

Curriculum Vitae

Karen M. Appleby, PhD

Professor - Department of Human Performance and Sport Studies
Coordinator of Faculty Development – College of Education
Idaho State University
Pocatello, ID 83201
karenappleby@isu.edu

EDUCATION

University of Tennessee, Knoxville
Graduation: May, 2004
Degree: PhD in Education
Area of Specialization: Sport Psychology

University of Tennessee, Knoxville
Graduation: August, 2000
Degree: MS in Human Performance and Sport Studies
Area of Specialization: Sport Psychology

University of Tennessee, Knoxville
Graduation: August, 1999
Degree: MS in Human Performance and Sport Studies
Area of Specialization: Sport Management

Hanover College, Hanover, Indiana
Graduation: May, 1998
Degree: BA in English

ADMINISTRATIVE APPOINTMENTS

<u>August 2024 – Present</u>	<u>Idaho State University, Pocatello, ID</u>
Coordinator of Faculty Development	College of Education

In this role, I am a member of the Dean's Leadership Team and have direct responsibility for all faculty training relative to tenure, promotion, and third-year review. I chair the College-level Review Committee that reviews and provides recommendations to the Dean on all tenure, promotion, third-year reviews, and sabbatical applications. I coordinate and lead the adjunct training for the College. I am also responsible for helping organize and lead additional events that support faculty development and faculty recognition, such as the CoE Belonging, Equity, and Inclusion Conference and the CoE Celebrating Excellence Conference. I am currently responsible for organizing the new CoE Great Ideas in Teaching Mini Conference that will provide pedagogical information for faculty, staff, and graduate students across the university.

<u>June 2022 – July 2024</u>	<u>Idaho State University, Pocatello, ID</u>
Vice Provost for Faculty Success and Instruction	Office of Academic Affairs

In this role, I had direct responsibility for all university faculty success initiatives, including tenure, promotion, sabbatical leave, and emeritus/emerita recommendations. I organized and led New Faculty Orientation programming, our Distinguished Faculty Awards, our university-wide teaching and learning symposium, and created and led ISU's New Department Chair Training. I supported university general education and assessment and served as the state-level General Education (GEM) representative for the institution. I was the primary Academic Affairs liaison with the Office of the Registrar and, in this capacity, oversaw and guided all student petitions, decisions regarding Prior Learning Assessment, financial petitions, all revisions to the Undergraduate Catalog, and served as the Academic Affairs representative for all student scholastic appeals. I oversaw the Program for Instructional Effectiveness and the Office of Assessment, as well as all annual academic program reviews (APR-A) and seven-year program self-studies (APR-7). I also served as the primary liaison with the CFO to oversee our non-academic program review process across the institution.

January 2021-June 2022

Idaho State University, Pocatello, ID

Interim Provost and Vice President for Academic Affairs

This role required institutional oversight of Idaho State University's day-to-day and advanced academic initiatives. Work included responsibility for curricular and programmatic development at both the institutional and state levels, university assessment and accreditation activities, budget and facility development in direct support of teaching and student success, and oversight of all academic outreach campuses. All academic vice presidents, vice provosts, deans, and other academic unit directors, such as Educational Technology, Institutional Research, Assessment, and Student Success, reported directly to me.

August 2018 - January 2021

Idaho State University, Pocatello, ID

Director (SU20-FA20)

Program for Instructional Effectiveness – Office of Academic Affairs

Faculty Co-Coordinator (FA18-SP20)

This role required direct responsibility for organizing all university-wide faculty development opportunities, including workshops, symposia, and reading circles; creating, disseminating, and analyzing a university-wide needs assessment survey; creating and implementing the program's Strategic Plan; planning and running the University New Faculty Orientation; creating and maintaining the program website; authoring program assessment reports; and overseeing the program budget.

June 2016 – June 2018

Idaho State University, Pocatello, ID

Interim Dean

College of Education

This role required the management and oversight of all administrative and academic functions of the College, including development of strategic initiatives, oversight of curricular development and college assessment and accreditation activities, budget and facility oversight, and cultivation of donor relationships and fundraising efforts for the College. All associate and assistant deans, department chairs, and college directors reported directly to me.

August 2013 – 2016; 2018 – 2020

Idaho State University, Pocatello, ID

Program Coordinator

Master of Arts in Athletic Administration

In this role, I managed the operational requirements to ensure graduate student success in the MA-AA program. I coordinated the recruitment and admission process for students; coordinated the hiring process for our Graduate Teaching Assistants; coordinated with advisors and the Graduate School on student programs of study; managed the final oral examination process for students in our program; and oversaw all student petitions, dismissals, and grievances in our program.

May 2011 – May 2012

Idaho State University, Pocatello, ID

Department Chair

Department of Sport Science and Physical Education

This role required direct responsibility for curricular and programmatic planning, course scheduling, department budget, and oversight of all classroom, laboratory, and teaching facilities for the department. I oversaw four undergraduate emphasis areas (Exercise Science, Outdoor Education, Physical Education Teaching, and Sport Management), one graduate program (Master of Physical Education - Athletic Administration), and the Physical Education Activity Program, which provides the campus community with elective academic credits for over 70 physical education activity courses. As chair, I successfully proposed a new graduate program – the Master of Science in Athletic Training – to the Idaho State Board of Education. This program began in the Summer of 2013. All faculty, staff, and department directors reported directly to me.

FACULTY AND TEACHING APPOINTMENTS

July 2014 – Present

Idaho State University, Pocatello, ID

Professor (Tenured)

Department of Human Performance and Sport Studies

Summer 2013 – Spring 2016; Fall 2018 – Summer 2020

Idaho State University, Pocatello, ID

Graduate Program Coordinator

Department of Sport Science and Physical Education

July 2009 - June 2014

Idaho State University, Pocatello, ID

Associate Professor (Tenured)

Department of Sport Science and Physical Education

August 2004 - June 2009

Idaho State University, Pocatello, ID

Assistant Professor

Department of Sport Science and Physical Education

August 2003 - May 2004

University of Tennessee, Knoxville, TN

Graduate Assistant

UT Women's Athletic Department

August 2001 – May 2003

University of Tennessee, Knoxville, TN

Graduate Teaching Assistant

Physical Education and Activities Program

August 1998 - July 2000

University of Tennessee, Knoxville, TN

Graduate Teaching Assistant

Physical Education and Activities Program

HONORS, AWARDS, and PROFESSIONAL LEADERSHIP POSITIONS

<u>Spring 2022</u> Idaho State University	<u>Recipient – College of Education Bengal Partner Award</u>
<u>Spring 2019</u> Idaho State University	<u>Recipient – University Faculty Member of the Year “Benny Award”</u>
<u>Summer 2020 – Fall 2020</u> Idaho State University	<u>Inaugural Faculty Director – Program for Instructional Effectiveness</u>
<u>Fall 2018 – Spring 2020</u> Idaho State University	<u>Faculty Co-Coordinator – Program for Instructional Effectiveness</u>
<u>Fall 2015 – Spring 2016</u> Idaho State University	<u>Faculty Coordinator - Academic Affairs Faculty Development Project</u>
<u>Fall 2015 – Spring 2016</u> Idaho State University	<u>Faculty Mentor - Office of Human Resources Faculty Mentoring Program</u>
<u>Fall 2015 – Spring 2016</u> Idaho State University	<u>University Faculty Ombuds - Office of Human Resources</u>
<u>Fall 2013</u> Idaho State University	<u>Recipient - ISU Achievement Award</u>
<u>Fall 2012-Spring 2013</u> Idaho State University	<u>Awarded Sabbatical Leave</u>
<u>Summer 2013 – Spring 2016</u> Idaho State University	<u>Faculty Coordinator - College of Education New Faculty and GA Training Program</u>
<u>Spring 2010</u> Idaho State University	<u>Recipient - Idaho State University Distinguished Teacher Award</u>
<u>Spring 2010</u> National Association for Girls and Women in Sports	<u>Recipient - NAGWS Presidential Award</u>
<u>Fall 2009</u> Idaho Association for Health, Physical Education, Recreation, and Dance	<u>Recipient - Outstanding Collegiate Educator Award</u>
<u>Spring 2008 – Spring 2012</u> National Association of Girls and Women in Sports (Term: 2008-2012)	<u>Vice President of Marketing - National Association of Girls and Women in Sport</u>
<u>Spring 2004</u> University of Tennessee, College of Education, Health, and Human Sciences	<u>Recipient - Chancellor’s Award for Professional Promise</u>
<u>Spring 1999, 2002, 2003</u> University of Tennessee, Physical Education and Activities Program	<u>Recipient - Albert Hobt Memorial Award for Teaching Excellence as a Graduate Associate</u>
<u>Spring 2000</u> University of Tennessee, College of Education	<u>Recipient - Certificate for Outstanding Achievement in Sport Psychology</u>

TEACHING EXPERIENCE

Undergraduate Courses Taught¹

PE 292 *Leadership Practicum*
HPSS 3322 *Introduction to Sport Psychology*
HPSS 3366/5599* *Sport Marketing*
PE 4493/5593* *Gender Issues in Education*
HPSS 4454 *Senior Capstone*
HPSS 4475/5575* *Organization and Administration in Sport and Physical Activity Settings*
HPSS 4493/5593* *Introduction to Sport Sociology*

*Co-listed courses include both undergraduate and graduate students.

¹ All courses with a “PE” prefix have been changed to an “HPSS” prefix starting in the FA21 Catalog.

Graduate Courses Taught

EDLP 7700 *Change Strategies*
EDLP 7703 *Educational Leadership and Organizational Development*
HPSS 6605 *Leadership and Administration in Physical Education and Athletics*
HPSS 6610 *Advanced Sport Psychology*
HPSS 6615 *Philosophy of Athletics*
HPSS 6635 *Management Aspects of Athletics*
HPSS 6640 *Research and Writing*
HPSS 6649 *Issues in Physical Education and Athletic Administration*

SCHOLARSHIP

Peer-Reviewed Manuscripts

- Wickline, V. B., Capeles, K., Morris, H., Warden, A., **Appleby, K.**, & Appleby, D. (2024). Day 1 lesson plan: Discuss skills. Repeat. Repeat. Repeat. (Or: How a focus on professional skills impacts psychology statistics students' course, instructor, and self-perceptions). *Scholarship of Teaching and Learning in Psychology*, 10(2), 133-148.
- Casanova, M. P., Nelson, M. C., Pickering, M. A., Larkins, L. W., **Appleby, K. M.**, Grindley, E. J., & Baker, R. T. (2021). Disablement in the Physically Active Scale Short Form – 8: Psychometric evaluation. *BMC Sports Science, Medicine and Rehabilitation*, 13(153), <https://doi.org/10.1186/s13102-021-00380-3>
- Foster, E., & **Appleby, K. M.** (2021). Making the case for women-specific recreational sports. *Journal of Park and Recreation Administration*, 39(1), doi.org/10.18666/JPRA-2020-10645
- Wickline, G. B., Capeles, K., Morris, H., Warden, A., **Appleby, K. M.**, & Appleby, D. C. (2021, June 24). Day 1 lesson plan discuss skills. Repeat. Repeat. Repeat (Or: How a focus on professional skills impacts psychology statistics students' course, instructor, and self-perception). *Scholarship of Teaching and Learning in Psychology*. <http://dx.doi.org/10.1037/stl0000279>.
- Casanova, M., Nelson, M. C., Pickering, M. A., **Appleby, K. M.**, Grindley, E. M., Larkins, L. W., & Baker, R. T. (2021). Measuring psychological pain: Psychometric Analysis of the Orbach and Mikulincer Mental Pain Scale. *Measurement Instruments for Social Sciences*, 3(7), 2-17. <https://doi.org/10.1186/s42409-021-00025-8>.
- Moody-Smith, A., Guerenlian, J., Freudenthal, J., & **Appleby, K. M.** (2019). Patients' perspectives regarding the administration of local anesthesia by dental hygienists. *Journal of Dental Hygiene*, 93, 40-47. <http://jdh.adha.org/content/93/5/40>
- Appleby, D. C., **Appleby, K. M.**, Apple, K. J., Bouchard, L. M., Cook, R., Erickson, L., Halpern, D. F., Kelly, S. M., & Wickline, V. (2019). A syllabus-based strategy to help Psychology majors prepare for the workforce. *Scholarship of Teaching and Learning in Psychology*. doi.org/10.1036/stl000161
- Shuman, K., & **Appleby, K. M.** (2016). Gender preference? NCAA Division I student athletes and strength and conditioning coaches. *The Journal of Strength and Conditioning Research*, 30(10), 2924-2933. doi: 10.1519/jsc.0000000000001384
- Appleby, K. M.** & Dieffenbach, K. (2016). "Older and faster": Exploring the motivation of elite master cyclists. *The Sport Psychologist*, 30(1), 13-23. DOI: 10.1123/tsp.2014-0110
- Appleby, K. M.**, Foster, E., & Kamusoko, S. (2016). Full speed ahead: Using a capstone course to facilitate students' professional development. *Journal of Physical Education, Recreation, and Dance*, 87(3), 16-21. DOI: 10.1080/07303084.2015.1131214
- Foster, E., & **Appleby, K. M.** (2015). Breaking barriers: Women-centered physical education programming in higher education. *Journal of Physical Education Recreation and Dance*, 86(6), 29-33.
- Bosteder, S. & **Appleby, K. M.** (2015). Naturally fit: An investigation of experiences in a women-only recreation program. *Women in Sport and Physical Activity Journal*, 23, 1-8.
- Appleby, K. M.**, & Faure, C. E. (2015). A case study of sport management students' experiences during a short-term study abroad trip to the 2012 London Olympic Games. *Applied Research in Coaching and Athletics Annual*, 30(2), 187-219.
- Faure, C., & **Appleby, K. M.** (2014). Managing organizational stress: Interventions of national performance directors in an Olympic year. *The Journal of Sport*. 3(2), 149-183.

- Faure, C. E., **Appleby, K. M.** & Ray, B. (2014). "Feeling elite": The collective effervescence of Team USA at the 2012 World Triathlon Grand Final. *The Qualitative Report*, 19(17), 1-22.
- Guo, R., McAleese, W. J., **Appleby, K. M.**, Guo, J., Zhang, W., Huang, Y., & Peterson, T. (2014). Predictors of intention to use condoms among Chinese college students. *Journal of Community Health*. doi:10.1007/s10900013-9816-4
- Appleby, K. M.**, Dieffenbach, K., & Peterson, T. (2012). Demographic characteristics and motivational patterns of masters level competitive cyclists. *Athletic Insight: The Online Journal of Sport Psychology*, 4(3), 199-218.
- Appleby, K. M.** & Pemberton, C. (2010). Planning a successful National Girls and Women in Sports Day event clinic. *Journal of Physical Education, Recreation, and Dance*, 81(2), 34-39.
- Appleby, K. M.** & Fisher, L. A. (2009). "Running in and out of pregnancy": Elite distance runners' experiences of returning to competition after pregnancy. *Women in Sport and Physical Activity Journal*, 18(1), 3-17.
- Appleby, D. C., & **Appleby, K. M.** (2006). Helping students avoid the kisses of death in the graduate school application process. *Teaching of Psychology*, 33(1), 19-24.
- Appleby, K. M.**, & Fisher, L. A. (2005) "Female energy at the rock:" A feminist exploration of high-level female rock climbers. *Women in Sport and Physical Activity Journal*, 14(2), 10-23.

Peer Reviewed Teaching Resources

- Appleby, D. C., & **Appleby, K. M.** (2015). Three new ways to bring students' attention to the kisses of death in the graduate school application process. *Society for the Teaching of Psychology's Office of Teaching Resources*. Retrieved from <http://teachpsych.org/page-1603066#appleby>

Scholarly Book Chapters

- Appleby, K. M.** (2014). Advising for Sport psychology. In J. Irons and R. Miller (Eds.), *Academic advising: A handbook for advisors and students*. Society for the Teaching of Psychology, Division 2: American Psychological Association (pp. 111-113).
- Appleby, K. M.** & Foster, E. (2013). Gender and sport participation. In E. Roper (Ed.). *Gender Relations in Sport*. Rotterdam, Netherlands: Sense Publishing (pp. 1-20).
- Appleby, K. M.**, Dieffenbach, K., & Peterson, T. (2013). Demographic characteristics and motivational patterns of masters level competitive cyclists. In R. Schinke (Ed.). *Athletic Insight's Writings of 2012* (pp. 203-222). Hauppauge, NY: Nova Science Publishers.
- Faure, C. E., **Appleby, K. M.**, and Sparrow, C. L. (2011). Slaying David: The implications of FBS versus FCS matchups in NCAA college football. In M. Leach, S. Jungman & F. Guven (Eds.), *Sports for Dorks: College Football* (pp. 76-104). Houston, TX: Sports for Dorks CFB, LLC.

Invited and Professional Papers and Publications

- Appleby, K.M.**, Kirkpatrick, C., Peterson, T., Foster, E., Moffit, D., & Rider, C. (January, 2021). "Sisterhood" and "Girl Power": Investigating Participant Motivation in a Women-Only Mass Participation Cycling Event. *Idaho Journal of Sports, Health, and Physical Education*, 54-64.
- Capeles, K., Wickline, V. B., **Appleby, K. M.**, & Appleby, D. C. (2019, October). Tips for designing a skills-based, learner-centered syllabus that engages students. *Psychology Teacher Network*. Retrieved from <https://www.apa.org/ed/precollege/ptn/2019/10/skills-learner-centered-syllabus>
- Appleby, D. C., **Appleby, K. M.**, Hart, W. P., and Harmon, A. (2019, September). *Teaching advice from exemplary high school psychology teachers* [Blog post]. Retrieved from: <http://psychlearningcurve.org/teaching-advice-from-high-school-psychology-teachers/>
- Appleby, D. C., & **Appleby, K. M.** (2017, Summer). Letters of recommendation for graduate school, Part III: The final six paragons. *Eye on Psi Chi*. Retrieved from <https://www.psichi.org/page/214EyeSum17bAppleby#.WXV99IGQypo>
- Appleby, D. C., & **Appleby, K. M.** (2017, Spring). Letters of recommendation for graduate school, Part II: Six paragons. *Eye on Psi Chi*. Retrieved from https://c.ymcdn.com/sites/www.psichi.org/resource/resmgr/eye_pdf/EyeforWeb_Spring2017.pdf

Appleby, D. C., & **Appleby, K. M.** (2017, Winter). Letters of recommendation for graduate school, Part I: Purpose, Preparation, and Procedure. *Eye on Psi Chi*. Retrieved from https://c.ymcdn.com/sites/www.psichi.org/resource/resmgr/eye_pdf/WinterEye17_web.pdf

Appleby, K. M., Appleby, D. C., & Polenske, A. (2015). Meet the professionals! Preparing for a career in sport psychology, *Eye on Psi Chi*, 19(4), 16-19.

Appleby, K. M., & Appleby, D. C. (2014). It is never too early to begin: Online resources to help psychology majors prepare for graduate school. *National Academic Advising Association Clearinghouse of Advising Resources*. Retrieved from <http://www.apa.org/ed/precollege/psn/2014/09/psychology-majors.aspx>

Appleby, K. M. & VanMullem, H. (Fall, 2013). Why celebrate NGWSD? *IAHPERD Journal of Health, Physical Education, Recreation, and Dance*. 13-15.

Silvers, J. & **Appleby, K. M.** (February 2013). Mental training for Track and Field. *Techniques for Track and Field and Cross Country*, 6(3), 42-47.

Appleby, K. M., Appleby, D. C., Cook., A., Christensen, B., Griffiths, L., Scorniaenchi, J., Bastin, C., & Delion, J. (Spring, 2011). Preparing for Success in Sport Psychology Graduate Programs. *Eye on Psi Chi*, 15(3), 24-27.

Boehme, C., McAleese, W., Olsen, J., & **Appleby, K.** (Spring, 2010). Miscarriage knowledge among students. *IAHPERD Journal of Health, Physical Education, Recreation, and Dance*.

Appleby, K. M. (2007). Sport psychology: History, professional organizations, and professional preparation. *Eye on Psi Chi*, 12(1), 22-24.

Appleby, K. M. (2007). *Bouldering*. In Berkshire encyclopedia of extreme sports. London: Berkshire Publishing Group.

Appleby, D. C., & **Appleby, K. M.** (Spring, 2007). Helping students avoid the kisses of death in the graduate school application process. *Eye on Psi Chi*, 11(3), 20-21.

Appleby, K. M. (2004). "Running in and out of pregnancy": Elite distance runners' experiences of returning to competition after pregnancy. *Dissertations Abstracts International*, 54(4-B), 2079. (ISSN No. 04194217)

Technical Reports

Lin, S., Tokle, J., & Appleby, K.M. (August, 2024). Programmatic assessment. In Idaho State University 2024 mid-cycle self-evaluation report. https://www.isu.edu/news/2024_fall/mid-cycle-evaluation-report.html

External Grant Applications and Sponsorship

Appleby, K. M., Moffit, D., Foster, E., & Cordingley, K. (Spring, 2013). *Assessing the impact of a National Girls and Women in Sports Day event on participants' continued engagement in sport and physical activity*. National Association for Girls and Women in Sports (NAGWS) Research Initiative Grant. **Unfunded**.

Institutional Grants

Sung, J., & **Appleby, K. M.** (Fall, 2020). *The undergraduate research presentation project in the 2021 National Conference on Undergraduate Research*. College of Education Dean's Excellent Fund Grant. **Funded (\$1616.00)**.

Faure, C. & **Appleby, K. M.** (Fall, 2011). *The logistical management of the United States Triathlon Team: A case study of the 2012 Olympic Games*. ISU University Research Committee. **Partially Funded (\$5,000.00)**.

Pemberton, C., Ray, B., Bliss, T., **Appleby, K. M.** Toevs, J., Bell, C., & Said, H. (Spring 2006). *Diversity Committee learning through serving*. Idaho State University, College of Education, Dean's Grant. **Partially Funded**.

Appleby, K. M., & Head, L. (Spring, 2005). *Moving through the curriculum: Exploring strategies for academic diversity*. Idaho State University, College of Education, Dean's Grant. **Funded**.

Appleby, K. M. (Fall, 2005). *Professional presentation at the Association for Applied Sport Psychology conference* (Vancouver, BC). Idaho State University, College of Education, Dean's Grant. **Funded**.

Appleby, K. M. (Fall, 2004). *Professional presentation at the Association for Applied Sport Psychology conference* (Minneapolis, MN). Idaho State University, College of Education, Dean's Grant. **Funded**.

Refereed Presentations at Professional Meetings/Conferences

- Appleby, K. M.**, Foster, E., Hunter, M., & Elizondo, T. (October, 2025). *Assessment in action: Program assessment through student poster presentations*. Presented at the Western Society for Kinesiology & Wellness Conference. Boise, ID, United States.
- Magallon, L., Foster, E., & **Appleby, K. M.** (August 1, 2025). *Imagery and motivation to be physically active*. Society of Health and Physical Educators – Idaho Annual Conference. Pocatello, ID, United States.
- Foster, E., & **Appleby, K. M.** (August 4, 2023). *Navigating the vocational rapids: Career planning for PE Teacher Education Students*. Society of Health and Physical Educators – Idaho Annual Conference. Boise, ID, United States.
- Alcocer, K., Sung, J., & **Appleby, K. M.** (2021). *Single-leg balance and pirouette a la second turns in dancers*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Belnap, C., Sung, J., & **Appleby, K. M.** (2021). *Lower limb neuromuscular activities of gain in people with traumatic brain injury*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Dobson, C., **Appleby, K. M.**, & Sung, J. (2021). *Traditional Hispanic healthcare*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Mecham, D., Sung, J., & **Appleby, K. M.** (2021). *Landing mechanics in collegiate athletes with Genu Recurvatum*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Montoya, Z., **Appleby, K. M.**, & Sung, J. (2021). *Reducing the mental health stigma in college athletics: A pilot study*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Kilgore, D., Sung, J., & **Appleby, K. M.** (2021). *Running kinematics analysis of collegiate long-distance runners with a history of Iliotibial Band Syndrome*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Rosales, L., Sung, J., & **Appleby, K. M.** (2021). *Acute effects of boxing, cycling, and dancing on freezing of gain in Parkinson's Disease*. Poster Presented at the National Council on Undergraduate Research Annual Conference (online), United States. (Student-Led Research)
- Capeles, K., Morris, H., Warden, A., Wickline, V. B., **Appleby, K.M.**, & Appleby, D. (2020). *Why you should be putting skills on your syllabus* [Poster presentation]. Southeastern Psychological Association, 66th Annual Meeting, New Orleans, LA (moved online), United States. (Student-Led Research)
- Wickline, V. B., Appleby, D. C., **Appleby, K. M.**, Capeles, K., Morris, H., & Morris, A. (2020). *Why you should be putting skills on your syllabus*. SoTL Commons Conference. February, 2020, Savannah, GA.
- Foster, E., & **Appleby K. M.**, (April, 2019). *Making the case for women-specific programming for community recreation*. Idaho Recreation and Park Association Conference, April, 2019, Boise, ID.
- Appleby, K. M.**, Appleby, D. C; Apple, K. J., Bouchard, L. M., Cook, R., Erickson, L., Halpern, D. F., Kelly, S. M., & Wickline, V. (March, 2019) *Putting skills on the syllabus: A syllabus-based strategy to help students prepare for the workforce*. Intermountain Consortium for Faculty Development Teaching for Learning Conference. March, 2019, Logan, UT.
- Wickline, V., Appleby, D. C., **Appleby, K. M.**, Apple, K., & Bouchard, L. (January, 2019). *Putting skills on the syllabus: Helping Psychology majors prepare for the workforce*. National Institute on the Teaching of Psychology, January, 2019, ST. Pete. FL. (Author Only)
- Appleby, K. M.**, Wentworth, P., & Fitzpatrick, J. (October, 2015). *Using Active Learning Strategies to Bring Sport Psychology “to Life” in the Undergraduate Sport Psychology Classroom*. National Association of Applied Sport Psychology Conference, October, 2015, Indianapolis, IN.
- Appleby, K. M.** & Dieffenbach, K. (October, 2014). *“Older and faster”: Exploring the motivation of elite masters cyclists*. Poster presented at the Association of Applied Sport Psychology Conference, October, 2014, Las Vegas, NV.

- Foster, E., & **Appleby, K. M.** (April, 2013). *Making a case for women's specific physical education programming*. Presented at the national American Alliance for Health, Physical Education, Recreation, and Dance Conference, Charlotte, NC.
- Appleby, K. M.** (March, 2010). "*Female energy at the rock*": A feminist exploration of high level female rock climbers. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.
- Appleby, K. M.**, Pemberton, C., Faure, C., Foster, E., & Turk, T. (March, 2010). *Learning through serving: National Girls and Women in Sports Day*. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Indianapolis, IN.
- Johnson, C., Roper, E., Kamphoff, C., & **Appleby, K. M.** (September, 2009). *Finding a voice: Feminist communities and scholarship in sport and exercise psychology*. Presented at the Association for Applied Sport Psychology Conference, Salt Lake City, UT.
- Appleby, K. M.**, Lester, K., Turk, T., Winter, B., & Pemberton, C. (April, 2009). *Planning a National Girls and Women in Sports Day event*. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Tampa, FL.
- Appleby, K. M.** (April, 2009). *Elite distance runners' experiences of returning to competition after pregnancy*. Presented at the annual American Alliance for Health, Physical Education, Recreation, and Dance Conference, Tampa, FL.
- Dieffenbach, K. & **Appleby, K. M.** (October, 2007). *Demographic and motivational factors in masters level cyclists: An exploratory investigation*. Poster presented at the Association for the Advancement of Applied Sport Psychology Conference, Louisville, KY.
- Appleby, D. C. & **Appleby, K. M.** (August, 2007). *Mentors and yentors: Tips and strategies for publishing a refereed journal article*. Presented at the annual American Psychological Association Conference, San Francisco, CA.
- Appleby, K. M.** (October, 2005). "*Running in and out of motherhood*": Elite distance runners' experiences of returning to competition after pregnancy. Presentation at the Association for the Advancement of Applied Sport Psychology Conference, Vancouver, BC.
- Morgan, T. K., Shannon, V. R., Gentner, N. B., & **Appleby, K. M.** (October, 2005). *Who is serving the pie? Working as a graduate student consultant within the Athletic Department of a Division I Institution*. Poster presented at the Association for the Advancement of Applied Sport Psychology Conference, Vancouver, B. C.
- Lopez, R., **Appleby, K. M.**, & Kimball, A. (September, 2004). *Enhancing the lives of injured athletes: A Team ENHANCE approach to injury support*. Symposium presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology Conference, Minneapolis, MN.
- Appleby, K. M.**, & Roper, E. M. (October, 2003). *'Willing to go to bat for me': Graduate students' perceptions and experiences of being mentored*. Poster session presented at the Association for the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Shannon, V., Frey, M., & **Appleby, K. M.** (October, 2003). *Solution-focused brief counseling with athletes in a small group setting*. Poster session presented at the Advancement of Applied Sport Psychology Conference, Philadelphia, PA.
- Appleby, K. M.** (October, 2002). *Which sports bra should I wear? The impact of body image on the performance of female rock climbers*. Paper presented at the Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.
- Ryba, T., & **Appleby, K. M.** (June, 2002). "*Keep the feeling as long as it will last*" or "*cartwheels on ice*": The phenomenology of ice skating enjoyment. Paper presented at Probing the Boundaries: Making Sense of Health, Illness, and Disease, Oxford, England.
- Appleby, K. M.** (October, 2001). *The experience of a first race: A phenomenological description*. Poster session presented at the Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Scholarly Presentations at Professional Meetings/Conferences

- Appleby, K.M.**, Kirkpatrick, C., Peterson, T., Foster, E., Moffit, D., & Rider, C. (2023). "*Sisterhood*" and "*Girl Power*": Investigating Participant Motivation in a Women-Only Mass Participation Cycling Event. Poster session presented at the Diversity, Equity, and Inclusion in Education Conference, Idaho State University College of Education, Pocatello, ID.

- Appleby, K.M.,** Kirkpatrick, C., Peterson, T., Foster, E., Moffit, D., & Rider, C. (2019). *“Sisterhood” and “Girl Power”:* Investigating Participant Motivation in a Women-Only Mass Participation Cycling Event. The Idaho Society for Health and Physical Education Conference, October 2019, Pocatello, ID.
- Appleby, K. M.,** Foster, E., Rider, C., Kirkpatrick, C., Moffit, D., & Peterson, T. (March, 2016). *Spinderellas, Wildflowers, and Wonderwomen: Investigating women’s motivation to participate in an all-female, non-competitive cycling event.* Presented at the ISU Gender and Sexuality Conference, March, 2016, Pocatello, ID.
- Foster, E., & **Appleby, K. M.** (March, 2015). *Making a case for women’s specific physical education programming.* Presented at the ISU Gender and Sexuality Conference, March, 2015, Pocatello, ID.
- Kirkpatrick, C., **Appleby, K.M.,** Peterson, T., & Wathne, K. (August, 2014). *The 100 Mile Club in an elementary school setting: Lessons learned and ideas to share.* Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, August, 2014, Filer, ID.
- Appleby, K. M.,** Foster, E., & Kamusoko, S. (August, 2014). *Full speed ahead: Using a capstone course to facilitate students’ professional development.* Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, August, 2014, Filer, ID.
- Foster, E., & **Appleby, K. M.** (October, 2013). *Barriers facing girls and women in PE: What are they and how can we reduce them?* Idaho Association for Health, Physical Education, Recreation, and Dance Conference, October, 2013, Moscow, ID.
- Appleby, K. M.,** Williams, S., Foster, E., & Pemberton, C. (October, 2011). *How to host a successful National Girls and Women in Sports Day.* Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Pocatello, ID.
- Appleby, K. M.,** Faure, C., & Fitzpatrick, J. (October, 2010). *Interactive technology in the sport science and physical education classroom.* Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Boise, ID.
- Appleby, K. M.** (October, 2008). *The psychology of athletic injury.* Presented at the annual Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Pocatello, ID.
- Fitzpatrick, J. & **Appleby, K. M.** (October, 2008). *Sport psychology for the PE classroom.* Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Pocatello, ID.
- Appleby, K. M.,** Heward-Moulton, L., Pemberton, C., & Noakes, S. (2006, October). *National girls and women in sports day: Developing, planning, and celebrating at your school.* Presented at the Idaho Association for Health, Physical Education, Recreation, and Dance Conference, Twin Falls, ID.
- Appleby, K. M.** (2006, March). *“Female energy at the rock:” A feminist exploration of high level female rock climbers.* Presented at the Gender in Everyday Life Conference, Pocatello, ID.
- Appleby, K. M.** (2005, October). *Incorporating stress management techniques into the physical education curriculum.* Presented at the annual meeting for the Idaho Association for Health, Physical Education, Recreation and Dance, Boise, ID.
- Fitzpatrick, J., & **Appleby, K. M.** (2005, March). *Implementing sport psychology techniques into the physical education classroom.* Presented at the Northwest District Association for Health, Physical Education, Recreation, and Dance Conference, Mt. Hood, OR.
- Appleby, K. M.** (2005, March). *“Running in and out of motherhood”: Elite distance runners’ experiences of returning to competition after pregnancy.* Paper presented at the Art of Gender in Everyday Life Conference, Pocatello, ID.
- Head, L., & **Appleby, K. M.** (2005, January). *Pilates and psychological skills training.* Poster presented at the 10th Annual Congress of U.S. Figure Skating Sports Medicine Society, Portland, OR

Invited/Service Presentations

- Appleby, K. M.,** Foster, E., Hunter, M., & Elizondo, T. (October, 2025). *Assessment in action: Using student research for program-level assessment.* Presented at the Center for Learning and Instructional Effectiveness – Master Teacher Series. Pocatello, ID, United States.

- Appleby, K. M.** (2025). *Leading in academic settings. An overview and taking the next leadership steps.* Presented at the Idaho Academic Leadership Academic, Boise, ID. (INVITED PRESENTATION)
- Appleby, D. C., & **Appleby, K. M.** (2012, October). *How to avoid the kisses of death in the graduate school application process.* Lecture presented at the Idaho State University Graduate Programs and Health Professions Fair, Idaho State University, Pocatello, ID.
- Appleby, K. M.** (2012, March). *Running in and out of motherhood: Elite distance runners' experiences of returning to competition after pregnancy.* Keynote speech given as the Art in Gender in Everyday Life Conference, Idaho State University, Pocatello, ID.
- Appleby, D. C., & **Appleby, K. M.** (2011, September). *How to avoid the kisses of death in the graduate school application process.* Lecture presented at the Graduate School Expo, Indiana University-Purdue University Indianapolis, Indianapolis, IN.
- Appleby, K. M.** & Appleby, D. C. (2010, October). *Assessing the CAP in capstone courses.* Presented at the Assessment Institute, Indianapolis, IN.
- Appleby, K. M.,** Carr, C., Mullins, D., Griffiths, L., Christensen, B., Scornienchi, J., Cook, A., Delion, J., & Bastien, C. (2010, March). *The many faces of sport psychology.* Presented at the IUPUI Sport Psychology Symposium, Indianapolis, IN.
- Appleby, K. M.** (2010, March). *Incorporating sport psychology into the high school psychology curriculum.* Presented at the Indiana High School Psychology Teachers Association Conference, Indianapolis, IN.
- Appleby, D. C., & **Appleby, K. M.** (2008, February). *Helping students avoid the kisses of death in the graduate school application process.* Presented at the Midwest Institute for Students and Teachers of Psychology Conference, Chicago, IL.
- Appleby, K. M.** (2008, February). *Using a concentration grid to demonstrate the importance of focus in sport settings in Friday Night Live: Compelling demonstrations for introductory psychology classes.* Presented at the Midwest Institute for Students and Teachers of Psychology Conference, Chicago, IL.
- Appleby, K. M.** (2008, February). *Incorporating sport psychology into the psychology curriculum.* Presented at the Midwest Institute for Students and Teachers of Psychology Conference, Chicago, IL.
- Appleby, K. M.** (2007, September). *Achieving success in the classroom.* Invited presentation for Life Skills for StudentAthletes Course, Pocatello, ID
- Appleby, K. M.** (2007, July). *The psychology of injury.* Presentation at the annual Idaho Athletic Trainer's Association Conference, Pocatello, ID.
- Appleby, K. M.** (2007, May). *Outdoor education opportunities at Idaho State University.* Presentation for Tokai University Physical Education Symposium, Tokyo, Japan.
- Appleby, K. M.** (2007, April). *Diversity in the classroom.* Presentation for Idaho State University's College of Education On Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.
- Ray, B., Pemberton, C., **Appleby, K. M.** & Bliss, T. (2006, March). *Service learning in the classroom.* Professional Development Workshop Presented for Idaho State University's College of Education, Pocatello, ID
- Head, L., & **Appleby, K. M.** (2005, April). *Moving through the curriculum: Exploring strategies for academic diversity.* Professional Development Workshop Presented for Idaho State University's College of Education, Pocatello, ID
- Appleby, K. M.** (2005, April). *Practical suggestions for becoming diverse in the classroom.* Presentation for Idaho State University's College of Education On-Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.
- Appleby, K. M.** (2004, October). *Gender issues in the classroom.* Presentation for Idaho State University's College of Education's On-Campus Workshop #2: Adaptations for Diversity, Pocatello, ID.
- Appleby, K. M.,** & Bell, C. (2004, October). *Practical suggestions for becoming diverse in the classroom.* Invited presentation for the Fall Education Conference at Century High School, Pocatello, ID.
- Appleby, D. C., & **Appleby, K. M.** (2004, May). *How to help your students avoid the kisses of death in the graduate school application process.* Invited presentation during the American Psychological Society Convention, Chicago.

- Appleby, D. C., & **Appleby, K. M.** (2003, October). *The kisses of death in the graduate school application process*. Lecture presented to the Indiana University-Purdue University Indianapolis Psychology Club, Indianapolis, IN.
- Appleby, D. C., & **Appleby, K. M.** (2003, May). *How to help your students avoid the kisses of death in the graduate school application process*. Halonen Distinguished Lecture sponsored by the Council of Teachers of Undergraduate Psychology Paper during the annual meeting of the Midwestern Psychological Association, Chicago.
- Appleby, K. M.** (2002, September). *Kisses of death in the graduate school application process*. Paper presented at the First Annual Appalachian State Psychology Department Teaching Festival, Boone, NC.
- Appleby, K. M.** (2002, February). *Mentoring in sport psychology*. Proposal presented at the Southeastern Sport and Exercise Student Conference, Knoxville, TN.
- Appleby, K. M.** (2001, June). *Kisses of death in the graduate school application process*. Paper presented at the meeting of the American Psychological Society, Toronto, Canada.

PROFESSIONAL AND COMMUNITY SERVICE

Service to National, State, and External Professional Associations

- Co-Vice Chair*, Idaho American Council on Education (ACE) – Women’s Network (Summer 2025 - Present)
- ISU Representative and Co-Coordinator of Membership*, Idaho American Council on Education (ACE) – Women’s Network (Fall 2023 – Spring 2025)
- Member*, Advanced Placement Higher Education Advisory Council (APHEAC), College Board (Fall 2022 – Fall 2023)
- Member*, Conference Planning Committee SHAPE Idaho, Pocatello, ID (Fall 2018 – Fall 2019)
- Member*, Conference Planning Committee IAHPERD, Pocatello, ID (October 2008; October 2011, June 2015)
- Abstract Reviewer*, AASP Conference (Summer 2013)
- Vice President for Marketing*, National Association for Girls and Women in Sport (Fall 2008 – Spring 2012)
- Member*, AAASP Continuing Education Committee (Fall 2004 - Spring 2010)
- Member*, AAASP Diversity Committee (Fall 2006 - Fall 2009)
- Presider*, for AAHPERD National Convention, Salt Lake City, UT (April 2006)

Service to the Idaho State Board of Education

- ISU Representation on the General Education Committee*, ISBOE (July 2022 – June 2024)
- Planning Team Member*, Idaho Academic Leadership Academy (August 2023 – July 2024)
- Institutional Representative*, ISBOE Math Pedagogy Project (July 2023 – July 2024)
- Institutional Representative*, ISBOE General Education Committee (July 22 – July 2024)
- Member*, Council on Academic Affairs and Programs (CAAP) (January 2021 – July 2024)
- 4-Year Institutional Provost Representative*, Online Idaho (OSBE) (July 2021 – July 2022)

Reviewer for Professional, Peer-Reviewed Journals

- Member*, Editorial Board for *Women in Sport and Physical Activity Journal* (WSPAJ) (Spring 2013-Fall 2020)
- Manuscript Reviewer*, *Women in Sport and Physical Activity Journal* (WSPAJ) (Fall 2009 - Present)
- Manuscript Reviewer*, *Journal of Physical Education Recreation and Dance* (JOPERD) (Spring 2006 - Present)
- Invited Guest Reviewer*, *Psychological Reports – Perceptual and Motor Skills* (Spring, 2011)
- Section Editor*, (Sport Psychology) for *Women in Sport and Physical Activity Journal* (WSPAJ) (Fall 2009 – Fall 2011)
- Manuscript Reviewer*, *Electronic Journal for the Integration of Technology in Education* (EJITE) (Fall 2006 - Fall 2007)
- Guest Manuscript Reviewer*, *Athletic Insight: The Online Journal of Sport Psychology* (December, 2007; October, 2009)

University, College, and Department Committee Work and Leadership

University Service

Standing University Committee Service

- Academic Affairs Representative*, ISU General Education Requirements Committee (Fall 2022-May 2024)
- Academic Affairs Representative*, ISU Faculty Professional Policies Committee (Fall 2022-May 2024)
- Member*, ISU President’s Leadership Council (Spring 2021-July 2024)
- Member*, ISU Academic Affairs Leadership Team (Spring 2020- July 2024)
- Member*, ISU Dean’s Council (Summer 2016-Summer 2018, Summer 2022 – July 2024)
- Member*, ISU Administrative Council (Spring 2021-Summer 2022)
- Member*, University General Education Requirements Committee (Fall 2014 - Spring 2016)

Member, University Safety Committee (Fall 2011 - Spring 2012)
Member, University Curriculum Council (Fall 2009 - Fall 2010)
Member, University Undergraduate Research Committee (Fall 2006 - Spring 2011)

Ad-Hoc, Invited University Committee Service

Member, Associate Vice President for Development Search Committee (Summer 2025 – Present)
Academic Affairs Rep, University Master Planning Charter Committee (Spring 2024 – July 2024)
Chair, Vice President of Operations Search Committee (Fall 2022)
Member, Vice President for Advancement Search Committee (Spring 2022)
Temporary Faculty Athletics Representative (Fall 2020)
Charter Sponsor, Bengal Bridge Charter Team (Spring 2020-Fall 2022)
Co-Chair, Teaching in the Momentum Year Planning Group (Spring 2020-Fall 2020)
Faculty Mentor, ISU Athletics – Women’s Cross Country (Fall 2019 – Fall 2020)
Member, Student Affairs Operational (Strategic) Planning Committee (Summer, 2019)
Member, Strategic Planning Committee Program for Instructional Effectiveness (Spring, 2019)
Member, Search Committee for ISU Head Women’s Volleyball Coach (Spring, 2019)
Core Member, Student Success Solutions & Innovations Team (Fall 2018-Present)
Member, ISU Carnegie Community Engagement Committee (Summer 2018-Spring 2019)
Member, ISU Twin Falls Strategic Planning Committee (Spring 2018 – Summer 2018)
Member, VP of Student Affairs Search Committee (Fall 2017)
Member, Facilities Strategic Planning Committee (Fall 2017 - Spring 2018)
Member, IEAC Facilities Planning Committee (Summer 2016-Summer 2018)
Member, University Faculty Standing Appeals Panel (Fall 2014- Spring 2016)
Member, University Distinguished Teacher Award Committee (Spring 2013 – Spring 2018, Spring 22-23)
Chair, University Distinguished Teacher Award Committee (Spring 2012)
Co-Chair, University Distinguished Teacher Award Committee (Spring 2011)
Chair, Governance and Commitment to Rules Compliance for Athletics Subcommittee (Fall 2008 – Spring 2010)
Member, Steering Committee for ISU Athletic Department NCAA Re-certification (Fall 2008 - Spring 2010)
Member, Academic Provost Reorganization Task Force (Humanities, Social Sciences, Education, and Arts) (FA 2009 - SP 2010)
Member, University Scholastic Appeals Board (Fall 2004 - Spring 2006)
Discussion Leader, Student Affairs Office of Professional Development Workshop “Writing for Publication in Your Field: Getting Started and Moving Ahead” (December 2005)

College of Education Service

Chair, College of Education Review Committee (Fall 2024 – Present)
Dean’s Leadership Team, College of Education (Fall 2024 – Present)
Co-Leader, CoE BEI Conference Planning Team (Fall 2024 – Present)
Member, Dean’s Website Working Group (Fall 2020)
Chair, Departmental Tenure and Promotion Committee Dr. Cory Bennet (Fall 2014)
Chair, Departmental Promotion Committee Dr. David Squires (Fall 2011)
Member, College of Education Leadership Team (Fall 2010 - Summer 2012)
Chair, College of Education Undergraduate Curriculum Committee (Fall 2010)
Member, ISU College of Education Admissions and Retention Committee (Spring 2007 - Spring 2010)
Appointed Member, Impartial Faculty Committee for Academic Appeals (Fall 2008)
Member, ISU College of Education EDUC/SSPE 601/640 Standards Revision Committee (Spring 2007)
Member, ISU College of Education NCATE Standard 4 Review Committee (Spring 2005 - Fall 2008)
Appointed Committee Head, Impartial Faculty Committee for Academic Appeals (December 2006)
Member, ISU College of Education Sabbatical Committee (Fall 2004 - 2006)
Member, ISU College of Education Diversity Committee (Fall 2004 - Spring 2007)
Member, Tenure and Promotion Committee, Dr. Stephanie Peterson (Fall 2005)

Department Service

Coordinator, Human Performance and Sport Studies Research Symposium (FA18, FA19, SP20, FA20)
Graduate Coordinator MPE-AA Department of Sport Science and Physical Education (Fall 2013 – Spring 2016, Fall 2018 – Summer 2020)
Chair, Departmental Promotion Committee Dr. Caroline Faure (Fall 2015)
Undergraduate Program Coordinator Sport Management Emphasis Area (Fall 2008 – Spring 2016)

Co-Chair/Event Coordinator College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2013 - 2016)

Member Masters in Athletic Training Hiring Committee (Fall 2013 - Spring 2014)

Chair Department of Sport Science and Physical Education (Spring 2011 - Spring 2012)

Member Tenure and Promotion Committee for Dr. John Fitzpatrick (Fall 2008)

Member ISU College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2008 - 2012)

Chair/Event Coordinator ISU College of Education/Sport Science and Physical Education National Girls and Women in Sports Day annual celebration (2004 - 2007)

Faculty Advisor for Student Organizations:

SHEPERDs (Students for Health Education, Physical Education, Recreation and Dance) Club (Fall 2004 – Spring 2005; Fall 2008-Spring 2012)

ISU Cycling Club (Fall 2006 - Spring 2007)

ISU Triathlon Club (Fall 2008)

MPE-AA Faculty Search Committee Member (Spring 2007 and Spring 2008)

Graduate Faculty Representative (GFR) Work for Graduate Exams/Projects/Case Studies/Theses/Dissertations

GFR for theses, dissertations, projects, and graduate exams for the following departments:

Health and Nutrition Sciences

Educational Leadership (EDLH)

Physical Therapy

Psychology

Occupational Therapy

Physician's Assistant

Business Administration

Dental Hygiene

Music

Counseling (MS and PhD)

Political Science (MPA and DA)