

Asherah N. B. Allen, Ph.D

Department of Physical Education and Recreation
College of Behavioral & Social Sciences
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EDUCATION

Auburn University, Auburn, AL Ph.D., Kinesiology, 2013

- Specialization: Physical Education/ Motor Behavior
- Dissertation Advisor: Jared A. Russell, PhD
- Dissertation Title: Examining college students' motivations and perceptions toward enrollment, participation, and engagement in physical activity courses.

Auburn University, Auburn, AL M. Ed., Physical Ed.- Teacher Ed., 2010

Albany State University, Albany, GA B. S., Health and Physical Education, 2008

Albany State University, Albany, GA B. S., Health, Phys. Ed, and Recreation 2008

PROFESSIONAL EXPERIENCE

2016- Present **Assistant Professor**, Department of Physical Education and Recreation, *North Carolina Central University*

- Teach and advise undergraduate Physical Education and Recreation Major courses and Physical Activity Courses.
- Conduct quality research and scholarship, contributing to the field of Kinesiology
- Serves as a committee member: University Surcharge Committee, Assessment Committee, & Curriculum Committee
- Faculty Senate Member
- Advisor, Physical Education and Recreation Majors Association

2014- Present **Adjunct Professor**, Division of Science and Mathematics
Lees-McCrae College

2013- 2016

Assistant Professor, Department of Kinesiology, Sport Studies, & Physical Education, *Morehouse College*

- Teach undergraduate kinesiology majors and physical activity courses.
- Coordinate and collaborate in the development and restructuring of the departmental curriculum
- Faculty advisor of the James P. Haines Society Majors Club
- Faculty Advisor of the Atlanta University Center Tigershark Swim Team

2011- 2012

Graduate Teaching Assistant, Department of Kinesiology, *Auburn University*

- Served as an instructor for Auburn University undergraduate students in the Kinesiology course, Motor Development During the School Years.

2010- 2013

Graduate Assistant, College of Education Dean's Office
Auburn University

- Assisting Director of Student Development in coordinating programs to enhance students' experiences within the College of Education.
- Collaboration in the planning of research and data collection
- Coordination of Holmes Scholars meetings and recruitment visitations
- Student Diversity Recruitment
 - Future Scholars: Summer Research Bridge Program
 - Bi- annual HBCU Graduate Recruitment Visitation
 - Loachapoka Exploring Auburn Days, Host
 - Undergraduate Recruitment

2009-2010

Graduate Research Assistant, Department of Kinesiology
Auburn University

- Served as a research assistant for a National Institutes of Health Grant
 - Collaborated in the planning of research and data collection,
 - Placed and monitored equipment while students were engaged in physical activity,
 - Observed High-autonomy and Low-autonomy climates, and
 - Collected data of heart rate monitors, accelerometers, pedometers, and SOFIT (System for Observing Fitness Instruction Time).

2007

Undergraduate Teaching Assistant, Department of Health, Physical Education and Recreation, *Albany State University*

- Served as an assistant to the aquatics instructor, teaching undergraduate students enrolled in beginning and intermediate aquatics courses.

PUBLICATIONS

Peer-reviewed Journal Articles

Linder, A. D., Harper, A., Woodson-Smith, A. Jung, J., & **Allen, A.** (2018). Physical activity behaviors among Hispanic college students enrolled in lifetime fitness courses: An application of Ajzen's theory of planned behavior. *Advanced Physical Education Journal (accepted.)*

Clark, L., **Allen, A.**, Hodge, S. R. , Murata, N. M. (2016). One small step, a giant leap: D-PETE within minority serving institutions. *Quest, 68* (4), 406-419.

Blount, A. N. & Russell, J. A. (2013). Examining college students' motivations and perceptions toward enrollment, participation, and engagement in physical activity courses (Doctoral Dissertation). Auburn University, Auburn, AL.

Gregory-Bass, R. C., Williams, R.H., Peters, B.A., **Blount, A. N.** (2013). Undergraduate preparedness and partnerships to enhance diversity in kinesiology. *Kinesiology Review, (2)*, 181-189.

Peer- reviewed Abstracts

Blount, A. & Russell, J. A. (2015). *Examining college student engagement motivation in instructional physical activity courses. Research Quarterly for Exercise and Sport, 86: sup2, A-24.*

Russell, J. A., Vaughn, M., Delk, D., Boyd, K., & **Blount, A.** (2015). *Investigating experiences that impact the development of graduate student identities. Research Quarterly for Exercise and Sport, 86: sup2, A-101.*

Delk, D., Russell, J., Vaughn, M., **Blount, A.** & Boyd, K. (2014). *Investigating Experiences of College Women in a Single-Gender Fitness Course. Research Quarterly for Exercise and Sport, 85:sup1, A-97.*

Vaughn, M., Russell, J., Delk, D., Boyd, K., & **Blount, A.** (2014). *College Women of Color and Motivations to Be Physically Active. Research Quarterly for Exercise and Sport, 85:sup1, A-103.*

Russell, J.A., **Blount, A.**, Delk, D. (2013). Socialization Experiences of Kinesiology Graduate Students of Color. *Research Quarterly for Exercise and Sport, 84:sup1, A-84.*

Morera-Castro, M., Rudisill, M. E., Wadsworth, D. D., Robinson, L. E., Logan, S. W., Daly, C., & **Blount, A.** (2012). The influence of time in outdoor play on daily and aerobic step count in Costa Rica [Supplemental Material]. *Journal of Sport and Exercise Psychology, 34* (suppl), 172.

Russell, J., & **Blount, A.** (2012) Kinesiology graduate students' perceptions of diversity factors impacting their matriculation. *Research Quarterly for Exercise and Sport*, 83 (1), A-87.

Wadsworth, D.D., Robinson, L.E., Rudisill, M.E., Logan, S.W., Morera, M., Daly, C., **Blount, A.**, & Webster, E.K. (2011). The influence of motivational climates on rural children's physical activity. *Journal of Sport & Exercise Psychology*, 33 (suppl), 44.

Russell, J., & **Blount, A.** (2011). Kinesiology graduate students' perspectives on persisting and navigating higher education. *Research Quarterly for Exercise and Sport*, 82 (1), A-69.

Manuscripts in Preparation

Allen, A. & Russell, J. A. (In preparation). Examining college students' motivation to participate and engage in college and university physical activity courses.

Russell, J. A., Delk, D., **Allen, A.** (In preparation). An analyses of the mission statements of NCATE accredited PETE programs.

Russell, J.A., **Allen, A.**, Vaughn, M., Delk, D., Boyd, K. (In preparation). Creating a model for success: Examining the experiences of potential graduate students of color during a summer bridge program.

PRESENTATIONS

International and National

Jung, J., Linder, A. D., **Allen, A.**, & Woodson-Smith, A. (2018) EdTPA: Challenges and Strategies. 2018 SHAPE America PETE & HETE Conference in Salt Lake City, UT.

Aly, E. R., Olaves, J., & **Allen, A.** (2016). The perceptions and motivations toward water safety and aquatic activities in college student. Health, Wellness, & Society Knowledge Community, Washington, D.C., USA

Blount, A. & Russell, J. A. (2015). *Examining college student engagement motivation in instructional physical activity courses*. Society of Health and Physical Educators America National Convention, Seattle, WA.

Russell, J. A., Vaughn, M., Delk, D., Boyd, K., & **Blount, A.** (2015). *Investigating experiences that impact the development of graduate student identities*.

- Society of Health and Physical Educators America National Convention, Seattle, WA.
- Delk, D. Russell, J. A., **Blount, A.**, Vaughn, M., & Boyd, K. (2015) *Examining the content of NCATE physical education teacher education programs*. Society of Health and Physical Educators America National Convention, Seattle, WA.
- Brock, S.J., Buchanan, A., Hastie, P., Russell, J.A., & **Blount, A.** (2014). *Impact of swim program on African-American children's fear of water*. American Alliance for Health Physical Education, Recreation, and Dance, St. Louis, MO.
- Tripp, L.O., Russell, J.A., Thomas, C., Love, A., Burton, M., **Blount, A.**, & Delk, D. (2013) *Best practices in Education*. Workshop at Lumbadzi Primary School, Lilongwe, Malawi, Africa.
- Russell, J. A., **Blount, A.**, & Delk, D. (2013, April). *Socialization experiences of kinesiology graduate students of color*. American Alliance for Health Physical Education, Recreation, and Dance, Charlotte, NC.
- Russell, J. A., **Blount, A.**, & Vaughn, M. (2013, April). *Effectively mentoring kinesiology doctoral students: Perspectives from mentors and mentees*. American Alliance for Health Physical Education, Recreation, and Dance, Charlotte, NC.
- Vaughn, M., Russell, J. A., & **Blount, A.** (2013, April). *Using case studies to facilitate graduate teaching assistant instructional development and support*. American Alliance for Health Physical Education, Recreation, and Dance, Charlotte, NC.
- Blount, A.**, & Peters, B. (2013, January) *Recruiting a diverse student body: Undergraduate and graduate students*. American Kinesiology Association Leadership Workshop: Diversity Enhancement in Kinesiology, Orlando, FL.
- Morera, M., Rudisill, M. E., Wadsworth, D. D., Robinson, L. E., Logan, S. W., Daly, C., & **Blount, A.** (2012). *The influence of time in outdoor play on daily and aerobic step count in Costa Rica*. North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
- Russell, J. A. & **Blount, A.** (2012, March). *Kinesiology graduate students' perceptions of diversity factors impacting their matriculation*. Oral Presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Boston, MA. *Presentation accepted but not given due to cancellation of conference*.
- Russell, J. A. & **Blount, A.** (2011, March). *Kinesiology graduate students' perspectives on persisting and navigating higher education*. Poster presentation at the

American Alliance for Health, Physical Education, Recreation and Dance
Conference, San Diego, CA.

Wadsworth, D. D., Robinson, L. E., Rudisill, M. E., Logan, S. W., Morera, M., Daly, C.,
Blount, A., & Webster, E. (2011, June). The influence of motivational climates
on rural children's physical activity. North American Society for the
Psychology of Sport and Physical Activity, Burlington, VT.

Regional

Buchanan, A.M., McDonald, D. A., Norton, A. C., **Blount, A.**, Butler, K., McCladdie,
H., Delk, D. W. (2010, January). *Successfully teaching students with Autistic
Spectrum Disorder, Part I & II: Using Picture Schedules in Physical
Education*. Paper presented at the Share the Wealth Conference. Jekyll Island,
GA.

Wadsworth, D.D. Robinson, L.E., Rudisill, M.E., Logan, S.W., Morera, M., Daly, C.,
Blount, A., & Hopkins, E. (2010, November). *The Influence of Motivational
Climates on the Physical Activity in Rural School-age Children*. Poster
presentation at the Global Obesity Summit, University of Mississippi Medical
Center, Jackson, MS.

Invited Presentations

Allen, A. (2016). Slay and be active. North Carolina Central University Campus
Recreation and Student Affairs. *North Carolina Central University, Durham,
NC*.

Blount, A. N. & Peters, B.A., (2013). Undergraduate preparedness and partnerships
to enhance diversity in kinesiology. American Kinesiology Association 2013
Workshop- Diversity Enhancement in Kinesiology. *Orlando, FL*.

Blount, A. (2012). 9th Annual Department of Kinesiology Graduate School
Workshop. *Morehouse College. Atlanta, GA*.

TEACHING

North Carolina Central University

2016- Present

- PETE 4450 – Motor Development

- PEDU 2000- Intro to Physical Education
- PEDU 3550- Physical Activity for the Aging
- PEDU 4410- Evaluation and Measurement
- PEDU 4800- Independent Study in Physical Education
- PEDU 1541- Fitness
- PEDU 1100- Elementary Swimming

Lees McRae College

2014- Present

- BIO 102- Environmental Biology
- SCI 241- Math and Science Concepts

Morehouse College

2013-2016

- HKSP 252- Community Recreation
- HKSP 253- Programs in Health Education
- HKSP 381- Skills and Techniques for Individual Sports
- HKSP 382- Skills and Techniques for Team Sports
- HKSP 455- Test and Measurements in Health
- HKSP 456- Adapted Physical Education Programs
- HPED 151- Aquatics and Fitness
- HPED 154- Tennis and Fitness

Auburn University

2012 KINE 2250- Motor Development during the School Years

Albany State University

2007 PEDH 1007- Beginners Aquatics
 PEDH 1020- Intermediate Swimming

- *Served as Albany State University Assistant Aquatics Instructor, performing interim duties of an Instructor under the leadership of Chairman of the Health, Physical Education, and Recreation Department. Taught basic aquatic skills for all participants. Responsible for opening and closing the pool and common areas*

OUTREACH

North Carolina Central University

2018- Present Social Media Coordinator/Co-Manager
Diversity in Aquatics

2017 Jump Rope for Hearts/ Hoop for Hearts
C.C. Spaulding Elementary School

National Women in Sports Day Event
Leroy T. Walker Building

2016 Adapted Aquatics

Morehouse College

2013-2016 Morehouse College Health Fair, Majors Club Faculty Advisor

2014- 2016 Morehouse College Graduate School Workshop, Coordinator

2014- 2016 Department of Kinesiology Undergraduate Research
Coordinator

Auburn University

2013 Graduate Assistant, College of Education Destination Malawi Study
Abroad Program

- *A study abroad and professional development program implemented to gain and share knowledge and experiences of planning and applying teaching techniques with faculty and students of Lilongwe, Malawi.*

2013 Department of Kinesiology Graduate School Recruiting Ambassador

- *Visited prospective students from Morehouse College and Albany State University for recruitment into Department of Kinesiology graduate programs*

2011 - 2013 Lead Coordinator, Auburn University, **Future Scholars
Summer Research Bridge Program**

- *The goal of the Auburn University Future Scholars Summer Research Bridge Program was to implement an intensive six-week academic and summer research enrichment experience for prospective graduate students. The program was designed to aid in the recruitment and transition of undergraduates from traditionally underrepresented groups in Auburn*

University's graduate programs. Participants were provided with faculty mentorship, graduate level academic preparation, and meaningful research, teaching, service, and/or outreach opportunities. Major objectives were to promote interests in Auburn University graduate programs, participate in innovative research and outreach programs and to encourage a meaningful and systemic undergraduate to graduate student bridging process between Auburn University and regional higher education institutions with significant populations of traditionally underrepresented students. The department of Kinesiology hosted the program. The program was placed in three colleges (Liberal Arts, Sciences and Mathematics and Education) on the Auburn University campus.

2010 - 2013 Lead Coordinator, Department of Kinesiology, **AU/HBCU Graduate Recruitment Program**

- *This program allows undergraduate from local HBCUs to bring students to campus over a two-day visit. Funding for the visit was received from the College of Education, Department of Kinesiology, and Graduate School. Participants generally numbered 10-15 (plus faculty advisors). Activities include touring KINE and COE facilities, speaking to faculty about their research, spending time in KINE core graduate classes, and meeting with campus administrators and graduate students.*

2012 - 2013 Swim Instructor, **Get Connected: Loachapoka Summer Camp**

- *The Department of Kinesiology provided the opportunity for Loachapoka Elementary school students to attend a five-week fitness summer camp. The goal of the summer camp was to expose the students to various forms of physical activities, promoting healthy and active lifestyles.*

PROFESSIONAL SERVICE

North Carolina Central University

2018- Present Physical Education and Recreation Majors Association (PERMA), *Advisor*

2017- Present University Surcharge Committee Member

2016- Present Committee Member:

- Assessment Committee
- Curriculum Committee

Faculty Senate

Morehouse College

- 2013- 2016 Advisor, James P. Haines Society- Kinesiology Majors Club
- 2013- 2016 Advisor/ Coach, Atlanta University Center Tigersharks Swim Club

Auburn University

- 2012- 2013 College of Education Holmes Scholar Student Liaison
- 2012 Assistant Organizer & Instructor, Loachapoka Exploring
- 2011- 2013 Black Graduate and Professional Student Association
- 2010-2013 Department of Kinesiology Summer Bridge – Future Graduate Scholars Program

- *Assisted in the recruitment of prospective students from Historically Black Colleges and Universities into Department of Kinesiology graduate programs*
- *Coordinated the daily operations of the Summer Bridge Program*

- 2010- 2013 Department of Kinesiology Graduate School Recruiting Ambassador
- *Visited prospective students from Albany State University and Morehouse College for recruitment into Department of Kinesiology graduate programs*

- 2010- 2013 Graduate Student Council Senator
- *Serve as the School of Kinesiology's Graduate Student Council Senator to provide a voice for our students to ensure needs are expressed and met.*

- 2010- 2013 Lead Coordinator, College of Education Graduate Seminar Series

- 2012- 2013 Lead Coordinator, College of Education Graduate Student Diversity Recruitment Program

AWARDS AND HONORS

- 2012- 2013 American Association of Colleges for Teacher Education (AACTE) **Holmes Scholar**
- 2012- 2013 **Graduate Teaching Assistant**, Auburn University
- 2011-2012 Department of Kinesiology **Graduate Teaching Assistant**, Auburn University
- 2010- 2013 College of Education Dean's Office **Graduate Assistant**, Auburn University
- 2010- 2013 **President's Graduate Opportunity Program Fellowship**, Auburn University
Amount: \$10,000 per year
- 2010-2013 **Graduate Student Council Senator**, Auburn University
- 2010-2013 Travel Award Grant, Auburn University Graduate School
Amount: \$200.00 per year
- 2010-2013 Travel Award Grand, Auburn University College of Education
Amount: \$500.00 per year
- 2010-2013 Travel Award Grant, Auburn University School of Kinesiology
Amount: \$200.00- \$500.00 per year
- 2009-2010 **Graduate Research Assistant**, Auburn University

PROFESSIONAL DEVELOPMENT

Workshops

- 2019 Human Subjects Research Workshop, The RCMI Center for Health Disparities, North Carolina Central University January 18, 2019
- 2017 University Vision Design Capacity (VDC) Grant Writing Workshop, North Carolina A&T University
- 2015 2nd Annual Sport Career Lecture: Major League Baseball, Morehouse College Kinesiology Majors Club, Advisor

2015	6 th Annual Scholarship of Teaching & Learning Retreat: Problem Based Learning and Peer-Led Team Learning Across Disciplines (Atlanta, GA)
2015	Atlanta University Center Academic Writing Institute Program (Atlanta, GA)
2014	1 st Annual Sport Career Lecture, Morehouse College Kinesiology Majors Club, Advisor
2013	American Kinesiology Association Leadership Workshop: Diversity Enhancement in Kinesiology (Orlando, FL)
2013	Best practices in Education Workshop at Lumbadzi Primary School, Lilongwe (Malawi, Africa)
2010-2013	College of Education, Graduate School Workshops, Coordinator

MEASUREMENT AND EVALUATION TRAINING

- Movement Assessment Battery for Children- 2 (MABC)
- Test of Gross Motor Development- 2 (TGMD)
- System for Observing Fitness Instruction Time (SOFIT)
- Academic Learning Time in Physical Education (ALT-PE).
- Atlas. ti.7 Qualitative Analysis Data Software
- IBM SPSS Statistics

PROFESSIONAL MEMBERSHIPS

- Diversity in Aquatics, 2015- Present
- Phi Epsilon Kappa Fraternity, 2017- Present
- National Association for Kinesiology in Higher Education, 2016- Present
- Society of Health and Physical Educators, 2013- present
- American College of Sports Medicine, 2015-2016
- American Alliance of Health, Physical Education, Recreation, and Dance, 2009- 2013
- Georgia Association for Health, Physical Education, Recreation, and Dance, 2004- present
- Kappa Delta Pi, International Honor Society in Education, 2010- present

CERTIFICATIONS

- Level 7 Certification- Health and Physical Education P-12 (Georgia)
- American Red Cross Adult/Child CPR /First Aid/AED Certified
- American Red Cross Lifeguard/ First Aid and Safety
- American Red Cross Water Safety Instructor