

Alison Epperson
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Education

Southern Illinois University, Carbondale

Ph.D. Health Education

December 2012

Dissertation: "*The capacity of a southern university to promote and support health literacy among college students: a case-study approach.*"

Murray State University

Master of Science

Exercise and Leisure Studies

August, 2003

Murray State University

Bachelor of Science

Major: Exercise Science

Minor: Health

May 1996

Teaching Experience

Assistant Professor

August 2011-Present

Adolescent, Career, and Special Education Department

Murray State University, Murray, KY

Courses taught:

HEA 200 Community and Consumer Health

HPE 175 Foundations of Health and Physical Education

HPE 450 Teaching Strategies in Health Education

HPE 360 Teaching Strategies in Sex Education

HPE 370 Teaching Strategies in Drugs and Alcohol

PHE 200 Health Implications for HPE Professionals

PHE 205 Lifetime Activities

PHE 405 Physiology of Exercise and Fitness

PHE 330 Movement Concepts and Skill Themes

EDU 321 Teaching Strategies I Children - Adolescents

Lecturer

August 2010-2011

Adolescent, Career, and Special Education Department

Murray State University, Murray, KY

Courses taught:

HEA 191 Personal Health

HEA 200 Community and Consumer Health

HPE 175 Foundations of Health and Physical Education

HPE 450 Teaching Strategies in Health Education

HPE 360 Teaching Strategies in Sex Education

HPE 370 Teaching Strategies in Drugs and Alcohol

PHE 405 Physiology of Exercise and Fitness

Adjunct

August 2008-2010

**Adolescent, Career, and Special Education Department and
Wellness and Therapeutic Science Department
Murray State University, Murray, KY**

Courses taught:

HEA191 Personal Health

HEA 200 Community and Consumer Health

HPE 360 Teaching Strategies in Sex Education

Professional Experience

Murray State University, Murray, KY

October 1998- August 2011

Coordinator Campus Recreation; Susan E. Bauernfeind Recreation and Wellness Center

- managed annual budget of 125K;
- managed, trained, and coordinated a student staff of 25;
- coordinated programming for 3700 students, (which included special event programming and fitness facilitation);
- managed and coordinated facilities;
- attended annual conferences and training to remain current in regards to trends and issues in field;
- practiced prevention and remained knowledgeable about legal issues in the field;
- maintained certification in AED and CPR;
- implemented and maintained a sportsmanship rating scale which dramatically improved the behavior in program;
- initiated a successful rewards program for good examples of sportsmanship in flag football and basketball;
- significantly decreased the number of forfeits in program by increasing communication and information in and out of our office.

Priority One Medical

Nashville, TN

August 1996- November 1997

Exercise Physiologist – worked with patients on a daily basis that needed rehab therapy to include electrical stimulation, ultrasound, deep tissue massage, and personal stretching and strengthening protocols for patients with specific injuries. In addition, I oversaw 3 other exercise physiologists in our department as well as daily medical dictation in patient charts.

Publications (non peer-reviewed)

- Epperson, A. (2014, November). Emergency Preparation Best Practices. *Risk Management for Campus Recreation*.
- Epperson, A. (2014, April). Bystander intervention training. *Risk Management for Campus Recreation*.
- Epperson, A. (2014, February). Eating disorders- understanding and identifying. *Risk Management for Campus Recreation*
- Epperson, A. (2013, December). Mental health-where does campus recreation fit in? *Risk Management for Campus Recreation*
- Epperson, A. (2013, September). Responsible tailgating- an oxymoron. *Risk Management for Campus Recreation*.
- Epperson, A. (2013, April). Effective Communication. *Risk Management for Campus Recreation*.
- Epperson, A. (2013, February). Twitter-to tweet, or not to tweet. *Risk Management for Campus Recreation*.
- Epperson, A. (2012, December). Communicable Diseases. *Risk Management for Campus Recreation*.
- Epperson, A. (2012, September). Head Injuries: TBI, Concussion and PCS. *Risk Management for*

Campus Recreation.

Epperson, A. (2007, October). Advantages and Disadvantages of using Facebook in your Campus Recreation Programs. *Risk Management for Campus Recreation.*

Presentations

International

Epperson, A. (2014, December). Discussions for small/rural populations with large health-related issues. *Sixth Annual International Conference on the Health Risks of Youth*, Santo Domingo, Dominican Republic.

Epperson, A. (2014, December). The Capacity of a Southern University to Promote and Support Health Literacy Among College Students: A Case Study. *Sixth Annual International Conference on the Health Risks of Youth*, Santo Domingo, Dominican Republic.

National

Epperson, A. (2014, April). 2013 ADA updates - is your program in compliance? *National Intramural Recreational Sports Association Annual Conference*, Nashville, TN.

Epperson, A. (March, 2015). 2013 ADA Compliance Guidelines for Students with Disabilities. *National Intramural Recreational Sports Association Annual Conference*, Dallas, TX.

Regional

Epperson, A. (2014, February). 2013 ADA Compliance guidelines for students with disabilities. *Southern Region of the American Alliance for Health, Physical Education, Recreation and Dance Annual Conference*, Lexington, KY.

Professional Presentation Reviews

June 2015

Creating Trauma-Sensitive School Experiences for At-Risk Children. Educational session proposal for the National Youth-At-Risk Conference.

"It only takes four hours" Why mentoring is essential to change. Educational session proposal for the National Youth-At-Risk Conference.

Empowering LGBTQ Youth in Human Service Agencies. Educational session proposal for the National Youth-At-Risk Conference.

"Stop That" Therapeutically Managing Misbehavior in School. Education session proposal for the National Youth-At-Risk Conference.

The Kaleidoscope Program: Early Intervention Program for Students with Behavior Challenges. Educational session proposal for the National Youth-At-Risk Conference.

Professional Qualifications

Certified Instructor American Red Cross 1st Aid/CPR/AED

August 2012-Present

Member of the NIRSA Sport Club Rules and Eligibility Committee

April 2010 –August 2011

Selection Committee for the Foundation Scholarship Awards for the National Intramural Recreational Sports Association

August 2010 –August 2011

Planning Committee for the National Intramural Recreational Sports Association

Biannual Sport Club Symposium

June 2008- June 2009

Graduate of the Recreational Sports School of Management, Level 1

June 2004

Graduate of the Recreational Sports School of Management, Level 2

June 2005

Associate Editor, *Risk Management for Campus Recreation*, national newsletter **July 2014 – June 2015**

Service

Alpha Sigma Alpha Social Sorority

August 2012 - Present

Chapter Advisor –I serve to oversee the chapter to ensure risk management, organization and accountability I work closely with the chapter which has a membership of 144. I attend weekly chapter meetings, weekly Executive Council meetings. I communicate regularly with our National Headquarters Staff as well as our Regional District Correspondent. During my time as advisor, our chapter has been recognized annually as one of the top chapters within our national organization. For the 2014-15 year, we were recognized as a “Four Star Chapter” which is given to the second highest ranking chapter nationally.

Alpha Sigma Alpha Social Sorority

May 2004 - Present

Faculty Advisor –

I serve in this capacity as the University representative as per requirements for Student Organizations.

PEER Health Educators

September 2012 – May 2014

The goal of PEER Health Educators is to provide an effective peer network to encourage, support, and advance healthful living for all MSU students. Students are taught and certified to facilitate workshops which address a variety of health related topics including general wellness, eating disorders/body image, alcohol and substance abuse, and sexual assault prevention in a variety of settings including; interactive presentations, discussions, panels, workshops, and health awareness events within the residence halls, classrooms, student organizations. PEER Health Educators gain the opportunity to learn important leadership skills, develop teaching and public speaking skills and have the opportunity to work with other students and campus staff.

CERT – Volunteer Emergency Response Team

September 2013 –May 2014

Will assist University and community in the event of a weather-related emergency/disaster, fire, or any situation creating the emergency response team to be activated by violence or the threat of violence.

Ireland Study Abroad – Assistant Teacher

March 2014 – June 2014

Traveled with 16 students for 10 days in multiple cities in Ireland to study culture, history and education. Also visited a primary school in Dublin and one in Belfast to learn about the variations of culture between the English/Protestant (UK) and Republic/Catholic. As the lead teacher, responsibilities include; trip organization/itinerary/all travel arrangements/, classroom meetings prior to the trip to review the syllabus and expectations, and arrange school visits in Dublin for students staying a third week for the student teaching component.

HPE Program Coordinator Degree Development

August 2014 – Present

In response to decreasing student enrollment in our teacher certification program, I created an undergraduate degree in Health and Physical Education that would be for students who are seeking a degree which would allow them to work as a para-professional coach, teach in a private school setting, teach or coach at a community/junior college, or teach in a state which has different teacher certification qualifications than Kentucky. This program is very closely aligned with the Kentucky certification degree, however instead of student teaching, students in the non-certification track would complete two semesters of an internship in which they would have the opportunity to actively participate in a variety of hands-on settings to include but not limited to; athletic administration, compliance, management, budgeting, legal issues and communication strategies.

University Committees

Athletics Appeals Committee – Chair

July 2013 - Present

Responsible for the review of appeals submitted by athletes who have had their NCAA scholarships terminated. Appeals are submitted on the basis of financial aid, grant-in-aid renewals, grievances or other special circumstances.

Racer Roundup – new initiative from the Provost to increase enrollment from the 18 service counties / region through school visits and student participation in on-campus events. I am on the Murray High School team.

Faculty Senate Representative for the IAC

July 2013 – May 2015

Serve to represent the MSU Faculty on the Intercollegiate Athletics Council

College Committees

August 2011 - Present

Admission to Teacher Education

Sparks Lecture Series Co-Chair

August 2014 – May 2015

Department Committees

August 2011 – Present

HPE Program Coordinator

ACS Undergraduate Curriculum

Professional Memberships

American Alliance for Health, Physical Education, Recreation & Dance

August 2013 – July 2014

Phi Delta Kappa International

June 2012 – June 2014

National Intramural Recreational Sports Association

October 1998-Present

National Association of Student Personnel Administrators

October 1998- August 2011

Awards

Recipient of the NIRSA Holsberry Professional Scholarship

February 2007