

D. ROZENA MCCABE, PhD, NSCA
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EDUCATION:

Ph. D. in Physical Education, August 1998, Texas Woman's University, Denton, Texas.
Specialization in Motor Learning and Control, related area in Pedagogy.

M.Ed. in Physical Education, May 1990, Stephen F. Austin State University, Nacogdoches, Texas.
Minor in Applied Statistical Analysis.

B.S. in Physical Education, May 1986, Trinity University, San Antonio, Texas.
Texas Teaching Certificate, Dec. 1986. Certificate available upon request.

PROFESSIONAL EXPERIENCE:

Angelo State University, San Angelo, Texas

Associate Professor (August 2016 - Present)

Courses Taught: Foundations of Kinesiology, Health and Wellness, Motor Learning

Fitness for Brain, Body, and Balance, LLC, Austin, Texas

Owner (Fall 2013 - Present)

Duties: Responsible for all aspects of developing and managing a company that promotes active aging. The mission of the company is to increase the knowledge, confidence, and motivation of older adults seeking an improved quality of life through fitness and education programs.

Austin Home Care Assistance, Austin, Texas

Director of Wellness Programs (Oct 2014 – Oct 2015)

Duties: Promoted quality of living for older adults through three in-home wellness programs. The programs included Cognitive Therapeutics Method, a cognitive stimulation program designed to slow the progression of cognitive decline; Total Control Program, a pelvic fitness for bladder control course; and Functional Fitness, a personalized strength and flexibility program.

Huston-Tillotson University, Austin, Texas

Interim Dean for the College of Arts and Sciences (Fall 2012 – Summer 2013)

Duties: Provide leadership and advocacy for the academic programs within the college; support faculty members' efforts to develop innovative forms of teaching, scholarship, and service; develop and monitor budgets; establish collaborative relationships; promote an environment that celebrates academic excellence.

Chair, Department of Kinesiology (Fall 2010 – Summer 2012)

Administrative Duties: Developed Kinesiology into a separate department due to the increase in enrollment. Typical duties of the chair include supervision of faculty and staff, program reviews, curriculum revisions, scheduling courses, and budgeting.

Chair, Department of Teacher Education and Kinesiology (Spring 2008 – Spring 2010)

Administrative duties: Supervision and formative evaluation of faculty and staff in Alternative Certification, Teacher Education, and Kinesiology.

QEP Director (Spring 2006 – Summer 2012) Duties: Provide leadership for the selection, development and implementation of the University's Quality Enhancement Plan. The title of the plan is "Achievement in College Algebra During the Matriculation Year."

Tenured Professor, Kinesiology (Fall 2007 – Summer 2012)

Associate Professor, Kinesiology (Fall 2000 – Spring 2007)

Courses taught: Theory and Methods of Teaching Physical Education, Developmentally Appropriate Activities, Motor Behavior, Human Performance Internship, Adapted Physical Education, Outdoor Education, Individual Sports, History and Principles of Physical Education, Modern Dance, Swimming, Volleyball. Additional duties: Student advising, coordinate development of course schedule; secure adjunct professors to teach classes; order equipment; order textbooks for adjunct professors; coordinate update of Institutional Effectiveness Plan.

Director of Athletics (June 2002 – May 2004)

Administrative duties: Supervision and evaluation of full-time and part-time athletic department staff, budget preparation and monitoring, home game management, monitoring eligibility and rules compliance, approval of athletic schedules.

Acting Chair, Division of Professional Studies (Fall, 2001- June 2002)

Administrative duties: Supervision and formative evaluation of faculty in Business Studies, Teacher Education, and Kinesiology; program reviews and curriculum revision; scheduling courses; and budgeting.

Head of Department, Physical Education and Recreation (Fall, 2000 – Summer, 2001)

Administrative duties: Program review, curriculum revision, scheduling courses, budgeting, supervision and formative evaluation of faculty, academic advising.

The University of Texas at El Paso

Assistant Professor (Spring, 1998- Summer, 2000)

Courses taught: Graduate Motor Learning, Graduate Sociological Foundations of Physical Activity and Sport, Undergraduate Motor Learning, Methods and Materials in Secondary School Physical Education, Methods and Materials in Elementary School Physical Education, Outdoor Education and supervision of student teachers. Additional duties: Coordination of program for teacher preparation in physical education, academic advising, and committee service.

Lecturer (Spring & Summer, 1998)

Courses taught: Undergraduate Motor Learning, Methods and Materials in Secondary School Physical Education, Methods and Materials in Elementary School Physical Education, Track and Field Skills Analysis, and supervision of student teachers.

Texas Woman's University, Denton, Texas.

Graduate Teaching Assistant (Fall 1994- Fall 1997)

Courses taught: Motor Learning and Control, Health Fitness Laboratory, Techniques of Volleyball, Volleyball, Golf, Weight Training, Bowling, Tennis.

University of North Texas, Denton, Texas.

Adjunct Instructor (Summer, 1997; Fall, 1996)

Course taught: Motor Behavior for Kinesiology majors.

Monmouth College, Monmouth, Illinois.

Instructor of Physical Education/ Head Coach of Volleyball and Softball (1990-1994).

Responsible for all aspects of a Division III volleyball and softball programs which included recruiting, scheduling, budgeting, travel arrangements, fund-raising, knowledge of NCAA rules, and managing summer volleyball camps. Served as MACW athletic representative and elected chairperson of the MACW volleyball coaches. Courses taught: Coaching of Volleyball and Softball, Elementary School Physical Education, Kinesiology, Rhythmic Activities, Team Sports, Fundamentals of Volleyball, Beginning Tennis.

Stephen F. Austin State University, Nacogdoches, Texas.

Volleyball Graduate Assistant (1988-1990).

As first assistant for a Division I program, my duties included recruiting, promotions/fund-raising, travel arrangements, academic advising, budgeting, coaching summer camps, skill development and game management.

Lee Freshman High School, Midland, Texas.

Teacher/Coach (1987-1988) Junior Varsity Volleyball Coach (1987).

Courses taught: Physical Education Dance. Also coached volleyball, basketball, and track.

PUBLICATIONS:

McCabe, D. R., Lavender, M. V. (2015). *Total Control for Home Care, Student Handbook and Coach's Manual*. Austin, TX: Fitness for Brain, Body & Balance.

McCabe, D. R., Lott, V. V., Durham Oldmixon, K. (2013) Mapping Thinking Competencies throughout the Core Curriculum through Expanding Cross-Disciplinary Faculty Engagement in DQP Implementation. In *Making the Case for the Application of the Lumina Foundation's Degree Qualification Profile. A Pilot Student Among Historically Black Colleges and Universities 2012-2013*. (pp. 109-130). Decatur, GA: SACS.

McCabe, D. R., Everett, D. J., Nath, J. L., Ramsey, J. M., & Finkenberg, M. E. (2010). Preparing to Teach Health and Physical Education in Texas. In J. L. Nath & J. M. Ramsey (Eds.), *Preparing to Teach Texas Content Areas; The TExES EC-6 Generalist and the ESL Supplement* (pp. 439-485). Boston, MA: Pearson.

Smith, D. R., McCabe, D. R., Wilkerson, J. D. (2001). An analysis of a discrete complex skill using Bernstein's stages of learning. *Perceptual and Motor Skills*, 93, 181-191.

Smith, D. R., McCabe, D. R. (2001) Active Learning and Assessment Techniques for Use in the Biomechanics Classroom. *Proceedings, Fifth National Symposium on Teaching Biomechanics in Sports*, 61-64.

Choi, S., Meeuwsen, H.J., French, R., Sherrill, C., & McCabe, R. (May, 2001). Motor Skill acquisition, retention, and transfer in adults with profound mental retardation. *Adapted Physical Activity Quarterly*, 18, 257-272.

McCabe, D. R. (Winter 1999-2000). Empowering the Female Athlete: A Strategy for Coaches. *National Federation Coaches' Quarterly*, 4(2), 12-16.

McCabe, D. R. (1990). How money and success relate in division I women's volleyball. *Coaching Volleyball*, 3(5), 20-21.

ABSTRACTS/REVIEWS:

McCabe, D.R., Smith, D.R. (2002). Implementing Active Learning Into the Classroom (Abstract). *Journal of Sport and Exercise Psychology*, 24(Suppl.), 4.

McCabe, D. R., Zimmermann, W. J., Meeuwsen, H. J. (1999). Verification of a dynamical systems approach to skill acquisition (Abstract). *Journal of Sport and Exercise Psychology*, 21 (Suppl.), S82.

McCabe, D. R. Review of Motor behavior and human skill. A multidisciplinary approach. Doody's Review Service (on-line). Available: <http://www.doody.com>. (Accessed: Aug, 98).

McCabe, D. R., Smith, D. R. & Meeuwsen, H. J. (1997) Effects of static and dynamic visual models on the acquisition of a complex motor skill (Abstract). *Journal of Sport and Exercise Psychology*, 19 (Suppl.), S84.

Meeuwsen, H. J. & McCabe, D. R. (1997) Androcentric bias in the Journal of Motor Behavior, 1969-1995 (Abstract). *Journal of Sport and Exercise Psychology*, 19 (Suppl.), S88.

McCabe, D. R. & Goggin, N. L. (1997). Can implicit learning occur through observation (Abstract). *Journal of Sport and Exercise Psychology*, 19 (Suppl.), S84.

PRESENTATIONS:

McCabe, D. R. How Sugar Conquered the World. Texas Association for Health, Physical Education, Recreation, and Dance, Galveston, Texas, December, 2018.

McCabe, D. R. Driven to Sleep. Texas Association for Health, Physical Education, Recreation, and Dance, Fort Worth, Texas, December, 2017.

McCabe, D. R. Total Control for Home Care Instructor Training. Saint Regis Mohawk Tribe Office for Aging, Akwesasne, New York, July, 2017.

McCabe, D. R. Urinary Incontinence and the Female Athlete. San Angelo Sports Medicine Symposium, San Angelo, Texas, January, 2017.

McCabe, D. R. Bladder Health for All Ages. Texas Association for Health, Physical Education, Recreation, and Dance, Galveston, Texas, December, 2016.

McCabe, D. R. Getting “The Knack” of Bladder Control. International Council on Active Aging Conference, Orlando, Florida, November, 2016.

McCabe, D. R. Pelvic Fitness for Bladder Control. International Council on Active Aging Conference, New Orleans, LA, November, 2015.

McCabe, D. R. Inhale and Exhale: Two Strategies to Improve Caregiver Health, Alzheimer’s Symposium, Temple, Texas, April, 2014.

McCabe, D. R. Improving Your Bottom Line with Fitness. Austin Area Home Health Council, Austin, Texas, March, 2014.

McCabe, D. R. Current Trends and Issues in Higher Education. Texas Association for Health, Physical Education, Recreation, and Dance, Frisco, Texas, July, 2012.

Ortiz-Prince, Y., McCabe, D. R. Student and Academic Affairs Collaboration. AVID Summer Conference, Dallas, TX, June, 2012.

McCabe, D.R. Eating an Elephant for Better Health. Executive Women in Texas Government Monthly Mini-Course, Austin, TX, October, 2011.

McCabe, D. R., Smith, D. R. Promoting Civility in the College Classroom. American Alliance for Health, Physical Education, Recreation, and Dance, San Diego, CA, March, 2011.

McCabe, D. R. Start Slow, Then Keep On Rolling. Women’s Health and Wellness Conference. Mount Olive Baptist Church, Austin, TX, March, 2011.

McCabe, D. R., Smith, D. R. Administration: What Was I Thinking? Texas Association for Health, Physical Education, Recreation, and Dance, Galveston, TX, December, 2010.

Smith, D.R., McCabe, D.R. Active Learning and Assessment Techniques for the Biomechanics Classroom. American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD, March, 2007.

McCabe, D. R. The History of Women in Sport through Art. American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD, March, 2007.

McCabe, D. R. Team Based Learning in Outdoor Education. Texas Association for Health, Physical Education, Recreation, and Dance, Fort Worth, TX, December, 2006.

McCabe, D. R. The History of Women in Sport through Art. Texas Association for Health, Physical Education, Recreation, and Dance, Corpus Christi, TX, December, 2005.

McCabe, D. R., Van de Putte, T. RVing for Dummies. Texas Association for Health, Physical Education, Recreation, and Dance, Corpus Christi, TX, December, 2005.

McCabe, D. R. After Title IX. Texas Association for Health, Physical Education, Recreation, and Dance, Arlington, TX, December, 2004.

McCabe, D.R., Smith, D.R. Implementing Active Learning into the Classroom. Pre-conference Workshop, Presented at North American Society for Psychology of Sport and Physical Activity, Baltimore, MD June, 2002.

Smith, D.R. & McCabe, D.R. Active Learning and Assessment Techniques for use in the Biomechanics Classroom, Fifth National Symposium on Teaching Biomechanics in Sports, University of San Francisco, June 23-24, 2001.

Medrano, D. & McCabe, D.R. Winning at All Costs: Perspectives of Winning and Losing. American Alliance for Health, Physical Education, Recreation, and Dance, Cincinnati, OH April 2001.

Smith, D.R. & McCabe, D.R. Active Learning and Assessment Techniques for use in the College Classroom, Huston-Tillotson College, Collaborating Colleagues Workshop, October 19, 2000.

Smith, D. R. & McCabe, D.R. Developing Objective Guidelines and Classroom Assessment Techniques (DOGs and CATs) Presented at Center for Effective Teaching and Learning workshop, The University of Texas at El Paso, TX, March, 16, 2000.

Smith, D. R. & McCabe, D. R. From Listeners to Doers. Presented at Center for Effective Teaching and Learning workshop, The University of Texas at El Paso, TX, November, 5, 1999.

McCabe, D. R., Zimmermann, W. J., Meeuwsen, H. J. Verification of a dynamical systems approach to skill acquisition. Presented at North American Society for Psychology of Sport and Physical Activity, Orlando, FL June, 1999

McCabe, D. R. Motivating the reluctant student: Strategies for physical educators. Presented at El Paso Independent School District Region 4 Conference, El Paso, TX, February, 1999.

McCabe, D. R. Skill acquisition from a dynamical systems perspective. Presented at Texas Association for Health, Physical Education, Recreation and Dance Regional Conference, El Paso, TX, January, 1999.

McCabe, D. R. Empowering the female athlete: Strategies for parents, teachers, coaches, and administrators. Presented at Texas Association for Health, Physical Education, Recreation, and Dance, Houston, TX, December, 1998.

McCabe, D. R. Movement: The basis of knowledge. Presented at Regional Parental Engagement Conference, Socorro, TX, September, 1998.

Meeuwsen, H. J., McCabe, D. R., & Zimmerman, W. J. Let's get real: Using a complex motor skill to study motor learning. Monash University, Melbourne, Australia, July, 1997.

McCabe, D. R., & Meeuwsen, H. J. Verification of a dynamic systems approach to skill acquisition. Presented at North Texas Motor Behavior Conference, College Station, TX, April 1997.

McCabe, D. R., Smith, D. R. & Meeuwsen, H. J. Effects of static and dynamic visual models on the acquisition of a complex motor skill. Poster presented at North American Society for Psychology of Sport and Physical Activity, Denver, CO, May 1997.

Meeuwsen, H. J. & McCabe, D. R. Androcentric bias in the Journal of Motor Behavior, 1969-1995. Poster presented at North American Society for Psychology of Sport and Physical Activity, Denver, CO, May 1997.

McCabe, D.R. & Goggin, N.L. Can implicit learning occur through observation. Poster presented at North American Society for Psychology of Sport and Physical Activity, Denver, CO, May 1997.

McCabe, D. R. & Smith, D. Effects of static and dynamic visual models in the acquisition of a complex motor skill: Current progress and problems of the investigation. Presented at College of Health Science Student Research Conference, Denton, TX, April 1995.

McCabe, D. R. Participant characteristics in the Journal of Motor Behavior from 1985 - 1995. Presented at College of Health Science Student Research Conference, Denton, TX, April 1995.

GRANTS AND FUNDRAISING

2012	Title III US Department of Education Grant, Allied Health Careers, Co-authored, Huston-Tillotson University, (\$90,000 for 2012)
2012-Present	The Center for Legal Studies, On-line Certification Programs, (\$450).
2010	Health Care and Other Facilities Awards Special Congressional Initiative. U.S. Department of Health and Human Services. Program Director, Huston-Tillotson University (\$99,000)
2008-10	Title III College Cost Reduction and Access Act (CCRAA), University Quality Enhancement Plan and Accreditation of the Department of Business Administration. Activity Director, Huston-Tillotson University (\$226 ,275)
Fall 2008	Title III College Cost Reduction and Access Act (CCRAA), STEM Teacher Training Program (STTP). Co-author, Huston-Tillotson University (\$237,800)

Fall 2007	A Glimmer of Hope Foundation for proposed Health Education, Advocacy, Research, and Training (HEART) Program, Huston-Tillotson University (\$25,000 not funded)
Fall 2007	Connect Grant from The Leave No Trace Center for Outdoor Ethics, Huston-Tillotson University (\$500)
Fall 2006	Women's Sports Foundation for Employee Wellness Initiative, Huston-Tillotson University (\$5,000 not funded)
Spring 2006	Humana Foundation for Automated External Defibrillator, Huston-Tillotson University (\$2,500)
Spring 2006	Texas Bicycle Coalition for Bicycle Safety Training of Kinesiology Students, Huston-Tillotson University (\$2,000)
Spring 2004	Greater Texas Federal Credit Union for support of 2004 Homecoming game, Huston-Tillotson University (\$1,000)
Spring 2004	Greater Texas Federal Credit Union for two Champions of Character student-athlete scholarships, Huston-Tillotson University (\$2,000)
Fall 2003	Private Donor for Wellness Center Fund, Huston-Tillotson University (\$300)
Spring 2003	State Farm Insurance for Resurfacing the Gym, Huston-Tillotson University (\$10,000)
Fall 2002	A Glimmer of Hope Foundation for Athletic Training Services and Supplies, Huston-Tillotson University (\$25,000) Note: As a result of the relationship developed from this donation, President Earvin was able to secure another \$25,000 from the Foundation to purchase new bleachers for Mary Branch Gymnasium
Fall 2002	Gillette Razors for General Athletic Fund, Huston-Tillotson University (\$250)
Fall 2001	Personal contribution to establish Wellness Center Fund, Huston-Tillotson University (\$1,000)
Fall 1998	University Research Initiative Grant, McCabe, D.R. & Smith, D.R. A Dynamical Systems Analysis of EMG Activity Patterns During the Acquisition of a Complex Motor Skill, University of Texas at El Paso (\$3,000)

PROFESSIONAL ACTIVITIES & SERVICE:

2017	Community presentation: Better Bladder Control, Humana Guidance Center, Austin, Texas.
2016	Passion Award, Women's Health Foundation, Chicago, Illinois
2013-2016	Chair Exercise, Parson's House Retirement Community
2013-Present	Certified National Strength and Conditioning Association Personal Trainer
2013	American Senior Fitness Association Cognitive Fitness Facilitator
2009-2012	Board Member, Leave No Trace Center for Outdoor Ethics
2009-2013	College Administrators Section, TAHPERD
2008-2013	College Section Committee, TAHPERD
2008	Leave No Trace Connect Grant Review Committee
2007	Chair, TAHPERD Summer Conference PEPI Games Committee
2007-Present	Certified by American Red Cross in First Aid, CPR, Automatic External Defibrillation, & Oxygen Administration.
2007	YWCA ATXcellent Adventure Volunteer
2006	Certified Instructor for Angler Education Program, Texas Parks and Wildlife
2005-2010	SACS Leadership Committee
2004-2005	Tenure and Promotion Committee
2002-2005	Assessment and Evaluation Committee
2000-2010	Environmental Health and Safety Committee, Huston Tillotson College
2000-2010	Teacher Education Committee
2000-2003	Faculty Athletic Committee

2000-2003	Chair, Sub-committee, Evaluation of Athlete Survey
2000-2002	Chair, Faculty Evaluation Committee, Huston-Tillotson College
1999-2002	Chair-elect, Chair, Past Chair, Girls and Women in Sport Section - TAHPERD
1997-2002	Reviewer – Journal of Physical Education, Recreation and Dance
1999-2000	Programs for Individuals with Disabilities - TAHPERD
1999-2000	Secretary, College of Health Science Faculty Organization Meeting, UTEP
1999-2000	Faculty Evaluation Committee, UTEP
1999-2000	UTEP Honors Program Committee
1997-2000	Member of NAGWS committee to promote volunteering
1995-1996	Graduate Student Representative to Kinesiology Faculty
1995-1997	Volunteer Instructor - ACES (summer math and science program for girls)
1994	Volleyball Chairperson for Midwest Athletic Conference for Women
1987-1988	Sponsor - ALL STARS (high school peer leadership program)

PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS:

Certified Instructor – Total Control, A Pelvic Wellness Program.
 National Strength and Conditioning Association – Certified Personal Trainer
 Texas Association for Health, Physical Education, Recreation, and Dance - Member
 International Council for Active Aging - Member
 Cognitive Fitness Facilitator – American Senior Fitness Association