

# Curriculum Vitae

---

## **BRENT HEIDORN, PH.D.**

Professor of Health and Physical Education  
University of West Georgia

College of Education  
University of West Georgia  
1601 Maple Street  
Carrollton, GA 30118  
678-839-6189  
[bheidorn@westga.edu](mailto:bheidorn@westga.edu)

### **EDUCATION**

- Ph.D.            Physical Education, Emphasis: Pedagogy  
                    Cognate: Health Promotion  
                    The University of South Carolina  
                    Columbia, South Carolina
- M.A.            Health and Exercise Science  
                    Furman University  
                    Greenville, South Carolina
- B.S.            Health and Physical Education  
                    Bob Jones University  
                    Greenville, South Carolina

---

### **PROFESSIONAL EXPERIENCE**

#### College of Education, University of West Georgia

- Professor (return to faculty) August 2024 – present  
  
Full Professor with teaching, service, and professional development opportunities in the undergraduate and graduate degree programs. Additional duties as special assistant to the Dean.
- Interim Department Chair February 2023 – August 2024
  - Sport Management, Wellness, and Physical Education (SWP)  
Administrative Duties: Support for and oversight and evaluation of the faculty, staff, programs, and curriculum. The SWP department includes three bachelor's degree

programs (Sport Management, Health and Community Wellness, Physical Education), three master's degree programs (Sport Management, Integrative Health and Wellness, and Health and Physical Education), four undergraduate academic minors (Coaching, Nutrition, Sport Management, Health and Community Wellness), other certificate programs, various initiatives, and numerous high impact practices.

Continued administrative role as Associate Dean for Research and Assessment

- Associate Dean for Research and Assessment July 2015 – August 2024

Administrative Responsibilities: Provide direct assistance to the Dean of the College of Education, which includes six multi-disciplinary departments, nearly 70 programs at undergraduate or graduate levels, 110 full-time faculty and staff, and more than 4,000 students. The Associate Dean for Research and Assessment provides support in the areas of research, assessment, data analysis, grants/contracts, international programs, faculty development, doctoral dissertations, new faculty orientation, and research development, plus oversight of the Faculty Development Mentoring and Retention committee, the Faculty Governance Council, and state data meetings.

- Professor in Health and Physical Education 2017-present
- Associate Professor in Health and Physical Education 2012-2017
- Assistant Professor in Health and Physical Education 2007-2012

As a faculty member: Program coordinator and faculty member in the undergraduate health and physical education program (2008-2015, 2025-present) and graduate program coordinator (2009-2011, 2020-2022, 2025-present). Primary areas of research include the promotion of physical activity, sport pedagogy, and effective teaching in physical education. Major service contributions include President of the Georgia Association for Health, Physical Education, Recreation & Dance (2013-2015), national leadership and service with SHAPE America (2008-present), national presentations for PE Central (2015-present), state journal editor (2013-2015), and health and physical education leadership and professional development sessions in Georgia (2008-present).

#### University of South Carolina, Columbia

- Graduate Assistant in the Department of Physical Education 2004-2007

Responsibilities included teaching physical education courses, supervising undergraduate physical education students, and assisting faculty members with research efforts

#### Bob Jones Academy, Greenville, SC

- Physical Education Teacher, Athletic Director 1997-2004

Responsibilities included teaching physical education for grades 6-8 (1997-2000) and 9-12 (2000-2004), coaching varsity soccer and basketball, and interscholastic and

intramural athletic director. Coordinated high school soccer, basketball, and volleyball officials in Greenville, Spartanburg, Anderson, Greenwood, and surrounding districts.

---

## ACADEMIC ADMINISTRATIVE AND LEADERSHIP EXPERIENCE

Associate Dean, College of Education, UWG (July 2015 to August 2024)

### Primary Responsibilities:

- Support for the Dean
- Research and Development – Provide leadership and assistance to faculty members related to research agendas and tenure and promotion, dossiers, and third year review; Collaborate to build research efforts among faculty and programs; assist with the COE doctoral dissertations and related processes.
- Assessment – Ensure appropriate assessment, program approval, and accreditation needs for all programs, specifically for SACS and the Georgia Professional Standards Commission; Collaborate with the Office of Institutional Effectiveness and Assessment; provide leadership for all program coordinators and curriculum/instruction/assessment leaders; review all Board of Regents Comprehensive Program Reviews for the College of Education.
- Data Analysis – Develop reports related to assessment data, student enrollment, credit hour production, and other needs
- Grants / Contracts – Advance efforts, and review and sign all external funding proposals and related documents; Collaborate with the Office of Research and Sponsored Projects
- International Programs – Increase and support all international and study abroad programs and relationships for high impact practices; Collaborate with the Office of Education Abroad; budget management
- Faculty Development – Increase faculty mentoring and professional development endeavors; Collaborate with the Faculty Development, Mentoring, and Retention committee; serve as Dean's Office liaison on the Faculty Governance Council and Faculty Governance Committee.
- New Faculty Orientation – Lead and provide support for early faculty development, especially first through third year faculty members
- Software – Coordinate the purchase of research-related software and technology resources, budget management

- Management – Direct supervisor for the Assessment Program Specialist, and other Dean’s Office staff members
- Teaching, Service, and Professional Growth and Development – Maintain a quality record of teaching, service, and scholarship opportunities as a faculty member

Selected Accomplishments:

- Program Approval from the Georgia Professional Standards Commission (GaPSC) – led the successful review of all College of Education GaPSC approved programs (2020). This included document preparation and online submission for 32 programs, organizing and mentoring faculty for the review process, and coordinating all efforts with GaPSC staff. The final report of all programs and standards included no stipulations, no areas for improvement, and three specific strengths identified in three of the five standards.
- External Funding – promoted and supported faculty development of external funding proposals, resulting in 30 successful awards (2017-2021) totaling more than \$4M.
- Assessment – led the assessment effort for all programs in preparation for the annual assessment review process, increasing scores from 2.8 (2017) to 3.57 (2020) on a 4.0 scale.
- Entrepreneurial Centers and High Impact Practices – supported the Dean to help build and maintain efforts in the Fusion Center, Simulation Lab, Comprehensive Community Clinic, Wolf Wellness Lab, Innovation and Mobile Lab, and Study Abroad programs.
- Faculty Productivity – support and provide mentoring for faculty professional growth and development, resulting in a significant number of publications and presentations each year, host numerous professional growth and development sessions for faculty members every semester. Most recently, 100% of College of Education faculty members pursuing tenure and / or promotion were awarded (2022).

Program Coordinator, Graduate Program in Health and Physical Education, College of Education, UWG (2009-2011, 2020-2022, 2025-present)

Responsibilities in addition to teaching include curriculum review, assessment and data analysis, leading program meetings and student orientation sessions, providing recruiting and marketing assistance, and advising all students.

Program Coordinator, Undergraduate Program in Health and Physical Education, College of Education, UWG (2008–2015, 2025-present)

Responsibilities in addition to teaching load included scheduling classes, curriculum review, assessment and data analysis, leading program meetings, submitting programmatic changes, coordinating research agendas, communicating with field experience and placements, providing recruiting and marketing assistance, advising

students, completing the comprehensive program review, and assisting with student awards and scholarships

---

## SCHOLARLY PUBLICATIONS

### Refereed International, National and State Journal Articles (42)

- <sup>42\*</sup>Thrift, W., Hill, R., & **Heidorn, B.** (In Press). Empowering parents: Incentives for enhancing family engagement through CSPAP afterschool opportunities. *Strategies: A Journal for Physical and Sport Educators*.
- <sup>41</sup>**Heidorn, B.** (2024). Teaching a Successful Badminton Unit: Skills and Strategies for Secondary Physical Education. *Strategies: A Journal for Physical and Sport Educators*, 37(1), 20-26.
- <sup>40</sup>**Heidorn, B.**, Heidorn, J., & \*Buice, S. (2023). Balls and beats in physical education. *Journal of Physical Education, Recreation, & Dance*, 94(8), 5-8.
- <sup>39\*</sup>Shea, E. & **Heidorn, B.** (2022). Quality assessment in physical education: Concepts, examples, and recommendations. *Strategies: A Journal for Physical and Sport Educators*, 35(6), 46-48, DOI:10.1080/08924562.2022.2120754
- <sup>38\*</sup>Kelley, J. & **Heidorn, B.** (2022). Engaging students for physical activity, skill, and fitness participation. *Strategies: A Journal for Physical and Sport Educators*, 35(5), 38-40.
- <sup>37</sup>**Heidorn, B.**, Mosier, B., & Stoeper, P. (2022). Historical perspectives in CSPAP: Examining one PETE program's story. *Journal of Physical Education, Recreation, and Dance*, 93(6), 22-28. DOI:10.1080/07303084.2022.2081274
- <sup>36</sup>Elliott, E., McKenzie, T., Woods, A.M., Beighle, A., **Heidorn, B.** & Lorenz, K. (2022). Comprehensive school physical activity programs: Roots and potential growth. *Journal of Physical Education, Recreation & Dance* 93(5), 6-12. <https://doi.org/10.1080/07303084.2022.2053472>. Invited article.
- <sup>35</sup>Whisenhunt, J., Biber, D., & **Heidorn, B.** (2022). On the front line: The role of physical educators in preventing student suicide. *Journal of Physical Education, Recreation, and Dance*, 93(3), 25-31.
- <sup>34\*</sup>Grimes, K. & **Heidorn, B.** (2022). Standards-based teaching in elementary physical education. *Journal of Physical Education, Recreation & Dance*, 93(1), 51-54.
- <sup>33</sup>Brooks, C., Stoeper, P., Mosier, B., & **Heidorn, B.** (2021). Theory into practice: The development and delivery of online professional development in physical education. *Strategies: A Journal for Physical and Sport Educators*, 35(5), 46-48.

- <sup>32</sup>**Heidorn, B.** & Stoepker, P. (2021). Adopting the national coaching standards in sport programs. *Strategies: A Journal for Physical and Sport Educators*, 34(2), 31-36.
- <sup>31</sup>**Heidorn, B.** & Huet, K. (2020). Theory into practice: Coaching strategies for fitness testing. *Strategies: A Journal for Physical and Sport Educators*, 33 (2), 41-43.
- <sup>30</sup>Stoepker, P. & **Heidorn, B.** (2019). Coach's Corner: Coaching the parental side of the game. *Strategies: A Journal for Physical and Sport Educators*, 32(5), 36-38.
- <sup>29</sup>**Heidorn, B.** & Mosier, B. (2019). Theory into practice: Differentiation for student learning in physical education. *Strategies: A Journal for Physical and Sport and Educators*, 32(4), 40-44.
- <sup>28</sup>Biber, D., Stoepker, P., & **Heidorn, B.** (2019). Theory into practice: Techniques to promote healthy self-regulation in the classroom. *Strategies: A Journal for Physical and Sport Educators*, 32(2), 56-60.
- <sup>27</sup>Heidorn, J. & **Heidorn, B.** (2018). Theory into practice: Recess Reboot: Effective planning and implementation strategies for classroom teachers. *Strategies: A Journal for Physical and Sport Educators*, 31(5), 48-52.
- <sup>26</sup>Whisenhunt, J. & **Heidorn, B.** (2018). The role of physical educators as allies for students who self-injure. *Journal of Physical Education, Recreation, and Dance*, 89(1), 46-51.
- <sup>25</sup>Flynn, S., Duell, K., Dehaven, C., & **Heidorn, B.** (2017). Kick, stroke, and swim: Complementing your swimming program by engaging the whole body on dry-land and in the pool. *Strategies: A Journal for Physical and Sport Educators*, 30(6), 33-38.
- <sup>24</sup>**Heidorn, B.** & Mosier, B. (2017). Integrating CSPAP in PETE Programs: Sharing insights and identifying strategies from the University of West Georgia. *Journal of Physical Education, Recreation and Dance*, 88(1), 50-56. Special Feature.
- <sup>23</sup>**Heidorn, B.** (2016). An outside of school physical activity requirement for physical education. *Strategies: A Journal for Physical and Sport Educators*, 29(5), 42-47.
- <sup>22</sup>Mosier, B., **Heidorn, B.**, & Johnson, C. (2015). Theory into practice: Conducting a hiring simulation fair for teacher education candidates. *Strategies: A Journal for Physical and Sport and Educators*, 28(6), pp. 39-41.
- <sup>21</sup>**Heidorn, B.** & Jenkins, D. B. (2015). Theory into practice: Supervision in physical education teacher education (PETE) programs: Making the case for paired placements. *Strategies: A Journal for Physical and Sport Educators*, 28(2), 44-48.
- <sup>20</sup>Butts, F., **Heidorn, B.**, & Mosier, B. (2013). Comparing student engagement in online and face-to-face instruction in health and physical education teacher preparation. *Journal of Education and Learning*, 2(2), 8-13.

- <sup>19</sup>Elliot, E., Erwin, H., Hall, T., & **Heidorn, B.** (2013). Comprehensive school physical activity programs: Helping all students achieve 60 minutes of physical activity each day. *Journal of Physical Education, Recreation and Dance*, 84(9), 9-15.
- <sup>18</sup>Mosier, B. & **Heidorn, B.** (2013). Theory into practice: Training others to lead comprehensive school physical activity programs. *Strategies: A Journal for Physical and Sport Educators*, 26(5), 43-45.
- <sup>17</sup>**Heidorn, B.** & Mosier, B. (2013). Standards-based instruction in physical education. *NCAAPERD Journal*, 48(1), 44-52.
- <sup>16</sup>Mowling, C. & **Heidorn, B.** (2013). Every shot counts: Rallying around traditional practice strategies. *Strategies: A Journal for Physical and Sport Educators*, 26(2), pp. 30-36.
- <sup>15</sup>Hooper, M. & **Heidorn, B.** (2012). Comprehensive school physical activity programs: Preparing leaders to implement strategies that support conditions for change. *The Journal of Teaching, Learning, and Research in Educational Leadership*, 2 (1) (www.gelfajournal.org).
- <sup>14</sup>Blankenship, B. T. & **Heidorn, B.** (2012). From Zumba to yoga to reality tv: Using pop culture to teach the sciences: Introduction. *Journal of Physical Education, Recreation and Dance*, 83(8), pp. 13-14, Symposium Feature.
- <sup>13</sup>**Heidorn, B.** & Centeio, E. (2012). Implementing comprehensive school physical activity programs: The role of directors of physical activity. *Journal of Physical Education, Recreation and Dance*, 83(7), pp. 13-19, 25, Special Feature.
- <sup>12</sup>**Heidorn, B.** & \*Weaver, R. G. (2011). The Ultimate unit in physical education. *Strategies: A Journal for Physical and Sport Educators*, 25(1), pp. 16-22.
- <sup>11</sup>**Heidorn, B.** (2011). National Association for Sport and Physical Education Position Paper: *Physical education is critical to educating the whole child.* Reprinted in the *Journal of Physical Education, Recreation and Dance*.
- <sup>10</sup>Hall, T., **Heidorn, B.**, & Welch, M. (2011). A description of preservice teachers' task presentation skills. *The Physical Educator* 68(4), pp. 188-198.
- <sup>9</sup>Hall, T., Little, S., & **Heidorn, B.** (2011). Preparing classroom teachers to meet students' physical activity needs. *Journal of Physical Education, Recreation, and Dance* 82(3), pp. 40-45, 52.
- <sup>8</sup>**Heidorn, B.** & \*Trent, R. (2011). High quality physical education: Five steps to improve your program. *The GAHPERD Journal*, 44(1), pp. 17-21.
- <sup>7</sup>**Heidorn, B.**, Hall, T., & Carson, R. (2010). Theory into practice: Comprehensive school-based

physical activity program. *Strategies: A Journal for Physical and Sport Educators*, 44(2), pp. 33-35.

<sup>6</sup>**Heidorn, B.** & Hall, T. (2010). A shared leadership approach to promoting school wellness policy and program change. *The GAHPERD Journal*, 43(1), pp. 15-17.

<sup>5</sup>**Heidorn, B.** & Welch, M. (2010). Teaching affective qualities in physical education. *Strategies: A Journal for Physical and Sport Educators*, 23(5), pp. 16-21.

<sup>4</sup>Woods, A. M., **Heidorn, B.**, & Lee, W. (2009). Hot off the NASPE press: Revised opportunity to learn guidelines. *Strategies: A Journal for Physical and Sport Educators*, 23(2), pp. 34-35.

<sup>3</sup>Mowling, C. & **Heidorn, B.** (2009). Tennis in physical education: Strategies for promoting a physically active lifestyle. *The GAHPERD Journal*, 42 (1) pp. 16-18.

<sup>2</sup>Jenkins, D. & **Heidorn, B.** (2009). Space moves: Adding movement to science lessons. *Science and Scope*, 32(8), pp. 44-47.

<sup>1</sup>**Heidorn, B.** (2007). Back to the basics in soccer: An emphasis on passing and trapping. *Strategies: A Journal for Physical and Sport Educators*, 21(1), pp. 8-14.

(\*) denotes publication with current or former students

---

### National Abstract Publications and Conference Proceedings (6)

<sup>6</sup>Mosier, B. & **Heidorn, B.** (2014). Preparing PETE students for the interview process. *Research Quarterly for Exercise and Sport – Supplement*, 85(1), A139.

<sup>5</sup>Johnson, J. & **Heidorn, B.** (2014). Evaluating the professional dispositions of undergraduate PETE students. *Research Quarterly for Exercise and Sport – Supplement*, 85(1), A139.

<sup>4</sup>**Heidorn, B.**, Jenkins, D., Mosier, B., & Harvey, R. (2012). Comparing the feedback, time, and cost of traditional and video-based supervision of student teachers. *Research Quarterly for Exercise and Sport – Supplement*, 83 (1), 10A-96A.

<sup>3</sup>**Heidorn, B.** (2009). Effectiveness of a physical activity requirement for high school students. *Research Quarterly for Exercise and Sport – Supplement*, 80(1), A60.

<sup>2</sup>Hall, T., French, K.E., **Heidorn, B.**, & Welch, M., (2008). The development of task presentation skills in preservice teachers. *Research Quarterly for Exercise and Sport – Supplement*, 79 (1), A50-51.

<sup>1</sup>Mitchell, M., Welch, M., & **Heidorn, B.** (2007). Living the physically active lifestyle: A profile



of college students enrolled in elective physical activity courses. *Research Quarterly for Exercise and Sport – Supplement*, 78 (1), A-68.

---

### **Published Monograph (1)**

- <sup>1</sup>Lee, S. & **Heidorn, B.** (2009) Opportunity to learn: Guidelines for high school physical education. Key elements in producing quality physical education programs. A position statement from the National Association for Sport and Physical Education (3rd ed.).
- 

### **Editorials, Viewpoints, and Issues – Non-Refereed (20)**

- <sup>20</sup>**Heidorn, B.** (2022). Viewpoint: Quality physical education: A students' perspective. *The Journal of Physical Education, Recreation & Dance*, 93(4), 3-5.  
doi.org/10.1080/07303084.2022.2050139
- <sup>19</sup>**Heidorn, B.** (2020). Viewpoint: Provide and protect the essential components. *The Journal of Physical Education, Recreation & Dance*, 91(5), 3-5.
- <sup>18</sup>**Heidorn, B.** (2020). Viewpoint: Revisiting the PETE Beginning Teacher Standards. *The Journal of Physical Education, Recreation & Dance*, 91(1) 5-6.
- <sup>17</sup>**Heidorn, B.** (2019). Issue: What can be done to motivate high school students in physical education? *The Journal of Physical Education, Recreation & Dance*, 90(8), 67.
- <sup>16</sup>**Heidorn, B.** (2019). Issue: If you had to choose only one, what would be the goal of physical education? *The Journal of Physical Education, Recreation & Dance*, 90(7), 62-63.
- <sup>15</sup>**Heidorn, B.** (2019). Issue: What can be done to change the perceptions individuals have regarding grading in physical education? *The Journal of Physical Education, Recreation & Dance*, 90(6), 60-61.
- <sup>14</sup>**Heidorn, B.** (2019). Issue: Should physical education teachers serve as the physical activity leader (PAL) in their school? *The Journal of Physical Education, Recreation & Dance*, 90(4), 62.
- <sup>13</sup>**Heidorn, B.** (2019). Issue: How can districts better prepare elementary PE paraprofessionals? *The Journal of Physical Education, Recreation & Dance*, 90(3), 58.
- <sup>12</sup>**Heidorn, B.** (2019). Issue: What is the place of competition in elementary and secondary physical education curricula? *The Journal of Physical Education, Recreation & Dance*, 90(1), 61.

- <sup>11</sup>**Heidorn, B.** (2018). Issue: Should PETE programs require majors to achieve minimal levels of health-related fitness? *The Journal of Physical Education, Recreation & Dance*, 89(9), 67.
- <sup>10</sup>**Heidorn, B.** (2018). Issue: Why is it important to have a quality after-school recreation program? *The Journal of Physical Education, Recreation & Dance*, 89(8), 62.
- <sup>9</sup>**Heidorn, B.** (2017). Issue: What lifetime physical activities/units should be included in the physical education curriculum and why? *The Journal of Physical Education, Recreation & Dance*, 88(8), 63.
- <sup>8</sup>**Heidorn, B.** (2016). Issue: How can physical educators and coaches create an inclusive and respectful culture? *The Journal of Physical Education, Recreation & Dance*, 87 (7), 62.
- <sup>7</sup>**Heidorn, B.** (2016). Issue: Should the physical educator be held accountable for student physical activity levels beyond physical education? *The Journal of Physical Education, Recreation & Dance*, 87(6), 55-56.
- <sup>6</sup>**Heidorn, B.,** Weaver, R. G., & Beighle, A. (2016). Viewpoint: Physical education and physical activity: A combined approach. *The Journal of Physical Education, Recreation & Dance*, 87(4), 6-7.
- <sup>5</sup>**Heidorn, B.** (2015). Editorial: Professional development in physical education: A focus on PETE students. *The Journal of Physical Education, Recreation & Dance*, 86(9), 3-4.
- <sup>4</sup>**Heidorn, B.** (2015). Editorial: Professional development in physical education. *The Journal of Physical Education, Recreation & Dance*, 86(1), 3-5.
- <sup>3</sup>**Heidorn, B.** (2014). Viewpoint: Preparing the next generation of physical education teachers. *The Journal of Physical Education, Recreation & Dance*, 85(9), 6-9.
- <sup>2</sup>**Heidorn, B.** (2014). Editorial: Back to the basics in sport and physical activity. *The Journal of Physical Education, Recreation & Dance*, 85(2), 3-5.
- <sup>1</sup>**Heidorn, B.** (2013). Editorial: Exploring role modeling in sport and physical education. *The Journal of Physical Education, Recreation & Dance*, 84(7), 5-7.
- 

#### **Other Published Works – Non-Refereed (15)**

- <sup>15</sup>**Heidorn, B.** (2018). From the GAHPERD Archives: Summary of 1979 article, Historical Highlights of G.A.H.P.E.R. (or) “In and Out of the Dustpan”. *The GAHPERD Journal*, 50(2), 37. Editor of the journal.
- <sup>14</sup>**Heidorn, B.** (2018). Coaching 101: Developing a coaching philosophy. *The GAME: The*

official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance. August 2018. Editor of the journal.

<sup>13</sup>**Heidorn, B.** (2018). Coaching 101: How should I work with sports officials? *The GAME: The official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance*. May 2018. Editor of the journal.

<sup>12</sup>**Heidorn, B.** (2018). Physical education and coaching. *The GAME: The official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance*. May 2018. Editor of the journal.

<sup>11</sup>**Heidorn, B.** (2018). Goal setting for health and physical activity. *The GAME: The official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance*. February 2018. Editor of the journal.

<sup>10</sup>Greene, B. & **Heidorn, B.** (n.d.). Middle School Physical Education Requirement: A Position Statement from the Georgia Association for Health, Physical Education, Recreation, and Dance. Located at <https://www.gahperd.org/advocacy.html>.

<sup>9</sup>**Heidorn, B.** (2017). Why is physical education important? *The GAME: The official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance*. October 2017. Editor of the journal.

<sup>8</sup>**Heidorn, B.** (2017). What is a CSPAP? *The GAME: The official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance*. August 2017. Editor of the journal.

<sup>7</sup>**Heidorn, B.** (2017). Should we play dodgeball? *The GAME: The official newsletter of the Georgia Association for Health, Physical Education, Recreation, and Dance*. May 2017. Editor of the journal.

<sup>6</sup>**Heidorn, B.** (2016). Tips from the Physical Education Division: Physical Activity and Fitness Recommendations for Professionals. *GAHPERD Journal*, 48(2), 14-15. Editor of the journal.

<sup>5</sup>Georgia Association for Health, Physical Education, Recreation and Dance (2015). Middle school physical education requirement [Position statement]. Leader of the writing team.

<sup>4</sup>American Alliance for Health, Physical Education, Recreation and Dance (2013). Comprehensive school physical activity programs: Helping students achieve 60 minutes of physical activity each day [Position statement]. Reston, VA: Author. Leader of the writing team.

<sup>3</sup>**Heidorn, B. & Jenkins, D.** (2011). Alternative approaches to student teacher supervision. *Phi Delta Kappa, West Georgia Chapter*, 25(1), pp. 23-24.

<sup>2</sup>National Association for Sport and Physical Education (2011). *Physical education is critical to educating the whole child* [Position paper]. ([www.aahperd.org](http://www.aahperd.org)).

<sup>1</sup>Heidorn, B., Welch, M., & Mears, D. (2010). National Association for Sport and Physical Education: *Summary Document of NASPE Position Papers*.

---

### Book, Program, and Other Reviews

- 2019 Meeks Comprehensive School Health Education (McGraw-Hill).
- 2018 Physical Best activities for Physical Education for Lifelong Fitness.
- 2018 Physical Education for Lifelong Fitness: Physical Best teacher's guide (4th ed.)
- 2017 Comprehensive School Physical Activity Programs. Russell Carson and Collin Webster (Eds). SHAPE America. Human Kinetics.
- 2016 CSPAP Adoption in P-12 Schools Question Matrix. Comprehensive School Physical Activity Programs, Georgia State University
- 2016 National fitness test for physical education majors. Department of Kinesiology, Sam Houston State University
- 2016 Physical Education for Lifelong Fitness: Physical Best teacher's guide (3rd ed.)
- 2016 Get Fit, Stay Fit. F.A. Davis Company
- 2016 Food, physical activity, and fun: An interactive approach to enhance a child's engagement and understanding of their own health. The University of Nebraska
- 2016 Essentials of the Presidential Youth Fitness Program Online Course
- 2015 *Learning on Your Feet: Incorporating Physical Activity into the K-8 Classroom*. Johnson and Jones, Routledge
- 2015 *Fit for the Master*. Zondervan
- 2013 *Exercise Physiology for Health, Fitness, and Performance*. Lippincott Williams and Wilkins
- 2012 *Connect Get Active Series*. McGraw-Hill Publishing Company
- 2012 *Exercise Physiology*. Human Kinetics.

---

### **Manuscripts in Preparation or Review**

**Heidorn, B.** (In Preparation). Cognitive bias in coaching individual and team sports.

**Heidorn, B.** (In Preparation). Twenty indicators of quality physical education.

**Heidorn, B.** (In Preparation). Integrating health and literacy into elementary physical education programs.

**Heidorn, B.** (In Preparation). Intramural programs in K-12 schools.

---

### **AWARDS/HONORS**

2024 – **Award Recipient**, (with colleagues) Leading the Pack Program Recognition, M.Ed. in Physical Education, College of Education, University of West Georgia

2018 – **Award Recipient**, GAHPERD Kim Thompson Honor Award from the Georgia Association for Health, Physical Education, Recreation, and Dance

2015 – **Award Recipient**, Recognition from the Georgia Association for Health, Physical Education, Recreation and Dance, President of the Association

2014 – **Award Recipient**, SDAASHPERD Taylor Dodson Young Professional Award from the Southern District of the American Association for Health, Physical Education, Recreation and Dance (SDAASHPERD)

2012 – **Award Recipient**, University of West Georgia College of Education Faculty Outstanding Service Award

2011 – **Award Recipient**, Robert W. Moore Professional Recognition Award from the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

2010 – **Award Recipient** of the Young Scholar Award from the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

---

### **GRANTS / FELLOWSHIP / EXTERNAL FUNDING / INTERNAL FUNDING**

#### **Awarded**

2025-2026 (Fall '25 and Spring '26) Student Research Assistance Program (SRAP), University of West Georgia. Best practices for quality physical education. Quality Enhancement Plan (QEP) funds awarded: \$2,000.

2024-2025 (Summer Semester 2025) Student Research Assistance Program (SRAP), University of West Georgia. Best practices for quality physical education. Quality Enhancement Plan (QEP) funds awarded: \$3,000.

2024-2025 (Spring Semester 2025) Student Research Assistance Program (SRAP), University of West Georgia. Best practices for quality physical education. Quality Enhancement Plan (QEP) funds awarded: \$2,000.

2012 Teacher Quality Grant, *Teaching Middle School Science through Sport*. Awarded, \$44,150. Other colleagues on the grant include Deb Bainer Jenkins (PI), Julie Talbot, Jeff Johnson, and Brian Mosier, University of West Georgia.

### **Not Awarded**

2018 Girls Empowered to Move and Play Sports. \$20,623 from the Atlanta Falcons Youth Foundation. Colleagues on the grant include Brian Mosier (Co-PI), University of West Georgia.

2016 Presidential Youth Fitness Program Online Training. \$100,000 from the National Foundation on Fitness, Sports & Nutrition. Colleagues on the grant proposal include Brian Mosier (Co-PI), University of West Georgia.

---

## **CONFERENCE PARTICIPATION**

### **Refereed National Scholarly Presentations**

<sup>25</sup>**Heidorn, B.** & Mosier, B. (2018, October). Assessing PETE training in Whole of School Approaches (WOS). Round table presentation at the PETE conference of the Society of Health and Physical Educators America, Salt Lake City, UT.

<sup>24</sup>**Heidorn, B.** (2017, March). Should we *require* physical activity participation outside of school? Paper presentation at the annual meeting of the Society of Health and Physical Educators America, Boston, MA.

<sup>23</sup>**Heidorn, B.** & Mosier, B. (2017, January). Overcoming the current trend of declining enrollment in physical activity programs. Presentation at the annual meeting of the National Association for Kinesiology in Higher Education. Orlando, FL.

<sup>22</sup>**Heidorn, B.** & Mosier, B. (2015, March). University of West Georgia. In R. L. Carson (Chair), *Integrating CSPAP in PETE programs: Sharing insights and identifying strategies*. Workshop session conducted at the annual meeting of the Society of Health and Physical Educators America, Seattle, WA.

<sup>21</sup>Mosier, B., **Heidorn, B.** (2014, April). Preparing PETE students for the interview process. Poster presentation at the American Alliance of Health, Physical Education, Recreation,

and Dance, St. Louis, MO.

- <sup>20</sup>Johnson, J., **Heidorn, B.** & Mosier, B. (2014, April). Evaluating the professional dispositions of undergraduate PETE students. Poster presentation at the American Alliance of Health, Physical Education, Recreation, and Dance, St. Louis, MO.
- <sup>19</sup>**Heidorn, B.** (2012, October). Training teacher candidates to plan, deliver, and assess CSPAP components. Paper presentation at the Physical Education Teacher Education (PETE) Conference for the National Association for Sport and Physical Education (NASPE), Las Vegas, NV.
- <sup>18</sup>**Heidorn, B.,** Harvey, R., & Jenkins, D. B. (2012, October). Exploring paired placement of student teachers: Reasons for strategic placements. Paper presentation at the Physical Education Teacher Education (PETE) Conference for the National Association for Sport and Physical Education (NASPE), Las Vegas, NV.
- <sup>17</sup>**Heidorn, B.,** Jenkins, D.B., Mosier, B., & Harvey, R. (2012, April). Comparing the feedback, time, and cost of traditional and video-based supervision of student teachers. Paper presentation at the American Educational Research Association (AERA), Vancouver, Canada.
- <sup>16</sup>**Heidorn, B.** & Butts, F. (2012, March). A value-added approach to a vibrant college/university instructional physical activity program. Paper presentation at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Boston, MA.
- <sup>15</sup>**Heidorn, B.,** Jenkins, D.B., Mosier, B., & Harvey, R. (2012, March). Comparing the feedback, time, and cost of traditional and video-based supervision of student teachers. Paper presentation at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Boston, MA. Presentation canceled due to power outage in Boston.
- <sup>14</sup>**Heidorn, B.,** Jenkins, D. B., Harvey, R., & Mosier, B. (2011, April). A comparison of alternative approaches to student teacher supervision. Paper presentation at the annual meeting of the American Educational Research Association (AERA), New Orleans.
- <sup>13</sup>**Heidorn, B.,** Jenkins, D., Mosier, B., & Harvey, R. (2011, April). The effectiveness of using paired placements for student teaching. Paper presentation at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), San Diego, CA.
- <sup>12</sup>**Heidorn, B.,** Jenkins, D., Harvey, R., & Mosier, B. (2011, April). Using technology to supervise student teachers. Paper presentation at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), San Diego, CA.
- <sup>11</sup>Johnson, J. & **Heidorn, B.,** Mosier, B., & Harvey, R. (2011, April). An accountability measure for physical activity with physical education majors. Paper presentation at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD),

San Diego, CA.

- <sup>10</sup>**Heidorn, B.**, Koch, J., & Mosier, B. (2011, February). Movement, learning, and the development of the whole child. Paper presentation at the Association of Teacher Educators (ATE), Orlando, FL.
- <sup>9</sup>Jenkins, D. & **Heidorn, B.** (2010, March). Alternative Approaches to Student Teacher Supervision. Paper presentation at the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Indianapolis, IN.
- <sup>8</sup>**Heidorn, B.** & Johnson, J. (2009, October). A physical activity requirement for pre-service physical education students. Paper presentation at the Physical Education Teacher Education (PETE) Conference for the National Association for Sport and Physical Education (NASPE), Myrtle Beach, SC.
- <sup>7</sup>Jenkins, D. & **Heidorn, B.** (2009, October). An analysis of written feedback provided to student teachers. Paper presentation at the Physical Education Teacher Education (PETE) Conference for the National Association for Sport and Physical Education (NASPE), Myrtle Beach, SC.
- <sup>6</sup>Jenkins, D. & **Heidorn, B.** (2009, October). A comparison of video and face-to-face observation of student teachers. Paper presentation at the Physical Education Teacher Education (PETE) Conference for the National Association for Sport and Physical Education (NASPE), Myrtle Beach, SC.
- <sup>5</sup>**Heidorn, B.** (2009, March). The effectiveness of an outside of school physical activity program for high school students. Poster presentation for the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Tampa, FL.
- <sup>4</sup>Miller, S., Beals, B., Satterblom, A., Woods, A., Lee, S., & **Heidorn, B.** (2009, March). Committee Presentation. Revision of the Opportunity to Learn Books. Paper presentation for the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD) Tampa, FL.
- <sup>3</sup>**Heidorn, B.** & Metcalf, K. (2008, April). Evaluating pre-service teachers and their preparation programs. Session Title: An integrated, comprehensive, and standards-based system of educator evaluation: The North Carolina experience. Multi-paper session at the American Evaluation Association (AEA) National Conference, Denver, CO.
- <sup>2</sup>Hall, T., **Heidorn, B.**, & Welch, M. (2008, March). Development of task presentation skills in preservice teachers. Poster presentation for the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Fort Worth, TX.
- <sup>1</sup>Mitchell, M., Welch, M., & **Heidorn, B.** (2007, March). Living the physically active lifestyle: A profile of college students enrolled in elective physical activity courses. Poster presentation for the American Alliance of Health, Physical Education, Recreation, and



### **Refereed Regional and State Scholarly Presentations**

- <sup>72</sup>**Heidorn, B.** (2025, January). More good stuff: Instant activities for quality physical education. Note: This was a presentation in support of a professional colleague, Don Puckett. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA.
- <sup>71</sup>**Heidorn, B.** (2025, January). Good stuff: Instant activities for quality physical education. Note: This was a presentation in support of a professional colleague, Don Puckett. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA.
- <sup>70</sup>**Heidorn, B.** (2025, January). Motivating students in physical education and physical activity. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA.
- <sup>69</sup>**Heidorn, B.** (2025, January). Large group games for quality physical education. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA.
- <sup>68</sup>**Heidorn, B.** (2024, November). Large group games for quality physical education. Georgia Association for Health, Physical Education, Recreation, and Dance. Athens, GA.
- <sup>67</sup>**Heidorn, B.** (2024, November). Motivating students in physical education and physical activity. Georgia Association for Health, Physical Education, Recreation, and Dance. Athens, GA.
- <sup>66</sup>**Heidorn, B.** (2023, October). Energizers, ice-breakers, and warm-ups in physical education. Georgia Association for Health, Physical Education, Recreation, and Dance. Athens, GA.
- <sup>65</sup>**Stoepker, P. & Heidorn, B.** (2019, October). Coaching the parental side of the game. Georgia Association for Health, Physical Education, Recreation, and Dance. Athens, GA.
- <sup>64</sup>**Heidorn, B. & Heidorn, J.** (2018, January). Effective Instruction in K-12 Physical Education. SHAPE America Eastern District Regional Convention. Burlington, VT.
- <sup>63</sup>**Heidorn, B. & Heidorn, J.** (2018, January). What If Physical Activity Outside of School Was a Requirement? SHAPE America Eastern District Regional Convention. Burlington, VT.
- <sup>62</sup>**Heidorn, B. & Smith, L.** (2017, November). Data clutter: What documents to collect, prepare, and submit to support the assessment process – round table presentation. Semi-annual conference of the Georgia Assessment Directors' Association, Macon, GA.
- <sup>61</sup>**Heidorn, B.** (2017, October). What If Physical Activity Outside of School Was a Requirement? Georgia Association for Health, Physical Education, Recreation and Dance. Athens, GA.

- <sup>60</sup>**Heidorn, B.** & Mosier, B. (2017, October). Effective Instruction in K-12 Physical Education. Georgia Association for Health, Physical Education, Recreation and Dance. Athens, GA.
- <sup>59</sup>**Heidorn, B.** (2016, November). Comprehensive school physical activity programs: Strategies for success. Georgia Association for Health, Physical Education, Recreation and Dance. Savannah, GA.
- <sup>58</sup>**Heidorn, B.** & Mosier, B. (2016, November). Including skill development with fitness activities in K-12 physical education. Georgia Association for Health, Physical Education, Recreation and Dance. Savannah, GA.
- <sup>57</sup>**Heidorn, B.** (2016, February). Skill development and fitness activities for team sports. Presentation at SHAPE America Southern District Convention, Williamsburg, VA.
- <sup>56\*</sup>Gaskin, B., \*Powell, C., & **Heidorn, B.** (2016, January). Teaching racket sports in physical education. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA. Student scholarship provided.
- <sup>55</sup>**Heidorn, B.** (2016, January). Teaching throwing and catching in K-12 physical education. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA.
- <sup>54</sup>**Heidorn, B.** (2016, January). Fitness principles from exercise science. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA.
- <sup>53</sup>**Heidorn, B.** (2015, November). USA Track and Field Run Jump Throw. Pennsylvania Association for Health, Physical Education, Recreation and Dance. Valley Forge, PA.
- <sup>52</sup>**Heidorn, B.** (2015, October). Exercise science and exercise prescription for all individuals. Georgia Association for Health, Physical Education, Recreation and Dance. Marietta, GA.
- <sup>51</sup>**Heidorn, B.** (2015, October). USA Track and Field Run Jump Throw. Georgia Association for Health, Physical Education, Recreation and Dance. Marietta, GA.
- <sup>50</sup>**Heidorn, J.** & **Heidorn, B.** (2015, February). Promoting health and physical activity among classroom teachers. Presentation at SHAPE America Southern District Convention, Atlanta, GA.
- <sup>49</sup>**Heidorn, B.** (2015, February). Principles of Effective Coaching: Training for fitness and nutrition. SHAPE America Southern District Convention, Atlanta, GA.
- <sup>48</sup>**Heidorn, B.** (2015, February). Principles of Effective Coaching: Managing your team, relationships, and risk. SHAPE America Southern District Convention, Atlanta, GA.

GA.

- <sup>47\*</sup>Gaskin, J. & **Heidorn, B.** (2015, January). Pickle ball in physical education. Presentation at Share the Wealth Physical Education Conference, Jekyll Island, GA. Student scholarship provided.
- <sup>46</sup>**Heidorn, B.,** Heidorn, J., & Stewart, B. (2014, February). Developing fitness from exercise science: What every coach needs to know. Southern District Convention, American Alliance for Health, Physical Education, Recreation, and Dance, Lexington, KY.
- <sup>45</sup>Stewart, B., Heidorn, J., **Heidorn, B.** (2013, October). Focusing on fitness: Techniques, trends, and training principles. Georgia Association for Health, Physical Education, Recreation and Dance. Marietta, GA.
- <sup>44</sup>**Heidorn, B.** (2013, October). Improving learning with physical activity. Georgia Association of Christian Schools (GACS). McDonough, GA.
- <sup>43</sup>**Heidorn, B.** (2013, October). Excellence in coaching young athletes. Georgia Association of Christian Schools (GACS). McDonough, GA.
- <sup>42</sup>**Heidorn, B.** (2013, October). Exploring role modeling in schools, sport, and spiritual development. Georgia Association of Christian Schools (GACS). McDonough, GA.
- <sup>41</sup>Heidorn, J. & **Heidorn, B.** (2013, October). Developing fitness from exercise science. Georgia Association of Christian Schools (GACS). McDonough, GA.
- <sup>40</sup>**Heidorn, B.,** \*Skinner, C., & \*Penland, C. (2013, January). Buckets, balls, and beats. Share the Wealth Elementary, Middle, & High School Physical Education Conference, Jekyll Island, Georgia, 2013. Student scholarship provided.
- <sup>39</sup>**Heidorn, B.,** Mosier, B., & Jenkins, D. (2013, January). When sport and science meet: Strategies for academic integration: Part 1. Share the Wealth Elementary, Middle, & High School Physical Education Conference, Jekyll Island, Georgia.
- <sup>38</sup>**Heidorn, B.,** Mosier, B., & Jenkins, D. (2013, January). When Sport and Science Meet: Strategies for Academic Integration: Part 2. Share the Wealth Elementary, Middle, & High School Physical Education Conference, Jekyll Island, Georgia.
- <sup>37</sup>**Heidorn, B.** & Mosier, B. (2012, November). Effective implementation of a comprehensive school physical activity program (CSPAP): Part I. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, GA.
- <sup>36</sup>**Heidorn, B.** & Mosier, B. (2012, November). Effective implementation of a comprehensive school physical activity program (CSPAP): Part II. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, GA.

- <sup>35</sup>**Heidorn, B.** & Mosier, B. (2011, October). Help! I'm working with a student teacher. Help! I'm a student teacher. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, GA.
- <sup>34</sup>Mosier, B. & **Heidorn, B.** (2011, October). What do they really think? The student's perception of the health and physical education program. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, GA.
- <sup>33</sup>**Heidorn, B.** (2011, October). Preparing k-12 students for a lifetime of physical activity. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, GA.
- <sup>32</sup>**Heidorn, B.,** Mosier, B., & Lund, J. (2011, October). National Association for Sport and Physical Education (NASPE) Update. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, GA.
- <sup>31</sup>**Heidorn, B.** & Mosier, B. (2011, October). Fitness games in physical education. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, GA.
- <sup>30</sup>**Heidorn, B.** & Mosier, B. (2011, October). Comprehensive school-based physical activity programs. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Atlanta, GA.
- <sup>29</sup>**Heidorn, B.** (2011, October). Teaching for effectiveness in physical fitness. Georgia Association of Christian Schools (GACS). Macon, GA.
- <sup>28</sup>**Heidorn, B.** (2011, October). Comprehensive school-based physical activity, part 1. Georgia Association of Christian Schools (GACS). Macon, GA.
- <sup>27</sup>**Heidorn, B.** (2011, October). Comprehensive school-based physical activity, part 2. Georgia Association of Christian Schools (GACS). Macon, GA.
- <sup>26</sup>**Heidorn, B.** (2011, October). Energizers! Georgia Association of Christian Schools (GACS). Macon, GA.
- <sup>25</sup>Mosier, B. & **Heidorn, B.** (2011, March). Comprehensive school-based physical activity program. Invited. Georgia Wellness Summit, Atlanta, GA.
- <sup>24</sup>**Heidorn, B.** & Koch, J. (2010, November). Fitness in physical education. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, GA.
- <sup>23</sup>**Heidorn, B.** & Harvey, R. (2010, November). Promoting physical activity among K-12 students, faculty, and staff. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, GA.

- <sup>22</sup>Mosier, B., Koch, J., & **Heidorn, B.** (2010, November). Fitness stations in physical education with the FITNESSGRAM. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, GA.
- <sup>21</sup>Harvey, R., Mosier, B., & **Heidorn, B.** (2010, November). Teaching for effectiveness in physical education. Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD), Savannah, GA.
- <sup>20</sup>**Heidorn, B.** (2009, November). Fitness Games. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD). Atlanta, GA.
- <sup>19</sup>**Heidorn, B.** (2009, November). Motivating students for physical activity. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD). Atlanta, GA.
- <sup>18</sup>**Heidorn, B.** & Koch, J. (2009, November). Teaching gymnastics in the elementary school. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD). Atlanta, GA.
- <sup>17</sup>**Heidorn, B.** (2009, November). Teaching stations in elementary physical education. Georgia Association of Health, Physical Education, Recreation, & Dance (GAHPERD), Atlanta, GA.
- <sup>16</sup>**Heidorn, B.** (2009, October). Promoting physical activity in elementary, middle, and high schools. Georgia Association of Christian Schools (GACS). Macon, GA.
- <sup>15</sup>**Heidorn, B.** (2009, October). Physical activity strategies for classroom teachers. Georgia Association of Christian Schools (GACS), Macon, GA.
- <sup>14</sup>**Heidorn, B.** (2009, October). Exercise science 101. Georgia Association of Christian Schools (GACS), Macon, GA.
- <sup>13</sup>**Heidorn, B.** (2009, October). Developing the curriculum in physical education. Georgia Association of Christian Schools (GACS), Macon, GA.
- <sup>12</sup>**Heidorn, B.** (2008, November). Developing the curriculum in physical education. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD). Savannah, GA.
- <sup>11</sup>**Heidorn, B.** (2008, November). Promoting physical activity in elementary, middle and high schools. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD), Savannah, GA.
- <sup>10</sup>**Heidorn, B.** & \*Weaver, R. G. (2008, November). Content development in physical education. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD), Savannah, GA.

- <sup>9</sup>**Heidorn, B.** & Hall, T. (2008, January). Strategies for increasing physical activity in elementary schools. Sharing the Wealth Physical Education Conference. Jekyll Island, GA.
- <sup>8</sup>**Heidorn, B.** & \*Weaver, R. G. (2008, January). Teaching soccer in physical education. Sharing the Wealth Physical Education Conference. Jekyll Island, GA.
- <sup>7</sup>Hall, T., **Heidorn, B.**, & Williams, L. (2006, November). Strategies for increasing physical activity. South Carolina Association for Health, Physical Education, Recreation, & Dance (SCAHPERD). North Myrtle Beach, SC.
- <sup>6</sup>Hall, T., **Heidorn, B.**, & Williams, L. (2006, November). The role of the physical activity director. South Carolina Association for Health, Physical Education, Recreation, & Dance (SCAHPERD). North Myrtle Beach, SC.
- <sup>5</sup>**Heidorn, B.** & Vall, E. (2005, November). Fitness and physical activity. South Carolina Association for Health, Physical Education, Recreation, & Dance (SCAHPERD). North Myrtle Beach, SC.
- <sup>4</sup>**Heidorn, B.** (2003, October). Sportsmanship in athletics. South Carolina Association of Christian Schools (SCACS), Greenville, SC.
- <sup>3</sup>**Heidorn, B.** (2003, October). A physical fitness program in physical education. South Carolina Association of Christian Schools (SCACS), Greenville, SC.
- <sup>2</sup>**Heidorn, B.** (2001, October). Sportsmanship in athletics. South Carolina Association of Christian Schools (SCACS), Columbia, SC.
- <sup>1</sup>**Heidorn, B.** (2001, October). A physical fitness program in physical education. South Carolina Association of Christian Schools (SCACS), Columbia, SC.
- (\*) denotes presentation with former students

## INVITED TALKS AND WORKSHOPS

### National / International Presentation Sessions:

The content in this section includes professional workshop sessions for health and physical education teachers in various school districts in the United States, in partnership with and invited by PE Central, Mark Manross Consulting, SHAPE America, or individual consulting and related communication.

I have developed professional working relationships with various district coordinators who oversee health and physical education programs. These invited opportunities are at times stand-

alone sessions, while others are included in full-day professional learning workshops, at times with colleagues.

Some topics are stand-alone sessions, while others are included in full-day professional learning opportunities. The sessions are listed alphabetically by state.

### **California – Various Workshops**

**Heidorn, B.** (August 2024). Best practices and class management for K-5 physical education. Half-day virtual workshop. Morgan Hill Unified School District, California.

**Heidorn, B.** (January 2022). Best practices for teaching elementary physical education. Full-day online workshop for physical education teachers in Sacramento, California.

**Heidorn, B.** (September 2021). Best practices for F2F, hybrid, and online physical education. Session included in one-day online workshop for physical education teachers in Etiwanda, California.

**Heidorn, B.** (April 2021). Physical education for lifelong fitness, and limited space activities in physical education. Session included in one-day online workshop for physical education teachers in San Juan Unified School District.

### **Bakersfield**

**Heidorn, B.** (April 2024). Fitness development and learning activities for K-12 physical education. One-hour online session for K-8 physical education teachers in Bakersfield Schools, California.

**Heidorn, B.** (March 2024). Class management in K-12 physical education. One-hour online session for K-8 physical education teachers in Bakersfield Schools, California.

**Heidorn, B.** (January 2024). Assessing student learning in K-12 physical education. One-hour online session for K-8 physical education teachers in Bakersfield Schools, California.

**Heidorn, B.** (October 2023). Motivating students in physical education. One-hour online session for K-8 physical education teachers in Bakersfield Schools, California.

**Heidorn, B.** (September 2023). Best practices in physical education. Three-hour online session for K-8 physical education teachers in Bakersfield Schools, California.

**Heidorn, B.** (August 2023). Current issues in physical education. One-hour online session for K-8 physical education teachers in Bakersfield Schools, California.

### **China – Hong Kong**

**Heidorn, B.** (March 2021). Teaching physical education virtually. Keynote online presentation for physical education teachers at Delia School of Canada in Hong Kong, China.

**Heidorn, B.** (March 2021). Integrating physical activity into every day virtual teaching. Keynote online presentation for physical education teachers at Delia School of Canada in Hong Kong, China.

## **Connecticut**

### **Windsor Public Schools**

**Heidorn, B.** (August 2022). Best practices for quality health and physical education, including emphasis on physical education, health education, and physical activity. Two-day F2F workshop for all health and physical education teachers.

**Heidorn, B.** (August 2021). Best practices for quality health and physical education, including social and emotional learning in health and physical education. One-day F2F workshop for all health and physical education teachers.

**Heidorn, B.** (August 2020). Best practices for quality health and physical education, including comprehensive school physical activity programs, online teaching, integrating health and physical education, resources for online teaching, and games and activities in physical education. Full-day online workshop for all health and physical education teachers.

**Heidorn, B.** (August 2019). Best practices for quality health and physical education, including developing fitness from exercise science, energizers, instant activities, and warm-ups in physical education, skill development and fitness activities, nutrition, current issues and trends, motivating students, and effective planning and teaching. Two-day F2F workshop for all health and physical education teachers.

## **Florida**

**Heidorn, B.** (October 2024). Skill development, fitness, and large group games learning activities in elementary physical education. One-day F2F workshop with 50 elementary physical education teachers. Collier County School District in Naples, FL.

## **Georgia**

### **Atlanta Public Schools**

**Heidorn, B.** (January 2026). TBA. Full-day in-person workshop for K-12 physical education teachers in Atlanta Public Schools, Atlanta, Georgia.

**Heidorn, B.** (October 2025). TBA. Full-day in-person workshop for K-12 physical education teachers in Atlanta Public Schools, Atlanta, Georgia.



**Heidorn, B.** (March 2025). Best practices and standards-based teaching in quality physical education. Full-day in-person workshop for K-12 physical education teachers in Atlanta Public Schools, Atlanta, Georgia.

**Heidorn, B.** (July 2025). Physical education learning activities for K12 programs. Full-day in-person workshop for K-12 physical education teachers in Atlanta Public Schools, Atlanta, Georgia.

**Heidorn, B.** (March 2021). Fitnessgram assessment during the COVID-19 pandemic. Online webinar for physical education teachers in Atlanta Public Schools.

**Heidorn, B.** (February 2021). Planning and teaching online physical education. Online webinar for physical education teachers in Atlanta Public Schools.

### **Bremen City Schools, GA**

**Heidorn, B.** (March 2017). All I Do Is Play All Day? A career in health, physical education, coaching, exercise science and more.

**Heidorn, B.** (October 2016). Skill, fitness, and teamwork games in physical education.

**Heidorn, B.** (February 2016). A career in health, physical education, coaching, exercise science and more.

### **Carroll County Schools**

Mosier, B. & **Heidorn, B.** (October 2010). Psychomotor assessment strategies in physical education.

### **Carroll County League of Women Voters, Carrollton, GA**

**Heidorn, B.** & Koch, J. (March 2010). Physical education: Beyond exercise.

**Heidorn, B.** (March 2008). What all students need: Reading, writing, and physical education.

### **Cobb County School District**

**Heidorn, B.** (January 2023). Middle and high school physical education skills and activities. One-day F2F professional learning workshop.

**Heidorn, B.** (August 2011). Increasing physical activity in elementary school classrooms.

### **Dalton Public Schools**

**Heidorn, B.** (October 2023). Developing fitness from principles of exercise science. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2023). Quality coaching education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2023). Skill-based health education in K-12 schools. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2023). Skill development, physical activity, and fitness in physical education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2023). Teacher Keys Effectiveness System: Focusing on Quality Physical Education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2022). Fitness education in physical education. Professional learning session in physical education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2022). Promoting physical activity among K-12 students in physical education. Professional learning session in physical education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2022). Current issues and trends in physical education. Professional learning session in physical education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2022). Standards-based skill development in physical education. Professional learning session in physical education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

**Heidorn, B.** (October 2022). Energizers, warm-ups and instant activities in physical education. Professional learning session in physical education. Session included in full-day face-to-face professional development for 30 physical education teachers. Dalton Public Schools, Georgia.

### **DeKalb County**

**Heidorn, B.** (November 2025). Student learning and engagement. Half-day in-person workshop for physical education teachers in DeKalb County Schools, Georgia.

**Heidorn, B.** (July 2025). Standards-based teaching in K12 physical education. Half-day in-person workshop for physical education teachers in DeKalb County Schools, Georgia.

**Heidorn, B.** (June 2023). Understanding the TKES assessment for health and physical education professionals. Full-day in-person workshop for physical education teachers in DeKalb County Schools, Georgia.

**Heidorn, B.** (June 2023). Teaching large- and small-group games in physical education. Full-day in-person workshop for physical education teachers in DeKalb County Schools, Georgia.

### **Fayette County School District**

**Heidorn, B.** (September 2023). The Sport Education Model in middle and high school physical education. Face-to-face session for all secondary physical education teachers.

**Heidorn, B.** (August 2022). Skills and strategies for elementary physical education. Face-to-face session for all elementary physical education teachers.

**Heidorn, B.** (August 2022). Research-based strategies for quality health education in secondary schools: An emphasis on vaping, opioids, and ATODs (alcohol, tobacco, and other drugs). Face-to-face session for all middle and high school health education teachers.

**Heidorn, B.** (March 2021). Socially distanced physical education activities. Face-to-face physical education session for all elementary, middle, and high school physical education teachers.

**Heidorn, B., Mosier, B., & Brooks, C.** (July 2020). Planning and teaching online physical education. Online webinar for physical education teachers.

**Heidorn, B. & Mosier, B.** (September 2019). Curriculum development in physical education. Face-to-face session for physical education teachers.

**Heidorn, B. & Stoepker, P.** (May 2018). Teaching stations in elementary physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Stoepker, P.** (May 2018). Motivating athletes. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Stoepker, P.** (May 2018). Teaching stations in secondary physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (October 2017). Fitness games in physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (August 2017). Energizers, warm-ups and instant activities in physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (August 2017). Skill and fitness development in physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Scott, D.** (April 2017). Coaching for character. Two-hour face-to-face session for physical education teachers.

Knoll, C. & **Heidorn, B.** (March 2017). Nutrition. Two-hour face-to-face session for physical education teachers.

**Heidorn, B. & Knoll, C.** (January 2017). Weight training in physical education. Two-hour face-to-face session for physical education teachers.

**Heidorn, B.** (December 2016). Fun games for physical activity. Two-hour face-to-face session for physical education teachers.

**Heidorn, B. & Mosier, B.** (August 2016). Fitness activities in physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Mosier, B.** (August 2016). Effective instruction in K-12 physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Mosier, B.** (August 2016). Skill development and fitness activities for team sports. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Mosier, B.** (August 2016). Physical education for lifelong fitness. Session included in one-day workshop for physical education teachers.

### **Fulton County School District**

**Heidorn, B.** (August 2019). Spikeball in physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (February 2019). Integrating movement in the classroom. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (February 2019). Energizers, warm-ups, and instant activities in physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (January 2019). Fitness games in physical education. One-day session for physical education teachers.

**Heidorn, B.** (October 2016). Effective instruction in K-12 physical education. Session included in one-day workshop for physical education teachers.

**Heidorn, B. & Mosier, B.** (October 2016). Fitness activities for large groups focused on health-related fitness. Session included in one-day workshop for physical education teachers.

**Heidorn, B.** (October 2016). Skill-related fitness. Session included in one-day workshop for physical education teachers.

### **Griffin-Spalding School District**

**Heidorn, B.** (July 2024). Professional learning in health and physical education. Modeling effective curriculum development, instruction, and assessment. Sessions include unit samples for K-12 physical education programs.

**Heidorn, B.** (January 2024). Professional learning in health and physical education. Topics include large group games and fitness activities; and health education. Sessions for all elementary, middle, and high school health and physical education teachers.

### **Gwinnett County School District**

**Heidorn, B.** (July 2021). Physical activity, physical education, and SEL in schools. Virtual session for physical education teachers.

**Heidorn, B. & Mosier, B.** (August 2018). Health education in middle and secondary schools. Two-hour session for physical education teachers.

**Heidorn, B. & Mosier, B.** (August 2017). Skill development, fitness, and physical activity in physical education. One-day session for physical education teachers.

### **Henry County School District**

**Heidorn, B.** (January 2026 TBA). Professional learning in health and physical education. Topics include: TBA. Sessions for all elementary, middle, and high school health and physical education teachers.

**Heidorn, B.** (January 2024). Professional learning in health and physical education. Topics include large group games and fitness activities; and health education. Sessions for all elementary, middle, and high school health and physical education teachers.

**Heidorn, B.** (January 2022). Professional learning in health and physical education. Topics include large group games and fitness activities. Session for all elementary, middle, and high school health and physical education teachers.

**Heidorn, B.** (July 2021). Professional learning in health and physical education. Skill- and fitness-based learning activities. Full-day session for all ES/MS/HS health and physical education teachers.

**Heidorn, B.** (July 2021). Integrating physical activity in classroom lessons. Professional learning for new teachers in the district.

**Heidorn, B.** (January 2021). Health education in a F2F, hybrid, or online teaching environment.

**Heidorn, B.** (January 2021). Quality physical education in a F2F, hybrid, or online teaching environment.

**Heidorn, B., Mosier, B., and Brooks, C.** (November 2020). Strategies and resources for teaching F2F / hybrid, and online physical education.

**Heidorn, B. & Mosier, B.** (July 2020). Planning and teaching online physical education. Session included in one-day workshop.

**Heidorn, B.** (January 2020). Teaching skill-based activities in physical education. Session included in one-day workshop.

**Heidorn, B.** (January 2020). Weight training in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (January 2020). Dynamic warm-ups and energizers. Session included in one-day workshop.

**Heidorn, B.** (July 2019). Spikeball in physical education. Session included in one-day workshop.

**Heidorn, B.** (July 2019). Pickleball in physical education. Session included in one-day workshop.

**Heidorn, B.** (March 2019). Interval training and program design. Session included in one-day workshop.

**Heidorn, B.** (March 2019). Nutrition. Session included in one-day workshop.

**Heidorn, B.** (March 2019). Current issues and trends in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2018). Physical education for lifelong fitness. Session included in one-day workshop.

**Shapiro, D. & Heidorn, B.** (November 2018). Task analysis of skills and utilization in lesson design. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2018). Standards-based learning objectives and assessment in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2018). Pickle ball for all students in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2018). Physical education Georgia Standards of Excellence: A comprehensive review. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2018). Teaching volleyball in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2018). Fitness assessment in physical education: Fitnessgram booster session. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2018). Physical education Georgia Standards of Excellence: A comprehensive review. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2018). Teaching throwing and catching in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2018). Fitness assessment in physical education: Fitnessgram booster session. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (March 2018). Competencies in physical education: Pickle ball in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (March 2018). Competencies in physical education: Speed ball in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (March 2018). Comprehensive school physical activity programs: Updates for 2018. Examining physical activity among K-12 schools, students, and staff. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (March 2018). Sport and coaching concerns: Addressing key concepts in after school athletics and recreational programs. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (February 2018). Competencies in physical education: Pickle ball in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (February 2018). Competencies in physical education: Speed ball in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (February 2018). Comprehensive school physical activity programs: Updates for 2018. Examining physical activity among K-12 schools, students, and staff. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (February 2018). Sport and coaching concerns: Addressing key concepts in after school athletics and recreational programs. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2017). Current issues and trends in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2017). Teaching students with special needs in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2017). Competencies in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (November 2017). Fitness, skill, and team building games in physical education. Session included in one-day workshop.

**Heidorn, B.** (March 2017). Basketball skills and activities for physical education. Session included in one-day workshop.

**Heidorn, B., & Mosier, B.** (March 2017). Skill-based competencies in secondary physical education. Session included in one-day workshop.

**Heidorn, B., & Mosier, B.** (March 2017). Skill-based competencies in elementary physical education. Session included in one-day workshop.

**Heidorn, B., Mosier, B., and Heidorn, J.** (March 2017). Energizers, ice-breakers, and warm-ups in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2016). Combining skill development and fitness in physical education. Session included in one-day workshop.

**Mosier, B. & Heidorn, B.** (August 2016). Implementing the Fitnessgram in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2016). Current issues and trends in physical education. Session included in one-day workshop.

**Heidorn, B. & Mosier, B.** (August 2016). Comprehensive school physical activity programs. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Energizers, icebreakers and warm-ups in physical education. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Current issues and trends in physical education. Session included in one-day workshop.



**Heidorn, B.** (November 2015). Teaching fitness concepts through movement. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Teaching soccer in physical education. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Principles of coaching: Developing your philosophy and objectives. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Principles of coaching: Coaching for character. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Fun games for physical activity. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Skill development and fitness activities for team sports. Session included in one-day workshop.

**Heidorn, B.** (November 2015). Effective instruction in K-12 physical education. Session included in one-day workshop.

**Heidorn, B.** (October 2015). Teaching stations in physical education. Session included in one-day workshop.

**Heidorn, B.** (October 2015). What is a Comprehensive School Physical Activity Program? Session included in one-day workshop.

**Heidorn, B.** (October 2015). Exercise science and exercise prescription for all individuals. Session included in one-day workshop.

**Heidorn, B.** (October 2015). Teaching volleyball skills: A focus on passing. Session included in one-day workshop.

**Heidorn, B.** (November 2014). Teaching throwing and catching in K-12 physical education. Session included in one-day workshop.

**Heidorn, B.** (November 2014). Fitness principles from exercise science. Session included in one-day workshop.

**Heidorn, B.** (November 2014). Pickle ball in K-12 physical education. Session included in one-day workshop.

**Heidorn, B.** (November 2014). Effective instruction in K-12 physical education. Session included in one-day workshop.

**Heidorn, B.** (November 2014). Walking through the curriculum in K-12 physical education. Session included in one-day workshop.

### **Houston County**

**Heidorn, B.,** Mosier, B., & Ivy, V. (February 2020). Skill development and fitness games in physical education. Session included in one-day workshop.

**Heidorn, B.** (February 2020). Fitness training and development in elementary physical education. Session included in one-day workshop.

**Heidorn, B.** (February 2020). Strength and conditioning in high school physical education. Session included in one-day workshop.

**Heidorn, B.** (February 2020). Strength and conditioning in middle school physical education. Session included in one-day workshop.

**Heidorn, B.,** Mosier, B., & Ivy, V. (February 2020). Energizers, warm-ups, and instant activities in physical education. Session included in one-day workshop.

**Heidorn, B. &** Mosier, B. (October 2019). Sport education in physical education. One-day workshop.

**Heidorn, B.** (February 2019). Teaching basketball in physical education and after-school programs. Session included in one-day workshop. Houston County, GA.

**Heidorn, B.** (February 2019). Games and activities for physical education. Session included in one-day workshop. Houston County, GA.

**Heidorn, B.** (February 2019). Current issues and trends in physical education. Session included in one-day workshop. Houston County, GA.

**Heidorn, B.** (February 2019). Teaching throwing and catching in physical education. Session included in one-day workshop. Houston County, GA.

**Heidorn, B. &** Mosier, B. (January/February/March 2019). Curriculum development in physical education.

**Heidorn, B.,** Mosier, B., and Stoepker, P. (October 2018). Effective instruction in K-12 physical education. Session included in one-day workshop. Houston County, GA.

**Heidorn, B.,** Mosier, B., and Stoepker, P. (October 2018). A review of the Georgia Performance Standards. Session included in one-day workshop. Houston County, GA.

**Heidorn, B.,** Mosier, B., and Stoepker, P. (October 2018). Skill and fitness-based activities for physical education. Session included in one-day workshop. Houston County, GA.

**Heidorn, B.** (February 2012). Effective teaching and best practices in physical education.

**Heidorn, B.** (February 2012). Implementing a comprehensive school physical activity program.

### **Marietta City Schools**

**Heidorn, B.** (January 2010). Best practices in K-12 physical education.

### **Newton County**

**Heidorn, B.** (July 2024). Best practices and standards-based teaching in quality physical education. Half-day in-person workshop for physical education teachers in Newton County Schools, Covington, Georgia.

**Heidorn, B.** (July 2025). Physical education learning activities for K12 programs. Half-day in-person workshop for physical education teachers in Newton County Schools, Covington, Georgia.

### **Richmond County School District**

**Heidorn, B.** (July 2021). Face-to-face physical education in a socially distanced environment. Professional learning for K-12 health and physical education teachers.

**Heidorn, B.** (July 2021). Teaching hybrid and online physical education. Professional learning for K-12 health and physical education teachers.

**Heidorn, B.** (June 2021). Health methods: Tools and tips. Professional learning for K-12 health and physical education teachers.

**Heidorn, B.** (June 2021). Physical activity and physical education – what’s the difference? Professional learning for K-12 health and physical education teachers.

**Heidorn, B.** (June 2021). Skill-based health education. Professional learning for K-12 health and physical education teachers.

**Heidorn, B.** (February 2016). Best practices in health and physical education. Professional learning for K-12 health and physical education teachers.

### **Rockdale County School District**

<sup>44</sup>**Heidorn, B.** (February 2025). Leadership through quality physical education programs. Professional development session for all K12 physical education teachers.

<sup>43</sup>**Heidorn, B.** (October 2024). Quality experiences for student learning in online physical education. Professional development session for all K12 physical education teachers.

<sup>42</sup>**Heidorn, B.** (October 2024). The psychology of teaching physical education, Part 2: An emphasis on reinforcements in physical education. Professional development session for all K12 physical education teachers.

<sup>41</sup>**Heidorn, B.** (October 2024). The psychology of teaching physical education, Part 1: Introduction. Professional development session for all K12 physical education teachers.

<sup>40</sup>**Heidorn, B.** (August 2024). Best practices and model lessons for secondary physical education. Professional development session for secondary physical education teachers.

<sup>39</sup>**Heidorn, B.** (July 2024). Best practices and model lessons for elementary physical education. Professional development session for elementary physical education teachers.

<sup>38</sup>**Heidorn, B.** (March 2024). Collaborative focus walks in physical education programs. Walk-and-talk sessions with K-12 health and physical education district coordinator.

<sup>37</sup>**Heidorn, B.** (February 2024). Collaborative focus walks in physical education programs. Walk-and-talk sessions with K-12 health and physical education district coordinator.

<sup>36</sup>**Heidorn, B.** (October 2023). Standards-based skill development, fitness, and physical activity in physical education. Professional development session for all K-12 physical education school teachers.

<sup>35</sup>**Heidorn, B.** (June 2023). Standards-based teaching in physical education. Mentoring and professional development for middle school teachers.

<sup>34</sup>**Heidorn, B.** (June 2023). Skill-based health education in K-12 schools. Mentoring and professional development for middle school teachers.

<sup>33</sup>**Heidorn, B.** (June 2023). Curriculum development and learning targets in K-12 physical education. Mentoring and professional development for middle school teachers.

<sup>32</sup>**Heidorn, B. & Mosier, B.** (October 2022). Standards-based lesson planning for quality high school physical education, Part 2.

<sup>31</sup>**Heidorn, B. & Mosier, B.** (September 2022). Standards-based lesson planning for quality high school physical education, Part 1.

<sup>30</sup>**Heidorn, B.** (July 2022). Standards-based skills and strategies for elementary school physical education.

<sup>29</sup>**Heidorn, B. & Mosier, B.** (July 2022). Standards-based skills and strategies for middle school physical education.

- <sup>28</sup>**Heidorn, B.** & Mosier, B. (July 2022). Standards-based skills and strategies for high school physical education.
- <sup>27</sup>**Heidorn, B.** & Mosier, B. (July 2022). Curriculum and standards-based teaching in physical education: An emphasis on quality questioning.
- <sup>26</sup>**Heidorn, B.** (February 2022). Standards-based teaching in health education.
- <sup>25</sup>**Heidorn, B.** (October 2021). Implementing National Health Education Standard 6 in elementary programs.
- <sup>24</sup>**Heidorn, B.** (October 2021). Implementing National Health Education Standard 2 in high school programs.
- <sup>23</sup>**Heidorn, B.,** Mosier, B., Brooks, B., & Heidorn, J. (June 2021). Integrating health in elementary physical education.
- <sup>22</sup>**Heidorn, B.** & Mosier, B. (March 2021). Online webinar in physical education – Quality health and physical education during the COVID-19 pandemic, part 5
- <sup>21</sup>**Heidorn, B.** & Mosier, B. (February 2021). Online webinar in physical education – Quality health and physical education during the COVID-19 pandemic, part 4
- <sup>20</sup>**Heidorn, B.** & Mosier, B. (January 2021). Online webinar in health and physical education – Quality health and physical during the COVID-19 pandemic, part 3
- <sup>19</sup>**Heidorn, B.** & Mosier, B. (December 2020). Online webinar in physical education – Quality health and physical education during the COVID-19 pandemic, part 2
- <sup>18</sup>**Heidorn, B.** & Mosier, B. (November 2020). Online webinar in health education – Quality health and physical education during the COVID-19 pandemic, part 1
- <sup>17</sup>**Heidorn, B.** (August 2020). Health education: Real-world connections. Online webinar.
- <sup>16</sup>**Heidorn, B.** (June 2020). Best practices in physical education. Online webinar.
- <sup>15</sup>**Heidorn, B.** (June 2020). Health education: Content and curriculum. Online webinar.
- <sup>14</sup>**Heidorn, B.** (February 2020). Hand-eye coordination activities for physical education.
- <sup>13</sup>**Heidorn, B.** & Mosier, B. (September 2019). Planning physical education lessons.
- <sup>12</sup>**Heidorn, B.** & Mosier, B. (July 2019). Differentiation in physical education. Session included in one-day workshop.

<sup>11</sup>**Heidorn, B.** & Mosier, B. (July 2019). Effective planning and teaching in physical education. Session included in one-day workshop.

<sup>10</sup>**Heidorn, B.** & Mosier, B. (July 2019). Developing a school wellness culture. Session included in one-day workshop.

<sup>9</sup>**Heidorn, B.** & Mosier, B. (January/March 2019). Curriculum development in physical education.

<sup>8</sup>**Heidorn, B.** & Mosier, B. (August 2016). Fitness games for physical education. Session included in one-day workshop.

<sup>7</sup>**Heidorn, B.** & Mosier, B. (August 2016). Current issues and trends in physical education. Session included in one-day workshop.

<sup>6</sup>**Heidorn, B.** & Mosier, B. (August 2016). Comprehensive school physical activity programs. Session included in one-day workshop.

<sup>5</sup>**Heidorn, B.** (July 2015). Effective instruction for K-12 physical education. Session included in one-day workshop.

<sup>4</sup>**Heidorn, B.** (July 2015). Skill development and fitness activities for team sports. Session included in one-day workshop.

<sup>3</sup>**Heidorn, B.** (July 2015). Fitness principles from exercise science for K-12 students. Session included in one-day workshop.

<sup>2</sup>**Heidorn, B.** (July 2015). Integrating technology in physical education. Session included in one-day workshop.

<sup>1</sup>**Heidorn, B.** (July 2015). Fun games for physical activity. Session included in one-day workshop.

### **Social Circle**

<sup>7</sup>**Heidorn, B.** (January 2024). A review of physical activity and academic performance. Topic included in one-day F2F professional learning workshop.

<sup>6</sup>**Heidorn, B.** (January 2024). Authentic assessment and student learning in physical education. Topic included in one-day F2F professional learning workshop.

<sup>5</sup>**Heidorn, B.** (January 2024). Physical activity opportunities for student learning. Topic included in one-day F2F professional learning workshop.

<sup>4</sup>**Heidorn, B.** (September 2023). Quality physical education and the Teacher Keys Effectiveness System (TKES) for school administrators supervising physical education. One-hour online session for K-12 administrators.

<sup>3</sup>**Heidorn, B.** (July 2023). Quality physical education and the Teacher Keys Effectiveness System (TKES). One-day F2F professional learning workshop.

<sup>2</sup>**Heidorn, B.** (January 2023). Effective teaching in K-12 health and physical education, Part 2. One-day F2F professional learning workshop.

<sup>1</sup>**Heidorn, B.** (September 2022). Effective teaching in K-12 health and physical education, Part 1. One-day F2F professional learning workshop.

### **Troup County School District**

<sup>1</sup>**Heidorn, B.** (August 2019). Energizers, warm-ups and instant activities in physical education.

### **West Georgia RESA**

<sup>1</sup>**Heidorn, B. & Mosier B.** (June 2011). Comprehensive school-based physical activity programs.

### **Kansas**

#### **Derby**

<sup>2</sup>**Heidorn, B.** (November 2024). Professional learning in health and physical education. Topics include large group games and fitness activities. Follow-up session for all elementary physical education teachers, and new content for middle and high school teachers.

<sup>1</sup>**Heidorn, B.** (January 2024). Professional learning in health and physical education. Topics include large group games and fitness activities. Session for all elementary, physical education teachers.

#### **Kansas City**

<sup>1</sup>**Heidorn, B.** (August 2025). Best practices in K-12 physical education. Virtual professional learning session for health and physical education teachers in Kansas City, Kansas. Sponsored by SHAPE America.

### **Kentucky**

<sup>1</sup>**Heidorn, B.** (November 2021). Large group games for physical education. Full-day professional learning session for physical education teachers in Louisville, KY.

### **Illinois – Various Workshops**

**Heidorn, B.** (April 2023). Best practices for quality health and physical education. Two half-day virtual professional learning sessions for health and physical education teachers in Blue Island, Illinois (ISD-130).

**Heidorn, B.** (March 2023). Best practices for quality health and physical education. Virtual half-day professional learning session for health and physical education teachers in Illinois (ISD-109).

**Heidorn, B.** (September 2021). Best practices for quality health and physical education. Full-day professional learning session for health and physical education teachers in Carbondale, Illinois.

### **Aurora**

**Heidorn, B.** (April 2024). Current issues in physical education. One-hour online session for K-8 physical education teachers in Aurora, Illinois.

**Heidorn, B.** (March 2024). Student learning, differentiation, and assessment. One-hour online session for K-8 physical education teachers in Aurora, Illinois.

**Heidorn, B.** (January 2024). Best practices in physical education. Two-hour online session for K-8 physical education teachers in Aurora, Illinois.

### **Palatine**

<sup>5</sup>**Heidorn, B.** (May 2021). Best practices for quality physical education. PE Institute Day. Professional learning session for physical education teachers in Palatine, Illinois.

<sup>4</sup>**Heidorn, B.** (January 2021). Assessment in physical education. Professional learning session for physical education teachers in Palatine, Illinois.

<sup>3</sup>**Heidorn, B.** (January 2021). Appropriate practices and effective teaching strategies in physical education. Professional learning session for physical education teachers in Palatine, Illinois.

<sup>2</sup>**Heidorn, B.** (January 2021). Integrating technology in physical education. Professional learning session for physical education teachers in Palatine, Illinois.

<sup>1</sup>**Heidorn, B.** (January 2021). Physical education learning activities. Professional learning session for physical education teachers in Palatine, Illinois.

### **Iowa**

<sup>1</sup>**Heidorn, B.** (May 2024). Best practices and effective teaching in physical education. Full-day f2f session for K-12 physical education teachers in Urbandale School District (Des Moines), Iowa.



## **Louisiana**

<sup>1</sup>**Heidorn, B.,** Mosier, B., and Brooks, C. (October 2020). Physical education in a virtual setting. Online session. Caddo Schools, Shreveport, Louisiana.

## **Massachusetts – Various Workshops**

<sup>3</sup>**Heidorn, B.** (October 2022). Best practices for quality physical education. One day professional learning workshop for K-12 physical education teachers in Worcester, MA, plus additional follow-up sessions in the 2022-2023 academic year.

<sup>2</sup>**Heidorn, B.** (February 2021). Integrating technology in physical education. Professional learning session for elementary and middle school physical education teachers in Fall River Schools.

<sup>1</sup>**Heidorn, B.** (February 2021). Health education in secondary physical education programs. Professional learning session for middle and high school physical education teachers in Fall River Schools.

## **Minnesota – Various Workshops**

<sup>2</sup>**Heidorn, B.** (March 2021). Virtual lessons and best practices for socially distanced physical education. Online professional learning session for physical education teachers at the Art and Science Academy, Isanti, Minnesota.

<sup>1</sup>**Heidorn, B.** (December 2020). Assessment in physical education. Professional learning session for physical education teachers in Fairmont Public Schools, Fairmont, Minnesota.

## **Missouri**

### **St. Louis Independent School District**

<sup>11</sup>**Heidorn, B.** (August 2023). Coaching education. F2F session for 30 middle and high school physical education teachers in St. Louis Independent School District.

<sup>10</sup>**Heidorn, B.** (August 2023). Learning activities for middle and high school physical education. F2F session for 30 middle and high school physical education teachers in St. Louis Independent School District.

<sup>9</sup>**Heidorn, B.** (August 2023). Learning activities for elementary physical education. F2F session for 20 elementary physical education teachers in St. Louis Independent School District.

<sup>8</sup>**Heidorn, B.** (August 2023). Current issues and trends in health and physical education. F2F session for 30 middle and high school physical education teachers in St. Louis Independent School District.

<sup>7</sup>**Heidorn, B. & Brooks, C.** (August 2021). Using technology in physical education. Online session for K-12 physical education teachers in St. Louis Independent School District.

<sup>6</sup>**Heidorn, B. & Stoepker, P.** (August 2021). Comprehensive school physical activity programs. Online session for K-12 physical education teachers in St. Louis Independent School District.

<sup>5</sup>**Heidorn, B.** (August 2021). Best practices for quality physical education. Online session for K-12 physical education teachers in St. Louis Independent School District.

<sup>4</sup>**Heidorn, B. & Mosier, B.** (August 2021). Fitness education. Online session for K-12 physical education teachers in St. Louis Independent School District.

<sup>3</sup>**Heidorn, B. & Heidorn, J.** (August 2021). Health education. Online session for K-12 physical education teachers in St. Louis Independent School District.

<sup>2</sup>**Heidorn, B.** (February 2021). Physically distanced physical education. Online session for K-12 physical education teachers in St. Louis Independent School District.

<sup>1</sup>**Heidorn, B.** (February 2021). Resources for hybrid and online physical education. Online session for K-12 physical education teachers in St. Louis Independent School District.

### **New Jersey – Various Workshops**

#### **Hackensack**

**Heidorn, B.** (April 2026). Topic TBA. Virtual session included for health and physical education teachers in Hackensack, NJ.

**Heidorn, B.** (February 2026). Topic TBA. Virtual session included for health and physical education teachers in Hackensack, NJ.

**Heidorn, B.** (January 2026). Topic TBA. Virtual session included for health and physical education teachers in Hackensack, NJ.

**Heidorn, B.** (November 2025). Topic TBA. Half-day session included for health and physical education teachers in Hackensack, NJ.

**Heidorn, B.** (October 2025). Topic TBA. Virtual session included for health and physical education teachers in Hackensack, NJ.

**Heidorn, B.** (September 2025). Skill development and physical activity learning opportunities in 5-12 physical education programs. Half-day session included for health and physical education teachers in Hackensack, NJ.

**Heidorn, B.** (September 2024). Skill development and physical activity learning opportunities in 5-12 physical education programs. Half-day session included in Hackensack, NJ.

**Heidorn, B.** (September 2024). Skill development and physical activity learning opportunities in K-4 physical education programs. Half-day session included in Hackensack, NJ.

### **Union City**

<sup>2</sup>**Heidorn, B.** (November 2021). Skill development, fitness, and learning activities in physical education. One-day workshop. Union City School District.

<sup>1</sup>**Heidorn, B.** (September 2019). Best practices in physical education. One-day workshop. Union City School District.

### **Warren**

<sup>4</sup>**Heidorn, B.** (September 2020). Effective teaching in physical education: An overview of best practices. Online. Session included in one-day workshop. Warren, NJ.

<sup>3</sup>**Heidorn, B.** (October 2017). Energizers, Warm-Ups and Instant Activities in Physical Education. Session included in one-day workshop. Warren, NJ.

<sup>2</sup>**Heidorn, B.** (October 2017). Skill Development and Fitness Activities in Physical Education. Session included in one-day workshop. Warren, NJ.

<sup>1</sup>**Heidorn, B.** (October 2017). Student Learning, Assessment, and Instructional Feedback in K-12 Physical Education. Session included in one-day workshop. Warren, NJ.

### **New Mexico – Various Workshops**

**Heidorn, B.** (August 2021). Best practices in physical education. Professional learning session for physical education teachers in Albuquerque, NM.

### **RRPS**

<sup>4</sup>**Heidorn, B.** (March 2021). Assessment and grading in physical education. Professional learning session for physical education teachers at Rio Rancho Elementary School – RRPS.

<sup>3</sup>**Heidorn, B.** (February 2021). Limited space activities in physical education. Professional learning session for physical education teachers at Rio Rancho Elementary School – RRPS.

<sup>2</sup>**Heidorn, B.** (January 2021). Flipped teaching in physical education. Professional learning session for physical education teachers at Rio Rancho Elementary School – RRPS.

<sup>1</sup>**Heidorn, B.** (December 2020). Integrating technology into physical education. Professional learning session for physical education teachers at Rio Rancho Elementary School – RRPS.

## **New York - Various Workshops**

**Heidorn, B.**, (October 2023). Professional learning day in Rockland BOCES. Topics included skill development, physical activity, fitness, best practices, and assessment in physical education. Suffern, NY.

**Heidorn, B.** (October 2023). Effective teaching, assessment, and curriculum development in quality physical education programs. One-day virtual session for physical education teachers in Mount Vernon, NY.

**Heidorn, B.** (February 2018). Effective Teaching in Physical Education: A summary of best practices, a focus on student learning, and strategies for effective coaching. School for the Deaf, White Plains, NY

## **Jamestown**

**Heidorn, B.** (March 2025). Best practices, curriculum, and the promotion of physical activity: Skill development, physical activity, and fitness in quality physical education. One-day follow-up face-to-face session with K-12 physical education teachers in Jamestown, NY.

**Heidorn, B.** (October 2024). Skill development, physical activity, and fitness in quality physical education. One-day face-to-face session with K-12 physical education teachers in Jamestown, NY.

## **NYC BOCES**

**Heidorn, B.**, (November 2024). Skill development, fitness, and physical activity games in physical education. Session included in half-day F2F professional learning workshop. NY BOCES.

**Heidorn, B.**, (November 2024). Current issues and hot topics in physical education. Session included in half-day F2F professional learning workshop. NY BOCES.

**Heidorn, B.**, (November 2024). Standards-based instruction. Session included in half-day F2F professional learning workshop. NY BOCES.

**Heidorn, B.**, (November 2023). Overview and assessment of quality teaching in physical education. Session included in half-day virtual professional learning workshop. NY BOCES.

**Heidorn, B.**, (November 2023). Standards-based coaching in high school and youth sport. Session included in half-day virtual professional learning workshop. NY BOCES.

**Heidorn, B.**, (November 2023). Best practices for quality instruction, motivating students, and enjoyment in physical education. Session included in half-day virtual professional learning workshop. NY BOCES.

**Heidorn, B.,** (November 2022). Developing fitness from principles of exercise science. Face-to-face session for NY BOCES.

**Heidorn, B.,** (November 2022). Current issues in health, physical education, and sport. Face-to-face session for NY BOCES.

**Heidorn, B.,** (November 2022). Effective teaching, student learning, assessment, and instructional feedback in physical education. Face-to-face session for NY BOCES.

**Heidorn, B.,** (November 2021). Physical education skills and activities. Long Island University - Post. Face-to-face session for NY BOCES.

**Heidorn, B., Mosier, B., & Brooks, C.** (November 2020). Teaching PE in limited spaces. Online session for NY BOCES.

**Heidorn, B., Mosier, B., & Brooks, C.** (November 2020). Physically distanced PE. Online session for NY BOCES.

**Heidorn, B., Mosier, B., & Brooks, C.** (November 2020). Teaching PE remotely. Online session for NY BOCES.

**Heidorn, B. & Mosier, B.** (November 2020). Strategies and resources for teaching F2F / hybrid, and online physical education. Online session for NY BOCES.

**Heidorn, B. & Mosier, B.** (October 2020). Strategies and resources for teaching F2F / hybrid physical education. Online session for NY BOCES.

**Heidorn, B.** (September 2020). Effective teaching in physical education: F2F and social distancing. Online session for NY BOCES.

**Heidorn, B.** (November 2019). Current issues and trends in physical education and sport. Session included in one-day workshop. Hofstra University.

**Heidorn, B.** (November 2019). Developing a school wellness culture. Session included in one-day workshop. Hofstra University.

**Heidorn, B.** (November 2019). Effective planning and teaching in physical education. Session included in one-day workshop. Hofstra University.

**Heidorn, B.** (November 2019). Developing fitness from exercise science. Session included in one-day workshop. Hofstra University.

**Heidorn, B.** (November 2018). Fitness and student learning in physical education. Session included in one-day workshop. Hofstra University.

## **NY SWBOCES**

**Heidorn, B.**, (October 2025). Professional learning in health, physical education, wellness, and sport. Full-day F2F professional learning workshop. NY SWBOCES.

**Heidorn, B.** (October 2024). Professional development in health and physical education. Sessions included: effective teaching; motivating students; fitness education; energizers, ice-breakers, and warm-ups in physical education; teaching progressions; fitness principles from exercise science; and curriculum development. One-day workshop in Harrison, NY.

**Heidorn, B.** (November 2023). Professional development in health and physical education. Sessions included: large group games; fitness education; energizers, ice-breakers, and warm-ups in physical education; teaching progressions; fitness principles from exercise science; and curriculum development. One-day workshop in Harrison, NY.

**Heidorn, B.** (May 2023). Professional development in health and physical education. Sessions included: skill-based health education; coaching; education; effective teaching. One-day workshop in Harrison, NY.

**Heidorn, B.** (November 2022). Best practices and effective teaching in physical education. One-day workshop in Harrison, NY.

### **Rockland BOCES**

**Heidorn, B.**, (November 2023). Assessment of physical activity and fitness in physical education. One-hour virtual session for K-8 physical education teachers in Suffern, NY, Rockland BOCES.

**Heidorn, B.**, (November 2023). Motivating students in physical education. One-hour virtual session for K-8 physical education teachers in Suffern, NY, Rockland BOCES.

### **North Carolina**

<sup>1</sup>**Heidorn, B.** (April 2025). Skills and strategies for quality physical education. Professional learning session for elementary teachers in Asheville, NC.

### **North Dakota**

<sup>1</sup>**Heidorn, B. & Heidorn, J.** (May 2022). Skills and strategies for quality physical education. Professional learning session for elementary and secondary physical education teachers in Williston, North Dakota.

### **Ohio**

**Heidorn, B.** (October 2022). Effective teaching in K-12 physical education. Professional learning session for physical education teachers in Clearview Public Schools.

**Heidorn, B.** (May 2021). Integrating technology in physical education. Professional learning session for elementary physical education teachers in Springfield Local Schools, Holland, OH.

**Heidorn, B.** (August 2025). Best practices in K-12 physical education. Virtual professional learning session for health and physical education teachers in Cleveland, Ohio. Sponsored by SHAPE America.

### **Pennsylvania – Various Workshops**

#### **Philadelphia Archdiocese**

**Heidorn, B.** (December 2018). Student learning, assessment, and instructional feedback in physical education. Session included in one-day workshop. Philadelphia Archdiocese

**Heidorn, B.** (December 2018). Skill and fitness development in physical education. Session included in one-day workshop. Philadelphia Archdiocese

**Heidorn, B.** (December 2018). Warm-ups, energizers, and instant activities in physical education. Session included in one-day workshop. Philadelphia Archdiocese

#### **Chester County**

<sup>4</sup>**Heidorn, B.** (November 2016). Energizers, ice-breakers, and warm-ups in physical education. Session included in one-day workshop. Chester County

<sup>3</sup>**Heidorn, B.** (November 2016). Teaching fitness concepts through movement. Session included in one-day workshop. Chester County

<sup>2</sup>**Heidorn, B.** (November 2016). Fitness games in physical education. Session included in one-day workshop. Chester County

<sup>1</sup>**Heidorn, B.** (November 2016). Effective instruction in K-12 physical education. Session included in one-day workshop. Chester County

### **Chester Community Charter Schools**

<sup>5</sup>**Heidorn, B.** (March 2025). Best practices, curriculum, and the promotion of physical activity: Skill development, physical activity, and fitness in quality physical education. One-day session for K-12 physical education teachers. Chester Community Charter Schools. Aston, PA.

<sup>4</sup>**Heidorn, B.** (March 2025). Professional development and supervision in physical education. One-day session for K-12 physical education teachers. Chester Community Charter Schools. Aston, PA.

<sup>3</sup>**Heidorn, B.** (August 2023). Learning activities for K-8 physical education. One-day workshop. Chester Community Charter Schools. Aston, PA.

<sup>2</sup>**Heidorn, B.** (January 2023). Best practices for K-8 physical education, Part 2. One-day workshop. Chester Community Charter Schools. Aston, PA.

<sup>1</sup>**Heidorn, B.** (August 2022). Best practices for K-8, Part 1. One-day workshop. Chester Community Charter Schools. Aston, PA.

### **South Carolina**

#### **Fairfield County School District**

<sup>5</sup>**Heidorn, B.** (August 2016). Energizers, ice-breakers, and warm-ups in physical education. Session included in one-day workshop.

<sup>4</sup>**Heidorn, B.** (August 2016). Comprehensive school physical activity programs. Session included in one-day workshop.

<sup>3</sup>**Heidorn, B.** (August 2016). Skill development and fitness activities for team sports. Session included in one-day workshop.

<sup>2</sup>**Heidorn, B.** (August 2016). Effective instruction in K-12 physical education. Session included in one-day workshop.

<sup>1</sup>**Heidorn, B.** (August 2016). Physical education for lifelong fitness. Session included in one-day workshop.

### **Tennessee – Various Workshops**

**Heidorn, B.** (June 2025). Best practices for K-12 physical education. Topics include integrating physical activity in academics and integrating academics in physical education. Full-day virtual session for teachers in Arlington (Memphis), TN.

**Heidorn, B.** (May 2023). Best practices for K-12 physical education. Topics include coaching education, health education, fitness education, and best practices in physical education. Two-day workshop. Arlington (Memphis), TN.

#### **Murfreesboro**

**Heidorn, B.** (May 2025). Best practices for K-8 physical education. One-day workshop. Saint Rose of Lima Catholic School, Murfreesboro, TN. This is a follow-up session from June 2022 with an additional emphasis on mentoring.

**Heidorn, B.** (June 2022). Best practices for K-8 physical education. One-day workshop. Saint Rose of Lima Catholic School, Murfreesboro, TN.



## **Texas – Various Workshops**

**Heidorn, B. & Heidorn, J.** (August 2024). Skill development, fitness, and physical activity in K-12 physical education. Full day workshop with 240 teachers in Cypress, TX.

**Heidorn, B.** (October 2023). Skill development, fitness, and physical activity in K-8 physical education. Full day workshop with 50 teachers in Pearland, Texas.

**Heidorn, B.** (October 2022). Skill development, fitness, and physical activity in K-12 physical education. Full day workshop in Crandall, Texas, plus additional follow-up sessions in the 2022-2023 academic year.

**Heidorn, B.** (June 2021). Integrating health in elementary physical education. Half-day online physical education workshop for physical educators in Rockwall Independent School District in Rockwall Texas.

**Heidorn, B.** (January 2021). Resources for hybrid and online physical education. Professional learning session for physical education teachers for Region 8 Education Service Center, Texas.

**Heidorn, B.** (January 2021). Physically distanced physical education. Professional learning session for Region 8 Education Service Center, Texas.

## **Katy**

**Heidorn, B. & Mosier, B.** (July 2021). Skill development, fitness, and physical activity in middle and high school health and physical education. Full day workshop in Katy, Texas.

**Heidorn, B.** (August 2017). Skill development, fitness, and physical activity in elementary physical education. Full day workshop in Katy, Texas.

## **Killeen**

**Heidorn, B.** (June 2020). Effective teaching in physical education: An overview of best practices. Online. Session included in one-day workshop in Killeen, Texas.

**Heidorn, B.** (June 2020). Principles of exercise science for fitness development in elementary physical education programs. Online. Session included in one-day workshop in Killeen, Texas.

**Heidorn, B.** (June 2020). A framework for fitness development in elementary physical education programs. Online. Session included in one-day workshop in Killeen, Texas.

**Heidorn, B.** (June 2020). What is a comprehensive school physical activity program? Online. Session included in one-day workshop in Killeen, Texas.

**Heidorn, B.** (June 2020). Current issues and trends in physical education. Online.

Session included in one-day workshop in Killeen, Texas.

### **Presidio Independent School District**

<sup>9</sup>**Heidorn, B.** (June 2013). Excellence in Coaching. Session included in one-day workshop.

<sup>8</sup>**Heidorn, B.** (June 2013). Promoting learning with physical activity. Session included in one-day workshop.

<sup>7</sup>**Heidorn, B.** (May 2012). Curriculum development in physical education.

<sup>6</sup>**Heidorn, B.** (February 2012). Implementing a comprehensive school physical activity program (CSPAP). Leadership training for school health advisory council.

<sup>5</sup>**Heidorn, B.** (January 2012). Resiliency: Relieving stress. Session included in one-day workshop.

<sup>4</sup>**Heidorn, B.** (January 2012). Making the mind-body connection: Connections for learning. Session included in one-day workshop.

<sup>3</sup>**Heidorn, B.** (January 2012). Using FITNESSGRAM data to drive continuous improvement in physical education. Session included in one-day workshop.

<sup>2</sup>**Heidorn, B.** (January 2012). Quality physical education: Effective teaching and best practices. Session included in one-day workshop.

<sup>1</sup>**Heidorn, B.** (January 2012). Physical activity and skill development using Games Stages 1-4. Session included in one-day workshop.

### **Washington, DC**

#### **Friendship Public Charter Schools**

**Heidorn, B.** (September 2025). Health education: Best practices for effective teaching and student learning.

**Heidorn, B.** (August 2024). Motivating students in K-12 physical education.

**Heidorn, B.** (August 2024). Standards-based teaching in physical education.

**Heidorn, B.** (August 2024). Lead-up games in physical education.

**Heidorn, B.** (February 2024). Effective teaching in K-12 physical education: A model lesson in throwing and catching.

**Heidorn, B.** (February 2024). Effective teaching in K-12 physical education: A model lesson in pickle ball instruction.

**Heidorn, B.** (January 2024). Best practices in skill development, physical activity, and fitness education for quality K-12 physical education programs.

**Heidorn, B.** (August 2019). Developing fitness from exercise science. Session included in two-day workshop for physical education teachers.

**Heidorn, B.** (August 2019). Energizers, instant activities, and warm-ups in physical education. Session included in two-day workshop for physical education teachers.

**Heidorn, B.** (August 2019). Skill development and fitness activities in physical education. Session included in two-day workshop for physical education teachers.

**Heidorn, B.** (August 2019). Nutrition. Session included in two-day workshop for physical education teachers.

**Heidorn, B.** (August 2019). Current issues and trends in physical education. Session included in two-day workshop for physical education teachers.

**Heidorn, B.** (August 2019). Motivating students and athletes in physical education and coaching. Session included in two-day workshop for physical education teachers.

**Heidorn, B.** (August 2019). Effective planning and teaching in physical education. Session included in two-day workshop for physical education teachers.

## **West Virginia**

### **Charles Town**

<sup>3</sup>**Heidorn, B.** (December 2017). Energizers, Warm-Ups and Instant Activities in Physical Education. Session included in one-day workshop.

<sup>2</sup>**Heidorn, B.** (December 2017). Skill Development and Fitness Activities in Physical Education. Session included in one-day workshop.

<sup>1</sup>**Heidorn, B.** (December 2017). Student Learning, Assessment, and Instructional Feedback in K-12 Physical Education. Session included in one-day workshop.

## **Wisconsin**

### **University of Wisconsin, River Falls**

<sup>3</sup>**Heidorn, B.** (April 2017). Energizers, ice-breakers, and warm-ups in physical education. Session included in one-day workshop.

<sup>2</sup>**Heidorn, B.** (April 2017). Fun games for physical activity. Session included in one-day workshop.

<sup>1</sup>**Heidorn, B.** (April 2017). Teaching fitness concepts through movement. Session included in one-day workshop.

---

### **National Webinar – National Presenter**

<sup>1</sup>**Heidorn, B.** (December, 2011). National Association for Sport and Physical Education Webinar. *Let's Move in School and Comprehensive School Physical Activity Programs: Physical activity during the school day.* Big picture presenter – 12/14/2011.

---

### **SHAPE America (National Standards; Physical Best; Presidential Youth Fitness Program) – National Presenter**

The content in this section includes professional workshop sessions for health and physical education teachers in various school districts in the United States, in partnership with and invited by SHAPE America. The sessions are listed alphabetically by state.

#### **Kansas City – SHAPE National Convention**

<sup>2</sup>**Heidorn, B.** (2026, March TBA). Physical BEST (TBA). Sponsored by SHAPE America. Scheduled for Monday, March 21, 2026

<sup>1</sup>**Heidorn, B.** (2026, March TBA). Physical BEST (TBA). Sponsored by SHAPE America. Scheduled for Monday, March 16, 2026

#### **Florida - Duval County Public Schools, Jacksonville**

<sup>1</sup>**Conkle, J. & Heidorn, B.** (2014, July). Essentials of the Presidential Youth Fitness Program (PYFP). Sponsored by SHAPE America.

#### **Georgia - Atlanta**

<sup>2</sup>**Heidorn, B. & Mosier, B.** (June 2015). Essentials of the Presidential Youth Fitness Program (PYFP). Pre-convention workshop at the Georgia Association for Health, Physical Education, Recreation and Dance annual convention, Atlanta, GA Sponsored by SHAPE America.

<sup>1</sup>**Heidorn, B.** (2015, October). Essentials of the Presidential Youth Fitness Program (PYFP). Pre-convention workshop at the Georgia Association for Health, Physical Education, Recreation and Dance annual convention, Atlanta, GA.

#### **India – Mumbai**

<sup>1</sup>**Heidorn, B.** (March 2025). National Physical Education Standards. Sponsored by SHAPE America. American School of Bombay. Professional learning session for 25 physical education teachers.

#### **Maine - Gloucester County School District**

<sup>3</sup>**Heidorn, B.** (October 2015). Physical Best Gets FITT. Sponsored by SHAPE America.

<sup>2</sup>**Heidorn, B.** (October 2015). Physical Best Gets SMART. Sponsored by SHAPE America.

<sup>1</sup>**Heidorn, B.** (2015, October). Essentials of the Presidential Youth Fitness Program (PYFP). Sponsored by SHAPE America.

#### **Massachusetts - Falmouth**

<sup>1</sup>**Heidorn, B.** (February 2018). Physical Best Gets SMART. Sponsored by SHAPE America.

#### **Missouri - Farmington**

<sup>1</sup>**Heidorn, B.** (August 2018). Physical Best Gets SMART; Physical Best Gets FITT. Sponsored by SHAPE America.

#### **New Jersey - Union City**

<sup>1</sup>**Heidorn, B.** (September 2018). Physical Best Gets SMART. Sponsored by SHAPE America.

#### **New York - Mount Vernon School District**

<sup>1</sup>**Heidorn, B.** (February 2017). Physical Best gets FITT. Sponsored by SHAPE America.

#### **North Dakota**

<sup>2</sup>**Heidorn, B.** (October 2016). Physical Best Specialist Workshop. Sponsored by SHAPE America. Crosby.

<sup>1</sup>**Heidorn, B.** (April 2016). Physical Best Gets FITT. Sponsored by SHAPE America. Watford City School District.

#### **Texas - Ysleta Independent School District, El Paso**

<sup>2</sup>**Heidorn, B.** (June 2016). Essentials of the Presidential Youth Fitness Program workshop (PYFP). Sponsored by SHAPE America.

<sup>1</sup>**Mosier, B & Heidorn, B.** (June 2015). Essentials of the Presidential Youth Fitness Program (PYFP). Sponsored by SHAPE America.

## Utah - Salt Lake City

<sup>1</sup>**Heidorn, B.** & Mosier, B. (April 2020 Re-scheduled). Physical Best Revised Workshop. SHAPE America National Convention & Exposition. Salt Lake City, UT. Sponsored by SHAPE America.

## Washington - Seattle

<sup>1</sup>Mosier, B & **Heidorn, B.** (2015, March). Essentials of the Presidential Youth Fitness Program (PYFP). Pre-convention workshop at the SHAPE America National Convention & Exposition, Seattle, WA. Sponsored by SHAPE America.

---

## Georgia AHPERD District Workshops

The content in this section includes professional workshop sessions for health and physical education teachers in Georgia, in partnership with and invited by the Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD).

<sup>7</sup>**Heidorn, B.** (September 2018). Throwing and catching for student learning in physical education. Sponsored by Georgia SHAPE, Georgia Department of Education, & Georgia Association for Health, Physical Education, Recreation, and Dance.

<sup>6</sup>**Heidorn, B.** (September 2014). Physical activity, pedometers, and personal communication: An exercise session. Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD) NW District Workshop, Carrollton, GA.

<sup>5</sup>**Heidorn, B.** (September 2014). Fitness in Physical Education. Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD) NW District Workshop, Carrollton, GA.

<sup>4</sup>**Heidorn, B.** (September 2014). Strength training in physical education. Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD) NW District Workshop, Carrollton, GA.

<sup>3</sup>**Heidorn, B.** & University of West Georgia students (March 2010). Increasing physical activity with energizers. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD) West District Workshop. Sponsored by the Department of Health, Physical Education, and Sport Studies, University of West Georgia, Carrollton, GA.

<sup>2</sup>**Heidorn, B.** (March 2010). Putting the “fit” in Fitnessgram. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD) West District Workshop. Sponsored by the Department of Health, Physical Education, and Sport Studies, University of West Georgia, Carrollton, GA.

<sup>1</sup>**Heidorn, B.** (June 2009). Fun and games in physical education. Georgia Association for Health, Physical Education, Recreation, & Dance (GAHPERD), Summer Institute, Mt. Paran Christian School, Kennesaw, GA.

---

## **Physical Activity Leadership Strategies: State Funded DOE Workshops, South Carolina**

The content in this section includes professional workshop sessions for health and physical education teachers, school administrators, and elementary classroom teachers in various school districts in South Carolina. We developed a professional working relationship with the physical educator coordinator with the South Carolina Department of Education, who sponsored the workshops. These invited opportunities were full-day professional learning workshops.

<sup>9</sup>Hall, T., **Heidorn, B.**, & Little, S. (January 2009). Collaborative paths to physical activity: Nurturing bright and active students. Train the trainer in Columbia, SC.

<sup>8</sup>Hall, T., **Heidorn, B.**, & Little, S. (February 2008). Physical activity leadership strategies: Physical activity director workshop, Spartanburg, SC.

<sup>7</sup>Hall, T., **Heidorn, B.**, & Little, S. (January 2008). Physical activity leadership strategies: Physical activity director workshop Florence, SC.

<sup>6</sup>Hall, T., **Heidorn, B.**, & Little, S. (January 2008). Physical activity leadership strategies: Physical activity director workshop Greenwood, SC.

<sup>5</sup>Williams, L., Hall, T., & **Heidorn, B.** (February 2007). Strategies for increasing physical activity in elementary schools: Physical activity director workshop Aiken, SC.

<sup>4</sup>Williams, L., Hall, T., & **Heidorn, B.** (January 2007). Strategies for increasing physical activity in elementary schools. Physical Activity Director Workshop Columbia, SC.

<sup>3</sup>Williams, L., Hall, T., & **Heidorn, B.** (September 2006). Strategies for increasing physical activity in elementary schools: Physical activity director workshop Summerville, SC.

<sup>2</sup>Williams, L., Hall, T., & **Heidorn, B.** (May 2006). Strategies for increasing physical activity in elementary schools: Physical activity director workshop, Inman, SC.

<sup>1</sup>Williams, L., Hall, T., & **Heidorn, B.** (May 2006). Strategies for increasing physical activity in elementary schools: Physical activity director workshop Columbia, SC.

---

## **CAMPUS / DEPARTMENTAL TALKS**

### **University of West Georgia**

<sup>37</sup>**Heidorn, B.** (September 2025). Psychomotor and Cognitive Learning Objectives in Physical Education. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>36</sup>**Heidorn, B.** (October 2024). What is a Comprehensive School Physical Activity Program (CSPAP)? One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>35</sup>**Heidorn, B.** (March 2024). Effective teaching in K-12 physical education. One class session (approximately 15 participants) as part of a local workshop for K-12 health and physical education teachers (80 participants). University of West Georgia.

<sup>34</sup>**Heidorn, B.** (March 2024). Pickle ball progressions for K-12 physical education. One class session (approximately 25 participants) as part of a local workshop for K-12 health and physical education teachers (80 participants). University of West Georgia.

<sup>33</sup>**Heidorn, B.** (March 2024). Principles of exercise training and other related content. One class session. University of West Georgia, Positive Youth Sport Development.

<sup>32</sup>**Heidorn, B.** (October 2023). Principles of exercise training and other related content. One class session. University of West Georgia, Positive Youth Sport Development.

<sup>31</sup>**Heidorn, B.** (March 2023). Professionalism in sport, fitness, and recreation, with an emphasis on quality physical education. One class session: Intro to Sport, Fitness, and Recreation. University of West Georgia. University of West Georgia.

<sup>30</sup>**Heidorn, B.** (March 2023). Best practices in physical education. Professional learning session for Carroll County K-12 physical education teachers. University of West Georgia.

<sup>29</sup>**Heidorn, B.** (October 2022). Principles of exercise training and other related content. One class session. University of West Georgia, Positive Youth Sport Development.

<sup>28</sup>**Heidorn, B.** (September 2022). Research-based strategies for quality health education in secondary schools: An emphasis on vaping, opioids, and ATODs (alcohol, tobacco, and other drugs). One class session. University of West Georgia, Health Education.

<sup>27</sup>**Heidorn, B.** (September 2022). Teaching throwing and catching: A focus on quality task presentations in physical education. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>26</sup>**Heidorn, B.** (October 2021). Teaching stations in physical education. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>25</sup>**Heidorn, B.** (October 2021). Teaching throwing and catching: A focus on quality task presentations in physical education. One class session. University of



West Georgia, Instructional Strategies in Health and Physical Education.

<sup>24</sup>**Heidorn, B.** (October 2021). Archery Unit: four class sessions. University of West Georgia, Skills and Strategies in Target / Outdoor.

<sup>23</sup>**Heidorn, B.** (January 2021). The peer review process: Navigating research, publications, and presentations. Guest presenter for PHED 7665: Analysis of Research on Teaching Health and Physical Education. University of West Georgia.

<sup>22</sup>**Heidorn, B.** (October/November 2020). Volleyball skills and strategies. Several consecutive class sessions as lead instructor of the unit. University of West Georgia, Skills and Strategies in Net/Wall Games.

<sup>21</sup>**Heidorn, B.** (October 2020). Teaching throwing and catching: A focus on quality task presentations in physical education. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>20</sup>**Heidorn, B.** (October 2020). Factor that influence learning. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>19</sup>**Heidorn, B.** (September 2020). Designing learning experiences and tasks for physical education. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>18</sup>**Heidorn, B.** (May 2020). Preparing for my profession: Strategies for success. Virtual interview discussion. University of West Georgia, Introduction to Sports, Coaching, Fitness, and Recreation.

<sup>17</sup>**Heidorn, B.** (September 2019). Soccer Unit: Five class sessions. University of West Georgia, Skills and Strategies in Invasion Games.

<sup>16</sup>**Heidorn, B.** (September 2019). Factors that influence learning. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>15</sup>**Heidorn, B.** (September 2019). Content development in physical education. One class session. University of West Georgia, Instructional Strategies in Health and Physical Education.

<sup>14</sup>**Heidorn, B.** (November 2019). Recreational games for throwing and catching. One class session. University of West Georgia, Skills and Strategies in Target/Outdoor Activities.

<sup>13</sup>**Heidorn, B.** (November 2019). Sport education. One class session. University of West Georgia, Current Issues and Trends.

<sup>12</sup>**Heidorn, B.** (March/April 2019). Volleyball Unit: Eight class sessions. University of West Georgia, Skills and Strategies in Net/Wall Games.

<sup>11</sup>**Heidorn, B.** (April 18, 2019). Training Methods. University of West Georgia, Principles and Foundations of Coaching.

<sup>10</sup>**Heidorn, B.** (February 7, 2019). Coaching and Officiating. University of West Georgia, Principles and Foundations of Coaching.

<sup>9</sup>**Heidorn, B.** (March 5, 2019). Coaching the parental side of sport. University of West Georgia, Principles and Foundations of Coaching.

<sup>8</sup>**Heidorn, B.** (February 5, 2019). Developing a coaching philosophy. University of West Georgia, Principles and Foundations of Coaching.

<sup>7</sup>**Heidorn, B.** (June 14, 2014). School and staff wellness. University of West Georgia, Educational Leadership Seminar.

<sup>6</sup>**Heidorn, B.** (November 4, 2013) Introduction to health and wellness: A focus on fitness. University of West Georgia, UWG 1101.

<sup>5</sup>**Heidorn, B.** (September 6, 2012) Fitness and Wellness, University of West Georgia, UWG 1101.

<sup>4</sup>**Heidorn, B.** (March 29, 2012) Sport Management Series, University of West Georgia. Sport in Modern Society.

<sup>3</sup>**Heidorn, B. & Johnson, J.** (June 2009). Research in health and physical education. Presentation for the Learning Festival sponsored by the College of Education at the University of West Georgia, Carrollton, GA.

<sup>2</sup>**Heidorn, B.** (June 2008). Promoting physical activity with energizers. Presentation at the Learning Festival sponsored by the College of Education at the University of West Georgia, Carrollton, GA.

<sup>1</sup>**Heidorn, B.** (January 2008). Exercise prescription. Presentation for the College of Education Faculty and Staff Wellness Program Instruction Series, University of West Georgia, Carrollton, GA.

### **Bob Jones University, Greenville, SC**

<sup>6</sup>**Heidorn, B.** (April 5, 2018). Developing fitness from exercise science: What every fitness professional needs to know.

<sup>5</sup>**Heidorn, B.** (April 6, 2018). Diabetes: What is it and what are management strategies?

<sup>4</sup>**Heidorn, B.** (April 6, 2018). Developing a coaching philosophy.

<sup>3</sup>**Heidorn, B.** (November 16, 2015). A career in health, physical education, coaching, and

exercise science: Potential with promise.

<sup>2</sup>**Heidorn, B.** (November 17, 2015). Physical activity, obesity, and curriculum integration in the classroom.

<sup>1</sup>**Heidorn, B.** (November 17, 2015). Career preparation from a pedagogical perspective.

### **Valdosta State University, GA**

<sup>1</sup>**Heidorn, B.** (May 2016). Skill development and fitness activities for K-12 physical education. Presentation for the Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD) Southeast District Workshop, Valdosta, GA.

---

## **UNIVERSITY TEACHING EXPERIENCE**

### **University of West Georgia**

#### **Undergraduate Level Courses**

Advanced Concepts of Personal Training	2013, 2014
<i>Taught face-to-face and 100% online sections</i>	
Applied Exercise of Physiology	2008, 2009, 2010, 2011, 2012
Badminton	2008, 2010
Instructional Strategies in Health and Physical Education	2009, 2010, 2013, 2014, 2015
Introduction to Sports, Coaching, Fitness, and Recreation	2020, 2023, 2024
Introduction to Health and Physical Education	2008, 2009, 2023, 2024, 2025
<i>Taught face-to-face and 100% online</i>	
Physical Activity in Elementary Schools	2007, 2008
Physical Education in Elementary Schools	2010, 2011
Physical Education in Middle/Secondary Schools	2009, 2010, 2011, 2012, 2013, 2014
Principles and Foundations of Coaching	2014, 2015, 2016, 2017, 2018, 2021, 2022
Skills and Strategies in Strength and Conditioning	2009, 2010, 2011, 2016, 2018
Skills and Strategies in Target/Outdoor Activities	2009, 2010, 2011, 2012, 2013, 2014, 2015, 2017

Skills and Strategies in Net/Wall Games	2009, 2010, 2011, 2012, 2013, 2014, 2024
Skills and Strategies in Invasion Games	2009, 2010, 2011, 2012, 2013, 2014, 2015, 2017, 2025
Strength and Conditioning	2008, 2009, 2010
Student Teaching Internship	2008, 2009, 2010, 2011, 2012, 2013, 2014
Student Teaching Seminar	2008, 2009, 2010, 2011
Soccer	2008
Technology in Health and Physical Education <i>Taught hybrid (51% online)</i>	2008, 2009, 2010, 2011
Volleyball	2008, 2010
<b>Graduate Level Courses</b>	
Developing the Whole Child for 21 <sup>st</sup> Century Learning <i>Taught 100% online</i>	2025
Sociological and Psychological Aspects of Health and Physical Education <i>Taught 100% online</i>	2024
Social Issues in Sports <i>Taught 100% online</i>	2024
Comprehensive Exam - Faculty Member Assessment	2022
Current Issues in Health and Physical Education <i>Taught 100% online</i> <i>Team teach with three other UWG faculty members</i>	2020
Curriculum Development in Physical Education <i>Taught 100% online</i>	2010, 2011, 2020, 2022, 2025
Curriculum Issues and Trends <i>Taught 100% online</i>	2015
Fundamentals of Teaching Health and Physical Education <i>Taught hybrid (51% online)</i>	2010, 2011

Methods of Teaching K-12 Physical Education <i>Taught hybrid (51% online)</i>	2010, 2011, 2022
Assessment and Program Evaluation in Health and Physical Education <i>Taught 100% online</i>	2021
Scientific Foundations of Exercise <i>Taught F2F, hybrid, and 100% online</i>	2008, 2009, 2010, 2021, 2025

## **Curriculum Development**

2024-2025 – In partnership with others: Development of Specialist Degree (Ed.S.) in physical education in the College of Education (UWG)

2022 – In partnership with others: Revision and new development of the coaching minor in the College of Education (UWG)

2019 – In partnership with others: Development of the 100% online Master of Education degree program in Health and Physical Education (UWG)

2014 – In partnership with others: Development of the Health and Community Wellness undergraduate degree (UWG)

2009 – In partnership with others: Development of the certification and Master of Arts degree program in Health and Physical Education (UWG)

2008 – In partnership with others: Full revision of the Bachelor of Science in Health and Physical Education program (UWG)

## **SERVICE TO PROFESSION**

### **National Service - Reviewer**

#### Current Journal Review

2019	Reviewer, <i>The Health Education Journal</i>
2017 - present	Reviewer, <i>Research Quarterly for Exercise and Sport</i>
2012 – present	Journal Reviewer – <i>Quest</i> .
2009 - present	Journal Reviewer - <i>Strategies: A Journal for Sport and Physical Educators</i>

#### Promotion and Tenure Review

2022	Reviewer, Tenure and Promotion dossier for external candidate at the University of Idaho
2020	Reviewer, Promotion to Professor (physical education) dossier for external candidate in the College of Education at the University of Alberta, Canada
2020	Reviewer, Promotion to Professor (physical education) dossier for external candidate in the College of Health Sciences at Sam Houston State University
2017	Reviewer, Tenure and Promotion dossier for external candidate at the University of Northern Colorado

#### Content Review

2018	Reviewer and content editor, SHAPE America Physical Best Activity Guides for Physical Education for Lifelong Fitness, new edition
2018 – 2021	Review Committee, SHAPE America Southern District, Taylor Dodson Award (3-year term)
2016 – 2021	Reviewer, SHAPE America national convention (Physical Activity and Health Promotion): 8-12 abstract reviews each year
2016	Reviewer – <i>Public Health Reports</i> , Office of the Surgeon General, U.S. Department of Health and Human Services (USDHHS)
2015	Reviewer for County Health Rankings and Roadmaps through the Roadmaps to Health Action Center, including What Works for Health (WWFH) in conjunction with the Robert Wood Johnson Foundation – Active recess interventions, Homework or extra credit for PE class, Open gym time, and Physically active classrooms. University of Wisconsin, County Health Rankings & Roadmaps Co-Director.
2011 - 2012	National Association for Sport and Physical Education (NASPE) - Reviewer for NFL Network Physical Education Teacher of the Year
2010 - 2011	Reviewer, National Association for Sport and Physical Education (NASPE) – Grant Reviewer: ING Run for Something Better
2009 - 2013	Reviewer, National Association for Sport and Physical Education (NASPE) –NASPE Awards Committee

#### National Service - Expertise

### Trainer

2026	Training of Trainers – Physical BEST (SHAPE America)
2024	Training of Trainers – National Standards in Physical Education (SHAPE America)
2016	National Trainer – National Standards and Grade Level Outcomes for Elementary Physical Education
2016	National Trainer – National Standards and Grade Level Outcomes for Secondary Physical Education

### Content

2019 - 2023	Member on the Publications Advisory Committee of the Society of Health and Physical Educators (SHAPE America) (3-year term)
2013-2014	Subject Matter Expert for the Certified Personal Trainer (CPT) exam for the National Council on Strength and Fitness (NCSF)
2012 – 2014	Publications Committee, American Alliance of Health, Physical Education, Recreation & Dance (AAHPERD) (3-year term)
2009-2012	National Association for Sport and Physical Education (NASPE) – Physical Education Steering Committee, Chair (2010-2012)
2008-2009	National Association for Sport and Physical Education (NASPE) – <i>Opportunity to Learn: Guidelines for Quality Physical Education</i> Committee to revise the 2004 documents
2006-2007	Committee Member for the Physical Activity Director Task Force Project, South Carolina.

### Delegation

2014-2015	Delegate for the Delegate Assembly during the SHAPE America National Convention & Exposition in Seattle, Washington.
2012 – 2013	NASPE Association Delegate Assembly
2012 – 2014	SHAPE America (Formerly the American Alliance of Health, Physical Education, Recreation and Dance) Alliance Assembly, Delegate, Southern District

### National Service – Editor

2013 – 2016	Editorial Board, <i>Journal of Physical Education, Recreation and Dance</i> (JOPERD), chair 2014 – 2015
2013 – 2015	Column Editor, <i>Strategies: A Journal for Physical and Sport Educators</i> , Theory to Practice Column Publications include:  2014 - November/December, September/October, July/August, May/June, March/April, January/February  2013 - November/December, September/October, July/August, May/June, March/April
2012 - 2013	Co-editor, National Association for Sport, Physical Education, Recreation and Dance (NASPE), NASPE Symposium, <i>Journal of Physical Education, Recreation, and Dance</i> (JOPERD)

### **State / Community Service**

#### **Georgia Professional Standards Commission**

2024 – 2025	Georgia Professional Standards Commission (GaPSC) Site Visitor Chair, NW Georgia RESA – Fall 2025 Continuing Review
2022-2024	Co-chair. Georgia PSC Evaluation Review Panel (ERP). Lead panel meetings Two-year term.
2021-2024	Georgia PSC Evaluation Review Panel (ERP). Three-year term. August 2021 through July 2024. Specific program review meetings once each month
2021-2022	Georgia PSC Site Review Team for Continuing Review – Valdosta State University
2021	Georgia PSC Site Review Team for Continuing Review – Georgia Southern University
2021	Georgia PSC Site Review Team for Continuing Review – Educational Leadership, Valdosta State University
2020	Georgia PSC Site Review Team for Continuing Review – Clayton State University
2018 – 2019	Georgia PSC Site Review Team for Continuing Review – Middle Georgia College and State University



2017 – present Georgia Professional Standards Commission (GaPSC): Trained Site Visitor

### Leadership

2025-2026 Development of the Revised Physical BEST workshop (SHAPE America)

2015-2016 Past President, Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD)

2013 – 2015 President, Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

2012-2013 President-Elect, Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

2012 - 2013 Exhibits Coordinator, Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

2011- 2013 Executive Board, Future Professional Advisor, Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

2008- 2012 Executive Board Representative, West District, Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD)

2008- 2015 Academic Advisory Committee on Physical Education, Health Education, and Recreation; Georgia Board of Regents (BOR)

2004-2006 Committee Member for South Carolina Alliance of Health, Physical Education, Recreation, and Dance (SCAHPERD): SCAPES

### Editor

2013 – 2018 Editor, *The GAHPERD Journal* (Journal of the Georgia Association for Health, Physical Education, Recreation and Dance: [www.gahperd.org](http://www.gahperd.org)) and the GAHPERD GAME (newsletter)

#### Publications for the *GAHPERD Journal*

2018 – March 15; September 15 (last issue of the journal)

2017 - March 15; October 15; December 15

2016 - December 15; September 15; March 15

2015 - December 15; September 15; March 15

2014 - December 15; September 15; June 15

2013- December 15; September 15

#### Publications for the GAME

2018 – February 15; May 15; August 15  
2017 - May 15; February 15; August 15; September 15  
2016 - October 15; August 15; May 15; February 15  
2015 - October 15; August 15; May 15; February 15  
2014 - October 15; August 15; May 15; February 15  
2013 - October 15; August 15

#### Review

2024	K-12 Physical Education Curriculum – Griffin Spalding County, GA
2022	Health and Learning Resource Committee – Rockdale County, GA
2022	Henry County School District – Health Education Curriculum Review
2022	Rockdale County School District – Health Education Curriculum Review
2020	University System of Georgia, Round Sixteen Textbook Transformation Grants Reviewer
2016 – 2018	Get Healthy Live Well Coalition, Tanner Hospital System, Carrollton, GA Physical activity in schools
2015	Content expert reviewer for <i>Movement Integration</i> and the <i>Theory of Planned Behavior</i> for 1 <sup>st</sup> – 6 <sup>th</sup> grade teachers in Alabama
2010 - 2013	Journal Reviewer – <i>The GAHPERD Journal</i> (Georgia Association for Health, Physical Education, Recreation, and Dance)

---

#### **SERVICE TO INSTITUTION**

##### **University of West Georgia**

##### **Review (College of Education)**

2025-2026	GaPSC review for 2027 program approval
-----------	--

##### **Promotion and Tenure Review Committees (College of Education)**

2024-2025	Chair, Review Committee – Tenure and Promotion, Department of Sport Management, Wellness, and Physical Education
-----------	--

2020-2021	Review Committee – Tenure and Promotion Third Year Review – Department of Sport Management, Wellness, and Physical Education
2018-2019	Chair, Review Committee – Tenure and Promotion Third Year Review – Department of Sport Management, Wellness, and Physical Education
2016-2017	Review Committee – Tenure and Promotion Third Year Review – Department of Sport Management, Wellness, and Physical Education
2014-2015	Member, Pre-tenure and Promotion committee for the College of Education
2014-2015	Member, Tenure and Promotion committee for the Department of Leadership and Instruction
2013-2014	Member, Tenure and Promotion committee for the College of Education
2013-2014	Member, Tenure and Promotion committee for the Department of Leadership and Instruction

#### **Search Committees (College of Education)**

2025	Search Committee, Chair – Department of Sport Management, Wellness, and Physical Education – Physical Education Limited Term Assistant Professor Position
2025	Search Committee, Chair – Department of Sport Management, Wellness, and Physical Education – Health and Community Wellness Clinical Assistant Professor Position
2021-2022	Search Committee Member, Department of Sport Management, Wellness, and Physical Education – Physical Education Tenure-Track Position
2020-2021	Search Committee Chair, College of Education Dean’s Office part-time staff position: External relationships and partnerships
2019-2020	Search Committee Member, Department of Sport Management, Wellness, and Physical Education – Physical Education Tenure-Track Position

2018-2019	Search Committee, Chair – Department of Sport Management, Wellness, and Physical Education – Physical Education Tenure-Track Position
2018-2019	Search Committee Member, Department of Sport Management, Wellness, and Physical Education – Sport Management Tenure-Track Position
2017-2018	Search Committee Member, Tenure Track Health and Community Wellness Assistant Professor – Department of Sport Management, Wellness, and Physical Education
2017-2018	Search Committee Member, Tenure Track Physical Education Assistant Professor – Department of Sport Management, Wellness, and Physical Education
2014 - 2015	Search Committee, Chair, Department of Leadership and Instruction Assistant/Associate Professor in Sport Management
2013 - 2014	Search Committee Member, Director of Field-Based Preparation and Community Clinic
2012 - 2013	Search Committee Member, College of Education, Director for the Office of Field Experiences
2012 - 2013	Search Committee Member, Department of Leadership and Instruction, Assistant Professor in Educational Leadership
2011 - 2012	Search Committee Member, Department of Leadership and Instruction Administrative Assistant position
2010 – 2011	Search Committee, Chair, Tennis Coach and Physical Education Instructor, Department of Leadership and Instruction
2010 – 2011	Search Committee, Chair, Health and Physical Education Program Assistant Professor Position, Department of Leadership and Instruction
2009 – 2010	Search Committee Member, Health and Physical Education Program Assistant Professor Position, Department of Health, Physical Education, and Sport Studies
2008 – 2009	Search Committee Member, Health and Physical Education Program Assistant Professor Position, Department of Health, Physical Education and Sport Studies

**Reviewer (University of West Georgia)**

2017 - 2022	Reviewer – Office of Education Abroad, Wolves Abroad Grants
2016 – 2018	Assessment Review Committee, Office of Institutional Effectiveness
2016-2017	Reviewer, Faculty Research Grants – Office of Research and Sponsored Projects

**Committees / Councils (University of West Georgia)**

2024-2026	Faculty Governance Council (FGC), College of Education
2022	Committee, M.Ed. in Physical Education Comprehensive Exam Review – organized, facilitated, and successfully contributed to 19 student comprehensive exams
2018-2019	Search Committee Member, Office of Research and Sponsored Projects
2017-2018	Search Committee Member, Office of Human Resources, Director of Employee Relations
2016 – 2024	Dean’s Office Scholarship Committee, College of Education
2016 – 2024	Committee Member, Dag Folger Speaker Series, College of Education
2016 – 2017	People Admin Committee Member
2016 – 2024	Education Abroad Advisory Council Member
2012 – 2015	Committee Member, University Council for Educator Preparation
2011 – 2012	Committee Member, Faculty Development, Mentoring, and Retention (FDMR), College of Education
2011 – 2015	Committee Member, Office of Field Experiences, College of Education
2010 – 2013	Senate Committee VIII Intercollegiate Athletics
2009 – 2015	University Disciplinary/Suspension Appeals Committee, Office of the President

2009 – 2013	University Appeals Committee
2009 – 2012	Assessment Committee in Health and Physical Education, Department of Leadership and Instruction, College of Education
2009 - 2011	Teacher Education Advisory Council (TEAC), College of Education
2009 - 2010	Graduate Committee, Department of Health, Physical Education, and Sport Studies, Comprehensive Exams
2008 – 2010	General University Matters Committee
2008 - 2009	Graduate Committee, Department of Physical Education and Recreation. Education Specialist Degree (Ed.S.) Final Thesis Review, College of Education
2007 – 2011	Teacher Education Appeals Committee, College of Education
2007 – 2010	Appeals Committee, Chair, Department of Health, Physical Education, and Sport Studies, College of Education
2007 – 2008	Personal Wellness Committee, Department of Physical Education and Recreation, College of Education

#### **Leadership (University of West Georgia)**

2025-2026	Undergraduate Program Coordinator in Health and Physical Education (B.S.Ed.). Department of Sport Management, Wellness, and Physical Education
2020 – 2022	Graduate Program Coordinator in Health and Physical Education, (M.Ed.). Department of Sport Management, Wellness, and Physical Education, College of Education
2016 – 2018	Study Abroad: Belize, faculty leader, College of Education
2015 - 2018	Advisory Board, Office of Research and Sponsored Projects (ORSP)
2014 - 2015	Chair, Committee to develop new degree in the College of Education (B.S. with a Major in Health and Community Wellness)
2013 – 2014	NCATE student assessment workgroup, College of Education

2011 – 2013	Advisory Board Member for Middle and Secondary Programs, Department of Leadership and Instruction, College of Education
2009 – 2015	Program Coordinator in Health and Physical Education, B.S. Department of Leadership and Instruction, College of Education
2009 – 2011	Health and Physical Education Teacher Education Graduate (Master's degree) Curriculum Revision, Department of Leadership and Instruction, College of Education
2009 – 2011	Leadership Team, Department of Health, Physical Education, and Sport Studies, College of Education
2008 – 2009	PETE Graduate Initial Certification Curriculum Revision, Department of Health, Physical Education, and Sport Studies, College of Education
2007 – 2020	Health and Physical Education Teacher Education Professional Dispositions Committee, Department of Sport Management, Wellness, and Physical Education, College of Education
2007 – 2008	Health and Physical Education Teacher Education Undergraduate Curriculum Revision Committee Member, Department of Physical Education and Recreation, College of Education

---

## **PROFESSIONAL MEMBERSHIPS, AFFILIATIONS, AND CERTIFICATIONS**

### **Current**

2020 – present	National Alliance for Youth Sports – Member
2015 – 2024	Georgia Association of Colleges for Teacher Education (GACTE)
2015 – 2024	Georgia Assessment Directors Association (GADA)
2013 – 2020	Physical Best Health-Fitness Instructor – SHAPE America Physical Best Health-Fitness Specialist (NASPE) certification.
2007 – present	Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD), lifetime member
2004 – present	SHAPE America (Society of Health and Physical Educators), formerly the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

1999 – present	National Intercollegiate Soccer Officials Association (NISOA), Georgia Chapter (GISOA), (previously South Carolina Chapter, SCISOA)
----------------	---

### **Former Memberships / Affiliations**

2017 – 2019	NAKHE (National Association for Kinesiology and Higher Education)
2016 – 2017	Certificate of Completion, National Diabetes Prevention Program: Lifestyle Coach Training.
2015 – 2016	GSOA and GHSA soccer officials' association
2014 – 2017	Presidential Youth Fitness Program (PYFP) Instructor
2013 – 2016	Certified Personal Trainer, National Council on Strength & Fitness (NCSF)
2012 – 2014	Train the Trainer, Comprehensive School Physical Activity Program, <i>Let's Move!</i> Active Schools. SHAPE America
2011 – 2013	American Educational Research Association (AERA), member
2011 – 2012	Association of Teacher Educators (ATE), member
2004 – 2007	South Carolina Association for Health, Physical Education, Recreation and Dance (SCAHPERD), member
2004 – 2007	ADEPT (Assisting, Developing, and Evaluating Professional Teaching), South Carolina teacher certification
1994 – 2007	National Federation High School (NFHS) Officials Association, South Carolina High School League, member and referee assignor (2000-2004)
1993 – 2007	American Red Cross Lifeguard Training Certification
1996 – 2004	Professional Teaching Certificate in Physical Education (K-12)
1993 – 2018	American Heart Association First Aid and CPR certification

---

### **COMMUNITY SERVICE**

2015- present	United States Soccer Federation – officiate youth soccer games in Carrollton, Villa Rica, and Douglasville, Georgia
2013 – 2023	Private and Group Soccer Trainer – Carrollton, GA



2014 – 2015	Private and Group Tennis Coach – Bremen, GA Summers: 2014; 2015
2008 – 2022	Head coach, Bremen Recreation Department, Bremen, GA (soccer, basketball, and baseball) – Youth recreation program Soccer – 2008, '09, '10, '11, '12, '13, '14, '15, '17, '19, '20, '21, '22 Basketball – 2012, '13, '14, '15 Baseball – 2008; 2011
2007 – 2013	Coach - Eagle Sports - North Point Christian Academy, Carrollton, GA
1999 – present	National Intercollegiate Soccer Officials Association (NISOA) – collegiate referee
1994 – present	Certified youth and high school referee (soccer, basketball, volleyball)
1993 – 2007	Certified swim instructor – private and group lessons

### **Bremen Recreation Department, GA**

<sup>6</sup>**Heidorn, B.** (September 13, 2022). Lead the referee training for youth soccer officials.

<sup>5</sup>**Heidorn, B.** (March 7, 2022). Lead the referee training for youth soccer officials.

<sup>4</sup>**Heidorn, B.** (September 9, 2021). Lead the referee training for youth soccer officials.

<sup>3</sup>**Heidorn, B.** (September 10, 2020). Lead the referee training for youth soccer officials.

<sup>2</sup>**Heidorn, B.** (December 6, 2014). Lead the discussion for effective instruction in youth sport.

<sup>1</sup>**Heidorn, B.** (December 7, 2013). Lead the discussion for effective instruction in youth sport.