

Curriculum Vitae of

LAUREN D. SULZ

Department of Secondary Education
Faculty of Education, University of Alberta
350 Education South
Edmonton, Alberta, Canada, T6G 2G5

Academic Appointments

2015 Assistant Professor, Department of Secondary Education, University of Alberta

Academic Credentials

2014 Ph.D., School of Exercise Science, Physical & Health Education,
University of Victoria, British Columbia
Dissertation Title: *Health Promoting Secondary Schools – Implementation of a
Self-Determination Framework*

2008 M.Sc., College of Kinesiology, University of Saskatchewan
Thesis Title: *A Student's Choice: Enrollment in Elective Physical Education*

2003 B.Ed., Faculty of Education, University of Saskatchewan

2003 B.Sc., College of Kinesiology, University of Saskatchewan

Awards

2010 Canadian Obesity Network Student Travel Award

2010 Myer Horowitz Endowment Scholarship

2007 Graduate Teaching Fellowship, University of Saskatchewan

2007 3rd Place Presentation, 14th Annual Life & Health Science Research Conference,
University of Saskatchewan

Professional Experience

2013 – 2014 Program Evaluator, Saskatoon Health Region, Population and Public Health,
Health Promotion Department, Saskatoon Saskatchewan

2013 – 2014 Program Evaluation Assistant, College of Kinesiology and College of Medicine,
University of Saskatchewan

- 2012 – 2013 Sessional Lecturer/Research Assistant, College of Kinesiology, University of Saskatchewan
- 2008 – 2011 Sessional Lecturer, School of Exercise Science, Physical & Health Education, University of Victoria, British Columbia
- 2006 – 2007 Teaching Assistant, College of Kinesiology, University of Saskatchewan
- 2003 – 2006 Teacher, grades 9 – 12, Saskatoon Public School Division, Saskatoon Saskatchewan

TEACHING

Summary of Number of Courses Taught

Curriculum and Instruction Physical Education (Secondary)	4
Curriculum and Instruction Physical Education (Elementary/Middle)	5
Curriculum and Instruction Health Education (Secondary)	1
Kinesiology and Sport (Undergrad)	2

University of Alberta

- 2016 – 2017 EDSE 333 Curriculum and Teaching for Secondary School Health'
EDSE 347/348 Curriculum and Teaching for Secondary School Physical Education Majors I/Minors
EDSE 447/451 Curriculum and Teaching for Secondary School Physical Education Majors II
- 2015 – 2016 EDSE 347/348 Curriculum and Teaching for Secondary School Physical Education Majors I/Minors

University of Saskatchewan

- 2012 – 2013 Kin 432 Ethics and Values in Sport and Physical Activity
- 2006 – 2007 Kin 240 Pedagogy in Physical Activity Settings I Theory

University of Victoria

- 2011 – 2012 EPHE 311 Physical Education for General Classroom Teachers: B
- 2010 – 2011 EPHE 312 Overview of Elementary or Middle School Physical Education
- 2009 – 2010 EPHE 310 Physical Education for General Classroom Teachers: A
EPHE 311 Physical Education for General Classroom Teachers: B

2008 – 2009 EPHE 312 Overview of Elementary or Middle School Physical Education
 EPHE 352 Instructional Techniques in Individual Activities Secondary

RESEARCH

External Research Funding

2010 – 2013 *Health Promoting Secondary Schools – A Pilot Project: Implementation of a Self-Determination Framework*. J. Wharf Higgins (principal), R. Rhodes, P.J. Naylor, S. Gibbons, H. McKay, K. Strange, & L. Sulz (co-applicants), Canadian Cancer Society Prevention Grant, \$599, 034

Internal Research Funding

2016 – 2017 *Case Study of Applied Physical Literacy in an Urban High School*. D. Gleddie (principal) & L. Sulz (co-applicant), Support for the Advancement of Scholarship, University of Alberta, \$6858

2015 – 2016 *Examining Non-Curricula Physical Activity Programs in Schools Across Two Canadian Provinces*. L. Sulz (principal), L. Humbert & D. Gleddie (co-applicants), Support for the Advancement of Scholarship, University of Alberta, \$6980

2007 – 2008 *A Student's Choice: Enrollment in Elective Physical Education*. L. Humbert (principal) & L. Sulz (co-applicant), President's SSHRC, University of Saskatchewan \$5000

PUBLICATIONS

Summary

Articles in Referred Journals	8
Papers in Referred Conference Proceedings	3
Papers in Non-Referred Journals	1
Major Reports	5

Articles in Refereed Journals

Sulz, L. & Gibbons, S.L. (in press). Whole-School approaches to health promotion in high schools: a review of four recent interventions. *International Journal of Physical Education*.

Sulz, L.D., Temple, V., & Gibbons, S. (in press). Measuring student motivation in high school physical education: development and validation of two self-report questionnaires. *The Physical Educator*.

- Sulz, L.D., Gibbons, S., Naylor, P.J., & Wharf Higgins, J. (2016). Complexity of choice: teachers' and students' experiences implementing a choice-based Comprehensive School Health model. *Health Education Journal*. Advance online publication. doi: 10.1177/0017896916645936
- Wharf Higgins, J., Naylor, P.J., Bellows Riecken, K., Gibbons, S., Rhodes, R., Sulz, L.D., & McKay, H. (2014). One, two, three strikes and you're out? Examining youth physical activity in the context of the Health Promoting Secondary Schools model and teacher job action. *Education and Health, 32*(3), 110-117.
- Naylor, P.J., Wharf Higgins, J., Gibbons, S., Rhodes, R., Sulz, L., McKay, H., Voss, C., & Macdonald, H. (2013). To PE or not to PE, that is the question. *Canadian Journal of Diabetes, 37*(S2), S263. doi: <http://dx.doi.org/10.1016/j.jejd.2013.03.245>
- Voss, C., Wharf Higgins, J., Naylor, P.J., Sandercock, G., Gibbons, S., Rhodes, R., Macdonald, H., Sulz, L.D., Tan, V., & McKay, H. (2012). Differences in health-related fitness and physical activity between Canadian and English 15-yr olds. *Journal of Science and Medicine in Sport, 15*(S1), S326-S327. doi:<http://dx.doi.org/10.1016/j.jsams.2012.11.890>
- Voss, C., Race, D., Wharf Higgins, J., Naylor, P.J., Gibbons, S., Rhodes, R., Macdonald, H., Sulz, L.D., & McKay, H. (2012). Is the bus an overlooked source of active transport to school in Canadian youth? *Journal of Science and Medicine in Sport, 15*(S1), S209. doi: <http://dx.doi.org/10.1016/j.jsams.2012.11.509>
- Sulz, L.D., Humbert, M.L., Gyurcsik, N.C., Chad, K.E., & Gibbons, S.L. (2010). A student's choice: enrollment in elective physical education. *PHEnex, 2*(2), 1-17.

Papers in Referred Conference Proceedings

- Voss, C., Race, D., Wharf Higgins, J., Naylor, P.J., Gibbons, S., Rhodes, R., Macdonald, H., Sulz, L.D., McKay, H. (2012). Is the bus an overlooked source of active transport to school in Canadian youth? *Journal of Science and Medicine in Sport, 15*(S209). 4th International Congress on Physical Activity and Public Health. Sydney, Australia
- Voss, C., Wharf Higgins, J., Naylor, P.J., Sandercock, G., Gibbons, S.L., Rhodes, R.E., Macdonald, H., Sulz, L.D., Tan, V., & McKay, H.A. (2012). Differences in health-related fitness and physical activity between Canadian and English 15-yr olds. *Journal of Science and Medicine in Sport, 15*(S209). 4th International Congress on Physical Activity and Public Health. Sydney, Australia
- Sulz, L.D. A student's choice: factors to enrollment in elective physical education. *PHEnex, 1*(1), 17. Physical and Health Education Canada National Conference. Banff, Alberta, Canada

Papers in Non-Refereed Journals

Humbert, M.L., Kirpatrick, D., & Sulz, L.D. (2008). Healthy souls: our journey towards a health promoting high school. Dr. Stirling McDowell for Research into teaching: Teaching and Learning Research Exchange, Project #138.

Major Reports

Sulz, L.D., Humbert, L., & Gleddie, D. (2015). *Examining Non-Curricula Physical Activity Programs in Alberta Schools*. Report submitted to Alberta Schools Athletic Association.

Sulz, L.D., Humbert, L., & Gleddie, D. (2015). *Examining Non-Curricula Physical Activity Programs in Saskatchewan Schools*. Report submitted to Saskatchewan High School Athletic Association.

Sulz, L.D., Humbert, L., Humbert, E., & Hillis, K. (2013). *Cutting Youth from High School Sports: Current Practices, Best Practices, and Influence on Physical Activity Behaviours*. Report submitted to Greater Saskatoon Catholic School Board.

Sulz, L.D. (2013). *Saskatchewan in motion Schools: Past, Present, and Future*. Report submitted to Saskatchewan *in motion*.

Sulz, L.D., Humbert, M. L., & Chad, K. (2011). *The Saskatchewan Physical Education Survey*. Report submitted to Saskatchewan in motion and the Ministry of Learning, Government of Saskatchewan.

Materials for Use in Schools

Sulz, L.D., Gibbons, S.L., & Wharf Higgins, J. (2011). *Physical Education 10 Resource Manual for Health Promoting Secondary Schools*. Victoria, British Columbia, Canada

Wharf Higgins, J. Courtnall, S., & Sulz, L.D. (2012). *Health Promoting Secondary Schools – HPSS Schools Health Profile 2011 – 2012*. School Health Planning and Evaluation System (SHAPES). Victoria, British Columbia, Canada

CONFERENCE PRESENTATIONS

Summary

Invited Presentations National	4
Invited Presentations Local	6
Peer-Reviewed Conference Presentations (International)	3
Peer-Reviewed Conference Presentations (National)	8
Peer-Reviewed Conference Presentations (Local)	4

Referred Conference Presentations

Humbert, M. L. & Sulz, L. (2016). *Cutting kids from high school sports: What's a coach to do?* Re-imagining School Sport Keynote. Canadian Sport for Life National Summit, Gatineau, Quebec

Sulz, L.D. & Humbert, L.M. (2015). *Cutting Students from School Sports Teams: Easing the Pain of the Non-Selection Process*. Physical and Health Education Canada National Conference: A Physical Literacy Uprising, Banff, Alberta, Canada

Chorney, D. & Sulz, L. (2015). *Lived experiences within a Canadian Post-Secondary PETE Program*. SHAPE America, Atlanta, Georgia, USA

Sulz, L.D. (2015). *Developing Choice-Based Comprehensive School Health Programs: Lessons Learned from Health Promoting Secondary Schools*. Shaping the Future, Kananaskis, Alberta, Canada

Sulz, L.D., Clarke, A., Turner, H., Rioux, B., & Dunn-Pierce, T. (2014). *Empowering and engaging school communities to move: a health promoting schools approach in diverse contexts*. Global Summit on the Physical Activity of Children, Toronto, Canada

Sulz, L.D., Humbert, L., & Chad, K. (2014). *Cutting youth from high school sport teams: Is there a best practice?* Saskatchewan Physical Education Association Conference, Saskatoon, Saskatchewan, Canada

Naylor, P.J., Gibbons, S., Sulz, L.D., Rhodes, R., McKay, H.A., Voss, C., & Wharf Higgins, J. (2013). *To PE, or not to PE, that is the question*. Canadian Society for the Study of Education. Victoria, British Columbia, Canada

Voss, C., Sulz, L.D., Wharf Higgins, J., Naylor, P.J., Gibbons, S., Race, D., & McKay, H. (2013). *School-based physical activity measurements: who self-selects into physical activity monitoring*. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Amherst, Massachusetts, USA

Naylor, P.J., Gibbons, S., Sulz, L.D., Rhodes, R., McKay, H.A., Voss, C., & Wharf Higgins, J. (2013). *To PE, or not to PE, that is the question*. Canadian Obesity Network Conference. Vancouver, British Columbia

Sulz, L.D., Gibbons, S.L., Naylor, P.J., Temple, V.A., McKay, H.A., Rhodes, R.E., & Wharf Higgins, J. (2012). *Health Promoting Secondary Schools: enhancing students' motivation towards physical activity, physical education, and healthy eating*. Physical and Health Education Canada National Conference. Halifax, Nova Scotia, Canada

Wharf Higgins, J., Naylor, P.J., Gibbons, S.L., Rhodes, R.E., Voss, C., Sulz, L.D., & McKay, H.A. (2012) *Health Promoting Secondary Schools: a Real Community Trial (ReaCT)*.

63rd Annual Meeting of the Society for Public Health Education. San Francisco, California USA

Naylor, P.J., Strange, K., Wharf-Higgins, J., Sulz, L.D., Zebedee, J., Labrie, T., Kopelow, B., & Fenton, J. (2012). *Excellerating youth engagement in British Columbia*. Child and Obesity Conference. Halifax, Nova Scotia, Canada

Humbert, M.L., Sulz, L.D., & Kryzanowski, C. (2012). *Physical education: an integral piece of the physical activity puzzle*. Improving Health for Children Conference. Waskesiu, Saskatchewan, Canada

Sulz, L.D., Humbert, M.L., & Chad, K.E. (2010). *Physical education curriculum: implementation, comfort level, and teacher barriers to curriculum delivery*. 3rd International Congress on Physical Activity and Public Health. Toronto, Ontario, Canada

Sulz, L.D. (2009). *A students' choice: factors to enrollment in elective physical education*. Wcistenek (Teacher) Transforming Learning: Pedagogies of Places and Spaces. Victoria, British Columbia, Canada

Invited Presentations

Sulz, L., Humbert, L., Chad, K., Gleddie, D., Humbert E., Hueser, J. & Hillis, M. (2016). *Interschool Sports in Saskatchewan: Perspectives of the Teacher-Coach and Athletic Director*. Keynote, Session, Saskatchewan High School Athletic Association Annual General Meeting, Saskatoon, Saskatchewan, Canada

Sulz, L., Humbert, L., Chad, K., Gleddie, D., Humbert E., & Hillis, M. (2016). *Easing the pain of team selection: Is there a best practice*. Keynote Session, Canadian Interscholastic Athletic Administrators Association Conference, Edmonton, Alberta, Canada

Sulz, L.D. (2015). *Connecting Social Emotional Well-Being to Comprehensive School Health*. Keynote Session, Ever Active Schools Summer Institute: Social & Emotional Well-Being, Edmonton, Alberta, Canada

Sulz, L.D., Humbert, L.M., Chad, K., Humbert, E., Hillis, K. & Hueser, J. (2015). *When Kids Get Cut*. Sask Sport Annual General Meeting, Regina, Saskatchewan, Canada

Sulz, L.D. & Humbert, L.M. (2015). *Re-Imagining School Sport*. Physical and Health Education Canada National Conference: A Physical Literacy Uprising, Banff, Alberta, Canada

Sulz, L.D. (2015). *Comprehensive School Health University: Evidence and Impact*. Shaping the Future, Kananaskis, Alberta, Canada

Sulz, L.D. (2014). *Cutting Youth from High School Sports: Current Practices, Best Practices, and Influence on Physical Activity Behaviours*. Saskatoon Public Schools Physical Education Department Meeting, Saskatoon, Saskatchewan, Canada

Sulz, L.D. (2014). *Cutting Youth from High School Sports: Current Practices, Best Practices, and Influence on Physical Activity Behaviours*. Greater Saskatoon Catholic Schools Physical Education Department Meeting, Saskatoon, Saskatchewan, Canada

Sulz, L.D. (2014). *Cutting Youth from High School Sports: Current Practices, Best Practices, and Influence on Physical Activity Behaviours*. Greater Saskatoon Catholic Schools, Saskatoon, Saskatchewan, Canada

Sulz, L.D. (2009). *A students' choice: factors to enrollment in elective physical education*. Secondary Physical Education Teachers – Personal Growth Network. Saskatoon, Saskatchewan, Canada

LEAVE OF ABSENCE

Maternal Leave (August 2015 – June 2016)

Maternal Leave (December 2012 – December 2013)

- Teaching and research activities during this time were minimal.