



LISA M. PAULSON
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University of Northern Colorado, Gunter Hall 2650
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Education

- 2021-Present **Doctor of Philosophy**
University of Northern Colorado
Physical Education and Physical Activity Leadership; Ph.D.
GPA: 4.0
Anticipated graduation date: Spring 2024
- 2013 **Master of Science**
University of Wisconsin La Crosse
Teaching Physical Education; Outdoor Pursuits & Adventure Education
GPA: 4.0
- 2012 **Bachelor of Science**
University of Minnesota Duluth
Physical Education & Health Education
GPA: 3.7

Professional Experience

- 2024-Present **Teaching Assistant Professor**
University of Wisconsin Superior
Department of Health & Human Performance
- 2021-2024 **Graduate Teaching Assistant & Instructor**
University of Northern Colorado
Department of Kinesiology, Nutrition, & Dietetics
- 2022 **K-12 Substitute Teacher**
Wrenshall Public Schools, Wrenshall, MN
- 2018-2021 **Instructor**
Health Education Coordinator, Field Placement Supervisor, & Academic Advisor
University of Minnesota Duluth
Department of Applied Human Sciences
- 2019 – 2021 **Tennis Professional**

Northland Country Club, Duluth, MN

- 2014-2018 **Elementary Physical Education & Adapted Physical Education Teacher**
Environmental Education Coordinator; Health Education Teacher
Board of Directors, co-chair; Parent Teacher Organization
New Discoveries Montessori Academy, Hutchinson, MN
- 2014-2018 **Girls' Basketball Head Coach**
New Discoveries Montessori Academy, Hutchinson, MN
- 2012-2014 **Personal Trainer & Group Fitness Instructor**
Anytime Fitness, Pierre, SD
- 2008-2012 **Toddler Teacher**
Children's Place at University of Minnesota Duluth, Duluth, MN
- 2005-2007 **Activity Lead**
Kid's Safari, Bloomington, MN
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Research & Scholarship

Peer-Reviewed Journal Articles

- Dauenhauer, B., McMullen, J., Krause, J., Ha, T., **Paulson, L.**, Becerra, V., Pena, J., & Miele, B. (2024). Promoting an active school culture: Tools, resources, and recognition. *Journal of Physical Education, Recreation, & Dance*, 95(7), 8-14. <https://doi.org/10.1080/07303084.2024.2370785>
- Paulson, L.** & Ha, T. (2024). Unified we learn: 7 strategies for fostering an inclusive and engaging synchronous online teaching environment. *Journal of Physical Education, Recreation, & Dance*.
- Paulson, L.** & Knipe, R. (2023). Physical activity used as punishment: Advocating for better practices. *Journal of Physical Education, Recreation, & Dance*.
- Paulson, L.** (2023). Instilling passion in PETE candidates through story time. *Journal of Physical Education, Recreation, and Dance*.
- Paulson, L.** & McMullen, J. (2023). Wanted: Engaged physical education cooperating teacher. *Journal of Physical Education, Recreation, and Dance*.

Research-In-Progress

- Paulson, L.** & Andre, M. (In data-analysis). PhD candidate back in the trenches: A mini auto-ethnography.
- Paulson, L.** (In data analysis). Establishing an active school culture: Impact of physical activity leadership training. Data collection complete. Will submit to journal spring 2024.
- Paulson, L.** (In data collection, cont.) PETE majors' perceptions of exercise as punishment in physical education. Data collection complete.
- Paulson, L.**, McMullen, J., & Dauenhauer, B. (In review) PETE Faculty as Policy Actors: Can We Win an Oscar? Will submit to journal spring 2024.
- Paulson, L.**, Ha, T., Adams, V., & McMullen, J. (In review). Experiences of pre-service physical

education teachers in designing and implementing a community-based physical activity program. In manuscript writing. *Journal of Kinesiology in Higher Education*.

Book Chapters

- Rahkola, L.** (2020). Yes, I'm an entertainer. In A. Kamiya. (Ed), *How to be an outstanding physical education teacher: The stories of MAD PE teachers who make a difference* (pp. 166-168). Durham, North Carolina. Great Activities Publishing Company.
- Rahkola, L.** (2020). Rules of engagement: "Hooks" to make lessons more meaningful. In A. Kamiya. (Ed), *How to be an outstanding physical education teacher: The stories of MAD PE teachers who make a difference* (pp. 20-22). Durham, North Carolina. Great Activities Publishing Company.

Published Professional Documents

- Paulson, L., & Schoeff, K.** (2023). How you can advocate for health and PE. *Momentum Magazine*. Annapolis, MD: SHAPE America.
https://issuu.com/shapeamerica/docs/shape_america_momentum_magazine_spring_2023.final?fr=sOGQ3YjYwNTMxNDY
- SHAPE America Physical Activity Council & Task Force.** (2023) *Code of ethics for health educators, physical educators, and wellness professionals*. Annapolis, MD: SHAPE America.
https://issuu.com/shapeamerica/docs/code_of_ethics_for_health_educators_physical_educators?fr=MjU4NjYxNDkwNjY
- SHAPE America Physical Activity Council & Task Force.** (2023) *Comprehensive school physical activity programs: Opportunities and access for all*. Annapolis, MD: SHAPE America.
https://issuu.com/shapeamerica/docs/comprehensive_school_physical_activity_programs.fi?fr=sNmFIMzY0MDk5Mjc
- Active Schools, & UNC Active Schools Institute.** (2022). *Active schools guiding framework*. Chicago, IL: Action for Healthy Kids. <https://www.activeschoolsus.org/wp-content/uploads/2022/08/Active-Schools-Guiding-Framework.pdf>
- Active Schools, & UNC Active Schools Institute.** (2022). *Active schools implementation guide*. Chicago, IL: Action for Healthy Kids. <https://www.activeschoolsus.org/wp-content/uploads/2022/08/Active-Schools-Implementation-Guide.pdf>
- Active Schools, & UNC Active Schools Institute.** (2022). *Active schools menus of evidence-based practices*. Chicago, IL: Action for Healthy Kids. <https://www.activeschoolsus.org/wp-content/uploads/2022/08/Active-Schools-Menus-of-Evidence-Based-Practice.pdf>
- SHAPE America Physical Activity Council & Task Force.** (2021) *Physical activity should not be used as punishment and/or behavior management*. Annapolis, MD: SHAPE America.
<https://www.shapeamerica.org/Common/Uploaded%20files/uploads/2021/advocacy/position-statements/Physical-Activity-Should-Not-Be-Used-as-Punishment-and-or-Behavior-Management.pdf>
- Paulson, L.** (2021). "7 Tips for #PhysEd Field Day Success". *SHAPE Colorado Journal*.
- Paulson, L.** (2020). *HPE at Home: The PETE/HETE Final Exam Solution*. SHAPE America Blog.
- Paulson, L.** (2020). *Loon Lines article* 3rd ed., vol. IX, 8. MNSHAPE.
- Rahkola, L.** (2019). *Loon Lines article* 2nd ed., vol. II, 5. MNSHAPE.

Rahkola, L. (2019). *Loon Lines article* 2nd ed., vol. IX, 6. MNSHAPE.

Creative Activities & Media

Paulson, L. & Danhoff, G. (Host). (2022, June 10). Play all May: Livestream. In Zagtalk Podcast. <https://twitter.com/i/broadcasts/1OdKrBvNPaqKX>

Paulson, L. [Speaker] & Nevills, S. (Host). (2020, November 25). Episode 132. In SHAPE America's Podcast. <https://podcasts.apple.com/us/podcast/episode-132-lisa-paulson/id1022864947?i=1000500245565>

Paulson, L. [Speaker] & Morris, S. (Host). (2021, October 11). SHAPE America Program Councils. Season 3, Episode 6. In SHAPE America's Unplugged. <https://www.shapeamerica.org/prodev/Unplugged.aspx>

Doctoral Dissertation

Paulson, L. (2024). *Voices of change: Exploring the narratives of physical education stakeholders' policy work in the United States* (Doctoral dissertation).

Presentations

Invited Presentations, Workshops, & Lectures

Paulson, L. & Becerra, V. (2024, January). *Active Schools U.S.* Keynote. 14vo Congreso Internacional de Deportes y Educación Física y Deporte Escolar ASFG at The American School Foundation of Guadalajara A.C., Mexico.

Paulson, L. & Becerra, V. (2024, January). *The Nine Essential Elements of an Active School Culture.* 14vo Congreso Internacional de Deportes y Educación Física y Deporte Escolar ASFG at The American School Foundation of Guadalajara A.C., Mexico.

Paulson, L. Ellis, C Knipe, B., Scheoff, K., Paulls-Neal., A., Howard, R., Regan, M., Hollingsworth, F., Bragg, K., & Ramsey, V. (2024, March) Code of Ethics for Health Educators, Physical Educators, and Wellness Professionals. Society of Health and Physical Educators (SHAPE) America National Convention, Cleaveland, Ohio.

Paulson, L., Erwin, H., Beighle, A., Ha, T., Knipe, R., & Howard, R. (2024, March) Comprehensive School Physical Activity Programs: Opportunities and Access for All. Society of Health and Physical Educators (SHAPE) America National Convention, Cleaveland, Ohio.

Paulson, L. & SHAPE America Physical Activity Council (2023, March). Leadership opportunities How to get involved! Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, Cleaveland, Ohio.

Paulson, L. & SHAPE America Physical Activity Council (2024, March). Professional Learning Network Success Story. Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, Cleaveland, Ohio.

Paulson, L., Devour, B., & Kline, N. (2023, September). *Engaging families and school communities through physical education.* Virtual Webinar: Online Physical Education Network (OPEN).

Paulson, L. Ellis, C., Knipe, B., Foellmer, B., Paulls-Neal., A., Foellmer, M., Howard, R., & Ross, A. (2023, March). Physical Activity Used as Punishment and/or Behavior Management: Advocating for Better Strategies. Society of Health and Physical Educators (SHAPE) America National

Convention, Seattle, Washington.

- Paulson, L.** (2023, June). Best Practices in Physical Activity. MoveThrive 2023. Kentucky Society of Health and Physical Educators. Lexington, Kentucky.
- Paulson, L.** Ellis, C., Knipe, B., Foellmer, B., Paulls-Neal., A., Foellmer, M., Howard, R., & Ross, A. (2023, March). Physical Activity Used as Punishment and/or Behavior Management: Advocating for Better Strategies. Society of Health and Physical Educators (SHAPE) America National Convention, Seattle, Washington.
- Paulson, L.** Hollingsworth, F., & Ellingsen, K. (2023, March). From Burnout to All In: The Retention Connection. Society of Health and Physical Educators (SHAPE) America National Convention, Seattle Washington.
- Paulson, L.** & SHAPE America Physical Activity Council (2023, March). Mind and Body Calendars: Feedback Wanted Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, Seattle, Washington.
- Paulson, L.** & SHAPE America Physical Activity Council (2023, March). So there's a PA as Punishment Position Statement: So What? Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, Seattle, Washington.
- Paulson, L.** & SHAPE America Employee Wellness Special Interest Group (2023, March). EWS Meet and Greet: What's Going on in Your School? Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, Seattle, Washington.
- Paulson, L.** & Knipe, R. (2022, July). Promoting Lifelong Movement. Active Schools Virtual Summit.
- McMullen, J. & **Paulson, L.** (2022, July). Cultivating a Supportive Environment. Active Schools Virtual Summit.
- Krause, J., Adams, V. & **Paulson, L.** (2022, July). Supporting and Sustaining an Active School Culture. Active Schools Virtual Summit.
- Paulson, L.** & Doyle., M. (2022, July). Teaching Skills-Based Units in Elementary Physical Education. Phys. Ed. Connections Conference, Stillwater, Minnesota.
- Paulson, L.** & Knipe, R. (2022, June). Physical Activity as Punishment and/or Behavior Management: Practical Strategies. Kentucky Society of Health and Physical Educators State MoveThrive Conference, Lexington, Kentucky.
- Paulson, L.**, Howard, R., Hollingsworth, F., & Schoeff, K. (2022, June). Physical Activity During the School Day: Happy Hour Huddle. Society of Health and Physical Educators (SHAPE) America National Back to School Virtual Summit.
- Paulson, L.** (2022, May). Staff Wellness and Educator Self-Care. Massachusetts Department of Education: Community of Practice.
- McMullen, J., Krause, J., Dauenhauer, B., Ha, T., **Paulson, L.**, & Adams, V. (2022, April). *Promoting emotional well-being through physical activity by engaging staff, families, and the community.* Workshop at the University of Northern Colorado Active Schools Institute Virtual Professional Development.
- Paulson, L.** & SHAPE America Physical Activity Council (2022, April). Advocating for Physical Activity in Your School: Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, New Orleans, Louisiana.
- Paulson, L.** & SHAPE America Physical Activity Council (2022, April). Brain Boosters: Coffee Talk. Society of Health and Physical Educators (SHAPE) America National Convention, New Orleans,

Louisiana.

- Paulson, L.** Ellis, C., Knipe, B., Foellmer, B., Paulls-Neal, A., Foellmer, M., Howard, R., & Ross, A. (2022, April). Physical Activity Used as Punishment and/or Behavior Management: Practical Strategies. Society of Health and Physical Educators (SHAPE) America National Convention, New Orleans, Louisiana.
- McMullen, J., Krause, J., Dauenhauer, B., Ha, T., **Paulson, L., &** Adams, V. (2022, February). *Promoting emotional wellbeing through before, during, and after school physical activity.* Workshop at the University of Northern Colorado Active Schools Institute Virtual Professional Development.
- McMullen, J., Krause, J., Dauenhauer, B., Ha, T., **Paulson, L., &** Adams, V. (2022, January). *Emotional wellbeing, physical education, and you!* Workshop at the University of Northern Colorado Active Schools Institute Virtual Professional Development.
- McMullen, J., Krause, J., Dauenhauer, B., Ha, T., **Paulson, L., &** Adams, V. (2022, November). *Five ways to 60 minutes a day! – part 1: Comprehensive school physical activity program.* Workshop at the University of Northern Colorado Active Schools Institute Virtual Professional Development.
- McMullen, J., Krause, J., Dauenhauer, B., Ha, T., **Paulson, L., &** Adams, V. (2022, November). *Five ways to 60 minutes a day! – part 2: Comprehensive school physical activity program.* Workshop at the University of Northern Colorado Active Schools Institute Virtual Professional Development.
- Paulson, L.** (2020, October). Self-Care for Educators. New York Association for Health, Physical Education, Recreation, and Dance. Teacher Care Share Workshop.
- Paulson, L.** (2020) Wellness for Teachers. SHAPE America Physical Activity Council Virtual Wellness Series.
- Paulson, L.** (2020). Seven Interview Tips and Tricks for Physical Education Pre-Service Teachers. University of Minnesota Duluth Professional Education Day Workshop, Duluth, Minnesota.
- Paulson, L.** (2019, November). Adapted Physical Education Region 3 Workshop. Minnesota Developmental Adapted Physical Education.
- Paulson, L.** (2019). Walk Bike Fun Curriculum Guest Lecture. University of Minnesota Duluth.
- Paulson, L.** (2019, December). Teaching Paddlezlam Guest Lecture. University of Minnesota Duluth.
- Doyle, M. & **Rahkola, L.** (2019, July). Unified PE Greatest Hits. Best Practices in Health and Physical Education Conference, University of Wisconsin Stevens Point, Stevens Point, Wisconsin.
- Doyle, M. & **Rahkola, L.** (2019). Teaching Skills-Based Units in Elementary Physical Education. Oregon Society of Health and Physical Educators State Conference, Bend, Oregon.

Refereed Presentations

- Stellino, M., **Paulson, L.,** Belcher, D., Hodge, C., Becerra, V., Visscher, L., and Massey W. (2024, March). What is happening at recess?: Children’s perspectives of the recess environment. Session accepted at the Active Living Conference in Chattanooga, TN.
- Kern, B., Wilson, W., van der Mars, H., Killian, C., Wallhead, T., Woo, D., & **Paulson, L.** (2024, March). State of the states: Physical education and physical activity policy. Implementation in the USA. Session presented at the Society of Health and Physical Educators (SHAPE) America National Convention, Cleveland, OH.

- Dauenhauer, B., McMullen, J., Krause, J., Ha, T., Becerra, V., **Paulson, L.**, & Pena, J. (2024, March). Strategies for integrating Active Schools learning experiences into PETE programs. Session presented at the Society of Health and Physical Educators (SHAPE) America National Convention, Cleveland, OH.
- Paulson, L.** (2024, January). Voices of change: Exploring the narratives physical education stakeholders' policy work in the United States. Poster presentation presented at the Society of Health and Physical Educators (SHAPE) America National Convention, Cleveland, OH.
- Paulson, L.** & Doyle, M. (2024, March). Low Instruction; High Heart Rates. Submitted to Society of Health and Physical Educators (SHAPE) America National Convention, Cleaveland, Ohio.
- Paulson, L.** (2024, January). Voices of change: Exploring the narratives physical education stakeholders' policy work in the United States. America Educational Research Association (AERA) SIG 93 Graduate Research Webinar.
- Paulson, L.** (2024, January). PETE Faculty as Policy Actors: Can We Win an Oscar? Presentation accepted at National Association for Kinesiology in Higher Education Conference, Pheonix, Arizona, 2024.
- Paulson, L.** (2024, January). The Impact of Physical Activity Leadership Training on Establishing an Active School Culture: Teachers' and Staff Perspectives. Poster Presentation presented at National Association for Kinesiology in Higher Education Conference, Pheonix, Arizona, 2024.
- Paulson, L.** & Fredell, R. (2023, October). Physical Activity as Punishment: Advocacy and Tools. Session accepted at Society of Health and Physical Educators Colorado, Aurora, Colorado.
- Becerra, V., **Paulson, L.** Mieles, B., Krause, J., & Dauenhauer, B. (2023, October). Delivering Equitable and Inclusive Physical Education. Session accepted at Society of Health and Physical Educators Colorado, Aurora, Colorado.
- Krause, J., Dauenhauer, B. Becerra, V., **Paulson, L.**, Bell, J., & Liu, G. So, You're Thinking about a PhD? (2023, October). Building Kinder and Healthier Future with Students and School Communities. Session accepted at Society of Health and Physical Educators Colorado, Aurora, Colorado.
- Becerra, V. & **Paulson, L.** (2023, October). Building Kinder and Healthier Future with Students and School Communities. Session accepted at Society of Health and Physical Educators Colorado, Aurora, Colorado.
- Krause, J.M., Becerra, V., & **Paulson, L.** (2023, July). The nine essential elements of an active school culture. Oral presentation at the Active Schools National Summit, Greeley, CO.
- Paulson, L.** & Forcelledo, A. (2023, June). Fusing MVPA and SEL into Your Physical Education Curriculum. MoveThrive 2023. Kentucky Society of Health and Physical Educators. Lexington, Kentucky.
- Paulson, L.** (2023, March). The Impact of Physical Activity Leadership Training on Establishing an Active School Culture: Teachers' and Staff Perspectives. Poster Presentation (Research In-Progress) at Society of Health and Physical Educators (SHAPE) America National Convention, New Orleans, Louisiana.
- Paulson, L.** (2023, January). PETE Majors' Perceptions of Exercise as Punishment in K-12 Physical Education. Poster Presentation at National Association for Kinesiology in Higher Education Conference, New Orleans, Louisiana, 2023.
- Dauenhauer, B., McMullen, J., Krause, J., Ha., T., Adams, V., **Paulson, L.**, & Pena, J. (2023,

- March). *The nine essential elements of an active school culture*. Society for Health and Physical Educators (SHAPE) National Conference, Seattle, WA.
- Dauenhauer, B., McMullen, J., Krause, J., Ha, T., Adams, V., **Paulson, L.**, Pena, J., (2023, March). *The nine essential elements of an active school culture*. Society of Health and Physical Educators (SHAPE) National Conference, Seattle, WA.
- Paulson, L.** (2022, April) PETE Faculty as Policy Actors: Can We Win an Oscar? Poster Presentation at Society of Health and Physical Educators (SHAPE) America National Convention, New Orleans, Louisiana.
- Paulson, L.** & Doyle., M. (2022, April). Teaching Skills-Based Units in Elementary Physical Education. Society of Health and Physical Educators (SHAPE) America National Convention, New Orleans, Louisiana.
- McMullen, J., Dauenhauer, B., Krause, J., Ha, T., **Paulson, L.**, Adams, V., Peña, J., & Miele, B. (2022). Policy Matters: Exploring the Colorado Model PE Policy. Presented at the 2022 Society of Health and Physical Educators (SHAPE) Colorado Convention: Aurora, CO.
- McMullen, J., Dauenhauer, B., Krause, J., Ha, T., Fan, X., **Paulson, L.**, & Adams, V. (2022). Towards Policy Change: Overview & Baseline Results of the Colorado PE Pilot. Presented at the 2022 AIESEP World Congress: Gold Coast, Australia.
- Paulson, L.** (2020, November). Paddlelam in Your Physical Education Curriculum. Minnesota Society of Health and Physical Educators Virtual State Conference.
- Paulson, L.** (2020, November). Future Professional Roundtable. Minnesota Society of Health and Physical Educators Virtual State Conference.
- Lee, D., **Paulson, L.**, Wendinger, P., & Undergraduate Students (2020, September). Ice Breakers for ALL. Virtual Minnesota Developmental Adapted Physical Education State Conference.
- Paulson, L.** (2020, November). Paddlelam in Your Physical Education Curriculum. Society of Health and Physical Educators Nebraska State Conference, Lincoln, Nebraska.
- Rahkola, L.** & Undergraduate Students (2019, October). Teaching Cooperative Activities through Adventure Education. Minnesota Society of Health and Physical Educators State Conference, Minnetrista, Minnesota.
- Rahkola, L.** & Norton, A. (2019, October). Having Fun with Paddlelam. Minnesota Society of Health and Physical Educators State Conference, Minnetrista, Minnesota.
- Stingly, T. & **Rahkola, L.** (2019, October). Net Generation: Tennis in the Physical Education Curriculum. Minnesota Society of Health and Physical Educators State Conference, Minnetrista, Minnesota.
- Rahkola, L.** & Doyle, M. (2019, September). Adventure Education in Adapted PE. Minnesota Developmental Adapted Physical Education Conference, Annandale, Minnesota.
- Doyle, M. & **Rahkola, L.** (2019, September). Low Instruction High Heart Rates. Minnesota Developmental Adapted Physical Education Conference, Annandale, Minnesota.

Rahkola, L. & Doyle, M. (2019, April). Teaching Cooperative Activities Through Adventure Education. SHAPE America National Convention, Tampa, Florida.

Funded Projects & Grants

Funded – External

Stellino, M. (Co-PI); Massey, W. (Co-PI); **Paulson, L. (Research Assistant)**; Adams, V. (Research Assistant). (2022-2023). Play Equity: An evaluation of the Playworks ‘Relay’ program in Colorado. [\$150,000.00].

McMullen, J. (PI); Krause, J. (Co-PI); Dauenhauer, B. (Co-PI); Ha, T. (Contributor); **Paulson, L. (Contributor)**; & Adams, V. (Contributor). (2020-2023). *School re-entry guidelines for physical education instruction pilot program*. Colorado Department of Education, Denver, CO. [\$35,000.00].

McMullen, J. (PI); Krause, J. (Co-PI); Dauenhauer, B. (Co-PI); Ha, T. (I); Fan, X (I); **Paulson, L. (RA)**; Adams, V. (RA). (2020-2023). *Health and wellness through quality physical education instruction pilot program*. Colorado Department of Education, Denver, CO. [\$90,000.00].

McMullen, J. (PI); Krause, J. (Co-PI); Dauenhauer, B. (Co-PI); Ha, T. (Contributor); **Paulson, L., (Contributor)**; Adams, V. (Contributor). (2020-2023). *School re-entry guidelines for physical education and physical activity*. Colorado Department of Education, Denver, CO. [\$35,000.00].

Conference Travel Grants

Paulson, L. (2024). Graduate Dean’s Scholarship Program, School of Sport and Exercise Science, University of Northern Colorado, Greeley, CO. [\$1,500]

Paulson, L. (2023). College of Natural and Health Sciences Student Research Fund, School of Sport and Exercise Science, University of Northern Colorado, Greeley, CO. [\$500]

Paulson, L. (2022). Professional Development Grant, School of Sport and Exercise Science, University of Northern Colorado, Greeley, CO. [\$750]

Paulson, L. (2022). Professional Development Grant, School of Sport and Exercise Science, University of Northern Colorado, Greeley, CO. [\$533.62]

Paulson, L. (2022). Presentation Grant, Graduate School Association, University of Northern Colorado, Greeley, CO [\$1,250.00].

Paulson, L. (2021). Presentation Grant, Graduate School Association, University of Northern Colorado, Greeley, CO. [\$485]

Honors & Awards

2023 \$2,000 Scholarship Recipient
 Colorado Women’s Education Foundation

2022 Hutchinson-Lahman Research Award, 1st Place

University of Northern Colorado

- 2022 Graduate/Research Student of the Year
Colorado Society of Health and Physical Educators
- 2020 Carl Knutson School Health Educator Award
Minnesota Society of Health and Physical Educators
- 2021 Thank a Teacher Award
University of Minnesota Duluth
- 2011-2012 Dean’s List
University of Wisconsin La Crosse
- 2011 Physical Education Major of the Year
University of Minnesota Duluth
- 2008-2011 Dean’s List
University of Minnesota Duluth
- 2007 Tomorrow’s National Scholarship Program, Full Tuition
Annexstad Family Foundation; Big Brothers Big Sisters

Instruction

University of Northern Colorado

- SES 442 Pedagogical Methods in Secondary Physical Education (Taught 2 times)
- SES 202 Teaching Lifetime Sports and Physical Activities
- SES 145 Stress Management (Taught 4 times)
- SES 125 Hiking
- EDFE 444/555 Student Teaching Supervision (Taught 3 times)
- SES 403 Physical and Health Education for Elementary Teachers (Taught 2 times)
- SES 240 Teaching Secondary Physical Education Content (Will teach 2 times)
- SES 170 Introduction to Field Experience (Will teach 2 times)

Graduate Teaching Assistant

- SES 340 Planning, Instruction, & Assessment
- SES 440 Pedagogical Methods in Elementary Physical Education
- SES 342 Physical Activity and Fitness in Schools
- SES 266 Introduction to Physical Education as a Profession

Student course evaluation scores ($n=112$ students) in each category for all courses taught as an instructor of record between Fall 2021 to Fall 2023 at University of Northern Colorado (scale 0-5 with 5 being the best score):

Category	Mean Score
Learning Atmosphere	4.5
Communication	4.6
Demonstrates Knowledge/Expertise	4.7

Helpful	4.6
Clear Expectations	4.7
Feedback	4.6
Challenged to Think	4.3
Graded Fairly	4.3
Assignments Returned Timely	4.4
Respectful	4.6
Learning	4.4
Overall Effectiveness	4.6

University of Minnesota Duluth

- PETE 4100 Elementary Physical Education Methods
- PETE 4125 Elementary Physical Education Apprenticeship
- PETE 4200 Secondary Physical Education Methods
- PETE 4225 Secondary Physical Education Apprenticeship
- PETE 3400 Adapted Physical Education
- HLTH 3202 Health Education Methods
- HLTH 1470 Human Nutrition
- EDSE 4600 Student Teaching Supervision
- ELED 4650 Student Teaching Supervision
- PETE 4225 College Teaching Supervision
- CC 3150 Coaching Methods
- PE 1402 Tennis
- PE 1414 Bowling
- PE 1600 Physical Fitness
- PE 1708 Basketball

Licensure, Certification, & Training

In Progress	Certificate in College Teaching <i>University of Northern Colorado</i>
2022	System for Observing Fitness Instruction Time (SOFIT)
2012-2022	K-12 Physical Education, Minnesota File Folder #468432
2012-2022	5-12 Health Education, Minnesota File Folder #468432

Professional Service

National Leadership

2020 – Present Physical Activity Council Chair
SHAPE America

*Last name changed back to Paulson in 2019

2022-Present Marketing and Technology Committee
National Association of Kinesiology in Higher Education (NAKHE)

2021-Present Employee Wellness Special Interest Group
SHAPE America

2023-Present 2024 National Elementary PE Teacher of the Year Reviewer
SHAPE America

2018-2020 Physical Activity Council Representative
SHAPE America

State Leadership

2022 - Present Board of Directors
Advocacy Committee co-chair (2023 – present)
Developing Leaders co-chair (2022-2023)
health.moves.minds Committee co-chair (2022-2023)
SHAPE Colorado

2018-2021 Board of Directors
Minnesota SHAPE

2017 Minnesota Physical Education Standards Review Committee
Minnesota Department of Education

Institutional Service

2021 – Present Professional Education Committee
University of Northern Colorado

2021 – Present Faculty Advisor
Unified Club
University of Northern Colorado

2022 – Present Faculty Advisor
Physical Education Club
University of Northern Colorado

2019 - 2021 Program Assessment Liaison
University of Minnesota Duluth

2018 – 2021 Faculty Advisor
Unified Club
University of Minnesota Duluth

Local Service

2022 – Present Committee Member
Greeley-Evans Student Wellness Committee; District 6

Curriculum Reviewer

2021 Walk Bike Fun

2019 United States Tennis Association Net Generation Curriculum

2018 Sanford Fit 4 School Central District Committee

Academic Review – Conference Abstract Reviewer

Annual Convention Programming Committee, Society of Health and Physical Education (SHAPE) America, 2024

Annual Convention Programming Committee, Society of Health and Physical Education (SHAPE) America, 2023

Society of Health and Physical Education (SHAPE) America Convention, 2024

Society of Health and Physical Education (SHAPE) America Convention, 2023

Society of Health and Physical Education (SHAPE) America Convention, 2022

Society of Health and Physical Education (SHAPE) America Convention, 2021

Academic Review – Manuscript Reviewer

2021 – Present International Journal of Kinesiology in Higher Education

2021 – Present Society of Health and Physical Educators Colorado Journal

2018 – 2021 Minnesota Society of Health and Physical Educators Journal

Professional Affiliations & Membership

2018 – Present Society of Health and Physical Educators (SHAPE) America

2022 – Present National Association of Kinesiology in Higher Education

2021 – Present SHAPE Colorado

2022 – Present Kentucky SHAPE

2017 – 2022 Minnesota SHAPE