

# DawnElla M. Rust, Ed.D.

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## EDUCATION:

Doctorate of Education, Health Promotion, Oklahoma State University, Stillwater, OK,  
1994 - GPA 3.80/4.0.

Masters of Science, Physical Education and Health Education, Emporia State University,  
Emporia, KS, 1989 - GPA 4.0/4.0

Bachelor of Science, Health Education, Oklahoma State University, Stillwater,  
OK, 1986 - GPA 3.63/4.0

Additional higher education credit completed at Western Oklahoma State College and  
Oklahoma Baptist University.

## PROFESSIONAL EXPERIENCE:

Professor, Stephen F. Austin State University, Department of Kinesiology and Health  
Science Department, Nacogdoches, TX 1997-present (Hired as Assistant  
Professor in 1997. Promoted to Associate Professor and tenured in 2000.  
Promoted to Professor in 2005). Taught the following undergraduate courses:  
Community Health, Human Growth and Development (Social and Emotional  
Health), Personal Health, Consumer Health, Substance Abuse Prevention,  
Sexuality Education, Environmental Health, Community Health, Senior Seminar,  
Foundations of Kinesiology, and Fitness/Wellness. Taught graduate level  
Worksite Health Promotion Programs and Sport Psychology. Normal teaching  
load was 12 hours with 3-4 preparations. Chaired theses and served on graduate  
theses committees. Advised approximately 200 students per semesters from 1998  
until 2014 and supervised internships from 1998-2014 and 2018-present.

Health Science Program Coordinator, Stephen F. Austin State University, Department of  
Kinesiology and Health Science Department, Nacogdoches, TX 1998-2014;  
2016-2017. Submitted teaching schedules for HSC faculty. Responsible for **all**  
assessment and accreditation reports. Responded to student inquiries about the  
HSC Program.

Interim Chair, Stephen F. Austin State University, Department of Kinesiology and Health  
Science, Nacogdoches, TX July 2009-June 2010.

Wellness Coordinator/Professor, Rose State College, Social Sciences Division, Midwest  
City, OK 1996-1997. Developed and implemented a wellness program for  
faculty, staff, students, and community. Promoted Wellness Associate degree.  
Taught various health and wellness courses. Coordinated a health fair which  
included 60 vendors and over 2,000 participants.

Assistant Professor, Northeastern State University, Department of Health and Human  
Performance, Tahlequah, OK 1994-1996. Taught the following undergraduate  
courses: Foundations of Physical Education, Exams and Measurements,  
Elementary School Programs, Personal Health, and Methods of Teaching Health  
and Physical Education. Taught graduate level Sport Psychology. Advised fifty-  
five undergraduate students. Supervised graduate student's capstone experience  
(i.e., thesis).

Teaching Assistant, Oklahoma State University, Health, Physical Education, and Leisure Department, Stillwater, OK 1993-1994. Taught multiple sections of Total Wellness. Attended OSU Teaching Effectiveness Program.

Graduate Assistant, Oklahoma State University, Wellness Center, Stillwater, OK 1991-1993. Assisted in conducting fitness evaluations and developed exercise prescriptions. Coordinator of Oklahoma A & M College and University wellness screenings.

Supervisor, Kerr-McGee Corporate Fitness Center, Oklahoma City, OK 1990-1991. Developed and implemented individual and group exercise programs. Supervised and trained fitness center staff. Maintained center and equipment.

Exercise Specialist, Diabetes Treatment Center-Chippenham Hospital, Richmond, VA 1989-1990. Taught educational exercise courses. Served as case manager to individuals with diabetes. Coordinated exercise prescription with Cardiac Rehabilitation and Physical Therapy units. Interviewed new patients to determine needs. Provided team approach to diabetes care.

Research Assistant, Emporia State University, Emporia, KS. 1987-1989. Assisted ESU faculty with research. Supervised Lifetime Fitness testing and undergraduate exercise physiology students in the laboratory. Completed statistical analysis of dissertations and grant studies.

#### **NATIONAL REFEREED ARTICLES:**

Bowden, R., Rust, D. M., & Kingery, P. (2008). Predictors of elevated blood lipids in a blood lipid screening program. *International Council for HPER-SD Journal*, III(1), 97-102.

Adams, T. & Rust, D. M. (2006). "Normative gaps" in sexual behaviors among a national sample of college students. *American Journal of Health Education*, 37(1), 27-34.

Rust, D. M. & Parker, K. (2005). Inhalant abuse: Is Sallie huffing? *ACEI Focus on Middle School*, 18(1), 1+.

Bowden, R. G., Rust, D. M., Dunsmore, S., & Briggs, J. (2005). Changes in social physique anxiety and perceived fitness of undergraduate students enrolled in 16-week physical activity class. *Psychological Reports*, 96, 690-692.

Rust, D. M. (2004). Walk can't walk – Health benefits of a built community. *Journal of Academic Inquiry*, 1(2), 2-9.

Sherblom, P. & Rust, D. M. (2004). Body image, figure rating, and body mass index of girls enrolled in health, physical education, or athletics. *Perceptual and Motor Skills*, 99, 473-482.

Bowden, R. G., Kingery, P. M., & Rust, D. M. (2004). Assessing risk using different cholesterol screening methods. *Public Health*, 118(3), 225-229.

Rust, D. M. (2002). The female athlete triad: Disordered eating, amenorrhea, and osteoporosis. *The ClearingHouse*, 75(6), 301-05.

- Rust, D. & Bowden, R. (2001). Improving school success for students with Fetal Alcohol Syndrome. *The International Electronic Journal of Health Education*, 4, 368-375.
- Bowden, R. & Rust, D. (2000). A review of fetal alcohol syndrome for health educators. *Journal of Health Education*, 34(4), 321-326.
- Gibbons, E. S., Rust, D. M., Blassingame, C. L., & Reed, J. L. (2000). Effects of sex composition by class and instructor's sex on physical self-efficacy of college men. *Perceptual and Motor Skills*, 90, 105-110.
- Briggs, J., Bowden, R. G., & Rust, D. (1999). Effects of participation in physical education activity course on social physique and perceived fitness. *Research Quarterly for Exercise and Sport*, 70(1) A-108 (Abstract).
- Rust, D. & Briggs, J. (1998). Iron status and the athlete. *Sports Medicine Update*, 13(3), 17-19.
- Rust, D. & Caneday, L. (1995). Eating disorders prevention: Taking the tiger by the tail. *The Physical Educator*, 52(8), 57-60.
- Aldana, S. G., Jacobson, B. H., Rust, D., & Kelley, P. (1993). The impact of small sample size on estimating the relationship between lifestyle practices and employee medical care costs. *American Journal of Health Promotion*, 7, 29-30.

#### **NATIONAL PUBLICATIONS:**

- Co-Editor. (2014). *The community mentor model: The innovative framework of community partnership*. National Association of Chronic Disease Directors.

#### **STATE REFEREED ARTICLES:**

- Rust, D. & Stone, L. (2005). Childhood obesity and bullying. *Texas School Health Bulletin*, 5(1), 3.
- Rust, D., Sherblom, P., & Self, C. (2002). Health behaviors of athletic trainers. *TAHPERD Journal*, LXX (2), 14+.
- Rust, D., Gibbons, E., & Hardcastle, J. (2001). Psychological attributes of overweight college females. *OAHPERD Journal*, XXXVIII(1), 20-22.
- Rust, D. & Edgley, B. (2000). Eating self-efficacy, eating urges, and exercise habits of college students. *OAHPERD Journal*, XXXVI(2), 9-10.
- Rust, D. (1999). UPDATE - On the Children's Health Insurance Program. *Texas Association HPERD Journal*, LXVII(2), 39.
- Rust, D. (1996). A review of anthropometric assessments for health and physical educators. *NSU Center Review*, 5(1), 5-9.
- Braley, D. M. (1988). Health promotion programs in the school and university. *Kansas Association of Health, Physical Education, Recreation, and Dance Journal*, 58(2), 24-25.

## **GRANTS:**

Rust, D. & Creech, D. (2018). *SFASU Trail Renovation*. Submitted to Texas Parks and Wildlife Department for \$229,265 non-funded.

Rust, D. (2017). *Bike Nac Rodeo*. Submitted to SFASU Students Affairs for \$500.

Cegelka, D. & Rust, D. M. (2016). *#WhyNacWalks*. Submitted to American Walks for \$2,000 – non-funded.

Rust, D. (2015). *Lighten Up seminars*. Submitted to SFASU Student Affairs for \$500.

Rust, D. (2015). *Piney woods walk*. Submitted to American Walks for \$2,500 – non-funded.

Douglas, K. & Rust, D. (2012). *ACHIEVE Continuing Mentor Grant*. \$15,000 from CDC.

Douglas, K. & Rust, D. (2012). *ACHIEVE Mentor Grant*. \$80,000 from CDC.

Rust, D. & Parker, K. (2011). *Kickin' cardiovascular disease*. Submitted to AstraZenaca for \$180,000 – non-funded.

Rust, D. (2003). *LaNanna Creek walking trail extension*. \$4,499 from Texas Department of Health.

Rust, D. (2002-03). *Worksite wellness for Christ Episcopal School*. \$2,500 from Texas Department of Health.

Rust, D. (2001). *Nacogdoches cardiovascular health and wellness program*. \$2,499 from Texas Department of Health.

Rust, D. (2000). *Assessment of the health behaviors of NATA – District 6 athletic trainers*. \$617 from SFA Mini-Grant.

Rust, D. (2000). *Effectiveness of a cancer education module*. \$345 from SFA Mini-Grant.

Rust, D. & Sherblom, P. (2000). *Effectiveness of a 9-week health course on body image satisfaction and social physique anxiety of adolescents*. \$17,207 from SFA Faculty Research Grant.

Rust, D. M. (1995-96). *Evaluation of preconception health appraisal mechanism*. \$500 from NSU Research Grant.

## **CONSULTANT:**

Rust, D. (2000-2002). *Dog gone it - get active! Texas Department of Health/Piney Woods Area Health Education Center Community-Based Cancer Prevention and Control Program Training Manual*.

- Developed Dog Gone It - Get Active!, an exercise module for a comprehensive cancer prevention and control training program.
- Reviewed “Testicular Health” a Cancer Prevention module.

## **BOOK REVIEWS:**

- Lockhart, B. & Hager, R. (2018). *21st Century Wellness: The Science of the Whole Individual*. Perceivant.
- Payne, W. A. & Hahn, D. B. (2000). *Understanding your health* (6<sup>th</sup> ed.). McGraw-Hill. WCB/McGraw-Hill. (1999). *HealthQuest CD Rom*.
- Anspaugh, D. J., Hamrick, M. H., & Rosato, F. D. (1997). *Wellness: Concepts and applications* (3rd ed.) St. Louis, MO: WCB/McGraw-Hill.
- Lumpkin, A. (1994). *Physical education and sport: A contemporary introduction* (3rd ed.) St. Louis: Mosby.

## **PROFESSIONAL DEVELOPMENT (INVITED):**

- Rust, D. M. (2015-16). *Population Connection: Hands on activities for people and the planet*. Fort Bend ISD, Garcia Middle School, University of North Texas, and Tyler ISD.

## **NATIONAL PROFESSIONAL PRESENTATIONS (CONTRIBUTED/REVIEWED):**

- Rust, D. M. (2012). *The difference in living and living well*. American Bankers Association National Convention in San Diego, CA.
- Dowd, K., McBride, B., Burford, C., Regimbal, C., & Rust, D. (2008). *State legislatures are passing physical education laws: Get involved!* NASPE/AAHPERD Convention in Fort Worth, Texas.
- Archer, K. & Rust, D. (2008). *Focus on promoting health through nutrition: Why not choose dairy?* American Association for Health Education/AAHPERD Convention in Fort Worth, Texas.
- Rust, D. & Alastuey, L. (2007). *Providing support for a walkable/bikeable community*. American Association for Health Education/AAHPERD Convention in Baltimore, Maryland.
- Alastuey, L & Rust, D. (2007). *Environmental health issues in the modern home*. Southern District AAHPERD Convention in Chattanooga, TN.
- Rust, D. & Kelly, M. (2005). *Marathon challenge for 5<sup>th</sup> graders*. National Association of Health Education Centers in Houston, TX,
- Allen, D., Cox, C., Loube, B., & Rust, D. (2003). *Panel presentation: Advocacy as a tool to create a wellness epidemic*. Art and Science of Health Promotion Conference in Washington, DC.
- Rust, D. (2000). *Yes I can! Using self-efficacy to improve exercise adherence of college students*. National Wellness Conference in Stevens Point, WI.
- Rust, D. (2000). *Worry free!* National Wellness Conference Children's Program in Stevens Point, WI.

Rust, D. (1999). *Nutrition and weight management & human behavior/psychology*. ACSM-HFI Workshop in Arlington, TX.

Rust, D. (1996 & 1994). *Program administration*. American College of Sports Medicine - Health and Fitness Instructor Workshop in Stillwater, OK.

Rust, D. (1990). *An investigation of the nutritional and physiological status and characteristics of eating disorders of female ballet dancers and distance runners*. American Alliance of Health, Physical Education, Recreation, and Dance National Convention in San Francisco, CA.

#### **STATE PROFESSIONAL PRESENTATIONS (INVITED):**

Rust, D. (2013). *Earth matters: Hands on ideas for teaching population*. Kansas Association for Health, Physical Education, Recreation, and Dance Convention in Emporia, KS.

Rust, D. (2013). *Slow down. Benefits of a built environment*. Kansas Association for Health, Physical Education, Recreation, and Dance Convention in Emporia, KS.

Rust, D. (2009). *A “game plan” for changing policy – How Nacogdoches went smoke-free*. Texas Association for Health, Physical Education, Recreation, and Dance AIM Conference in Austin, TX.

Rust, D. (2008). *PAPA - Parenting and paternity awareness training*. TWU, Denton, TX.

Rust, D. (2008). *Mean girls and boys: Bullying*. Kansas Association for Health, Physical Education, Recreation, and Dance Convention in Emporia, KS.

Rust, D. (2008). *Who moved my cheese – The health benefits of dairy*. Kansas Association for Health, Physical Education, Recreation, and Dance Convention in Emporia, KS.

Rust, D. (2004 & 2005). *The difference between living and living well*. Regional Hospital Volunteer Association in Nacogdoches, TX and State Hospital Volunteer Association in Fort Worth, TX and East Texas Judges Association in Nacogdoches, TX.

#### **STATE PROFESSIONAL PRESENTATIONS (CONTRIBUTED/REVIEWED):**

Rust, D. (2017). *Driven by purpose – Saving the earth one plastic bottle at a time*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Fort Worth, TX.

Rust, D. (2016). *The science of happiness*. Mission Impossible Conference in Nacogdoches, TX.

Terry, M. & Rust, D. (2015). *Igniting the spark for environmental health*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Dallas, TX.

Rust, D. (2014). *Living well with a chronic disease*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Galveston, TX.

- Rust, D. & Furney, S. (2013). *Strategies for teaching self-esteem*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Dallas, TX.
- Naylor, R. & Rust, D. M. (2013). *Going to bat for HPERD*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Dallas, TX.
- Rust, D. M. (2012). *“No means no” strategies*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Galveston, TX.
- Rust, D. M. & Rust, R. (2011). *Weathering the storm – finding financial health*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Dallas, TX.
- Kniss, D. & Rust, D. (2010). *Helping ACHIEVE a healthier community*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Galveston, TX.
- Kato, K. & Rust, D. (2010). *Health – How does the USA+ perform?* Texas Association for Health, Physical Education, Recreation, and Dance
- Archer, K. & Rust, D. (2009). *Creating an asthma-friendly classroom*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Arlington, TX.
- Rust, D. (2007). *Teaching populations*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Austin, TX.
- Rust, D. (2005). *Connecting trails to healthy communities*. Texas Trails Network State Conference in San Marcos, TX.
- Rust, D. & McCormick, D. (2004). *What can I do with a health degree?* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Arlington, TX.
- Rust, D. & Yarbrough, M. (2002). *Health fairs, not disease fairs*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Fort Worth, TX.
- Rust, D. (2002). *Understanding healthy*. SFASU Celebration of Educational Excellence in Nacogdoches, TX.
- Rust, D. (2001). *Do you understand me? The importance of health literacy*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Corpus Christi, TX.
- Alastuey, L., Rust, D., & Smith, F. (2001). *A qualifying exam for Health Education ExCet*. Texas Association for Health, Physical Education, Recreation, and Dance Convention in Corpus Christi, TX.
- Sherblom, P. & Rust, D. (2001). *Exercise your choice to be healthy*. Mission Possible VI: Success Mental Healthcare Strategies in Nacogdoches, TX.

- Rust, D. (2000). *What is environmental health?* Texas Association for Health Physical Education, Recreation, and Dance Convention in Dallas, TX.
- Plunk, J., Bowden, R., & Rust, D. (2000). *Walking billboards: Practice what you teach.* TAHPERD Convention in Dallas, TX.
- Rust, D. (2000). *Show me the weigh – 25 ideas for weight management.* Texas Department of Health 5<sup>th</sup> Annual School Wellness Conference in Kilgore, TX.
- Rust, D. (2000). *Learning what being healthy really means.* Expanding Your Horizons Career Conference in Nacogdoches, TX.
- Rust, D. & Massey, M. (1999). *Health and poverty: It's more than a money thing.* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Austin, TX.
- Rust, D. & Redfield, J. (1999). *Teaching for emotional literacy in physical education.* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Austin, TX.
- Redfield, J., Bowden, R., Plunk, J., Sherblom, P., Thomson, B., Santiago, R., & Rust, D. (1999). *Successful interviewing - Making your first impression.* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Austin, TX.
- Rust, D. (1999). *Yes, I can - Using self-efficacy in the classroom.* Oklahoma Association for Health, Physical Education, Recreation, and Dance Convention in Oklahoma City, OK.
- Rust, D. (1998). *Never say 'Quack' to a doctor - Activities for consumer health.* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Houston, TX.
- Redfield, J. & Rust, D. (1998). *Finding balance - Implementing a college wellness course.* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Houston, TX.
- Rust, D. (1998). *Managing stress with activities.* TX Association for Health, Physical Education, Recreation, and Dance Student Convention in Nacogdoches, TX.
- Rust, D. (1997). *A pre-conception health appraisal and education program for prospective biological parents.* Texas Association for Health, Physical Education, Recreation, and Dance Convention in Fort Worth, TX.
- Rust, D. (1996). *Wellness job opportunities.* Oklahoma Baptist University in Shawnee, OK.
- Rust, D. (1996). *Stress management.* Oklahoma State Department of Education "Health in Action Workshop" in Kingston, OK.
- Dohoney, P. & Rust, D. (1995). *Problems experienced by first year physical education teachers.* Oklahoma Association for Health, Physical Education, Recreation, and Dance Convention in Edmond, OK.



Rust, D. & McCrory, M. (1995). *Fetal alcohol syndrome*. Oklahoma Association for Health, Physical Education, Recreation, and Dance Convention in Edmond, OK.

#### **NATIONAL POSTER PRESENTATIONS:**

Bowden, R. G., Rust, D., & Kingery, P. (2008). *Health behaviors linked to elevated CVD risk dependent upon the type of cholesterol measurement*. "Poster of Distinction" at the American Academy of Health Behavior Conference in Hilton Head, SC.

Rust, D. & Whiting, L. (2001). *Effectiveness of a cancer education module on cancer prevention and screening knowledge of college students*. Poster session at the American Association for Cancer Education Conference in Los Angeles, CA.

Briggs, J., Bowden, R. G., & Rust, D. (1999). *Effects of participation in physical education activity courses on social physique and perceived fitness*. Poster session at the American Alliance of Health, Physical Education, Recreation, and Dance Convention in Boston, MA.

#### **STATE POSTER PRESENTATIONS:**

Rust, D. (2003). *Beach balls*. Poster session at the Texas Association for Health, Physical Education, Recreation, and Dance Convention in Galveston, TX.

Rust, D. (2002). *Health knot*. Poster session at the Texas Association for Health, Physical Education, Recreation, and Dance Convention in Fort Worth, TX.

Rust, D. & Edgley, B. (1998). *The relationship among eating self-efficacy, eating urges, and exercise habits of college students*. Poster session at the Texas Association for Health, Physical Education, Recreation, and Dance Convention in Houston, TX.

#### **WORKSHOPS (INVITED):**

Rust, D. (1997). *Health education*. Indian Health Service's Community Health Representatives Training Program in Nashville, TN.

Rust, D. (1996). *Having a healthy baby: Focus on preconception health risk factors and FAS/FAE*. Southern Ute Tribal Complex in Ignacio, CO.

#### **COMMUNITY PRESENTATIONS:**

Rust, D. (2017). *Life is a game of inches – Get in the game*. Nacogdoches County Chamber of Commerce – Total Resource Campaign in Nacogdoches, TX.

Rust, D. (2016). *Emotional intelligence*. Nacogdoches County Chamber of Commerce – Total Resource Campaign in Nacogdoches, TX.

Rust, D. (2015). *Be happy!* Nacogdoches County Chamber of Commerce – Total Resource Campaign in Nacogdoches, TX.

Rust, D. (2012). *No stickin' thinking'*. Nacogdoches County Chamber of Commerce Kick Off Luncheon in Nacogdoches, TX.

- Rust, D. & Douglas, K. (2012). *Worksite wellness – It makes fiscal sense*. Nacogdoches County Chamber of Commerce First Friday Luncheon in Nacogdoches, TX.
- Rust, D. (2011). *Healthy Nacogdoches Coalition highlights*. Nacogdoches Kiwanis Club in Nacogdoches, TX.
- Rust, D. (2011). *Oh shucks – stress strategies*. Nacogdoches NIBCO Smoking Cessation Program in Nacogdoches, TX.
- Rust, D. (2010). *No shit – choose “healthy!”* Nacogdoches County of Chamber of Commerce in Nacogdoches, TX.
- Rust, D. (2010). *WELLcome*. AAUW Expanding Your Horizon Conference in Nacogdoches, TX.
- Rust, D. (2010). *Moving well in 2010*. Medical Center Diabetes Support Group in Nacogdoches, TX.
- Rust, D. (2008). *The difference between living and living well*. Nacogdoches Memorial Hospital Volunteer Banquet in Nacogdoches, TX.
- Rust, D. (2006). *Reaping the benefits of a walkable community*. City of Nacogdoches Commissioners in Nacogdoches, TX.
- Rust, D. & Archer, K. (2005). *Good health – It’s as easy as 1, 2, 3*. Center Kiwanis in Center, TX.
- Rust, D. (2003). *Teaching strategies*. SFASU New Faculty Orientation in Nacogdoches, TX.
- Rust, D. (2003). *Healthy tips*. Nacogdoches Jaycees in Nacogdoches, TX.
- Rust, D. (2002). *Good health for women*. SFASU Worldly Women Celebration in Nacogdoches, TX.
- Rust, D. (2001). *Good physical health*. SFASU Steen Hall in Nacogdoches, TX.
- Rust, D. (2000). *De-stressing for the holidays*. Nacogdoches Business and Professional Women’s Club in Nacogdoches, TX.
- Rust, D. (2000). *Health and wellness*. Kiwana’s Club in Nacogdoches, TX.
- Rust, D. (2000). *Be healthy – 10 steps to good health*. Optimist Club in Nacogdoches, TX.
- Rust, D. (1999). *25 ideas for weight management*. Association of American University Women in Nacogdoches, TX.
- Rust, D. (1998). *Exercise and the aging process*. Nacogdoches Chapter of the American Association of Retired Persons in Nacogdoches, TX.
- Rust, D. (1997). *Exercise - Making it work for you!* Oklahoma State Department of Labor in Oklahoma City, OK.

- Rust, D. (1997). *Health and wellness*. Mustang Public School in Mustang, OK.
- Rust, D. (1997). *The true magic pill - Exercise!* Rose State College "Steps for Success Workshop" in Midwest City, OK.
- Rust, D. (1996). *De-stressing for the holidays*. Rose State College Lunch and Leaven and Classified Staff Association in Midwest City, OK.
- Rust, D. (1996). *Staying healthy and keeping fit to reduce stress*. Taft and Hoover Middle School Faculty and Staff & Oklahoma City Middle School Principals in Oklahoma City, OK.
- Rust, D. (1996). *Wellness: Working for you*. Rose State College Fall Professional Development Program in Midwest City, OK.
- Rust, D. (1996). *Exercise and the aging process*. Free Senior Day at the Zoo in Oklahoma City, OK.
- Rust, D. (1995). *Walking for fitness*. Cherokee Nation Complex in Tahlequah, OK.

#### **UNIVERSITY SERVICE:**

- Member, Core Curriculum Advisory Committee, 2012-2017.
- Member, Recertification Committee, 2016-2017.
- Member, College of Forestry Professor Promotion Committee. 20-16-2017.
- Invited Member, Graduate Council, 2010-13.
- Chair, Faculty Affairs Committee, 2011-12.
- Invited Member, University Research Council, 2008-2011.
- Member, Strategic Plan '08 Implementation Committee, 2003-2006 and 2007-2008.
- Mission Statement Sub-Committee, 2007-08.
- Mentor, Achieving Collegiate Excellence, 2003.
- Senator, SFA Faculty Senate, 2001-2004.
- Member, SFA Teacher Education Council, 1998-2010.
- Member, SFA New Faculty Orientation Committee, 1999-2002.
- Member, SFA Admissions Requirement Committee, 1999.
- Facilitator and Member, SFA Teaching Circles, 1999-04.
- Secretary, Northeastern State University Faculty Council, 1995-96.

#### **COLLEGE SERVICE:**

- Member, SFA PCOE Clinical Practice Field Experience Committee, 2015-present.
- Member, SFA PCOE Tenure Committee, 2017.
- Chair, SFA PCOE Pre-Tenure Review Committee, 2013-15.
- Member, SFA PCOE Promotion (Professor) Committee, 2012-15.
- Member, SFA PCOE Strategic Planning Committee, 2015.
- Member, SFA PCOE Pre-Tenure/Tenure and Promotion Committee, 2011 & 2017.
- Member, SFA PCOE Promotion (Associate) Committee, 2010 & 2017.
- Member, SFA PCOE Teaching Excellence Selection Committee, 2006-2009; 2014-2015.
- Member, SFA College of Education Dean's Advisory Council, 2001-2007.
- Member, Northeastern State University Committee for Computer Assisted Instructor Position, 1996.
- Member, Northeastern State University College of Education Computer Literacy Committee, 1995-96.

## **DEPARTMENT SERVICE:**

Member, Dance Search Committee, 2015.  
Chair, P&T Policy Guideline Committee, 2013-2017.  
Author, NCATE/AAHE SPA Report “Nationally Recognized,” 2015.  
Faculty Advisor, Phi Epsilon Kappa, 2013-16.  
Author, NCATE/AAHE SPA Report “Nationally Recognized,” 2011.  
Coordinator, SACS Health Science Program and Department of KIN & HSC, 2008-2014; 2015-16.  
Member, SFA Department of Kinesiology and Health Science Scholarship Committee, 1998-2015.  
Chair, SFA Department of Kinesiology and Health Science Search Committee, 1999, 2003, 2004, 2007, 2011, 2012, 2013, 2015, 2016, & 2017.  
Member, SFA Department of Kinesiology and Health Science Chair Search, 2013-14; 16-17.  
Academic Advisor, SFA Health Science Program (200 students per semester), 1998-2008.  
Facilitator, SFA Department of Kinesiology and Health Science Lunch and Learn, 1999.  
Co-Sponsor, SFA Alliance Club, 1998-99  
Chair, SACS Self-Study - Department of Kinesiology and Health Science, 1998.  
Co-advisor, Northeastern State University PE Major and Minor Club, 1995-96.

## **Thesis**

Chair, *MIS project*. Chrystina Wyatt - 2016  
Chair, *Inter-rater reliability among American Red Cross CPR/AED for the professional Rescuer instructors in evaluating certification candidates*. Rachel Treat – 2009.  
Chair, *The effects of Wii Fit exercise program on balance in a female elderly population*. James Scott Allen – 2009.  
Chair, *Acute effects of different stretching protocols on fitness performance in middle School-aged participants*, Robert V. Royer – 2008.  
Chair, *An analysis of blocked versus random practice on the forehand and back hand skills in racquetball*. Charles Clifton Wright, Jr – 1998.

## **NATIONAL PROFESSIONAL SERVICE:**

Member, University of Colorado – Colorado Springs (2017), University of Illinois (2016), and Texas A&M University (2015) Promotion Committee.  
Internal Board Member, Grass Roots Advocacy, Building Health Promotion into the National Agenda, 2005-2006.  
Program Reviewer, National Trail Symposium, 2004.  
Reviewer, *International Journal of Health Education*, 2002-2007.  
Reviewer, *American Journal of Health Education*, 2002-2007.  
Chair, Southern District AAHPERD Worksite Health Council, 1997.

## **STATE PROFESSIONAL SERVICE:**

Appointed Member, TxDOT Bicycle Advisory Committee, 2016-2019.  
Chair, TAHPERD Foundation, 2013-2015.

Chair, TAHPERD Legislative Affairs Committee, 2012-2013.  
Member, TAHPERD Legislative Affairs Committee, 2010-2011.  
Reviewer, *TAHPERD Journal*, 1998, 2000, 2010, 2013, 2015.  
President, TAHPERD, 2007.  
Health Editor, *TAHPERD Journal*, 2003-2006.  
Vice-President, TAHPERD Health Division, 2003.  
Advocacy Chair, TSOPHE, 2002.  
Member, TAHPERD Membership Committee, 2001-2006.  
Chair, TAHPERD Health Division, Professional Education Section, 2001.

**NATIONAL PROFESSION SERVICE:**

Facilitator, Population Education, 2013-present.

**COMMUNITY SERVICE:**

Chair, City of Nacogdoches Parks Board, 2017-present.  
Member, Banita Creek Trail Committee, 2015-present.  
Member, Healthy Nacogdoches Coalition, 2008-present.  
Chair, Smoke-Free Committee of the Healthy Nacogdoches Coalition – passed a smoke free ordinance in Nacogdoches, TX on July 1, 2008.  
Member, City of Nacogdoches Parks and Recreation Board, 2005-2011.  
Member, GETCAP Head Start, 2008-2011.  
Member, Nacogdoches Safe and Drug Free Key Leaders, 2007-2010.  
Member, City of Nacogdoches - Comprehensive Plan Advisory Committee, 2002-03.  
Chair, City of Nacogdoches - Parks and Recreation Committee, 2002-2003.  
Volunteer, March of Dimes (Greater East Texas Chapter), 1997-2003.  
Board Member, East Texas Women's Shelter, 1997-2002.  
Chair & Committee Member, Nacogdoches Nine Flags-Jingle Bell Run, 1999-00.

**PROFESSIONAL MEMBERSHIP:**

Member, Texas Association for Health, Physical Education, Recreation and Dance, 1997-present.  
Member, American College of Sports Medicine, 2000-2014.  
Member, Society of Public Health Education, 2002-2009; 2017-present.  
Member, National Wellness Institute, 1996-2006.  
Member, Phi Epsilon Kappa, Honorary Health and Physical Education Fraternity, 1986-2000.  
Member, Oklahoma Alliance for Health, Physical Education, Recreation and Dance, 1994-97; 1999-2004.  
Member, American Alliance of Health, Physical Education, Recreation and Dance, 1988-99; 2006-2008.

**AWARDS AND HONORS:**

SFASU Regent's Professor, 2018-19.  
TAHPERD Honor Award, 2014.  
Southern District AHPERD University Health Educator of the Year, 2006.  
Texas AHPERD University Health Educator of the Year, 2005  
Initial Inductee, Emporia State University Department of HPER Hall of Fame, 2003  
SFA College of Education Teaching Excellence Award Recipient, 2002  
Nacogdoches Branch of American Association of University Women Volunteer Service Award, 2001.

Emporia State University College of Education Recent Outstanding Graduate Award,  
1999.  
SFA Department of Kinesiology and Health Science Teaching Excellence Award  
Recipient, 1999 and 2015  
Oklahoma Association of Health, Physical Education, Recreation, and Dance “Health  
Educator of the Year,” 1997-98  
A. B. Harrison Scholarship, 1993-94  
Emporia State University, College of Education Outstanding Graduate Research Student,  
1988-89  
Emporia State University, Special Honor's Assistantship, 1988-89  
Phi Epsilon Honor Fraternity, 1986-1995  
Oklahoma State University Top Health Senior, 1985-86

**CERTIFICATIONS:**

Health and Fitness Instructor/Specialist, American College of Sports Medicine, 1992-  
2014.  
ACSM - Nutrition and Exercise Certificate of Enhance Qualifications, 1994.

## REFERENCES:

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