

Vita

Agneta Sibrava
Instructor in Health, Physical Education and Sports Management
Undergraduate Faculty
Date of Initial Appointment at ASU-1992

ACADEMIC DEGREES

M.S.E.	Arkansas State University	1992
B.S.E.	Arkansas State University	1991

PROFESSIONAL EXPERIENCE

Arkansas State University, Jonesboro, AR. Instructor	1992 - Present
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FACULTY AND ADMINISTRATIVE LOAD

Fall Semester

PE 1002 Concepts of Fitness
PE 1011 Pilates
PE 1011 Pilates
PE 1511 Gymnastics
PE 3832 TPT Fitness
PE 3862 TPT Racket Sports
HLTH 2513 Principles of Personal Health

Spring Semester

PE 1002 Concepts of Fitness
PE 1011 Pilates
PE 1011 Pilates
HLTH 2513 Principles of Personal Health
PE 3832 TPT Fitness
PE 3862 TPT Racket Sports
PE 1511 Gymnastics

Summer Session

PE 1002 Concepts of Fitness
HLTH 2513 Principles of Personal Health
PE Gymnastics

Grants

Sibrava, A. Acquired Action Fund Money for PEM Club every year since 1998 - Present

Sibrava, A. Acquired \$ 400.00 from Action Fund for PEM Club.

Sibrava, A. Acquired \$ 500.00 from Action Fund for PEM Club.

Sibrava, A. Acquired \$ 700.00 from Action Fund for PEM Club.

Sibrava, A. Acquired \$540.00 from USTA to purchase new tennis rackets.

Sibrava, A. Acquired \$310.00 from USTA to purchase new tennis rackets.

PRESENTATIONS AT LEARNED FORUMS

Sibrava, A. Presented a Program “A New Way to Stretch” District IV

Sibrava, A. Presented a Program “Pilates” ArkAHPERD, Eureka Springs, AR.

Sibrava, A. (2003 - Present) Coordinated “Hoops for Heart”

Sibrava, A. Coordinated a Program on “Fit for Life” in Hoganas, Sweden

Sibrava, A. (2002 - Present) Coordinated “Jump rope for heart” and “Hoops for heart”

Sibrava, A. (2002) Coordinated Darby Dash

Sibrava, A. (2002 - 2008) Organized PEM Club Banquet

Sibrava, A. Presented a Program on Sweden for the Intercultural Communication Class at ASU.

Sibrava, A. Presented a Program on Nutrition in Swedish, Malmo, Sweden

Sibrava, A. Presented a Program on American Line Dances and Aerobics, Sweden

Sibrava, A. Translated Book, “Women with Parkinson’s” from Swedish to English

Sibrava, A. Presented a Program Chair Aerobics for women with Parkinson’s. Malmo, Sweden

Sibrava, A. Presented a Dance Program “Shim Sham Shimmy” at AAHPERD in Orlando, Florida.

Sibrava, A. Presented an Aerobics Program for Nettleton Junior High School Career Day. Jonesboro, AR.

Sibrava, A. Presented Dance Program for District IV, Jonesboro, AR.

Sibrava, A. Presented a Tae-Bo Program for Nettleton Junior High School, Jonesboro, AR.

Sibrava, A. Presented an Aerobics Workshop for the Police Academy in Pocahontas, AR.

Sibrava, A. (1999) Presentation PEM Club Fundraiser. Southern District AAHPERD, Greensboro, NC.

Sibrava, A. Presented a Dance Program Jazzy Line Tap Dance. ArkAHPERD, Eureka Springs, AR.

Sibrava, A. Presented Admission and Retention for BSE Students at ASU, ArkAHPERD, Eureka Springs, AR.

Sibrava, A. Presented a program on Heart Health and Nutrition. Malmo, Sweden

Sibrava, A. Presented a Dance Workshop for District IV. Jonesboro, AR.

Sibrava, A. Presented a Workshop on Frameworks for District IV. Jonesboro, AR

Sibrava, A. Presented an Aerobics Program for Kay’s Hall. Jonesboro, AR.

Sibrava, A. Conducted a Dance Workshop at Mid-South Health System, Jonesboro, AR.

Sibrava, A. Presented Yoga program in Lexington, KY, 2014

Sibrava, A. Presented Pilates/Core work program in Little Rock, AR. 2013

Sibrava, A. Presented Yoga/Stress management program, Little Rock, AR. 2014

SERVICE

Participated in the Alliance Delegates Assembly, AAHPERD, Orlando, Florida.

Coordinated ArkAHPERD Convention, Jonesboro, AR.

Heart Walk Captain, Jonesboro, AR.

HPESS Representative for “Select a Major’s Fair” (1997-2001)

Advisor to Undecided Majors on ASU Campus

Conducted/Coordinated “Fit for Life” Jonesboro, AR. (1992-2000)

Attended the National Representative Assembly, AAHPERD, Boston, MA.

Registrar, District IV, Jonesboro, AR. (1997- Present)

Coordinated PEM Club Blood Drive. Jonesboro, AR.

Coordinated PEM Club Awards Banquet (1997-2001)

Met with Representatives to promote PEP-Act, Washington, DC. (1999)

Conducted/Coordinated PEM Club Saturday Basketball Camp, ASU (1997-2000)

Attended Governor’s Council for Sport and Fitness. Little Rock, AR. (1998, 1999)

Conducted/Coordinated PeeWee Classic Basketball Tournament. ASU

Participated in Wheel Chair Disability Week, ASU.

Interview by KASU, ASU, AR. (1997, 1998)

Heart Walk Contributor

Presider at ArkAHPERD, Eureka Springs, AR.

Presider AAHPERD, Orlando, Florida

General Education Committee Member

Chair, PE Proficiencies (1997-present)

Chair, Dance Committee (1997-present)

Grievance Committee Member

Screening Committee Member (1997-present)

Fit for Life Coordinator (1992-2000)

Concepts Committee Member (1997-present)

PE Majors Club, Sponsor/Advisor (1993-present)

Participated in Walk for Cancer, Pocahontas, AR.

Participated in Breast Cancer Walk in Little Rock, AR. 2008, 2009, 2010, 2011, 2012

Chair, Darby Scholarship (1999-present)

District IV, Committee Member (1999-present)

Coordinator Darby Dash (1999, 2000)

President for ArkAHPERD 1999

Vice President for PE, ArkAHPERD (1997)

Vice President for Health, ArkAHPERD (2015)

Chair, Higher Ed. Ark.AHPERD (2014-2015)

Attended ArkAHPERD meetings

Attended Sexual Harassment Workshop

Attended Computer Workshops

Attended Campus Violation Prevention Program

Committee Member, Campus Master Plan (1997,1998)

Committee Member, Academic hearing Committee

Committee Member, Health Search for Assistant Professor

Committee Member, Evaluation Committee

Donations City Team, Jonesboro, AR.

Donations United Way, Jonesboro, AR.

Donations HPESS Foundations

Attended "Pathwise" workshop

Board Member ArkAHPERD for ten years

Organized PEM Club Fund Raisers, Bake sale, Cook-out

Organized PEM Club Pickleball Tournament, 2000 – 2014

Organized PEM Club 3on3 Basketball Tournaments, 2000 – 2014

Organized PEM Club Ping-Pong Tournament

Organized PEM Club Golf Tournaments, (2013- 2015)

Brought 35+ PE Majors to the State Convention, 1992 – 2014

PROFESSIONAL MEMBERSHIP AND HONORS

HPESS Faculty Member of the Year 1996, 1999, 2000

American Alliance for Health, Physical Education, Recreation, and Dance
(ArkAHPERD)

Delta Kappa Gamma

Reebok Alliance for Fitness Instructors

ADVISEMENT

30 - 48 Undergraduate BSE Majors

CERTIFICATION

NDEITA Certified Personal Trainer

NDEITA Certified Aerobics Instructor