

## Dr. Yvette Bolen

Associate Professor, Department Chair of Health and Physical Education

### Education:

D. A. Middle Tennessee State University, 1995, Physical Education  
M. Ed. Alabama Agricultural and Mechanical University, 1993, Physical Education  
B.S. Ed. Athens State College, 1991, Physical Education

### Current Courses:

HPE 321 Analysis and Teaching of Rhythms and Dance  
HPE 322 Analysis and Teaching of Individual Sports  
HPE 440 Teaching Physical Education in the High School  
HPE 484 Supervision of Interns

### Previous Employment:

1993 - Present Athens State University, associate professor of physical education  
1993 - 1994 Huntsville Parks and Recreation, recreational assistant  
1992 - 1993 Madison, Alabama, high school biology, chemistry and physical science teacher and tennis coach  
1991 - 1993 Alabama Agricultural and Mechanical University, instructor and graduate assistant of health, physical education and recreation  
1991 - 1993 Alabama Agricultural and Mechanical University, instructor in the National Youth Sports Program

### Journal Publications:

Cowan, W., Bolen, Y., (2007) A Non-Traditional Strength Training Program Implemented in Physical Education. To be published in a spring volume of *Research Quarterly for Exercise and Sport*.

Cowan, W., Bolen, Y. and Thomas, B.R. (2006). Impacting Youth Physical Education Students through a Non-Traditional Strength Training Program. Spring volume of *Research Council Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance* publication

Bolen, Y., Cowan, W., Thomas, B.R., and Reid, J. (2005). The Impact of Physical Education on Health Risk Factors in African American Adolescents. Spring volume of *Research Council Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance* publication

Bolen, Y. and Cowan, W. (2005). The Effect of Household Income on Body Mass Index in an African American Population Spring volume of *Research Council Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance*.

Bolen, Y. and Thomas, B.R. (2004). The Influence of Physical Education Participation on Body Mass Index in Adolescents. Spring volume of *Research Quarterly for Exercise and Sport*.

Thomas, B.R. and Bolen, Y. (2003). Determination of Optimal Muscular Power Development in Individuals Over Age Fifty. *Research Quarterly for Exercise and Sport*, 74, (1), 10.

- Bolen, Y. and Thomas, B.R. (2003). Adolescent Health Indicators Impacted by Discontinued Physical Education Participation. *Research Council Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance* publication.
- Bolen, Y. and Thomas, B.R. (2002). Comparing Physical Education Pupil Teacher Ratios in South Alabama Schools to National Recommendations. *Alabama State Association for Health, Physical Education, Recreation and Dance Journal*, Volume 24, Issue 1.
- Bolen, Y. and Thomas, B.R. (2002). Comparing Indoor Teaching Stations to National Recommendations. *Alabama State Association for Health, Physical Education, Recreation and Dance Journal*, Volume 24, Issue 1.
- Bolen, Y. and Thomas, B.R. (2002). Alabama physical education pupil-teacher ratios fall short for teacher effectiveness. *Spring volume of Research Council Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance* publication.
- Bolen, Y. & Thomas, B. R. (2001). Elementary school physical education indoor teaching stations in Alabama: Are there enough? *Spring volume of Research Council Proceedings*.
- Thomas, B. R. & Bolen, Y. (2001). Elementary school physical education: Overcrowded classes and too few facilities! *Research Quarterly for Exercise and Sport*, 72 (1), 81.
- Thomas, B. R. & Bolen, Y. (1999). How do physical education majors perceive computer-assisted instruction? *Research Quarterly for Exercise and Sport*, 70 (1), 102-103.
- Thomas, B. R. & Bolen, Y. (1999). A preliminary study: How do college freshmen majoring in physical education perceive the academic rigor of the college physical education curriculum? *Research Council Proceedings*, 43.
- Bolen, Y. & Thomas, B. R. (1998). The difference between recommended available teaching stations for physical education classes and existing available physical education teaching stations in north Alabama. *Research Quarterly for Exercise and Sport*, 69 (1), 82.
- Bolen, Y. & Thomas, B. R. (1998). A study: Do existing physical education teaching stations in north Alabama meet national recommendations? *Research Council Proceedings*, 17.
- Thomas, B. R. & Bolen, Y. (1997). Student perception of the academic rigor of the college physical education curriculum. *The Physical Educator*, 54(4), 101-107.
- Bolen, Y. & Thomas, B. R. (1997). The differences between recommended minimal training standards for physical education paraprofessionals and actual training opportunities received. *Research Council Proceedings*, 4.
- Bolen, Y. & Thomas, B. R. (1997). A study: Do physical education paraprofessionals meet recommended minimal training standards? *Research Quarterly for Exercise and Sport*, 68(1), 72-73.
- Bolen, Y. & Thomas, B. R. (1996). The differences between recommended physical education class sizes and existing physical education class sizes. *Research Quarterly for Exercise and Sport*, 67(1), 74.
- Bolen, Y. (1996). The condition of the elementary, elementary/middle and middle school physical education environment in north Alabama schools and related implications. *Southern Future Society Annual Journal*, 17.

**Additional Research:**

Bolen, Y. (1995 to present). Developed a Student Cultural Profile to assist in documenting diversity among the Athens State University School of Education students, and each year statistically analyze data for self-study documentation.

### **National Service:**

Cowan, W., Bolen, Y., and Weatherby, N. (March, 2007). Effect of a Manipulated Motivational Climate on Health-Related Fitness Outcomes to be presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference in Baltimore, Maryland (National Audience)

Cowan, W., Bolen, Y., (March, 2007). A Non-Traditional Strength Training Program Implemented in Physical Education to be presented at the American Alliance for Health, Physical Education, Recreation, and Dance Conference in Baltimore, Maryland (National Audience)

Cowan, W., Bolen, Y., and Thomas, B.R. (March, 2006). Impacting Youth Physical Education Students through a Non-Traditional Strength Training Program presented at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Conference, Virginia Beach, Virginia (Regional Audience)

Bolen, Y., Cowan, W., Thomas, B.R., & Reid, J. (March, 2005). The Impact of Physical Education on Health Risk Factors in African American Adolescents, presented at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Conference, Little Rock, Arkansas (Regional Audience)

Bolen, Y. and Cowan, W. (March, 2005). The Effect of Household Income on Body Mass Index in an African American Population,” to be presented at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Conference, Little Rock, Arkansas (Regional Audience)

Reid, J., Bolen, Y., Hamilton, K., & Whittle, R. (November, 2004). The Relationship Between Body Mass Index and Maximal Oxygen Uptake Among Young Adults, Alabama State Association for Health, Physical Education, Recreation and Dance Conference, Birmingham, Alabama (State Audience)

Bolen, Y. & Thomas, B.R. (March, 2004). The Influence of Physical Education Participation on Body Mass Index in Adolescents. American Alliance for Health, Physical Education, Recreation, and Dance Conference in New Orleans, Louisiana (National Audience)

Bolen, Y. & Thomas, B.R. (April, 2003). Determination of Optimal Muscular Power Development in Individuals Over Age Fifty, American Alliance for Health, Physical Education, Recreation and Dance National Conference in Philadelphia, Pennsylvania (National Audience)

Bolen, Y. & Thomas, B.R. (February, 2003). Adolescent Health Indicators Impacted by Discontinued Physical Education Participation. Southern District Alliance for Physical Education, Recreation and Dance Conference in Savannah, Georgia (Regional Audience)

Bolen, Y. & Reid, J.A. (December, 2002). Teaching and Learning Through Movement. The Joint Conference of the Association for the Advancement of Educational Research and the National Academy for Educational Research, Sawgrass Marriott, Ponte Vedra Beach, Florida (National Audience)

Bolen, Y. & Thomas, B. R. (February, 2002). Alabama Physical Education Pupil-Teacher Ratios Fall Short for Teacher Effectiveness. Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance Convention in Baltimore, Maryland (Regional Audience)

Bolen, Y. & Thomas, B. R. (February, 2001). Elementary School Physical Education Indoor Teaching Stations in Alabama: Are There Enough? Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance Convention in Birmingham, AL (Regional Audience)

Thomas, B. R. & Bolen, Y. (March, 2001). Elementary School Physical Education: Overcrowded Classes and Too Few Facilities! American Alliance for Health, Physical Education, Recreation, and Dance Convention in Cincinnati, OH (National Audience)

Thomas, B. R. & Bolen, Y. (April, 1999). How do physical education majors perceive computer-assisted instruction? American Alliance for Health, Physical Education, Recreation, and Dance Convention in Boston, MA (National Audience)

Thomas, B. R., & Bolen, Y. (February, 1999). A preliminary study: How do college freshmen majoring in physical education perceive the academic rigor of the college physical education curriculum? Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance Convention in Greensboro, NC (Regional Audience)

Bolen, Y. & Thomas, B. R. (April, 1998). The differences between recommended available teaching stations for physical education classes and existing available physical education teaching stations in north Alabama. American Alliance for Health, Physical Education, Recreation, and Dance Convention in Reno, NV (National Audience)

Bolen, Y. & Thomas, B. R. (February, 1998). A study: Do existing physical education teaching stations in north Alabama meet national recommendations? Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance Convention in Biloxi, MS (Regional Audience)

Bolen, Y. & Thomas, B. R. (March, 1997). A study: Do physical education paraprofessionals meet recommended minimal training standards? American Alliance for Health, Physical Education, Recreation, and Dance Convention in St. Louis, MO (National Audience)

Bolen, Y. & Thomas, B. R. (February, 1997). The differences between recommended minimal training standards for physical education paraprofessionals and actual training opportunities received. Southern District of the American Alliance of Health, Physical Education, Recreation, and Dance Convention New Orleans, LA (Regional Audience)

Bolen, Y. & Thomas, B. R. (April, 1996). The differences between recommended physical education class sizes and existing physical education class sizes. American Alliance for Health, Physical Education, Recreation, and Dance Convention in Atlanta, GA (National Audience)

Bolen, Y. (March, 1996). The condition of the elementary, elementary/middle and middle school physical education environment in north Alabama schools and related implications. Southern Future Society 19th Annual Conference in Nashville, TN (Regional Audience)

Bolen, Y. (September, 1995). The conditions of the elementary, elementary-middle, and middle school physical education school settings. Physical Educator Conference, Middle Tennessee State University in Murfreesboro, TN (State Audience)

### **Committees, Clubs, and Civic Activities**

\*Search and Screen Committee for Professor of Secondary Humanities, chair

\*Search and Screen Committee for Supervisor of Student Teachers, member

\*Dean's Advisory Council, member

\*Recruiting/Marketing Committee, member

\*Distance Learning Task Force, member

\*NCATE Coordinator

\*NCATE Implementation Committee, member

\*NCATE Standard 4, chair

\*NCATE Standard 2, member

- \*NCATE Committee for 2007 Visit, member
- \*TEP Panel Summer 2005, chair and Fall 2005, chair
- \*Teacher Education Council, member
- \*ASAHPERD, liaison
- \*Madison County Sport Science Association, collegiate member
- \*Alabama Agricultural and Mechanical University National Youth Sports Program, Partner in Physical Education
- \*Athens High School, Athens City Schools, Partner in Physical Education
- \*Creekside Elementary School, Limestone County Schools, Partner in Physical Education
- \*Monrovia Elementary School, Madison County Schools, Partner in Physical Education
- \*Monrovia Middle School, Madison County Schools, Partner in Physical Education
- \*Sparkman High School, Madison County Schools, Partner in Physical Education
- \*Chestnut Grove Elementary School, Decatur City Schools, Partner in Physical Education
- \*Cedar Ridge Middle School, Decatur City Schools, Partner in Physical Education
- \*Austin High School, Decatur City Schools, Partner in Physical Education
- \*Bob Jones High School, Partner in Physical Education
- \*United States Tennis Association, member
- \*Alabama Tennis Association, member
- \*Professional Tennis Lessons to Underprivileged Children of Huntsville, volunteer
- \*Supporter of the American Cancer Society
- \*Supporter of St. Jude's Children's Hospital
- \*Supporter of the American Heart Association through Shoals Community College Personnel, Julian Newman Elementary School, and ASU Personnel

**Additional P-12 Teaching Experience – Guest Teaching and Instruction Assistance Provided**

- Monrovia Elementary School, Madison County Schools, 2005-2006, 140 hours
- Liberty Middle School, Madison City Schools, 2005-2006, 16 hours

**Membership in Professional Organizations**

- \*American Alliance for Health, Physical Education, Recreation and Dance
- \*College and University Physical Education Council
- \*Middle and Secondary School Physical Education Council
- \*National Association for Girls and Women in Sports
- \*National Association for Sport and Physical Education
- \*Southern District Association of the American Alliance for Health, Physical Education, Recreation and Dance
- \*College Association for Health, Physical Education, Recreation and Dance
- \*Alabama State Association for Health, Physical Education, Recreation and Dance
- \*National Education Association
- \*Alabama Education Association
- \*Madison County Sports Science Association
- \*Southern District Association of the American Alliance for Health, Physical Education, Recreation and Dance
- \*Dance Research Council
- \*United States Tennis Association