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**EDUCATION**

1989-1993 BS, Accounting, Villanova University, Villanova, PA  
1994-1998 MEd, Physical Education (Curriculum & Instruction concentration), Temple University, Philadelphia, PA  
2002-2007 PhD, Kinesiology (Curriculum & Instruction concentration), Temple University, Philadelphia, PA

**POSITIONS**

1997-2000 Health and Physical Education Teacher, Old Greenwich School, Greenwich, CT  
2000-2002 Health and Physical Education Teacher, Western Middle School, Greenwich, CT  
2002-2003 Teaching Assistant in Kinesiology, Temple University, Philadelphia, PA  
2003-2006 Instructor of Kinesiology (Teacher education), Temple University, Philadelphia, PA  
2006-2008 Lecturer of Kinesiology (Teacher education), Temple University, Philadelphia, PA  
2008-2013 Assistant Professor of Kinesiology (Teacher education), Temple University, Philadelphia, PA  
2013- Associate Professor of Kinesiology, Temple University, Philadelphia, PA  
2018- Program Director, Bachelor of Science in Kinesiology, Temple University, Philadelphia, PA  
2018 (August to December). Interim Program Director, Kinesiology Physical Activity Program, Temple University, Philadelphia, PA  
2019-2020 (July 2019 to June 2020) Interim Department Chair, Department of Kinesiology, Temple University, Philadelphia, PA

**HONORS**

1996 Robert Pate Scholarship, Eastern District-AAHPERD  
 1997 Outstanding Student Major Award, PSAHPERD  
 2005 Outstanding Professional Award, Eastern District-AAHPERD  
 2006 Ruth Abernathy Presidential Scholarship of the AAHPERD  
 2009 Outstanding Service Award, Council for Adventure and Outdoor Education/Recreation, AAPAR/AAHPERD

**PROFESSIONAL SERVICE**

1994-1997 Student section officer, PSAHPERD  
 2001 Validator, National Board for Professional Teaching Standards  
 2004-2005 Executive Committee, Council for Adventure and Outdoor Education/Recreation of the AAHPERD  
 2005-2006 Chair-elect, Council for Adventure and Outdoor Education/Recreation of the AAHPERD  
 2006-2008 Chair, Council for Adventure and Outdoor Education/Recreation of the AAHPERD  
 2006-2008 Executive Committee, American Association for Physical Activity and Recreation  
 2014-2016 Physical Activity Council of the Society of Health and Physical Educators (SHAPE America)  
 2016-2017 Chair, Early Childhood Advisory Group, Society of Health and Physical Educators (SHAPE America)

**RESEARCH GRANTS****PAST**

**Title:** Physical activity levels in adventure-based physical education  
**Source:** Pennsylvania State Association for Health, Physical Education, Recreation, and Dance  
**Role (% effort):** Principal Investigator  
**Goal:** To determine middle school students' levels of physical activity, motivation, and enjoyment in adventure-based physical education lessons.  
**Period of support:** 6/1/2008 – 12/31/2009  
**Total costs:** \$1,500

**Title:** The perceptions of Head Start teachers about physical activity in young children  
**Source:** Temple University, College of Health Professions and Social Work  
**Role (% effort):** Principal Investigator  
**Goal:** To understand the perceptions of Head Start teachers about the

role of physical activity in the overall development of preschool children and in early childhood education.

Period of support: 6/1/2010 – 5/31/2011  
 Total costs: \$2,850

**Title:** Head Start teachers' perceptions about physical activity in preschool programs

**Source:** American Alliance for Health, Physical Education, Recreation, and Dance

**Role (% effort):** Principal Investigator

**Goal:** To understand the perceptions of Head Start teachers about the role of physical activity in the overall development of preschool children and in early childhood education.

Period of support: 4/1/2010 – 8/31/2011  
 Total costs: \$6,390

## PUBLICATIONS

1. Dort, A., Evaul, T., & **Gehris, J.** (2003). *Adventure without ropes*. Merchantville, NJ: CEC.
2. **Gehris, J.** (2005). Taking your adventure lessons to new heights: Using adventure education to address the State and NASPE physical education standards. *Pennsylvania Journal of Health, Physical Education, Recreation, and Dance*, 75(3), 44-47.
3. Dort, A., Evaul, T., & **Gehris, J.** (2006). *Basic adventure skills: Knot tying made easy*. Reston, VA: American Association for Physical Activity and Recreation.
4. **Gehris, J.**, Kress, J., & Swalm, R. (2010). Students' views on physical development and physical self-concept in adventure-physical education. *Journal of Teaching in Physical Education*, 29(2), 146-166.
5. Dort, A., Evaul, T., & **Gehris, J.** (2010). Climbing and challenge courses. In N. Dougherty (Ed.), *Principles of safety in physical education and sport* (pp. 87-98). Reston, VA: National Association for Sport and Physical Education.
6. Dort, A., Evaul, T., & **Gehris, J.** (2010). Climbing and challenge courses. In N. Dougherty (Ed.), *Physical activity and sport for the secondary school student* (pp. 109-126). Reston, VA: National Association for Sport and Physical Education.
7. **Gehris, J.**, Kress, J., & Swalm, R. (2011). Effects of adventure-physical education on high school students' physical self-concept and physical fitness. *Pennsylvania Journal of Health, Physical Education, Recreation, and Dance*, 81(2), 21-23; 26-27.

8. **Gehris, J. S.**, Myers, E. M., & Whitaker, R. C. (2012). Physical activity levels during adventure-physical education lessons. *European Physical Education Review*, 18, 245-257.
9. **Gehris, J. S.**, Gooze, R. A., & Whitaker, R. C. (2014). Teachers' perceptions about children's movement and learning in early childhood education programs. *Child: Care, Health and Development*. Advance online publication. doi:10.1111/cch.12136
10. **Gehris, J. S.** (2014). It's about the relationships. *Journal of Physical Education, Recreation and Dance*, 45, 5-7.
11. Whitaker, R.C., and **Gehris, J. S.** (2015). *Increasing movement to promote health and learning in early childhood*. Commentary, Institute of Medicine, Washington, DC. <http://nam.edu/wp-content/uploads/2015/06/PAandEC1.pdf>
12. **Gehris, J.S.**, Simpson, A.C., Baert, H., Robinson, L.E., MacDonald, M., Clements, R.,...Schneider, S. (2018). Resource to share with parents: Helping your child develop physical literacy. *The Journal of Physical Education, Recreation and Dance*, 89(6), 50-59.

## RESEARCH PRESENTATIONS

1. Adventures in physical activity. Annual Meeting of the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, Champion, PA. (November 2010).
2. Invited Presentation: Physical activity and school readiness. Office of Head Start 1st National Birth to Five Leadership Institute, Washington, DC. (October 3, 2011) (with Robert C. Whitaker).
3. Perceptions of Head Start Teachers about Children's Physical Activity. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Boston, MA. (March 2012, scheduled but cancelled due to an electrical blackout that cancelled the convention).

## RESEARCH-RELATED INSTRUCTIONAL MATERIALS

**Gehris, J.** (Writer/Director), & Donato, J. (Producer). (2009). *SOFIT training video for adventure-physical education* [Research training DVD]. Copyright: Jeff Gehris and Temple University.

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## CONVENTION PROPOSAL REVIEWER

Society of Health and Physical Educators (2014-2017)

**TEACHING (Temple University)** Sole course instructor unless otherwise indicated.

**B.S. in Kinesiology Degree (new stand-alone degree established December 2017).**

New Courses Developed as Program Director:

\* = major course revision to an existing course

- Introduction to Kinesiology in Public Health (first taught Fall 2018)\*
- Physical Activity Across the Lifespan (first taught Spring 2019)
- Physical Activity for Individuals with Disabilities (first offered Spring 2019)  
Note: Course taught by an adjunct faculty member.
- The Science of Health-Related Fitness (first offered Spring 2020)\*  
Note: Course taught by an adjunct faculty member.
- Human Movement and Development (first offered Fall 2019)  
Note: Course taught by an adjunct faculty member.
- Psychology of Physical Activity (first offered Fall 2020)  
Note: Course taught by another full-time faculty member.
- Sociology of Physical Activity (first taught Fall 2020)
- Program Planning and Leading Physical Activity and Fitness (to be offered Fall 2021)  
Note: Course will be taught by an adjunct faculty member.

Teacher Preparation Courses:

Fall semester (2003 to 2017): Teaching Physical and Health Education I  
 Fall semester (2003 to 2016): Basic Movement I  
 Fall semester (2003 to 2017): Practicum in Physical and Health Education I  
 Fall semester (2003 to 2017): Advanced Movement I (Co-instructor)  
 Fall semester (2003 to 2016): Field Study/Student Teaching Seminar in PHETE  
 Fall semester (2009 to 2016): Parkway High School Practicum  
 Fall semester (2014 to date): Movement and Learning in Early Childhood

Spring semester (2004 to 2018): Teaching Physical and Health Education II  
 Spring semester (2004 to 2017): Practicum in Physical and Health Education II  
 Spring semester (2004 to 2017): Advanced Movement II (Co-instructor)  
 Spring semester (2004 to 2017): Field Study/Student Teaching Seminar in PHETE  
 Select semesters (2004 to 2017): Student teaching supervision  
 Spring semester (2009 to 2017): Parkway High School Practicum

Summer Session (2015): Movement and Learning in Early Childhood

Department-Related Courses:

Select semesters (2003 to 2007): Introduction to Kinesiology (Co-instructor)  
Fall 2014-Spring 2015: Independent Study in Kinesiology (Co-instructor)

Basic Instruction Program Courses:

Select semesters (2002 to 2003): Tennis (Graduate teaching assistant)  
Select semesters (2002 to 2003): Weight training (Graduate teaching assistant)  
Select semesters (2003 to 2013): Backpacking and Camping

College of Public Health Courses:

Spring 2017 to Fall 2018: Public Health: The Way We Live, Work and Play

Other New Courses Developed:

Adventure Climbing: Developed course proposal and served as first instructor (2003 to 2017, select semesters).  
PHETE Parkway High School Practicum (2009 to 2017).  
(Hybrid/online): Movement and Learning in Early Childhood (undergraduate and graduate Levels, 2014 to 2018).

Other Major Course Revisions:

Basic Movement I  
Advanced Movement I (Track & Field section)  
Advanced Movement II (Badminton section)  
Field Study/Student Teaching Seminar in PHETE  
Kinesiology 1009: Backpacking and Camping

Osher Lifelong Learning Institute at Temple University:

Human Well-being and the Natural World (Volunteer instructor, Summer 2013 to 2016).

Participation in Professional Development Programs:

Temple University Technology Teaching Fellows (Fall 2014).  
Temple University Inclusive Teaching with Technology Teaching Circle (Fall 2014 to Spring 2015).  
The Trauma Informed Classroom. Health Federation of Philadelphia (January 2016).  
Physical Activity and Public Health: A Practitioner's Course on Community Interventions. Arnold School of Public Health, University of South Carolina (September 15 to 21, 2016).  
Temple University Online Teaching Institute (Spring 2017).  
Temple University Canvas Learning Management System Academy (Fall 2017).

Faculty Conference on Teaching Excellence (January 2019).  
Trauma Informed Care as a Universal Precaution: Practical Applications for Behavioral Medicine Practitioners and Researchers. Society of Behavioral Medicine. Washington DC (March 2019).  
CPH Online Teacher Training Course (Summer 2020).

## **TEACHING-RELATED INSTRUCTIONAL MATERIALS**

**Gehris, J.** (Writer/Director), & Donato, J. (Producer). (2014). *Movement and learning in early childhood video series*. Copyright: Temple University.

## **STUDENT MENTORSHIP**

Andrew Bortz (Undergraduate PHETE Student). Data Collection Project: Using the System for Observing Fitness Instruction Time during adventure-physical education lessons (Independent study, Spring 2008).

Samantha Woodburn (Undergraduate PHETE Student). Data Collection Project: Using the System for Observing Fitness Instruction Time during adventure-physical education lessons (Independent study, Spring 2008).

Joshua Bower (Undergraduate PHETE Student). Data Collection Project: Using the System for Observing Fitness Instruction Time during adventure-physical education lessons (Independent study, Spring 2008).

Jessica Brock-Pitts (Graduate student, School of Social Administration). Literature Review Project: Adventure-Based Counseling and Substance Abuse Treatment (Independent study, Spring 2009).

Melissa Schweitzer (Undergraduate PHETE Student). Adventures in Physical Activity (workshop presentation). Annual Meeting of the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, Champion, PA. (November 2010).

Kassandra Delossantos (Undergraduate Kinesiology/Health Professions Student). Movement and Learning (Health/Wellness presentation). Presentation made to the leadership of a wellness company, which focused on children's health, in conjunction with an internship opportunity. (Spring 2018).

## **DISSERTATION EXAMINING COMMITTEE PARTICIPATION**

A qualitative analysis of NASCAR. Erin Halloran, Department of Kinesiology, Temple University, Philadelphia, PA. (November 2009).

**TEACHING (PROFESSIONAL EDUCATION)**

Note: The following are instructional sessions during which I have trained teachers for their work with students.

Professional Workshops Developed (National Level):

*Teaching Adventure Skills in the Gym*: Developed workshop curriculum and train-the-trainer program. Served as head trainer and lead instructor (AAHPERD, 2003-2008).

**National**

1. Get a grip: A physical education and adventure model. Annual Meeting of the Association for Challenge Course Technology, Orlando FL. (January 2000).
2. Teaching and assessing the hard skills of adventure education. Annual Meeting of the Association for Challenge Course Technology, Albuquerque, NM. (January 2001).
3. Have a safe adventure. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Cincinnati, OH. (April 2001).
4. Starting an adventure program cheap. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Cincinnati, OH. (April 2001).
5. Teaching adventure skills in the gym. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA. (April 2003).
6. Using stations to teach adventure education. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA. (April 2003).
7. Adventure vendors and clients panel discussion. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Philadelphia, PA. (April 2003).
8. Teaching adventure skills in the gym. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA. (April 2004).
9. Teaching fitness through adventure. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA. (April 2004).



10. Teaching leadership skills through outdoor adventure. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA. (April 2004).
11. Teaching adventure skills in the gym. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Chicago, IL. (April 2005).
12. Teaching fitness through adventure. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Chicago, IL. (April 2005).
13. Maximizing participation in adventure activities. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Chicago, IL. (April 2005).
14. Our favorite adventure activities: Activities to develop responsibility and target diverse populations. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Chicago, IL. (April 2005).
15. Teaching adventure skills in the gym. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Salt Lake City, UT (April 2006).
16. Adventures in fitness. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Salt Lake City, UT (April 2006).
17. Academic adventures: Meeting the NASPE standards through adventure education. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Salt Lake City, UT (April 2006).
18. Venue design and management: Ask the experts. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Salt Lake City, UT (April 2006).
19. Teaching adventure skills in the gym. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD (March 2007).
20. Adventures in physical fitness: Meeting fitness goals through adventure programming. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD (March 2007).
21. Higher education adventure. Annual Meeting of the American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, MD (March 2007).

22. Teaching adventure skills in the gym. American Association for Physical Activity and Recreation's "Get Out" Adventure and Outdoor Education Conference, Coeur D' Alene, Idaho (July 2007).
23. Thinking beyond MVPA: Physical education's contribution to public health. Annual Meeting of the Society of Health and Physical Educators, Boston, MA (March 2017).
24. Helping Traumatized Students be Successful in Physical Education and School. Annual Meeting of the Society of Health and Physical Educators, Nashville, TN (March 2018).

### **ADMINISTRATIVE EXPERIENCE (Temple University)**

1. Practicum Teaching Coordinator (Fall 2003 to Fall 2017).
2. Program Director, B.S. in Kinesiology Degree (January 2018 to date).
3. Interim Program Director, Kinesiology Physical Activity Program (August to December 2018).
4. Interim Department Chair, Department of Kinesiology (July 2019 to June 2020).

### **UNIVERSITY SERVICE (Temple University)**

1. Office of Pre-Professional Health Studies Pre-Health Evaluation Committee (September 2014 to date).
2. College of Public Health
  - a. Summer Work Group II (June and July 2014).
  - b. Interdisciplinary/Inter-professional Education Committee (September 2014 to 2017).
  - c. Work-Effort Guidelines for Non-Tenure Track Faculty Committee (June-September 2015).
  - d. Non-Tenure Track Faculty Promotion Committee (November 2015 to April 2017).
  - e. Dean's Executive Committee, Elected Faculty Representative (August 2016 to May 2017).
  - f. Undergraduate Council (January 2018 to date).
  - g. Search Committee for Assistant Director of Admissions for Undergraduates (Spring 2018).
  - h. Nominations Committee (Spring 2018).
  - i. Paley Hall Steering Committee (Fall 2019).
  - j. Contingency Committee – COVID-19 (April-May 2020).
  - k. Freshman Experience Committee (Summer 2020).

3. Department of Kinesiology
  - a. Awards Committee (September 2003 to May 2019).
  - b. Chair, Behavioral Science Program Group (September 2004 to September 2013).
  - c. Chair, Ad Hoc Committee on Review Procedures for Non-Tenure Track Faculty (April 2012).
  - d. Behavioral Science Program Group (September 2004 to May 2016).
  - e. Search Committee for Director of the Physical Activity Program (Fall 2015).
  - f. Chair, Ad Hoc Committee to Develop an MPH in Physical Activity Concentration (September 2015 to December 2016).
  - g. Chair, B.S. in Kinesiology Advisory Committee (Spring 2018 to date).
  - h. Non-Tenure Track Faculty Promotion Committee (Spring 2018).
  - i. Search Committee for Department Chair (Fall 2018).
  - j. Chair, Search Committee for Director of the Physical Activity Program (Fall 2018).
  - k. Search Committee for Behavioral Science NTT Faculty Member (Fall 2018 to Spring 2019).
4. Best Buddies Student Organization. Faculty Advisor. (August 2004 to May 2007).
5. Chi Alpha Student Organization. Faculty Advisor. (May 2017 to date).

## **PUBLIC SCHOOL TEACHING**

### **Old Greenwich School, Greenwich, CT Health and Physical Education Teacher**

Taught students in kindergarten through fifth grade. A sampling of specific units of instruction included: adventure education, problem solving, rock climbing, team handball, fire safety, water safety, substance abuse prevention, and personal protection. Organized field days and Jump/Hoops for Heart events. Created and maintained PE Department's web site. (August 1997 to June 2000).

### **Western Middle School, Greenwich, CT Health and Physical Education Teacher**

Taught students in grades six through eight. A sampling of specific units of instruction included: adventure education, orienteering, physical fitness, and volleyball. Initiated a before-school, physical activity program (Morning Movers) as well as an after-school rock climbing program. Served as a member of the school's Program Team, which set the overall academic goals for the school. (September 2000 to June 2002).

## **ADVENTURE AND OUTDOOR EDUCATION TRAINING**

### **Project Adventure Courses**

Advanced Leadership Skills (Summer 1997).

Adventure Programming (Summer 1997).

Advanced Skills and Standards (Fall 1999).

### **National Outdoor Leadership School Courses**

Wind River Mountaineering (Wyoming, July 9 to August 7, 1998).

Prince William Sound Sea Kayaking (Alaska, June 30 to July 31, 1999).

Denali Mountaineering (Alaska, June 1 to July 3, 2006).