

CURRICULUM VITAE  
University of Idaho

NAME: Emma Grindley

DATE: Jan 2024

TITLE: Clinical Instructor

DEPARTMENT: Movement Sciences

OFFICE LOCATION AND CAMPUS ZIP:

Physical Education Building, Room 103  
875 Perimeter Drive, MS 2401, Moscow, ID 83840-1

PHONE: 208-885-2181 EMAIL: [egrindle@uidaho.edu](mailto:egrindle@uidaho.edu)

– May 2005 MA Community Counseling, West Virginia University

DATE OF UI

Certification: National Board of Certified Counselors (NBCC)

Jan 1999- May 2000 MS Human Performance, Frostburg State University

Thesis: Investigation into the Effects of Sodium Citrate Ingestion on 400m Swim  
Performance

Award: Departmental award for academic excellence 2000.

April 1997- May 1997 Certification of English Language Teaching to Adults. St Giles College,  
Brighton, England, UK.

Oct 1993- June 1996 BSc(Hons) Sports Studies 2:1. University of Wolverhampton, England, UK.  
Dissertation: Physiological and Psychological Variations of Basic Motor Function During  
the Menstrual Cycle.

EXPERIENCE

Teaching

2007- cont Course Instructor, University of Idaho, Exercise, Sport, and Health Sciences  
2008-



2000-2001 Orthopedic and Sports Medicine Assistant  
Virginia Orthopedics and Sports Medicine. Williamsburg, VA

- x Assisted physicians with patient care and administrative duties.

1999–2000 Human Performance Lab Assistant  
Frostburg State University, Frostburg, MD.

- x Managed the university's Human Performance Lab.
- x Performed fitness testing for students and members of the public.
- x Maintained equipment, kept inventory, supervised students, and gave guest lectures.

## TEACHING ACCOMPLISHMENTS

Courses Taught at the University of Idaho (UI), Moscow ID  
Course Instructor Psychology of Injury and Referral

Course Instructor Consumer Health (H&S 450) – 40 Undergraduate Students  
Course Instructor Drugs in Society (H&S 289) – 40 Undergraduate Students

Courses Taught at Argosy University (AU), Online.

Course Instructor Psychopathology (SP6005) – 15 students  
Course Instructor Exercise and Health Psychology – 15 students  
Course Instructor Athletic Counseling (SP510) – 15 students  
Course Instructor Counseling Skills I (SP104) – 15 students  
Course Instructor Psychological Aspects of Athletic Injury (SP493) – 15 students

Courses Taught at Shenandoah University (SU), Winchester VA

Course Instructor Psychosocial Aspects of Physical Therapy (PT-685) Doctor of Physical Therapy Students  
Assistant Instructor Psychological Referral and Intervention of Athletic Injury (504). An online course 15 Masters Students

Courses Taught at Lord Fairfax Community College (LFCC), Middletown VA.

Course Instructor Personal Wellness (HLT 116) 20-30 Undergraduate Students  
Course Instructor Stress and Stress Management (HLT 215) 20-30 Undergraduate Students  
Course Instructor Fitness Walking (PED 117) 15 Undergraduate Students

Courses Taught/Co-taught at West Virginia University (WVU), Morgantown WV.

Course Instructor Exercise and Health Psychology (SEP 383) 35 Undergraduate Students  
Course Instructor Sport in American Society (SS 273) 40 Undergraduate Students  
Course Instructor Psychological Perspectives of Sport (SS 272) 20 Undergraduate Students  
Co-instructor Psychological Perspectives of Sport (SS 272) 20 Undergraduate Students summer session.  
Co-group leader Human Sexuality discussion class 10 Undergraduate Students

Other Teaching

Director of English.

h14

Rose, S (2022) Committee Member  
 Myers, S(2022). CommitteeMember  
 Cassanova, M (2020). CommitteMember  
 Barnicle, S (2013)Committee Member  
 Masters, T (2011). Committee Member  
 Wiggin, L (2010). Committeemember  
 Gut, E (2010). Committee Member

#### Pelvic Supervisor

Eva Gut 2009-2010. Examining the Impact and Impressions of a Relaxation Training Intervention on Collegiate Dance Students.

Jennifer Knight 2010. Understanding Athlete's Experiences of Competitive Emotions.

#### Materials and courses developed

In all courses that I have taught (see above) I have developed the courses and the materials that accompany them. In all situations course development took the form of designing the syllabus, finding readings, creating assignments and assessments, creating learning exercises and activities, grading and providing feedback, and taking charge of classroom management. In addition, each semester feedback from students, personal reflection, and feedback from peer reviews are integrated to enhance learning, empower students to be lifelong learners to ensure for a quality learning experience.

#### Invited Lectures

Delivered invited lectures to undergraduate and graduate students studying athletic training, physical education, coaching, physical therapy, and individuals training to be physician assistants. Lectures have also been delivered to local businesses and community members. Presentations have been conducted at several community and university sites as well as at different universities. Duration 14 hours. 2001-2020.

#### Examples of Topics:

Doing Behavior Change Local Lion's Club  
 Use of Theory for Health Planning Master's Students  
 Rehabilitation Psychology Athletic Training Student  
 Communication in the Athletic Training Room Athletic Training Student  
 Understanding Adherence for Physicians' Assistants 30 students  
 Introduction to Sport and Exercise Psychology for Physical Therapists 25 students.  
 Sport and Exercise Psychology Potential Use Within a Fitness and Rehabilitation Facility-35 staff.

#### SCHOLARSHIP ACCOMPLISHMENTS

##### Publications

##### Peer Reviewed

TJ

Casanova, M., Nelson, M., Pickering, M., Larkins, L., Appleby, K., Grindley, E., & Baker, R. (2021). Disablement in Physically Active Scale Form-8: Psychometric Evaluation BMC Sports Medicine. Accepted

Casanova, M.P., Nelson, M.C., Pickering, M.A., Grindley, E.J., Appleby, K.M., Larkins, L.W., Baker, R. (2021). Measuring psychological pain: Psychometric analysis of the Orbach and Mikulin Mental Pain Scale Measurement Instruments for the Social Sciences <https://doi.org/10.1186/s42409021-000258>

International Relations Committee (2009) Initiative of the AASP International Relations Committee. Journal of Applied Sport Psychology, 21, 475-6. Involved in the review, translation, and editing of international researchers' abstracts for publication into English.

Watson, J.C, Clement, D., Lpm, L., & Grindley, E. (2009). Mentoring: Processes and Perceptions of Sport and Exercise Psychology Graduate Students. The Journal of Sport Psychology, 22 (2), 231-246.

Grindley, E., Zizzi, S, & Nasypany, A. (2008) Author Response to Invited Commentary. The Journal of Physical Therapy, 88 (12), 1533-4.

Grindley, E., Zizzi, S, & Nasypany, A. (2008). The Use of Protection Motivation Theory, Affect and Barrier to Predict Adherence to Injury Rehabilitation. The Journal of Physical Therapy, 88 (12), 1529-1539

Naio, A., Grindley, E., & Nasypany, A. (2008). Psychological Factors Related to the Assessment and Treatment of Chronic Lower Back Pain Patients: Review and Recommendations. The Research Bulletin of Health and Sports Sciences, 2536.

Grindley, E., & Zizzi, S. (2005). Using a multidimensional approach to prediction and adherence to rehabilitation in older adults. Topics in Geriatric Rehabilitation.

## Book Chapters

Vosloo, J., Zakrajsek, R., & Grindley, E. (2016). From Mentee to Mentor: A Case Study for the Neophyte Supervisor, In Global Practices and Training in Applied Sport, Exercise, and Performance Psychology. Routledge, New York.

Vosloo, J., Zakrajsek, R., & Grindley, E. (2014). From Mentee to Mentor: Considerations for the Neophyte Supervisor, In Becoming a Sport, Exercise, and Performance Psychology Professional: A Global Perspective. Psychology Press, New York.

## Other

Grindley, E. & Keeler, L. (2012). Health and Exercise Psychology Keynote Review. Association of Applied Sport Psychology Newsletter, Spring 2012.

## Presentations



Grindley, E. (2009) How to play n



psychological skills. Presented at the AAASP Annual Conference in Tucson, AZ.

Massey, C., Morris, T., Swenson, L., & Grindley, E. (2002). Cigarette Smoking Among Rural Young Adults: Associations With Mental Health and Drug Use. Oral presentation at the 2002 National Conference on Tobacco or Health San Francisco, CA.

Zizzi, S., Grindley, E., & Perna, G. (2002). Applied exercise psychology: A multidisciplinary program for disease prevention and exercise adherence. Symposium presented at the AAASP Annual Conference in Tucson, AZ.

#### Grant Involvement

Vella, CA et al. (2013) Dose response of high intensity interval training and CVD risk factor reduction. RO1 National Institutes of Health, NHLBI, PI. Funding request \$2,920,544. Not funded.

Jain, S., Duvall, E., Grindley, E., Reardon, Dancy, (2010). Effectiveness of 12 . . .

Zizzi, S., Alt, J., Hurst, K., Keeler, L., Grindley, E., Lubker, J., & Parker, P. (2003). Using an integrated assessment approach to teach athletic training students' psychosocial competencies. Grant proposal submitted to the National Athletic Trainers Association. Project not funded.

Doctoral Student Travel Grant, WU School of Physical Education 2002 & 2003.

## SERVICE

### Professional Organizations

Listed in the United States Olympic Committee Sport Psychology and Maintaining Registry, 2008-2012.

Active member of the Health and Exercise Psychology Committee, AASP. 2007-2013.

Active member of the Health and Exercise Psychology and Wellness Special Interests Group, AASP 2003-2013.

Active member of the Psychology of Injury and Rehabilitation Special Interest Group, AASP. 2007-2013.

Active member of the International Relations Committee, AASP. 2003-2011. Student Representative 2003-05. Public Relations 2005-2011.

Member of the Marketing Committee for the 2009 AASP Expo. 2007-2009.

### Professional Conference Reviews

Reviewer for AASP conference program. 2008-2013.

### Journal Reviews

Research Quarterly for Exercise and Sport. March 2010

Patient Intelligence. Dove Press. American Alliance for Health, Physical Education, Recreation & Dance April 2010

### Institutional Level

University of Idaho, Faculty Search Committee Chair, 2023

University of Idaho, Success Fund Committee 2020

University of Idaho, Department of Movement Science, Scholarship Committee, 2021  
Chair, 2022

University of Idaho Department of Movement Sciences, Newsletter Committee 2011-2013

Athena Board Member At-Large 2009-2010. Treasurer 2010-2012

University of Idaho, College of Education Safety Committee-2009.

Qualitynce Pla9.

Association of Applied Sport Psychology (AASP). 2001-3.  
American Psychological Association (APA). 2001-2.  
National Board of Certified Counselors (NBCC). 2005– 2014.  
Athena 2008-2012.  
Healthiest Nation Alliance. 2008-current.  
British Association of Sport and Exercise Sciences (BASES). 1996.  
Professional Counselors Association, West Virginia. 2006.

#### Community Service

Commissioner for Moscow Parks and Recreation Commission, Moscow ID. 2008-  
Paradise Park Taskforce Member, Moscow ID 2010-2012.  
Team member for Relay for Life, Moscow ID 2009, 2010.  
Community Wellness Team member, Moscow, ID 2009.  
Volunteer at West Virginia University Hospital, pediatrics department summer 2003