South Summit on Service Learning, Savannah, Georgia.
- Wahl-Alexander, Z.**, & Curtner-Smith, M.D., (2015). *Influence of a Training Program on Pre-Service Teachers' Ability to Negotiate*. 2015 SHAPE PETE & HETE, Atlanta, Georgia.
- Wahl-Alexander, Z.**, & Neels, D., (2015). *A Physical Educator's Perspective: Implementing a Sport Education based after school program*. 2015 SHAPE PETE & HETE, Atlanta, Georgia.
- Fowler, V., & **Wahl-Alexander, Z.**, (2015). *Implementing a Sport Education Health Related Fitness Hybrid Model with at risk youth*. SHAPE PETE & HETE, Atlanta, Georgia.

- Woodruff, E. A., & **Wahl-Alexander, Z.**, (2015). *Exploring Perspectives of Students with Intellectual Disabilities on Physical Activity*. SHAPE National Convention and Exposition, Seattle, Washington.
- Wahl-Alexander, Z.**, & Curtner-Smith, M.D., (2015). *Influence of Negotiations on Instruction During University Activity Courses*. SHAPE National Convention and Exposition, Seattle, Washington.
- Schwamberger, B. & **Wahl-Alexander, Z.**, (2015). *Preservice Classroom Teachers Locus of Foci while Teaching Physical Education*. SHAPE National Convention and Exposition, Seattle, Washington.
- Wahl-Alexander, Z.**, (2015). *Experiences in Engaged Scholarship: The student's perspective*. Student Engagement Scholarship Showcase. Tuscaloosa, Alabama.
- Wahl-Alexander, Z.**, (2014). *Descriptive account of a speedball sport education season in the after-school setting*. 5th Annual Symposium of the Department of Educational Studies in Psychology, Research Methodology, and Counseling, Tuscaloosa, Alabama.
- Sinelnikov, O.A., & **Wahl-Alexander, Z.**, (2014). *After-School Program Following a Tornado: Instructors Perceptions*. AAHPERD National Convention & Exposition, St. Louis, Missouri.
- Wahl-Alexander, Z.**, & Sinelnikov, O.A., (2014). *Elementary Students' Drawing Interpretations Following Natural Disaster*. AAHPERD National Convention & Exposition, St. Louis, Missouri.
- Wahl-Alexander, Z.**, & Curtner-Smith, M.D., (2014). *Effect of Negotiations on Instruction During a Movement Concepts Unit*. AAHPERD National Convention & Exposition, St. Louis, Missouri.
- Wahl-Alexander, Z.**, Jensen, J., & Fowler, V. (2014). *Descriptive account of a speedball sport education season in the after-school setting*. 2014 SDAHPERD Convention, Lexington, Kentucky.
- Wahl-Alexander, Z.**, Sinelnikov, O. & Hastie, P. (2014). *What can we do? Physical activity in elementary schools after natural disasters*. AIESEP World Congress, International Association for Physical Education in Higher Education, Auckland, New Zealand.
- Wahl-Alexander, Z.**, Fowler, V., Schwamberger, B., Echols, A., & Park, C. (2013). *Modeling a lesson: Physical activity emotional recovery program following a natural disaster*. ASAPHERD Spring Conference, Birmingham, Alabama.
- Wahl-Alexander, Z.**, Sinelnikov, A., & Herron, R. (2013). *Middle school track and field community event*. Engagement Scholarship Consortium, Lubbock, Texas
- Shipp, K. & **Wahl-Alexander, Z.**, (2013). *Perceptions of physical education among elementary school classroom teachers*. AAHPERD National Convention & Exposition, Charlotte, North Carolina.
- Wahl-Alexander, Z.**, & Curtner-Smith, M.D, (2013). *Influence of negotiations on pre-service teachers' instruction*. AAHPERD National Convention & Exposition, Charlotte, North Carolina.

Wahl-Alexander, Z., & Sinelnikov, O.A., (2013). *Perceived efficacy of stress reducing techniques following a natural disaster.* AAHPERD National Convention & Exposition, Charlotte, North Carolina.

Wahl-Alexander, Z., (2013). *Helping to cope with traumatic events through physical activity.* 5th Annual Symposium of the Department of Educational Studies in Psychology, Research Methodology, and Counseling, Tuscaloosa, Alabama.

Wahl-Alexander, Z., & Sinelnikov, O. (2012). *Teaching invasion concepts: Introducing overload rugby.* ASAPHERD Spring Conference, Birmingham, Alabama.

Stran, M., Hardin, B. & **Wahl-Alexander, Z.** (2012). *Still Missing: Images of Disability in Sports Illustrated for Kids.* Presented at the North American Federation of Adapted Physical Activity Conference, Birmingham, Alabama.

Wahl-Alexander, Z., & Sinelnikov, O.A., (2012). *Helping to cope with traumatic events through physical activity.* NASPE Conference on Physical Education Teacher Education, Las Vegas, Nevada.

Wahl-Alexander, Z., Sinelnikov, O. A., Curtner-Smith, M. D., & Curtner-Smith, M. E. (2012). *Physical activity and stress reduction in children affected by a natural disaster.* National Outreach Scholarship Conference, Tuscaloosa, Alabama.

Wahl-Alexander, Z., & Sinelnikov, O. A. (2012). *Amalgamation of art therapy and physical activity.* National Outreach Scholarship Conference, Tuscaloosa, Alabama.

Stran, M., Hardin, B. & **Wahl-Alexander, Z.** (2012). *Sports Illustrated for Kids: A Disability Study.* AAHPERD National Convention & Exposition, Boston, Massachusetts.

**Denotes student-directed work in a faculty advisor role*

Grant Funding:

Requested	Received	Under review
\$225,797	\$134,455	\$0

External Grants:

Funded **Wahl-Alexander, Z.,** & Jacobs, J.M. (2020). A Comprehensive Sport Leadership and College Readiness Program for Incarcerated Youth. Illinois Department of Juvenile Justice (\$45,000).
Role: Co-PI

Unfunded **Wahl-Alexander, Z.,** & Jacobs, J. (2019). Project FLEX (Fitness Leadership Experience): The Expansion of a Sport-based Youth Development Program for Incarcerated Male Youth. Dunham Fund (\$124,229).
Role: Co-PI

- Unfunded** Richards, K. A. R., **Wahl-Alexander, Z.**, Flory, S. B., & Curtner-Smith, M. A. (2017). Critical Pedagogy in a Physical Education Teacher Education Field Experience. SHAPE America Research Grant Program (\$5,000).
Role: Co-investigator
- Unfunded** **Wahl-Alexander, Z.** (2013). Effectiveness of a Training Program on Intellectually Disabled Students. SHAPE America Graduate Student Grant Program (\$2,000).
Role: PI
- Funded** **Wahl-Alexander, Z.** (2012). Run for Something Better: After School Running Program. National Association for Sport and Physical Education (\$200 in equipment).
Role: PI
- Funded** **Wahl-Alexander, Z.** (2011). Sport Education Track and Field Culminating Event. Hershey's Track & Field. (\$500).
Role: PI
- Funded** **Wahl-Alexander, Z., & Sinelnikov, O.A.** (2011). Sport Education Track and Field Culminating Event. Hershey's Track & Field. (\$500 in equipment).
Role: Co-PI
- Funded** **Wahl-Alexander, Z.** (2011). T-SCORE: Tuscaloosa Soccer Clinic Relief Effort. Do Something.org Seed Grant (\$500).
Role: PI

Internal Grants:

- Funded** **Wahl-Alexander, Z., & Jacobs, J.M.** (2021). Developing Conflict Resolution Uplifting Youth through Sport (CRUYS). NIU Great Journeys Assistantship Program. (\$16,387).
Role: Co-PI
- Funded** **Wahl-Alexander, Z., & Jacobs, J.M.** (2020). Locked In, Not Locked Up: A Targeted Intervention to Increase College Readiness of Incarcerated Youth. NIU Great Journeys Assistantship Program. (\$13,500).
Role: Co-PI
- Unfunded** **Wahl-Alexander, Z., & Jacobs, J.M.** (2020). FLEX Fitness Club: Changes in Health-related Fitness in Incarcerated Youth Following a Personalized Fitness Program. Northern Illinois University Research and Artistry. (\$15,000).
Role: Co-PI
- Funded** **Wahl-Alexander, Z., & Jacobs, J.** (2019). Project FLEX Leaders Program: Taking it to the next level. Northern Illinois University Great Journeys. (\$14,330).
Role: Co-PI

- Funded** **Wahl-Alexander, Z.,** & Jacobs, J. (2018). Project Flex: Sustaining a Sport Leadership Program for Incarcerated Male Youth. Northern Illinois University Research and Artistry Fund. (\$10,000).
Role: Co-PI
- Funded** **Wahl-Alexander, Z.,** & Jacobs, J. (2018). Project FLEX (Fitness Leadership Experience): A Comprehensive Evaluation of a Sport Education / TPSR Program for Juvenile Inmates. Northern Illinois University Great Journeys. (\$11,267).
Role: Co-PI
- Funded** Malecki, A., & **Wahl-Alexander, Z.** (2017). The Influence of Using Goal-Oriented Contingencies in Sport Education and Effect on Physical Activity. Northern Illinois University Undergraduate Special Opportunities in Artistry and Research Grant. (\$2,500).
Role: Faculty Supervisor, Co-PI
- Funded** **Wahl-Alexander, Z.,** & Chomentowski, P. (2017). The Relationship Between Technological Leisure Time Recreational Activities, Physical Activity, and Markers of Physical Fitness among College Students. Northern Illinois University, College of Education Deans Research Grant. (\$2,500).
Role: Co-PI
- Funded** **Wahl-Alexander, Z.** (2015). Swim to the Top: Swimming and Nutrition Program for Minority Youth. University of Alabama Office of Community Affairs. (\$7,000).
Role: Co-PI
- Funded** **Wahl-Alexander, Z.** (2014). Swim to the Top: Swimming and Nutrition Program for Minority Youth. University of Alabama Office of Community Affairs. (\$9,084).
Role: Co-PI

PROFESSIONAL SERVICE & OUTREACH

Professional Service

SHAPE America Thomas McKenzie Grant Committee Abstract Reviewer	2019 – Present
SHAPE America National Convention Teaching & Learning Abstract Reviewer	2019- 2020
National Recreation and Park Association Conference Abstract Reviewer	2019
American Public Health Association 2019 Physical Activity Abstract Reviewer	2019
SHAPE America’s Research Grant Program Reviewer	2018 - Present
Chili Government- Millennium Science Initiative Grant Reviewer	2018

Northern Illinois Educate US Program Reviewer	2017
Northern Illinois COE Dean Institutional Innovative Grant Reviewer	2017 – Present
Founder and Creator of Structured Recess Program at Brooks Elementary	2017 - Present
Created PE Accreditation for Girls Intensive Treatment Facility (WOW)	2015
Southeastern District Conference Poster Reviewer	2014
University of Alabama SCOPE Research Fellow	2011 - 2014
University of Alabama Exercise Physiology Club Sport Pedagogy President	2012

Editorial Review Board

Journal of Physical Education, Recreation and Dance	2019 - Present
Journal of Community Engagement Scholars Graduate Editorial Board	2012 - 2015

Editorial Review Board – Associate Editor

Journal of Park and Recreation Administration	2020 - Present
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Guest Reviewer

Children	2020 - Present
Measurement in Physical Education	2020 - Present
Journal of Parks and Recreation Administration	2019 - 2020
International Journal of Environmental Research and Public Health	2019 - Present
Health Education Journal	2019 - Present
Journal of Leisure Sciences	2018 - Present
Journal of Outdoor Recreation, Education, and Leadership	2018 - Present
Journal of Youth Development Strategies	2017 - Present
Research Quarterly in Exercise Sport	2017 - Present
Journal of Teaching in Physical Education	2016 - Present
Journal of Physical Education, Recreation and Dance	2016 - Present
European Physical Education Review	2016 –Present
Journal of Community Engaged Scholars	2013 - 2019

Media Coverage

Rockford Illinois WREX News Project Flex Helps NIU Graduate Students Mentor Incarcerated Teens	October 25 th , 2020
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Northern Public Radio NIU Collaborates with Juvenile Detention Center	April 26 th , 2019
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College of Education Newsletter / Northern Illinois Today Stories on Project FLEX	2018 - 2020
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University Committees

Northern Illinois Parking Appeals Committee	2017 - Present
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Northern Illinois University Committee of Initial Educator Licensure	2016 - Present
Northern Illinois Loredo Taft Program Specialist Search Committee	2016 - 2018
Northern Illinois Loredo Taft Education Specialist Search Committee	2015 - 2018
University of Alabama Kinesiology Graduate Student Representative	2013 - 2014

College Committees

Northern Illinois edTPA Task Force Member	2020 - Present
Northern Illinois College Curriculum Committee	2018 - Present
Northern Illinois COE Research Committee	2016 - Present
Northern Illinois Graduate Faculty Member	2015 - Present

Departmental Committees

Northern Illinois Kinesiology Department PhD Committee	2020 - Present
Northern Illinois Sport Management Assistant Professor Search Committee	2016
Northern Illinois Kinesiology Department of Affairs Committee	2015 - Present

Undergraduate Mentoring

Northern Illinois Elementary & Secondary Clinical Coordinator	2016 - Present
Northern Illinois Club Baseball Faculty Advisor	2016 - Present
University of Alabama Physical Education Undergraduate Advising	2014 - 2015
University of Alabama SCOPE Mentor	2011 - 2014

Honors and Awards

Northern Illinois COE, Excellent in Outreach/Community Service Award	2020
Fellow, Research Consortium SHAPE America	2020
Northern Illinois COE Excellence in Research & Artistry Award	2018
Northern Illinois COE Outstanding Service to Student Award	2017
Northern Illinois COE Outstanding Service to Student Award	2016
University of Alabama Qualitative Student Spotlight Recipient	2016
University of Alabama Outstanding Student Initiated Engagement Effort	2015
University of Alabama COE Outstanding Thesis Award	2014
University of Alabama Outstanding Research by a Master's Student	2013
Hershey Track & Field Scholarship Award Winner	2012
University of Alabama Graduate Student Spotlight	2012
Do Something.org Featured Grant of the Month	2012
University of Alabama COE Outstanding Teaching by a Master's Student	2012
University of Alabama COE Outstanding Teaching by a Master's Student	2011

Professional Organizations Memberships

Shape America, Society of Health and Physical Educators
 American Alliance for Health, Physical Education, Recreation and Dance
 Illinois Association for Health, Physical Education, Recreation and Dance

Alabama Association for Health, Physical Education, Recreation and Dance
Golden Key International Scholar
University of Alabama Honor Society of Kappa Delta Epsilon

Professional Certifications

Women's Self-Defense: Rape and Sexual Harassment Certified Instructor through PPCT
CPR/AED First Responder Certified