Vita
Mary L. Winfrey-Kovell
Instructor School of Physical Education, Sport & Exercise Science

EDUCATIONAL BACKGROUND

M.S. Physical Education, Ball State University, Muncie, IN
December 1992
Major: Sport Psychology

B.S. Physical Education, Ball State University, Muncie, IN
May 1987
Major: Physical Education
Minor: Educational Psychology

PROFESSIONAL ORGANIZATIONS

IDEA Group Fitness: (2008 - 2011).

National Strength and Conditioning Association (NSCA): (1994 – Current) Certified Strength and Conditioning Specialist.

United States Professional Tennis Registry Instructor (USPTR): Certified Professional Tennis Instructor (1987 – Current)

United States Tennis Association: (1982 - Current)

ACADEMIC TEACHING EXPERIENCE

Contract Faculty Department of Exercise Science (2008-current) Ball State University. Instruct the following courses:
PFW Personal Fitness Wellness Lecture
ExSci Introduction to Fitness Assessments
ExSci Anatomy
PFW Physical Conditioning
PFW Fitness Walking

Contract Faculty Department of Physical Education (2007-2008) Ball State University. Instructed the following courses:
PEP Fitness: Teaching and Program Design
PEP Teaching Theory and Skills in Field and Court Invasion Games
PEP Psych-Social Issues in Physical Education
PEP Evaluation in Physical Education
PEP Outdoor Education in Physical Education
PEP Curriculum Design in Physical Education
PEFWL Physical Conditioning
PEFWL Fitness Walking

Assistant Professor Health, Exercise and Sports Science Department: (2000 - 2006) Meredith College. ***Instructed the following general activity courses***:
PED Intercollegiate Tennis
PED Badminton I, II

PED Tennis I, II, III
PED Strength and Conditioning
PED Strength Training
PED Muscle Strength and Stretch
PED Cross Training

Assistant Professor Health, Exercise and Sports Science Department: (2000 - 2006) Meredith College. ***Instructed the following professional courses in major's program:***
ESS Strength and Conditioning Principles
ESS Exercise Leadership

Contract Faculty: (1992 –1998) Ball State University. Instructed general studies level ***Fitness Courses*** (physical conditioning, weight training, fitness walking, jogging, and cycling).

Contract Faculty: (1992 – 1998) Ball State University. Instructed major's professional courses ***Sports Administration Seminar, Tennis*** and ***Coaching Principles and Philosophy.***

Recreation Seminar Instructor: (1996) Ball State University. Conducted a fitness-training seminar for student recreation staff preparing for ACE instructor exam.

Assistant Life Skills Coordinator: (1995 – 1998) Ball State University. Assisted NCAA Champs Life Skills Coordinator in ***creating course curriculum, Microsoft Power Point presentations, student athlete handbook, and instructing the course.***

Graduate Assistant Instructor: (1990 – 1992) Ball State University. Instructed general studies level fitness and activity courses: jogging, physical conditioning, fitness walking, and weight training.

ACADEMIC GRANTS, PUBLISHED RESEARCH AND PRESENTATIONS:

Presentation at NCAAHPERD Convention: (Fall 2002**)"*Warming Up: Proprioception, Dynamic Flexibility, Core Strength, Speed and Agility."*** Greensboro, NC

Meredith College Summer Grant: (Summer 2001). Received $1000 grant to attend ***"Building and Rebuilding the Athlete"*** seminar. Ft. Lauderdale, FL

Internal Grant, Ball State University: (spring 1993 & 1994) ***"Motivation as a Mediator of Task Performance Under Three Goal Setting Conditions".*** Assisted with collecting and coordinating the collection of Polar Heart Rate Monitor data and questionnaires
concerning student goal setting, motivation, and fitness levels in twelve different fitness walking courses during two spring semesters.

Published Masters Thesis, in Perceptual and Motor Skills, 1993, 77, 907 – 913, ***"Effects of Self-Modeling on Self-Efficacy and Balance Beam Performance".***

ACADEMIC COMMITTEES AND SERVICES

New Faculty Mentor: Mentor for Nicole Jones, new faculty member exercise science department. Ball State University. (Academic Year 2011-2012)

Committee member, UCC-21 Foundation Course (PFW) Assessment Report Committee. (January 2010 - Present)**.**

Committee member, UCC-21(PFW) Curriculum Committee. (January 2010 Present).

Cardinal Preview Day. Represented Exercise Department. Ball State University. (April 2011).

Committee member, Ad Hoc Committee: PFW-HSC Inititiative. (January 2010 - December 2010).

Employee Benefits Committee: (2006) Meredith College

Exercise and Sports Science Committee: (2002-2006) Meredith College

Aquatics & Teaching Position Search Committee, Chair: (2005) Meredith College

Basketball Coach Search Committee: (2004) Meredith College

Women's Studies Committee: (2003-2005) Meredith College

Library Committee, Chair: (2001 - 2003) Meredith College, Chair of the committee 2002-2003.

Dean Search Committee, School of Health and Human Science: (2002) Meredith College

Dean Search Committee, Library Information Services: (2002) Meredith College, Library Information Services

Athletic Director Search Committee: (2002) Meredith College

Athletic Department Highlights Video Production: (2001-2006) Meredith College, created athletic highlights video production for athletic banquet.

Tennis Web Page: (2000-2004) Meredith College

Evaluation Committee: (fall 1994 – fall 1997) Ball State University, created a teacher evaluation form for the Physical Education Department.

Fitness, Sport, and Leisure Program Board: (1992 – 1993) Ball State University, served as secretary.

Contracted professional work/consulting outside the university
Consulting: Kari Hopperstead, Project Editor Health & Nutrition Texts Pearson Higher Education, Ball State Campus- e-mail & internet communication. (June 1, 2011 - June 13, 2011).

SERVICE TO THE COMMUNITY

YMCA Academy of Women Selection Committee: (2001) Selection for the area of Fitness and Sport

PROFESSIONAL HONORS OR AWARDS

Outstanding Contract Faculty, School of Physical Education, Sport, and Exercise Science. (April 19, 2010).

PROFESSIONAL DEVELOPMENT:

Fitness Forum: Invitation only by Pearson Publishing. San Francisco, CA **(March, 2012).**

2012 IDEA Fitness Fusion Conference. Chicago, IL. **(March 2012).**

Potential Application of Powerload Margin Theory for Women with Tenure in Higher Education. Doctoral Dissertation Amanda Salyer-Funk, Ball State University. **(March 2012)**

2012 Human Performance Lab Lecture Series: "Exercise bioenergetics reveals valuable insight into the etiology of obesity and type 2 diabetes": Dr. Brett Goodpastor; Associate Professor of Medicine- University of Pittsburgh Medical School. Ball State University. **(April 2012)**

Webinar Wellness Way of Life Response to Online Course Material. McGraw Hill Publishing. **(January 2012).**

Women in Leadership Webinar. Center for Information and Communication Sciences. Ball State University. **(August 2011)**

3 year recertification NSCA – CSCS. Ball State University **(Fall 2011)**

Workshop: Faculty Development for Teaching First Year Students. Freshman Connections/Office of Educational Excellence**. (Fall 2011)**

Annual "Bud" Getchell Lecture: "The Future of Aerobic Exercise Testing in Clinical Practice: Is it the Ultimate Vital Sign? Ball State University **(April 2011).**

Workshop: I>Clicker Training. Ball State University **(Summer 2011)**

2010 IDEA Fitness Fusion Conference. Chicago, IL. **(April 2010).**

2009 NSCA Indiana State Annual Clinic; Velocity Sports, Carmel, IN (April 25, 2009)

2008 NSCA Indiana State Annual Clinic; Velocity Sports, Carmel, IN

(March 1, 2008)

2008 IDEA Fitness Fusion Conference; Chicago, IL.(April 2-4, 2008)

2008 Midwest ACSM Annual Meeting; (October 23-24, 2008)

South Eastern American College of Sports Medicine Conference: (Feb. 2005) Charlotte, NC

2nd Semi-Annual North Carolina Strength & Conditioning Clinic, "*Functional Movement Training*": (April 2003) Winston Salem, NC

Intercollegiate Tennis Association Coaches Conference: (Dec 2003) Doral Country Club, Miami, FL

1st Semi-Annual North Carolina Strength & Conditioning Clinic *"Sports Performance Training for the New Millennium: How Muscle Imbalances Keep Athletes from Reaching Their Potential"*: (April 2002) Winston Salem, NC

North Carolina Alliance for Athletics, Physical Education, Recreation and Dance Convention: (November, 2001 & 2002) Greensboro, NC

Older Adult Fitness Seminar (AIFE): (July 2001) Received certification for Older Adult Fitness Instruction. Raleigh, NC

Building and Rebuilding the Athlete Seminar: (May 2001) Ft. Lauderdale, FL

Intercollegiate Tennis Association Coaches Conference: (Dec 2000) Tampa FL

Coaches' College Level III "*Plyometric, Speed & Agility Training":* (July 1999) Olympic Training Center, Boulder, CO

Workshops/activities related to improvement and/or enhancement of teaching:

Workshop, Freshman Connections/Office of Educational Excellence Fall 2011 faculty development workshop on teaching first-year students. (September 2011 - November 2011).

Workshop, I>clicker Training (July- August 2011).

STUDENT ACADEMIC ADVISING:

Health, Exercise, and Sports Science Majors: (2006) Meredith College

Freshman Advising: (2002-2004) Meredith College, advise entering students on general education academic scheduling until a major is declared.

TECHNOLOGY PROFICIENCY:

Polar Heart Rate Monitors

Power Point
Blackboard
Basic Web Page management
Scanners and Digital Cameras
Avid Computer Video Editing Skills

TENNIS TEACHING/COACHING EXPERIENCE

Tennis Coach: (2000 – 2006) Meredith College
Intercollegiate Tennis Coach, Division III

Van Deer Meer Tennis Center: (January 1999 - July 2000) Hilton Head, SC. Head Tennis Professional at Marriott Grande Ocean resort. Instruct clinics for juniors and adults of all levels; as well as, **experience instructing ranked world class juniors and adults.**

YMCA Tennis Instructor: (Oct. 1997 - May 1998) Muncie, IN. Instructed junior and adult levels in all facets of the game.

Notre Dame Nike Tennis Camp: (June 15th – July 25th 1996) Notre Dame, IN. Instructed nationally ranked and unranked junior tennis players ages 9-18 in all aspects of tennis. Also taught following seminars: ***mental toughness, goal setting, sports nutrition, and conditioning.***

Ball State Recreation Department: (fall 1995) Instructed a five week ***beginning – intermediate tennis program*** from basic stroke production to playing strategies for singles and doubles play.

Mental Training for Performance Enhancement: (fall 1994 – spring 1995) Ball State University Women's Tennis Team.

Assisted Fall Invitational Tournament: (fall 1993, 1994) Ball State University. Assisted in ***scheduling, calling, and supervising matches..***

Assistant Professional Tennis Instructor: (1987 – 1991) Anderson Sports Center, Anderson, IN. In a club setting, instructed all phases of beginning to advanced tournament level junior tennis.

Anderson High School: (1988 – 1992) Assistant Girls High School Tennis Coach, Anderson, IN.

Offense Defense Tennis Camp: (June 21 – August 19, 1988) Boston, MA. Instructed all levels of junior tennis.

PLAYING EXPERIENCE

Varsity High School: (1980 – 1982) Highland High School, Anderson, IN. ***Senior year: team MVP, conference #1 doubles champion, and sectional #1 doubles champion.***

Varsity College Tennis: (1985 –1987) Ball State University, Division I. Junior year: #6 singles. Senior year: #4 singles - #2 doubles.

USTA Satellite Qualifier Series for Women: (summer 1992)