**FORD DYKE, PH.D.**

Auburn, AL, USA

FBD0001@auburn.edu | 334.844.1459

**EDUCATION Doctor of Philosophy (Ph.D.), Kinesiology**

Auburn University, Auburn, AL, USA

College of Education, School of Kinesiology

Concentration: Performance and Exercise Psychophysiology

Dissertation: Trait mindfulness as a moderator of green exercise and attention restoration

August 2017

**Master of Education (M.Ed.) Phi Kappa Phi, Exercise Science**

Auburn University, Auburn, AL, USA

College of Education, School of Kinesiology

Concentration: Sport and Exercise Psychophysiology

August 2013

**Bachelor of Arts (B.A.) Cum Laude, Psychology; Minor, Deaf Studies**

University of North Florida, Jacksonville, FL, USA

College of Arts and Sciences, Department of Psychology

April 2011

**EXPERIENCE Assistant Clinical Professor – Exercise Science**

Director, Mindfulness-Based Performance and Health Optimization©

Auburn University, College of Education, School of Kinesiology

August 2017 – Present

**TEACHING** Professional distinction consists of an autonomy-based approach to education, one of

**PHILOSOPHY** reaching students to stimulate learning through an active classroom environment. Focus is on establishing a classroom culture by promoting a collaborative exchange of knowledge and experience through open discussion of course content and material. Presentation and dissemination of course curriculum, to encourage classroom dialogue and inquiry, is in alignment with an autonomy-based learning environment. A commitment to high-quality instruction is valued and applied through professor/student interaction. Throughout tenure at Auburn University, I have designed and implemented a unique platform entitled Mindfulness-Based Performance and Health Optimization©. The platform showcases The Pillars of Health© (Respiration, Hydration, Nutrition, Movement, and Recovery). These pillars are utilized as the foundation of overall health and well-being. Mindfulness-Based Performance and Health Optimization© serves as the primary methodology for classroom instruction as an Assistant Clinical Professor in the School of Kinesiology.

**TEACHING KINE 3650/53: Motor Learning and Performance – Professor | Instructor of Record**

**COURSES** Auburn University, College of Education, School of Kinesiology

Fall 2017 – Present (Total Student Credit Hours: 1,654)

**KINE 4620/23: Exercise and Sport Psychology – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Fall 2017 – Present (Total Student Credit Hours: 609)

**KINE 2003: Pillars of Health – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Fall 2019 – Present (Total Student Credit Hours: 132)

**PHED 1393: Weight Management – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Summer 2019, Summer 2020 (Total Student Credit Hours: 72)

**PHED 1600: Performance Activity - Stress Reduction – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Summer 2018 – Spring 2019 (Total Student Credit Hours: 88)

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**PHED 1600: Performance Activity - Stress Reduction – Co-Professor**

Auburn University, College of Education, School of Kinesiology

Fall 2013 – Spring 2017 (Total Student Credit Hours: 250+)

**KINE 3103: Adaptive Sports – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Summer 2013 – Summer 2017

**KINE 2503: Sport Optimization – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Fall 2014 – Spring 2016

**PHED 1400: Team Sports - Team Handball – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Spring 2015

**PHED 1003: Active Auburn – Professor | Instructor of Record**

Auburn University, College of Education, School of Kinesiology

Fall 2014

**TEACHING** An application-based technique associated with Mindfulness-Based Performance and

**APPLICATION** Health Optimization© is implemented prior to the commencement of lecture courses. Specifically, students are guided to consciously attend to their respiration by purposively regulating the rhythm of inhalation and exhalation. The primary objective of this practice is to support cognitive clarity, awareness and concentration, resulting in increased memory consolidation and long-term retention of the disseminated educational material.

**EVIDENCE OF Actionable feedback related to instruction:**

**EFFECTIVENESS** “*Dr. D is a beyond extraordinary instructor who knows his stuff. Every class I learned something new. Every single class. That is much more than I can say about some of the other classes I've taken. He was consistently energetic about his subject and made every day worth showing up. I loved this class and I have no doubt that those on their way to it will enjoy it as much as I did.*”

“*This one of my favorite classes that I have taken at Auburn. Dr. Dyke facilitates a wonderful environment for academic engagement and application of knowledge with real world scenarios. He does an amazing job of incorporating application and discussion-based learning.*”

“*I greatly enjoyed this class; Dr. Ford Dyke did an excellent job at encouraging students to think critically about the material and created an engaging learning environment. Additionally, he made an effort to apply the course material to a broader spectrum; in other words, he didn't just teach the material, he explained how what we were learning could be applied to our lives, future research, and he sought to widen our global perspective. Dr. Dyke was always accessible to talk to after or outside of class, and he always seemed happy to discuss course material. I never felt like I was listening to a lecture; rather, I felt engaged in a conversation and a dynamic learning experience. I learned a great deal in this class and feel that I am equipped with knowledge that will assist me in not only my future academic endeavors, but in all performance realms of my life. I could not have asked for a better professor for this class.*”

“*The material and how it was presented was incredible. I really felt like I was learning about the concepts of the field.*”

*“Dr. Dyke is an amazing teacher. He always kept the class engaged and interesting. I enjoyed attending his class each week and learned a lot from him.”*

**Student feedback through the utilization of course evaluations\*:**

"*I was encouraged to interact with the instructor regarding course content*"

(avg. score = **5.75**)

"*I was provided opportunities to cooperate with other classmates about course material*" (avg. score = **5.80**)

"*I was provided with ample opportunities to apply my learning in this course*"

(avg. score = **5.72**)

"*I was prompted to think critically about the course material*"

(avg. score = **5.90**)

"*I was provided an environment that supported my learning*"

(avg. score = **5.77**)

**\*6-point scale: (Strongly Agree = 6 to Strongly Disagree = 1)**

**COMMITTEE Outside Reader; Subject-Matter Expert, Mindfulness**

**MEMBER** The effect of a text message-based intervention system on meditation practice

Auburn University, College of Liberal Arts, Department of Psychology

Ellis Nathan Bernstein, Doctoral Candidate | Randolph Pipes, Ph.D., Chair

Dissertation Defense: Summer 2019

**LEADERSHIP Graduate Advising Council – Advising – M.S. Exercise Science Degree Program**

**EXPERIENCE** Auburn University, College of Education, School of Kinesiology

Fall 2018 – Present

**Undergraduate Research Fellowship – Faculty Sponsorship**

Auburn University, College of Education, School of Kinesiology

Performance and Exercise Psychophysiology Laboratory

Cognitive effects of ‘green exercise’ on adolescents diagnosed with ADHD

Arlene Maheu, Undergraduate Research Fellowship

Fall 2018, Spring 2019

**Undergraduate Research Mentorship – Auburn University – School of Kinesiology**

Auburn University, College of Education, School of Kinesiology

Performance and Exercise Psychophysiology Laboratory

Effects of ‘green’ stimuli on neurocognitive function: An ERP Study

Christi C. Rowe, Undergraduate Research Assistant

Spring 2018

Effects of ‘green’ stimuli on neurocognitive function: An ERP Study

Tristan T. Hall, Undergraduate Research Assistant

Fall 2017

Trait mindfulness as a moderator of green exercise and attention restoration

Tristan T. Hall, Undergraduate Research Assistant

Spring 2017, Summer 2017

**Undergraduate Honors Contract – Auburn University – School of Kinesiology**

KINE 4620 – Exercise and Sport Psychology

Professor: Ford Dyke, Ph.D.

Medical surgeons’ cognitive functioning: A performance-based psychology review

Taylor J. Gilliland, Association for Women in Science, President

Spring 2018

Bridging “the gap” between SEP researchers and the fitness industry

Emily H. Lester

Spring 2018

The effect of socialization on recovery rates after ACL injury

Sarah J. Gordon, Warrior Research Center

Fall 2017

**Co-Mentorship – Auburn University – School of Kinesiology**

Mindfulness-Based Performance and Health Optimization©, Fall 2017

Student: Derek A. Bakken, Graduate Student, M.Ed.

Supervisor: JoEllen Sefton, Ph.D., Warrior Athletic Training

**PUBLICATIONS** Maheu, A. R., Pangelinan, M. G., Rhoads, J. A., & **Dyke, F. B.** (*in preparation*). Cognitive effects of ‘green exercise’ on adolescents diagnosed with ADHD.

**Dyke, F. B.**,Rhoads, J. A., Hall, T. T., & Miller, M. W. (2017). Trait mindfulness as a moderator of green exercise and directed attention. *Auburn University Electronic Thesis and Dissertation*

Wadsworth, D. D., Clanton, R. E., **Dyke, F. B.**, Thornburg-Brock, S. J., & Rudisill, M. E. (2017). A framework for addressing mental health issues on campus through the implementation of coursework, outreach, and partnership building. *Kinesiology Review, 6(4)*, 346-351. doi: 10.1123/kr.2017-0033

**Dyke, F. B.**, Leiker, A. M., Grand, K. F., Godwin, M. M., Thompson, A. G., Rietschel, J. C., McDonald, C. G., & Miller, M. W. (2015). The efficacy of auditory probes in indexing cognitive workload is dependent on stimulus complexity. International Journal of Psychophysiology, 95, 56–62. doi: 10.1016/j.ijpsycho.2014.12.008.

Grand, K. F., Bruzi, A. T., **Dyke, F. B.**, Godwin, M. M., Leiker, A. L., Thompson, A. G., Buchanan, T. L., & Miller, M. W. (2015). Why self-controlled feedback enhances motor learning: Answers from electroencephalography and self-report questionnaire. Human Movement Science, 43, 23–32. doi: 10.1016/j.humov.2015.06.013.

**Dyke, F. B.**, **Godwin, M. M.**, Goel, P., Rehm, J., Rietschel, J. C., Hunt, C., & **Miller, M. W.** (2014). Cerebral cortical activity associated with nonexperts' best psychomotor performances. Human Movement Science, 37, 21–31. doi: 10.1016/j.humov.2014.06.008.

**ACADEMIC**  **NASPSPA Annual Meeting**, Baltimore, MD

**PRESENTATIONS** Sport and Exercise Psychology “Late-Breaking” Poster Presentation: June 07, 2019

Maheu, A. R., Pangelinan, M. G., and **Dyke, F. B.** (2019). Effects of 'green exercise' on neurocognitive functioning in healthy young adults

**This Is Research. Student Symposium 2019**, Auburn, AL

Poster Presentation: April 09, 2019

Maheu, A. R. & **Dyke, F. B.** (2019). Cognitive effects of ‘green exercise’ on adolescents diagnosed with ADHD

**NASPSPA Annual Meeting**, Denver, CO

Sport and Exercise Psychology Poster Presentation: June 21, 2018

**Dyke, F. B.**, Rhoads, J. A., Hall, T. T., Rowe, C. C., and Miller, M. W. (2018). Trait mindfulness as a moderator of green exercise and attention restoration

**This Is Research. Student Symposium 2018**, Auburn, AL

Poster Presentation: March 26, 2018

Rowe, C. C., Rhoads, J. A., Hall, T. T., O’Neil, J. P., Miller, M. W., & **Dyke, F. B.** (2018). Impact of nature-based stimuli on directed attention performance

**57th Annual Meeting of the Society for Psychophysiological Research**, Vienna, Austria

Poster Presentation: October 11, 2017

**Dyke, F. B.**,Rhoads, J. A., O’Neil, J. P., Hall, T. T., & Miller, M. W. (2017). The effects of nature images on directed attention: An ERP experiment

**NASPSPA Annual Meeting**, San Diego, CA

Motor Learning and Performance Poster Presentation: June 05, 2017

Rhoads, J. A., Daou, M., **Dyke, F. B.**, Lohse, K. R., and Miller, M. W. (2017). Examining a motor learning paradigm: To teach or not to teach

**INVITED** Mindfulness-Based Performance and Health Optimization© has impacted local, regional,

**SESSIONS** national and international organizations. Target audiences include, but are not limited to, the following: academic units, athletic organizations, military installations and professional partnerships; audiences consist of diverse backgrounds and socioeconomic status. The initiative has reached over 2,500 individuals.

*Academic Units*

**The North American Society for the Psychology of Sport and Physical Activity**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Michael Mignano, NASPSPA Student Representative

December 01, 2020

**Auburn University Career Center – UNIV 1150 Career Navigation (3 courses)**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Tasheila Williams-Townsend, Career Counselor

November 19, 2020

**Auburn University Career Center – UNIV 1150 Career Navigation (1 course)**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Tasheila Williams-Townsend, Career Counselor

November 18, 2020

**Auburn University – College of Sciences and Mathematics (COSAM) – Transfer Students**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Anna Allen, Academic Advisor II

November 10, 2020

**Auburn University – Office of Human Resources – Human Resource Development (HRD)**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Penny Houston, Coordinator, Human Resources

November 03, 2020

**Auburn University – PHED 1600: Performance Activity - Stress Reduction**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Jence Rhoads, Ph.D., Instructor of Record

October 20, 2020

**Auburn University ­– Harbert College of Business – Beta Alpha Psi Senior Workshop**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Colby H. Lakas, Director of Recruiting and Professional Development

October 02, 2020

**Auburn University ­– Miller Writing Center – Staff Development**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Chris Basgier, Ph.D., Director, Office of University Writing

September 18, 2020

**Auburn University ­– Speech-Language Pathology – CMDS 7500**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Elissa Zylla-Jones, SLP Clinic Coordinator

September 14, 2020

**Auburn University ­– ­School of Kinesiology – KINE 7950**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Sheri Thornburg-Brock, Ph.D., Pedagogy

September 14, 2020

**Southern Union State Community College – Faculty, Staff, and Administration**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Amy Rogers, Health and Wellness Coordinator

August 10, 2020

**Auburn University ­– ­School of Nursing – Continuing Education Online Conference**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Claire S. Twardy, Assistant Director, Outreach Programs

July 24, 2020

**American Kinesiology Association – Live Webinar – Mindful Leadership**

‘Space’ to Lead: Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Kimberley Scott, Business Manager, American Kinesiology Association

July 01, 2020

**InterAmerican Academy - Guayaquil, Ecuador – AP Literature**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Cindy Sandborn, Instructor

April 28, 2020

**University of North Florida - Sport and Exercise Psychology – Self-regulation**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Professor: Jessie Stapleton, Ph.D.

April 15, 2020

**InterAmerican Academy - Guayaquil, Ecuador – AP Biology**

Mindfulness-Based Performance and Health Optimization© (via Skype)

Coordinator: Sarah Roberts, Instructor

February 20, 2020

**InterAmerican Academy - Guayaquil, Ecuador**

Mindfulness-Based Performance and Health Optimization© – Facilitator Training

Coordinator: Aaron Murphy, Instructor

February 13, 2020

**InterAmerican Academy - Guayaquil, Ecuador – After School Program: Yoga**

Mindfulness-Based Performance and Health Optimization© (via Skype)

Coordinator: Sarah Roberts, Instructor

February 06, 2020

**The Inclusion School of 2020 - Guayaquil, Ecuador**

Three-part Speaker Series – Mindfulness-Based Performance and Health Optimization©:

An instructional design focused on the ‘Total Child’

Coordinator: Virginia Simmons, Ph.D.

January 23 – 25, 2020

**Kinesiology-Based Academic Performance Seminar – Nutrition/Hydration**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Reita Clanton, Coordinator III, School of Kinesiology

November 07, 2019

**Kinesiology-Based Academic Performance Seminar – Respiration**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Reita Clanton, Coordinator III, School of Kinesiology

October 03, 2019

**Auburn University Facilities Management – Women’s Group**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Margaret Smith, Safety Manager, Facilities Management

September 18, 2019

**Kinesiology-Based Academic Performance Seminar – Mindfulness**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Reita Clanton, Coordinator III, School of Kinesiology

September 05, 2019

**Office of Human Resources – Human Resource Development (HRD)**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Penny Houston, Coordinator, Human Resources

Site: Office of Human Resources, Auburn University, Auburn, AL

August 26, 2019

**Speech-Language Pathology and Audiology Graduate Program Cohort 19’**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Elissa Zylla-Jones, Clinical Professor

August 23, 2019

**Utilities and Energy Division of Facilities Management**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Greg Powell, Plant Operations Technician

Site: District Energy Building, Auburn University, Auburn, AL

April 02, 2019

**Office of Human Resources – Human Resource Development (HRD)**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Penny Houston, Coordinator, Human Resources

Site: Office of Human Resources, Auburn University, Auburn, AL

March 06, 2019

**College of Agriculture – Inaugural ‘Brown Bag’ Luncheon**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Amanda Smitherman, Senior Manager, Human Resources

Site: College of Agriculture, Auburn University, Auburn, AL

January 23, 2019

**Foreign Exchange Students Cohort 2019 – Costa Rica**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Kristin Roberts, J.D., School of Kinesiology

Site: School of Kinesiology, Auburn University, Auburn, AL

January 16, 2019

**Educational Foundations, Leadership, and Technology – Doctoral Cohort**

Mindfulness-Based Performance and Health Optimization© (Practice)

Coordinator: Ellen Reames, Ph.D., College of Education, Auburn University

Site: Auburn University, Auburn, AL

November 11, 2018

**Educational Foundations, Leadership, and Technology – Doctoral Cohort**

Mindfulness-Based Performance and Health Optimization© (Content)

Coordinator: Ellen Reames, Ph.D., College of Education, Auburn University

Site: Auburn University, Auburn, AL

October 07, 2018

**Gleenwood High School – Health and Wellness Fair 2018 – Gleenwood, AL**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Melissa Pangelinan, Ph.D., Associate Professor

October 05, 2018

**Speech-Language Pathology and Audiology Graduate Program Cohort 18’**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Elissa Zylla-Jones, Clinical Professor

August 24, 2018

**Kinesiology Sports Science Camp Summer 2018**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Kendall Henderson, Assistant Clinical Professor, School of Nursing

Supervisor: Kristin Roberts, J.D., School of Kinesiology

June 28, 2018

**KINE 8970-002: Special Topics – Professional Development**

Seminar:“Pause, Relax, Breathe: Bringing self-awareness to the interview process”

Professor: Jamie Roper, Ph.D., School of Kinesiology

June 12, 2018

**Lochapoka High School – 10th Grade Cohort**

Seminar:“Awareness: A path to optimal health and well-being”

Coordinator: Lynne Patrick, Ph.D., Lochapoka High School

May 02, 2018

**KINE 4970 – Special Topics: American Sign Language (Sections 005/006)**

Mindfulness-Based Performance and Health Optimization©

Instructor of Record: Davis Dyke, M.A., M.S., Ph.D. (c)

January 16, 2018 and January 22, 2018

**Kinesiology Learning Community**

Seminar:“Awareness: A path to optimal health and well-being”

Coordinator: Tina Gottesman, School of Kinesiology, Auburn University

November 15, 2017

**Educational Foundations, Leadership, and Technology – Doctoral Cohort**

Seminar:“Awareness: A path to optimal health and well-being”

Coordinator: Ellen Reames, Ph.D., College of Education, Auburn University

Site: Auburn High School, Auburn, AL

September 23, 2017

**Human Resource Development (HRD) – Professional Development and Training**

Seminar: “Awareness: A path to optimal health and well-being”

Auburn University HRD Training Facility

Coordinator: Mary Elizabeth Fukai, M.Ed., Human Resource Development Specialist

September 28, 2017

**Speech-Language Pathology and Audiology Graduate Program Cohort 17’**

Seminar:“Awareness: A path to optimal health and well-being”

Coordinator: Kara Schall, MA CCC-SLP, Department of Communication Disorders

August 25, 2017

*Athletic Organizations*

**Auburn University Wheelchair Basketball Team**

Mindfulness-Based Performance and Health Optimization© (Review, via Zoom)

Coordinator: Robb Taylor, Head Coach

April 14, 2020

**KamaGames Tri-Nations 2019, Dublin, Ireland**

Team USA – USATH – Men’s National Team

Mindfulness-Based Performance and Health Optimization© Specialist

Hosted by Irish Olympic Handball Association and KamaGames

October 25 – 27, 2019

**Auburn University Wheelchair Basketball Team**

Mindfulness-Based Performance and Health Optimization© for Adaptive Athletes

Coordinator: Robb Taylor, Head Coach

October 06, 2019

**Team USA – USATH – Women’s National Team**

Mindfulness-Based Performance and Health Optimization© for Elite Athletes

Coordinator: Christian Latulippe, Head Coach

January 08, 10, and 12, 2018 (Three-Part Training Series)

**Auburn University Wheelchair Basketball Team**

Mindfulness-Based Performance and Health Optimization© for Adaptive Athletes

Coordinator: Robb Taylor, Head Coach

January 08, 2018

*Military Installations*

**National Guard Bureau Visit – School of Kinesiology**

Mindfulness-Based Performance and Health Optimization©

Director: JoEllen Sefton, Ph.D., ATC

November 05, 2019

**Army National Guard – Special Forces Medical Sergeant**

Mindfulness-Based Performance and Health Optimization© for Tactical Athletes

Director: JoEllen Sefton, Ph.D., ATC

April 05, 2019

**2018 Tactical Athlete Summit “Better…Faster…Stronger”**, Auburn VCOM, AL

Mindfulness-Based Performance and Health Optimization© for Tactical Athletes

Director: JoEllen Sefton, Ph.D., ATC

September 27, 2018

**2018 Tactical Athlete Summit “Better…Faster…Stronger”**, Auburn VCOM, AL

Mindfulness-Based Performance and Health Optimization© for Tactical Athletes

(Part II: Application-Based Techniques)

Director: JoEllen Sefton, Ph.D., ATC

September 27, 2018

**14th Combat Support Hospital – Soldier Maintenance**, Ft. Benning, GA

Mindfulness-Based Performance and Health Optimization© for Tactical Athletes

Director: Brittany K. Catalanotti, Captain

Coordinator: JoEllen Sefton, Ph.D., ATC

April 07, 2017

*Professional Partnerships*

**NASPSPA Student Membership**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Michael Mignano, NASPSPA Student Representative

December 01, 2020

**City of Auburn – Auburn, AL, USA – Employee Training and Development**

Mindfulness-Based Performance and Health Optimization© (via Zoom)

Coordinator: Clarinda Jones-Lockhart, Training and Organizational Development Manager

October 01, 2020

**Office of Public Service – Auburn Serves Network**, Chamber of Commerce, Auburn, AL

Mindfulness-Based Performance and Health Optimization©

Coordinator: Joyce Thomas-Vinson, Service Learning and Student Engagement

June 02, 2018

**School of Kinesiology Wellness Retreat**, Auburn University, Auburn, AL

Mindfulness-Based Performance and Health Optimization©

Coordinator: Ford Dyke, Ph.D., Assistant Clinical Professor

June 02, 2018

**Mindfulness-Based Meditation Gathering at Grand National Village**, Opelika, AL

“Psychophysiology: Task-Positive Network vs. Default Mode Network”

“The Microbiome”

“Mindful Walking: An opportunity to practice present moment awareness”

Coordinator: Reita Clanton, Coordinator III, Performance & Health Optimization Center

May 01, 2018; May 22, 2018; June 05, 2018

**COSAM Alumni Spouses – Moore's Mill Golf Club**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Tammy B. Hartwell, College of Sciences and Mathematics

April 06, 2018

**Ladies Club at Grand National Village**

Mindfulness-Based Performance and Health Optimization©

Coordinator: Reita Clanton, Coordinator III, Performance & Health Optimization Center

July 31, 2017

**WEBSITE** In collaboration with the College of Education’s Webmaster, the Mindfulness-Based Performance and Health Optimization© website was (re)designed and (re)launched in early- and mid-Spring 2020, respectively. The website is intended for the dissemination of information, resources, communication and program advertisement. Components of the website include, but are not limited to, the following: The 5 Pillars of Health©, Videos, Articles, Testimonials and News Features. Link: aub.ie/mindfulness

**INVITED The Auburn Plainsman** –Auburn University, Auburn, AL

**INTERVIEWS**“How to ease your mind with a return to campus”

Coordinator: Abigail Murphy, Lifestyle Editor

August 24, 2020

**Expert Answers** – The Newsroom, Auburn University, Auburn, AL

“The practice of mindfulness-based performance and health optimization”

Coordinator: Miranda Nobles, Communications and Marketing Specialist

May 28, 2020

**Kinesiology Club**, Auburn University, Auburn, AL

“A personal journey of defying odds and lessons learned throughout the process”

Coordinator: Reita Clanton, Coordinator III, School of Kinesiology

November 14, 2019

**Auburn Public Television** –Spotlight on Agriculture - Season 2 Episode 3

Executive Producer: Mike Ousley

August 08, 2019

**The Season** - The official magazine of Auburn University’s College of Agriculture

“Harvest for Health”

Coordinator: Josh Woods, Director of Communications and Marketing

April 03, 2019

**The Auburn Plainsman**

“School of Kinesiology offers mindfulness sessions to the campus community”

Writer: Rachel Sprouse

March 29, 2016

**UNIVERSITY Kinesiology Club Committee**

**SERVICE** Faculty Advisor, School of Kinesiology

Coordinator: Taylor Brown, President

Fall 2020 – Present

**Graduate Student Advisory Committee**

Faculty Member, School of Kinesiology

Coordinator: Mary Rudisill, Ph.D.

Fall 2017 – Present

**College of Education Awards Committee**

Faculty Member; School of Kinesiology Representative

Coordinator: Gwendolyn Williams, Ph.D., Dept. Curriculum and Teaching

Fall 2017 – Summer 2020

**KINE 4780: Exercise Science Research – Senior Poster Presentations**

Faculty Judge, School of Kinesiology

Coordinator: JoEllen Sefton, Ph.D.

December 09, 2019

**This Is Research. Student Symposium 2019**

Faculty Judge, School of Kinesiology

Coordinator: Lorraine Wolf, Ph.D.

April 09, 2019

**CERTIFICATIONS Accessibility Training**

Auburn University, College of Education, School of Kinesiology

**Biosafety Training**

Auburn University, Occupational Health and Safety Administration

**Adult CPR Certified**

American Academy of CPR & First Aid, Inc.

**Biomedical Researcher**

Collaborative Institutional Training Initiative (CITI)

**Social Behavioral Researcher Investigators and Key Personnel**

Collaborative Institutional Training Initiative (CITI)