

Ford Dyke, Ph.D.

Auburn, AL, USA

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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**Associate Clinical Professor – Exercise Science**Director, *Mindfulness@Auburn*

Auburn University | College of Education | School of Kinesiology

August 2021 – Present

Assistant Clinical Professor – Exercise ScienceDirector, *Mindfulness-Based Performance and Health Optimization*

Auburn University | College of Education | School of Kinesiology

August 2017 – July 2021

BIO

Dr. Ford Dyke is an Associate Clinical Professor in the School of Kinesiology at Auburn University. He teaches courses in *Pillars of Performance & Health*, *Motor Learning & Performance*, and *Performance-Based Psychology*. As Director of *Mindfulness@Auburn*, Dr. Dyke integrates components of his Professorship, Team USA Athlete career, and experience as a Performance Coach for the Auburn University Wheelchair Basketball Team. Among his accomplishments, he is the recipient of the 2019 Gerald & Emily Leischuck Outstanding Undergraduate Teaching Award, the 2022 College of Education Outstanding Young Alumni Award, and the 2022 Alumni Undergraduate Teaching Excellence Faculty Award.

INSTRUCTIONAL DESIGN

Mindfulness@Auburn is incorporated throughout the instructional design of each course. Prior to the commencement of instruction, students are guided to consciously attend to their Respiration Cycles (Inhalation | Exhalation) by way of self-regulation. The primary intention of the application-based practice is to support cognitive clarity, awareness, and concentration. The practice has been shown to facilitate memory consolidation, retention, and retrieval, as well as improved health and well-being.

EVIDENCE OF EFFECTIVENESS

Actionable feedback related to Instructional Design:

"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 = **5.90**)

"I was provided opportunities to cooperate with other classmates about course material"
(avg. score = **5.89**)

"I was provided with ample opportunities to apply my learning in this course"
(avg. score = **5.85**)

"I was prompted to think critically about the course material"
(avg. score = **5.98**)

"I was provided an environment that supported my learning"
(avg. score = **5.91**)

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

COURSES

KINE 3650: Motor Learning and Performance – Professor | Instructor of Record

Auburn University, College of Education, School of Kinesiology
Fall 2017 – Present (Total Student Credit Hours: 2,077)

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

Auburn University, College of Education, School of Kinesiology
Fall 2017 – Present (Total Student Credit Hours: 975)

KINE 2000: Pillars of Health – Professor | Instructor of Record

Auburn University, College of Education, School of Kinesiology
Fall 2019 – Present (Total Student Credit Hours: 272)

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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

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

KEYNOTES

Mindfulness@Auburn is the evidence-based approach to optimal performance, health, and well-being. Olympian Reita Clanton and Dr. Ford Dyke from the School of Kinesiology disseminate *Mindfulness* and the *Pillars of Performance & Health*[®] through the following modalities: Keynotes, Seminars, Workshop, Webinars, and Retreats. The curriculum is designed to support optimal performance, health, and well-being at Auburn University.

Mission: Serve the administration, alumni, faculty, staff, and students at Auburn University by disseminating the evidence-based approach to performance and health optimization.

Vision: Support a lifestyle of optimal performance, health, and well-being for the Auburn Family.

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Auburn University | College of Pharmacy – *Clinical Health Services Retreat*

Coordinator: Ashley Reid, Health & Wellness Specialist

Dec. 14, 2022

N = 50

Auburn University | Office of Public Service – *Mindset & Mindfulness Retreat*

Coordinator: Whitney C. Lee, Outreach Programs Administrator

Nov. 30, 2022

N = 12

Auburn University | College of Education – *Mindful Mornings (5-Weeks, 10 Sessions)*

Coordinator: Miranda Nobles, Communications and Marketing Specialist

Oct. 11, 2022 – Nov. 10, 2022

N = 50

GRADUATE COMMITTEE

Outside Reader; Subject-Matter Expert, Mindfulness

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 EXPERIENCE

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

Auburn University, College of Education, School of Kinesiology
Fall 2018 – Present

Undergraduate Honors Contract

KINE 3650 – Motor Learning and Performance
Professor: Ford Dyke, Ph.D.

Softball & Baseball: A motor learning and performance analysis
Abby Brown, Membership Specialist, Campus Recreation

Fall 2022

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, 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

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

Graduate 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

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 PRESENTATIONS

NASPSPA Annual Meeting, Baltimore, MD

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
SPEAKER**

Mindfulness-Based Performance and Health Optimization[®] showcases the importance of supporting a lifestyle of optimal performance, health, and well-being. Target audiences include, but are not limited to, the following: *Academic Units, Athletic Organizations, Military Installations, and Professional Partnerships*. Audience members consist of diverse backgrounds and socioeconomic status. From inception, Dr. Dyke has reached over 4,000 individuals, impacting local, regional, national, and international organizations.

Academic Units

Auburn University – College of Business – Executive MBA Program – Spring 2023 Cohort

Mindfulness-Based Performance and Health Optimization[®] Part II

Coordinator: Kim Kuerten, Executive Director, Graduate Executive Programs

August 12, 2022

N = 60

Auburn University – College of Business – Executive MBA Program – Spring 2023 Cohort

Mindfulness-Based Performance and Health Optimization[®] Part I

Coordinator: Kim Kuerten, Executive Director, Graduate Executive Programs

January 06, 2022

N = 60

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

Mindfulness-Based Performance and Health Optimization[®] (via Zoom)

Coordinator: Penny Houston, Coordinator, Human Resources

October 12, 2021

N = 10

Auburn University – Learning Community

Mindfulness-Based Performance and Health Optimization[®]

Coordinator: Robin Thornburg-Brock, PHED Coordinator

October 06, 2021

N = 20

Auburn University – School of Kinesiology – Kinesiology Club

Mindfulness-Based Performance and Health Optimization[®]

Coordinator: Bailey Birdsong, Club President
September 28, 2021
N = 10

Auburn University – School of Kinesiology – Fall 2021 Graduate Cohort
Mindfulness-Based Performance and Health Optimization[®] (via Zoom)
Coordinator: Robin Thornburg-Brock, PHED Coordinator
August 12, 2021
N = 15

Auburn University – Office of Human Resources – Human Resource Development (HRD)
Mindfulness-Based Performance and Health Optimization[®] (via Zoom)
Coordinator: Penny Houston, Coordinator, Human Resources
June 30, 2021
N = 14

Indian River State College – Campus-Wide Employee Development Seminar
Mindfulness-Based Performance and Health Optimization[®] (via Zoom)
Coordinator: Sera Fini Phillips, Director of Employee Development
May 13, 2021
N = 70

Auburn University – Student Support Symposium – GPAC
Mindfulness-Based Performance and Health Optimization[®]
Coordinator: Codi Plaster, M.Ed., Academic Advisor III, College of Agriculture
May 12, 2021
N = 100

Southeastern Regional EMBAC Meeting – Harbert College of Business
Mindfulness-Based Performance and Health Optimization[®]
Coordinator: Kim Kuerten, Executive Director, Graduate Executive Programs
May 05, 2021
N = 65

Auburn University – Office of Human Resources – Human Resource Development (HRD)
Mindfulness-Based Performance and Health Optimization[®] (via Zoom)
Coordinator: Penny Houston, Coordinator, Human Resources
March 10, 2021
N = 30

Auburn University – Office of Human Resources – Human Resource Development (HRD)
Mindfulness-Based Performance and Health Optimization[®] (via Zoom)
Coordinator: Penny Houston, Coordinator, Human Resources
February 10, 2021
N = 25

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
N = 15

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
N = 15; N = 15; N = 18

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
N = 12

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
N = 07

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
N = 20

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
N = 20

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
N = 18

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

N = 05

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

N = 26

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

N = 10

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

N = 120

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

Views = 294

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

Glenwood High School – Health and Wellness Fair 2018 – Glenwood, 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

Indian River State College – Athletics Department – Coaching Staff + Student-Athletes

Mindfulness-Based Performance and Health Optimization[®]

Coordinator: Scott Kimmelman, Athletics Director

August 28, 2021

N = 150

Auburn University – Athletics Department – ‘Wellness Wednesday’

Mindfulness-Based Performance and Health Optimization[®] (via Zoom)

Coordinator: Adrian Ferrera, Ph.D., Director, Counseling and Sport Psychology

May 12, 2021

N = 30

Auburn University Wheelchair Basketball Team – 2021 College Nationals

Mindfulness-Based Performance and Health Optimization[®]

Coordinator: Robb Taylor, Head Coach

March 12-13, 2021

N = 20

Auburn University Wheelchair Basketball Team

Mindfulness-Based Performance and Health Optimization[®] (Review, via Zoom)

Coordinator: Robb Taylor, Head Coach

April 14, 2020

N = 20

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

Army ROTC

Mindfulness-Based Performance and Health Optimization[®]

Coordinator: Morgan Smith, MS, CPT

March 15, 2021

N = 08

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

Auburn University – Bright Ideas – TBI Camp and Conference

Mindfulness-Based Performance and Health Optimization[®]

Coordinator: Melissa Pangelinan, Ph.D.

July 01, 2021

N = 30

NASPSPA Student Membership

Mindfulness-Based Performance and Health Optimization[®] (via Zoom)

Coordinator: Michael Mignano, NASPSPA Student Representative

December 01, 2020

N = 15

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

N = 18

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

INVITED

The Newsroom – The Official Source for Auburn University News

INTERVIEWS

“Mindfulness-Based Performance and Health Optimization sessions offered to Auburn campus community”

Coordinator: Christian Baker, Auburn Advancement Communications

February 02, 2022

The Auburn Plainsman – Auburn University, Auburn, AL

“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

Campus Notices | The Newsroom – Auburn University, Auburn, AL

“School of Kinesiology offering free month-long virtual sessions on mindfulness”

Coordinator: George Littleton, Administration Department

March 31, 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 – Season 2 Episode 3

“Spotlight on Agriculture”

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 – Auburn University, Auburn, AL

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

Writer: Rachel Sprouse

March 29, 2016

**UNIVERSITY
SERVICE**

Kinesiology Club Advisory Committee

Faculty Advisor, School of Kinesiology

Coordinator: Mary Beth Odum, 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)