

Vita
1997-2013
Harriette J. Adams

Instructor in Health, Physical Education and Sport Sciences

Date of Initial Appointment at ASU –1996-

ACADEMIC DEGREES

M.S.	Arkansas State University Major: Physical Education Emphasis: Exercise Science	1996
B.S.E.	Arkansas State University Major: Elementary Education	1968

PROFESSIONAL EXPERIENCE

Arkansas State University, Jonesboro, AR Instructor of Physical Education	1996-Present
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PUBLICATIONS

Adams, II T. M., Higgins, P., Adams, H., and Graves, M. (2004). An Investigation of Perceived and Determined Health-Related Fitness Knowledge Following Completion of a Required University Level Conceptually-Based Health-Related Fitness Course. Arkansas Journal, 39(1), 37-39.

Adams, II T. M., Adams, H., and Graves, M. (2006). The Effectiveness of a University Level Conceptually-Based Health-Related Fitness Course on Health-Related Fitness Knowledge. The Physical Educator, Volume: 63 Issue #: 2, Page #s: 104-112

PRESENTATIONS AT LEARNED FORUMS

NATIONAL PRESENTATIONS

Adams, II, T.M., Adams, H., and Stillwell, J. Understanding the State of Health and Fitness of Our Nation: It's Impact on the General Physical Education Curriculum. Annual Conference of National Association For Physical Education in Higher Education, January 7, 1999, San Diego, CA.

Adams, H. (1999). PE 1002 - Concepts of Fitness To Be or Not To Be. Paper presented at the College and University Administrators Council, Monterey, CA.

Greenwood, M., Stillwell, J., Adams II T. , Adams, H., and Byars, A., PE 1002 – Concepts of Fitness: To Be or Not To Be. CUAC Conference, July 10, 1999, Terre Haute, IN.

Adams, II, T. M. Higgins, P. Adams, H. and Graves, M. *Effects of a Required Conceptually-Based Basic Physical Education Course on University Student's Attitudes, Exercise Habits, and Health-Related Fitness Knowledge.* American Alliance for Health, Physical Education, Recreation, and Dance, April, 2004, New Orleans, LA.

REGIONAL PRESENTATIONS

Adams, II, T. M., Higgins, P., Adams, H., and Graves, M. *Effects of a Required University Level Conceptually-Based Basic Physical Education Course on Perceived and Determined Nutritional Knowledge.* Southern District of the American Alliance for Health, Physical Education, Recreation and Dance, March 1-5, 2005

STATE PRESENTATIONS

Adams, II, T. M., and Adams, H., *The State of Health: Understanding the Health/Fitness of Arkansas and Its Impact on a General Education Curriculum.* Arkansas Association for Health, Physical Education, Recreation and Dance, November 6, 1998, Hot Springs, Arkansas.

Adams, H., and Adams, II. T. M. *Herbal Supplements: Top 10 Considerations,* Arkansas Association for Health, Physical Education, Recreation and Dance, November 2, 2000, Jonesboro, Arkansas.

Adams, T., Adams, H. and Watson, A., *The Effectiveness of the Biometrics Nutrition and Fitness Protocol on Body Mass and Selected Cardio-vascular Disease Risk Factors.* ARAHPERD convention in Eureka Springs, AR. November 6 and 7, 2003.

Adams, II, T. M. Adams, H. and Higgins, P. and Graves M. *Investigation of Perceived and Determined Health-Related Fitness Knowledge Immediately Following Completion and after a Minimum of 16 Weeks Completion of a Required University Level Conceptually Based Health-Related Fitness Course.* ARAHPERD convention in Eureka Springs, AR. November 6 and 7, 2003.

Adams, II T. M., Adams, H., Graves, M., Douglas, M., and May, A (2006). *Effects of a Required University Level Conceptually-Based Basic Physical Education Course on College Student Behavior.* Arkansas Association for Health, Physical Education, Recreation and Dance, November 4, 2006, Hot Springs, Arkansas AR.

SERVICE

Member, HPESS General Education Committee, 1997-2011

Member, HPESS Recruitment Committee, 1997-2003

Coordinator, HPESS Advisement, 1998-2011

Interim Chairman, HPESS General Education Committee, 1999

Chairman, HPESS Recruitment Committee, 2000-2003

Member, Advisor Development Committee, 2000-2002

Member, University Preview Day Committee, 2001

Member of COE Public Relations Committee 2001-2003

Member of Academic Advising Council on Excellence 2001-2001

Member of ASU Emergency Response Committee (Health/Medical Team) 2002-2004

Member of COE Admissions and Credits 2009-2012

Member HPESS Honors Committee 2012

Reviewer, The Prevalence of Ephedra and MaHaung Consumption, Do the Benefits Outweigh the Risk, NSCA Strength and Conditioning Journal, 2001

PROFESSIONAL MEMBERSHIP AND HONORS

Southern District of the American Alliance for Health, Physical Education, Recreation and Dance 2003-2005

American College of Sports Medicine 2003

Arkansas Association for Health, Physical Education, Recreation and Dance, 1997-2009

Arkansas Association for Health, Physical Education, Recreation and Dance, Scholarship Chairman 2000, 2001

American Alliance for Health, Physical Education, Recreation and Dance, 1998, 1999, 2000, 2001, 2004

NASPE 1999-2001

National Association for Physical Education in Higher Education, 1998-1999

Nominated for Outstanding Advisor Award 2003/04

Recipient of Professional Development from COE related to Outstanding Advisement 2011

Consultant: Personal Training, Pine Bluff, AR Wellness Center, Jan 27, 2011

CERTIFICATIONS

Certification, Personal Trainer by National Dance-Exercise Instructor's Training Association. Caruthersville, Missouri, March 28- 29, 1998

Certification, National Safety Council Academic Instructor 1997-2005

Certification, Aerobics Instructor by National Dance-Exercise Instructor's Training Association.