

## Vita—Alisa Ward, M.A.

### Academic Degrees

#### **Ph.D. Health Science, degree expected 2024; Specialty Track—Health Promotion & Wellness**

Rocky Mountain University of Health Professions

#### **M.A. Kinesiology, 2008; Field of Interest—Sports Psychology & Sports Administration**

California State University, Fresno

Manuscript: “Sport and the United Nation Millennium Development Goals”

#### **B.A. Physical Education, 2005; Field of Interest—Teaching & Coaching**

Point Loma Nazarene University

### Academic Positions

#### **Part-Time Faculty, Full-Time**

Department of Kinesiology

Point Loma Nazarene University, 2011-present

#### **Adjunct Professor, Full-Time**

Department of Kinesiology

Point Loma Nazarene University, 2008-2011

#### **Physical Education Teacher & Coach**

Visalia, CA—K-8<sup>th</sup>

St. Paul’s School, 2007-2008

#### **Physical Education/Health Teacher & Coach**

Kampala, Uganda (East Africa)—K-12<sup>th</sup>

Heritage International School, 2005-2006

### Professional Experience

#### **Point Loma Nazarene University**

San Diego, CA: 2008—present

#### **Health, Wellness & Nutrition Advisor, 2008—present**

Individual and group advising for the women’s track and field, cross-country, and soccer teams regarding sport related nutrition counseling, eating disorders, body image concerns, and other health and wellness related issues.

#### **Intramural Director, 2012—present**

Oversee all areas of on-campus intramural leagues and activities for the university, under the Department of Athletics. The director of this program assumes a central role in providing on-campus activities promoting health, wellness and physical activity for 500-600 students while mentoring student league, activity, sport and fitness directors.

### Committee Work—Point Loma Nazarene University

#### **Kinesiology Department Data Assessment Committee, 2014—present**

Learning outcome assessment on general education courses and major courses, program review and data assessment for key courses within the department.

#### **Kinesiology Department Activity Course Revision Committee, 2016—present**

Analyze and revision of current GE activity offerings offered.

### **Kinesiology Department Curriculum Revision Committee, 2010-2011 & 2018—present**

Visionary leadership for each major, minor, and the department GE courses regarding an analysis of current GE offerings, vision for future offerings, GE reform, redesign of exercise and sport science track and comparator and aspirant school analysis of GE and major course requirements.

### **Healthcare@Work Expert Panel, 2016—present**

Co-coordinate with the career center (department of office, strength & vocation) an annual event for the students in the kinesiology department to hear from experts in the field: PT, PA, MD, OT, Fitness Pro, Athletic Director, Naval Aerospace & Operational Physiologist, Certified Athletic Trainer.

### **Athletic Department Substance Abuse Policy Committee, 2008-2009**

A committee created to discuss and implement a program, randomized testing, and disciplinary actions necessary for those participating in collegiate athletics while under the influence of illegal substances as listed by governing boards.

### **Teaching Experience—Point Loma Nazarene University**

**PED330—History & Trends of Physical Education** Designed and implemented a course to assist students in learning about the historical development of physical education and sport in society, with an emphasis on American history, the modern Olympic games and current issues as they prepared to enter the field of education and/or coaching. Emphasis was placed on current issues and trends in sport and physical education.

**PED200/300—Optimal Health** Implemented a course to assist students in learning about the theory and practice of lifestyle, as it impacts quality of life. Emphasis was placed on the establishment of habits related to physical exercise, nutrition, and general attitudes of health as more than the absence of disease.

**PED220—Team Sports and Fundamentals** Designed and implemented a course to assist students in the development and practical application of skills, play and strategy of team sports from a coaching and teaching perspective. Emphasis was placed on studying different coaching philosophies, tactical and technical instruction, and team building/management.

**KIN101—Orientation to Kinesiology** Designed and implemented a course to assist students as they entered the department of kinesiology to introduce them to topics such as networking, professionalism, evidence based practice, the reading of scholarly journals and technical writing skills while also bringing in professionals within the field to expand student's depth of knowledge regarding future career directions.

**PED100—Fitness Through Movement** Designed a more robust course to introduce students to a variety of fitness related activities while also instructing on topics such as: physical fitness, cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, nutrition, weight management, and decision making as it relates to quality of life. (Also developed online curriculum for this course).

**PED155—Weight Lifting** Taught this introductory course designed to give students a basic understanding of various weight training techniques, the proper use of equipment, how to build a personal weight lifting program, and basic knowledge of physical fitness.

**PED102—Selected Activities in PE** Designed and implemented a fitness class based off of high intensity interval training principles. Designed eleven core strength and conditioning workouts to give students a basic understanding of high intensity training principles with the incorporation of weights.

**Guest Lecturer, KPE101—Orientation to Kinesiology, Physical Education, Athletic Training**  
*“Beyond the U.S. Borders—Serving Abroad in Your Chosen Profession,”* Fall 2008 -2011

**Guest Professor, PED 211—Individual and Dual Sports, Spring 2008**

### **Student Advising**

Undergraduate student committee member (PLNU): Sophie Mirth. 2020-2021. A Comparison of High-Intensity Interval and Moderate Intensity Continuous Training on Glucose Monitoring in Sedentary, Obese Individuals.

Undergraduate student committee member (PLNU): Elaine Giles. 2019-2020. The Wear Justice Movement: An Autoethnographic Study.

Undergraduate student committee member (PLNU): Angel Sherwood. 2018-2019. Tackling Cerebral Palsy Through Evidence Based Rehabilitation: A Cadaveric Study.

2013-2014. Internship Director: Josh Angrick. PLNU Intramural Field Experience—Expanding the PLNU Intramural Department to [www.IMLeagues.com/PLNU](http://www.IMLeagues.com/PLNU).

### **Publication**

Boon [Ward], A. & Gilbert, W. (2010). Using the United Nation’s Millennium Development Goals to Teach Citizenship in Youth Soccer, *Journal of Coaching Education* 3(3), 37-55.

### **Poster Presentations**

Ward, A. (2020). Perceptions of a College Health and Wellness Course: Impact on Lifestyle Choices. Rocky Mountain University of Health Professions Scholarship Symposium.

Ward, A. (2020). Student Perceptions of a Long-Term Impact of an Undergraduate College Health and Wellness Course: A Phenomenological Qualitative Study. American College of Lifestyle Medicine. Lifestyle Medicine: Health Restored.

### **Other Work Experience**

#### **Assistant Coach: Women’s Track & Field**

Point Loma Nazarene University, 2014-2019  
NAIA National Qualifiers, 2008-2013  
NCCAA National Qualifiers, 2014-2015  
NCAA DII National Qualifiers, 2016-2017

#### **Assistant Coach: Men’s Track & Field**

Point Loma Nazarene University, 2008-2013  
NAIA National Qualifiers, 2008-2010  
GSAC Men’s Champions, 2010

President's Award for Academic Excellence,  
2016 & 2017

**Assistant Coach: Men & Women's Soccer**

Point Loma Nazarene University, 2008-2011  
NAIA Women's Soccer National Championship  
Runner Up, 2009  
GSAC Champions, 2011

**Guest Presentations**

Virtual eLearning Summit 2021: "Developing knowledge & understanding of diverse perspectives, global awareness, or other cultures as future healthcare providers." Rocky Mountain University of Health Professions, March 19, 2021

Faculty Development Using Zoom for Teaching & Learning Webinar Series: "Best practices of Zoom, Zoom polling, breakout rooms, and the opening slide." Rocky Mountain University of Health Professions, January 22, 2021

Point Loma Well@Home Event: "Core & Stretch Faculty & Staff Session." Point Loma Nazarene University, April 29, 2020

Take 30! "Fun & Creative Physical Movement Activities Faculty & Staff Session." Point Loma Nazarene University, April 22, 2020

**Services—Point Loma Nazarene University**

Coordinator—Beach Tennis Tournament, 2008

Coordinator—San Diego Blood Bank Blood Drives, 2005

Coordinator—Kinesiology Department Fundraiser, *Habitat for Humanity*, 2005

Volunteer—Special Olympics, *Track & Field Championships*, 2005

**Awards Received**

California State University, Fresno Graduate Student Stipend Award (2007 & 2008). Amount \$3,000

**Community**

**United States Soccer Federation Registered Referee**—Level 8, 2001-2009

**San Diego Blood Bank Donor & Member**, 2002—present

**Battered Women's Shelter Volunteer**, 2003-2005

**Hospitality Committee** 2012-2016 (Newbreak Church San Diego) & 2018—present (Ebenezer)

**Childcare Volunteer** 2002-2005 & 2008-2012 (Newbreak Church San Diego) & 2019—present (Ebenezer)

**San Diego Padres College Liaison, 2012, 2013, 2017**

**San Diego Community Forum**

Immigration forum, Linda Vista—2018

Community Immigration Forum—2019

Community gardens & community clean-ups—2018—present

**San Diego Championship Series (SDCS), 2018-2019**

Co-coordinator of SDCS beach volleyball tournament: SDSU, CSUSM, USD & PLNU

Co-coordinator of SDCS softball tournament: SDSU, UCSD, CSUSM, USD & PLNU

**Homeless Outreach, Linda Vista, 2018—present**

Community driven homeless outreach through Ebenezer Church

**Conferences & Certificates:**

IDEA World Convention. IDEA Discovery Program. Spring 2018.

UC San Diego Integrative Research Day, February 8, 2020

Essential Epidemiological Tools for Public Health Practice. John Hopkins University. Spring 2020.

Lifestyle Medicine: Health Restored Conference. Spring 2020.

Elevated Active Learning Techniques. Rocky Mountain University eLearning Summit. Spring 2021.

National Board for Health & Wellness Coaching with National Board of Medical Examiners (NBMW) Session. National Board Health & Wellness Coaching. Fall 2021.

Expand Your Diversity, Equity & Inclusion (DEI) Coaching Mindset. National Board Certified Health & Wellness Connect & Learn. Spring 2022.