

**CAROL PLUGGE FOUST**  
**Associate Dean and Director of Health Sciences and Human Movement**  
**Professor**  
**Colorado State University – Pueblo**  
**Fall 2020**

School of Health Sciences and Human Movement  
 2200 Bonforte Blvd  
 Pueblo, CO 81001  
 (719) 549-2337  
[carol.foust@csupueblo.edu](mailto:carol.foust@csupueblo.edu)

Office Location:  
 Massari Gym Complex  
 HPER building  
 room PE 254

**EDUCATION**

- 1991-1993                      Doctorate of Philosophy (Ph. D.) in Health Education  
 Texas A&M University, College Station, TX                      GPA 4.0  
 Dissertation: The Relationship Between Loneliness and Factors Related to Sexual Behavior
- 1995-1996                      Master of Education (M.Ed.) in Counseling and Development  
 Lamar University, Beaumont, TX                      GPA 4.0  
 Licensed Professional Counselor, Colorado
- 1986-1988                      Master of Science (M.S.) in Community Health  
 University of New Mexico, Albuquerque, NM                      GPA 3.5
- 1982-1986                      Bachelor of Science (B.S.) in School Health Education, minor Biology  
 University of New Mexico, Albuquerque, NM                      GPA 3.5  
 New Mexico Teaching Certification in Health and Biology

**TEACHING / PROFESSIONAL EXPERIENCE**

7/20 to present                      Associate Dean and Director of the School of Health Sciences and Human Movement  
 Colorado State University Pueblo

Position requires full administrative responsibilities for the School of HSHM and collaborative administrative responsibilities for the College of Health, Education and Nursing with the Associate Dean of Education and the Associate Dean of Nursing. Duties involve supervision of coordinators, faculty and staff, program assessment, budget development and management, strategic planning, resource management, policy and procedure oversight, accreditation oversight and integration with the community for the School of HSHM. Also responsible for collaboration with the other Associate Deans on the college budget, policy and procedures, strategic planning, and resources management and fund development.

7/19 to 6/20                      Director of Health Sciences and Professor  
 Colorado State University Pueblo

Position requires full administrative coordination of an academic division including: personnel needs and evaluation, course scheduling, budget development and management, curriculum development and management, program assessment, oversee accreditation processes, strategic planning, resource management, policy and procedure management, and acting as a liaison to the college and university. Responsible for designing and teaching quality Public Health courses. Other duties include mentoring and advising students, conducting and publishing research, grant writing, curriculum development, interdisciplinary networking, reviewing curricula and text material, and quality service to the university, community, and profession. Work in coordination with the Associate Dean to develop new programs and enhance recruitment and retention efforts to meet the vision of the university.

- 1/17 to 7/19                      Department Chair and Professor  
 6/13 to 12/16                      Professor  
 8/11 to 6/13                      Department Chair and Professor  
 6/09 to 8/11                      Professor

6/05 to 5/09 Department Chair and Professor,  
 1/01 to 5/05 Department Chair and Associate Professor  
 Department of Exercise Science, Health Promotion, and Recreation  
 Colorado State University – Pueblo (formerly University of Southern Colorado), Pueblo, CO

Position requires full administrative coordination of an academic department including: personnel needs and evaluation, course scheduling, budget development and management, curriculum management, program assessment, oversee accreditation processes, strategic planning, resource management, policy and procedure management, and acting as a liaison to the college and university. Responsible for designing and teaching quality Health Promotion courses. Other duties include mentoring and advising students, conducting and publishing research, grant writing, curriculum development, interdisciplinary networking, reviewing curricula and text material, and quality service to the university, community, and profession.

7/00 to 1/01 Interim Department Chair, Department of Health and Kinesiology  
 Lamar University, Beaumont, TX

8/98 to 12/00 Graduate Coordinator, Department of Health and Kinesiology  
 Lamar University, Beaumont, TX.

1/93 to 12/00 Assistant (93-98) Associate Professor (99-00), Department of Health and Kinesiology  
 Lamar University, Beaumont, TX.

10/97 to 12/00 Therapist, Family Services of Beaumont, Beaumont TX.

8/96 to 1/98 Child Victim Counselor, Victim’s Assistance Program  
 District Attorney’s Office, Beaumont, TX.

1/96 to 7/96 Practicum Counselor, New View Partial Psychiatric Hospitalization Centre,  
 Beaumont, TX.

8/91-12/92 Teaching Assistant, Department of Health and Kinesiology,  
 Texas A&M University, College Station, TX.

9/88-8/91 Health Educator, Student Health Center,  
 Texas Tech University Health Science Center, Lubbock, TX.

1/88-7/88 Research Assistant, Pediatrics, UNM Hospital, Albuquerque, NM.

8/87-7/88 Consultant, The Wellness Center, University of New Mexico, Albuquerque, NM.

8/87-9/88 Support Personnel, Indian Diabetes Program,  
 New Heart Cardiac Rehabilitation Center, Albuquerque, NM.

8/86-9/88 Support Personnel, New Heart Cardiac Rehabilitation Center, Albuquerque, NM.

8/87-9/88 Facilitator, Alcohol Substance Abuse Prevention Program,  
 University of New Mexico, Albuquerque, NM.

5/85-9/85 Head Lifeguard, Water Safety Instructor, Swim Coach,  
 Coronado Club, Kirtland Air Force Base, Albuquerque, NM.

8/82-12/82 Adjunct Swimming Instructor (WSI certified), Midland Lutheran College, Fremont, NE.

**PUBLICATIONS – BOOKS / CHAPTERS**

Johnson, W., Foust, C., & Roberts, S. (2002). Wellness for Life. Eddie Bowers Publishing: Peosta, IA.

Plugge, C. & McCormick, D. (1998). Communicating Effectively: Multi-Media Metaphors. In D. Champeau (Ed.) Great Ideas in Teaching Health. Allyn and Bacon; Boston.

**PUBLICATIONS – REFEREED MANUSCRIPTS**

Twilleger, T., Dallam, G., & Foust, C. (2020). The relative effect of CXWORXTM versus TabataTM group exercise programs on body mass index, body composition, predicted VO2max and body image in adult exercisers. *International Journal of Physical Education, Fitness and Sports*, 9(3), 1-8. DOI [10.34256/IJPEFS2031](https://doi.org/10.34256/IJPEFS2031) <https://www.ijpefs.com/ijpefs/article/view/296>

Dallam, G. & Foust, C. (2020). Can yoga breathing / pranayama concepts be reasonably extended to conventional endurance training? *World Journal of Yoga, Physical Therapy and Rehabilitation*. 2(3). <https://irispublishers.com/wjypr/pdf/WJYPR.MS.ID.000536.pdf>

Peters, T. & Foust, C. (2019). High school student cannabis use and perceptions towards cannabis in southcentral Colorado – comparing communities that permit recreational dispensaries and communities that do not. *Journal of Cannabis Research*, (1) 2. <https://jcanabisresearch.biomedcentral.com/articles/10.1186/s42238-019-0002-0>

Dallam, G., McClaran, S., Cox, D. & Foust, C (2018). Effect of Nasal Versus Oral Breathing on Vo2max and Physiological Economy in Recreational Runners Following an Extended Period Spent Using Nasally Restricted Breathing. *International Journal of Kinesiology and Sports Science*, 6(2), 22.

Villa, E. & Foust, C. (2016). Assessment of Mental Toughness in Athletes at a Southern Colorado High School. *SHAPE Colorado Journal*, 42 (3), 10-17.

Ball, J., Foust, C., & Rochester, C. (2014). Mindfulness practice in the classroom and gym: Making a real impact in student learning. *COAHPERD Journal*. 40(1), 9-14.

Dallam, G. & Foust, C. (2013) A Comparative Approach to Using the Diabetes Prevention Program to Reduce Diabetes Risk in a Worksite Setting. *Health Promotion Practice*. March 14(2), 199-204.

Strickland, G. & Foust, C. (2004). Adolescent Smoking Behavior and the Health Belief Model. *Colorado Association for Health, Physical Education, Recreation and Dance Journal*, 29(1), 1-4.

Plugge-Foust, C. & Strickland, G. (2000). Homophobia, irrationality, and Christian ideology: Does a relationship exist? *Journal of Sex Education and Therapy*, 25(4), 240-244.

Howell, D.C., Plugge-Foust, C., Johnson, W., Barbee, J., & Boatwright, J.D. (2000). Effects of prefabricated heel orthosis on heel strike pressure in non-pathological subjects. *Medicine and Science in Sport and Exercise*, 32(5), 274.

Plugge, C. (1996). The Relationship Between Loneliness and Factors Related to Sexual Behaviors Among College Students Living in University Housing. *Louisiana Association for Health, Physical Education, Recreation, and Dance Journal*, 59, 17-20.

Witte, K., Peterson, T., Vallabhan, S., Stephenson, M., Plugge, C. et al. (1993). Preventing tractor-related injuries and deaths in rural populations: Using a persuasive health message framework in formative evaluation. *International Journal of Community Health*, 13, 219-251.

Plugge, C. (1988). Students in the emergency room. *HealthWise*, 8(1), pp. 9-11.

**PUBLICATIONS – REFEREED CONFERENCE PROCEEDINGS**

Twilleger, T., Dallam, G., & Foust, C. (2020). The relative effect of CXWORXTM versus TabataTM group exercise programs on body mass index, body composition, predicted VO2max and body image in adult exercisers. Western Society for Kinesiology and Wellness annual conference, virtual.

McClaran, S., Dallam, G., & Foust, C. (2017). Competitive Runners Can Adapt to Nasal Breathing with Similar Peak Running Velocity and Lower Ventilation. American College of Sports Medicine Annual Meeting, Denver, CO. <http://e.ctt.bz/e.asp?e=342527B8-C377-4935-BD39-7E4E2F99D4CC>

Dallam, G., Foust C., Johnson, T. & Arellano, S. (2006). Worksite Implementation of a Diabetes Risk Factor Reduction Program. Center for Disease Control 2006 CDC Diabetes Translation and Obesity Conference. <http://www.psava.com/doc2006/main.asp>

Foust, C. & Dallam, G. (2005) Diabetes Prevention in a Worksite Setting. Abstract presented at the 2005 3rd National Prevention Summit in Washington, D.C. <http://www.healthierus.gov/steps/summit/summit2005/posters2.html#author-p33>

McCormick, D. & Plugge-Foust, C. (2001). "Interior" design: creating a life you love. Proceedings of the National Wellness Conference, Stevens Point, WI.

Plugge-Foust, C. & McCormick, D. (2001). Walking in peace: professional and personal application of the labyrinth. Proceedings of the National Wellness Conference, Stevens Point, WI.

McCormick, D. & Plugge-Foust, C. (2001). I do and I understand: using experiential learning in health promotion settings. Proceedings of the National Wellness Conference, Stevens Point, WI.

Plugge-Foust, C. & McCormick, D. (1999). The Labyrinth: A Spiritual Tool on The Path to Wholeness. Proceedings of the National Wellness Conference, Stevens Point, WI.

Plugge-Foust, C., Strickland, G., Johnson, B. & Summers, S. (1999) An Investigation of Smoking Cessation Attitudes Based on the Health Belief Model Among Adolescents in Beaumont Texas. Conference Abstracts, Southern Association for Health Physical Education, Recreation and Dance Annual Convention., 35.

Plugge, C. & McCormick, D. (1998). Exploring the Lost Dimensions; Experiential Activities to Promote Spiritual, Emotional, and Social Health. Proceedings of the National Wellness Conference Proceedings, Steven Point, WI.

McCormick, D. & Plugge, C. (1998). <http://be.e-healthy.now>: Using Computer-Mediated Communication to Facilitate Healthy Outcomes. Proceedings of the National Wellness Conference Proceedings, Stevens Point, WI.

McCormick D. & Plugge, C. (1997). If I Am an Artist, What's Wrong with My Picture? Rediscovering Your Creativity in a Grown-up World. Proceedings of the International Conference for Association of Experiential Education, Asheville, NC.

Plugge, C. (1997) Walking the Path of Transformation: Using the Labyrinth as a Spiritual Tool. Proceedings of the International Conference for Association of Experiential Education, Asheville, NC.

Plugge, C. & McCormick, D. (1996). Cross-Cultural Communication: Using Experiential Activities to Bridge the Gender Gap. Proceedings of the International Conference of the Association of Experiential Education, Spokane, WA.

McCormick, D. & Plugge, C. (1996). Exploring Spiritual Transformation and Potentialities. Proceedings of the International Conference of the Association of Experiential Education, Spokane, WA.

Kraner, S. & Plugge, C. (1991). Understanding AIDS and the campus effect. Proceedings of the Prevention '91 Convention, Atlanta GA.

### **PUBLICATIONS – OTHER**

Foust, C. (2009). Power Point Ancillary for A Wellness Way of Life seventh edition. McGraw Hill Publishing.

Foust, C. (2003). Walking a Path of Peace. Healthy Cells, 5(1), 2-3.

Plugge, C. (1993). The Relationship Between Loneliness and Factors Related to Sexual Behaviors Among Male and Female College Students Living in University Housing. Dissertation Texas A&M University.

Plugge, C. & Harris, K. (1988). You and your blood pressure. Pamphlet published for college students at the University of New Mexico.

### **GRANTS**

Creating Healthy Schools (2018-2021). Grant funded to Chavez Huerta K-12 Preparatory Academy by the Colorado Health Foundation, *Evaluator: Carol Foust* (grant amount funded 189,790/ evaluation funds \$10,000).

Reducing Expulsion and Suspension from Students in Pueblo City Schools Through the Use of Restorative Practices (2017-2018). EARSS Grant awarded by the Colorado Department of Education, *grant writing team, educational consultant and evaluator: Carol Foust* (grant amount funded \$118,000.00/ consultant and evaluation funds \$9,000).

Partnership to Explore Mindfulness Training in Pueblo City Schools to Prevent School Violence and Empower Health Decisions (2015-2016). Grant awarded by the Colorado Clinical and Translational Sciences Institute to CSU-Pueblo and Pueblo City Schools, *grant writer and project investigator; Carol Foust* (grant amount funded: \$10,000.00).

Teen Lifestyle Balance Program (2011-2014). Grant awarded by the Colorado Health Foundation to the City/County Health Department, *grant evaluator; Carol Foust* (amount funded for total grant: (\$195,000.00) evaluation funding (\$19,500.00).

Pueblo UGARDEN Project: The Urban Garden Approach to Reduce Disease and Empower Neighborhoods and Schools (2010-2013). Grant awarded by the Colorado Health Foundation to the City/County Health Department, *grant evaluator; Carol Foust* (amount funded for total grant: \$307,983.00) evaluation funding (\$30,000.00).

EXHPR Exercise Physiology Lab Multi-Media Classroom (2012). Internal grant awarded to fund technology equipment, *grant writer: Carol Foust* (amount funded: \$3881.00).

Live Well Pueblo (2009). Grant awarded by the Live Well Foundation to the Pueblo City/County Health Department, *grant writer and evaluator: Carol Foust* (amount funded \$37,000.00)

Live Well Pueblo (2008). Grant awarded by the Live Well Foundation to the Pueblo City/County Health Department, *grant writer and evaluator: Carol Foust* (amount funded \$188,000.00)

Teen Lifestyle Balance (2008-2010). Grant awarded by Colorado Health Foundation to the Pueblo City/County Health Department, *grant writer and evaluator: Carol Foust* (amount funded \$104,369.00)

Pueblo Community Diabetes Outreach Project (2008-2009). Grant awarded by Caring for Colorado Foundation, *project director, evaluator, and grant writer: Carol Foust* (Amount funded: \$42,408.00).

Teen Lifestyle Balance (2007-2008). Grant awarded by the Colorado Health Foundation, *project director, evaluator, grant writer: Carol Foust* (amount funded \$39,327.00).

Steps to a Healthier Colorado Grant (2007-08). Grant awarded by the Department of Health and Human Services, *project member, grant co-writer, and evaluator: Carol Foust* (Amount funded: Fifth year award – \$491,513.00 to the Pueblo City/County Health Department)

Aerobics Education and Service Program (2007-08). Grant awarded by Colorado State University – Pueblo Recreation Fee Committee, *co-writer: Carol Foust* (Amount funded: \$9,000.00)

Healthy Body, Healthy Spirit (2006-2007). Grant awarded by the Colorado Department of Public Health and Environment Health Disparities Division, *project director, evaluator, grant writer: Carol Foust* (Amount funded: \$188,000.00).

Diabetes Prevention in Pueblo Families (2006-2007). Grant awarded by the Pueblo Community Diabetes Project, *project director, evaluator, grant writer: Carol Foust* (Amount funded: \$12,000.00).

Steps to a Healthier Colorado Grant (2006-07). Grant awarded by the Department of Health and Human Services, *project member, grant co-writer, and evaluator: Carol Foust* (Amount funded: Fourth year award – \$462,763.00 to the Pueblo City/County Health Department)

Pueblo Community Diabetes Outreach Project (2005-2007). Grant awarded by Caring for Colorado Foundation, *project director, evaluator, and grant writer: Carol Foust* (Amount funded: \$30,000.00).

Steps to a Healthier Colorado Grant (2005-06). Grant awarded by the Department of Health and Human Services, *project member, grant co-writer, and evaluator: Carol Foust* (Amount funded: Third year award – \$497,595.00 to the Pueblo City/County Health Department)

Aerobics Education and Service Program (2006-07). Grant awarded by Colorado State University – Pueblo Recreation Fee Committee, *co-writer: Carol Foust* (Amount funded: \$12,000.00)

Diabetes Prevention Outreach (2004-2005). Legislative appropriation awarded by the Honorable Scott McInnis, *principal investigator: Carol Foust* (Amount funded: \$62,000.00).

Steps to a Healthier Colorado Grant (2004-05). Grant awarded by the Department of Health and Human Services, *project member, grant co-writer, and evaluator: Carol Foust* (Amount funded: Second year - \$520,000.00 to the Pueblo City/County Health Department)

Aerobics Education and Service Program (2005). Grant awarded by Colorado State University – Pueblo Recreation Fee Committee, *co-writer: Carol Foust* (Amount funded: \$9,700.00)

Steps to a Healthier Colorado Grant (2003-04). Grant awarded by the Department of Health and Human Services, *project member and evaluator: Carol Foust* (Amount funded: First year award - \$270,000.00 to the Pueblo City/County Health Department)

Colorado Healthy People 2010 Region 5 Initiative - Preventing Type 2 Diabetes (2002-2005) Grant awarded by the Colorado Trust, *co-writer and project member: Carol Foust* (Amount funded: \$233,849.00)

Aerobics Education and Service Program (2004). Grant awarded by Colorado State University – Pueblo Recreation Fee Committee, *co-writer: Carol Foust* (Amount funded: \$10,400.00)

Physical Education for Progress Grant (2002-2003). Grant awarded by the Department of Education to Pueblo Public School District 60, *project evaluator: Carol Foust* (Amount funded: \$540,244.00)

Ethnic Diversity Enhancement Grant (2002-2003). Grant awarded by the National Athletic Training Association, *writer and project member: Carol Foust* (Amount funded: \$2400.00)

Integrating Just in Time Teaching Strategies into the Health Promotion Curriculum (2002-2003) Grant awarded by the University of Southern Colorado Instructional Technology Center, *writer and principal investigator: Carol Foust* (Amount funded: \$1000.00)

Aerobics Education and Service Program (2003). Grant awarded by Colorado State University – Pueblo Recreation Fee Committee, *co-writer: Carol Foust* (Amount funded: \$7,660.00)

Exercise Science, Health Promotion and Recreation Computer Lab (2002). Grant awarded by the University of Southern Colorado Technology Center, *writer: Carol Foust* (Amount funded: \$11, 500.00)

Aerobics Education and Service Program (2002) Grant awarded by the University of Southern Colorado Recreation Fee Committee, *co-writer: Carol Foust* (Amount funded: \$9,185.00)

“Southeast Texas Allies Against Asthma” (2000-2001): Grant awarded by Texas Higher Education Coordinating Board, *Project Member: Carol Foust* (Amount funded: \$463,569.00)

Research Enhancement Grant Lamar University (1999). “Do Prefabricated Heel Orthotics Decrease Heel Strike Pressures in The Non-Pathological Subject?” for thesis study of D. Howell, *co-writer: Carol Foust* (Amount funded: \$2500.00)

Research Enhancement Grant, Lamar University (1997). Smoking Cessation Among Adolescent: Delineating the Causes Based on the Health Belief Model, *writer and project investigator: Carol Foust* (Amount funded: \$5000.00)

Research Enhancement Grant, Lamar University (1993). Preventing Low Self-Esteem, Violence, and Gang Involvement Among Elementary School Students in Beaumont Texas Through a Peer Education Program, *writer and principal investigator: Carol Foust* (Amount funded: \$5000.00)

### **PEER REVIEWED PROFESSIONAL PRESENTATIONS**

Twilleger, T., Dallam, G., & Foust, C. (2020). The relative effect of CXWORKX versus Tabata on body mass index, body composition, Vo2max and body image in adult exercisers. Western Society for Kinesiology and Wellness Annual Conference, remote due to COVID-10.

Bowan, D. & Foust, C (2019) Expanding Horizons: Offering Experiential Opportunities in Todos Santos, Mexico and Beyond. Association of Experiential Education Rocky Mountain Region Annual Meeting, Pueblo, CO.

- Foust, C. & Reyes, N. (2018) Mindfulness and Movement in Physical Education. Society of Health and Physical Educators Annual Conference, Denver, CO.
- Foust, C. (2018). Partnership to Explore Mindfulness Training in Schools to Prevent School Violence and Empower Health Decisions. Society of Public Health Educators 68<sup>th</sup> Annual Meeting, Denver, CO.
- McClaran, S., Dallam, G., & Foust, C. (2017). Competitive Runners Can Adapt to Nasal Breathing with Similar Peak Running Velocity and Lower Ventilation. American College of Sports Medicine Annual Meeting, Denver, CO.
- Foust, C. & Rochester, C. (2016). Outdoor Education: Nature, Adventure and Mindfulness. SHAPE Colorado Conference, Colorado Springs, CO.
- Foust, C. & Ball, J (2014). Implementing Mindful Techniques in Children and Adolescents. Colorado Association of Health, Physical Education and Dance, Denver, CO.
- Foust, C. & Kuhn, J. (2012). Urban Garden Approach to Reduce Disease and Empower Neighborhoods and Schools (UGARDENS) project in Pueblo County. Pueblo Health in the Rockies, Colorado Public Health Association Conference, Pueblo, CO.
- Foust, C. & Unruh, H. (2012). Healthier Youth for a Healthier America. Pueblo Health in the Rockies, Colorado Public Health Association Conference, Pueblo, CO.
- Foust, C., Perez, D, & Rochester, C (2011). Meeting the Standards: Lesson Plans for Health & PE. Colorado Association of Health, Physical Education, Recreation and Dance Conference, Denver, CO.
- Foust, C. & Dehn, C. (2009). LiveWell in Collaboration – Partnership and Policy Development. Colorado Public Health Association meeting. <http://cehawebsite.com/documents/TuesdayFINALOnSite.pdf>
- Foust, C. (2008). Teen Lifestyle Balance: Preventing Obesity and Diabetes. Colorado Public Health Association meeting, Breckenridge, CO. <http://www.coloradopublichealth.org/documents/PosterSession.pdf>
- Foust, C. & Arellano, S. (2008). Diabetes Prevention in a Faith-Based Setting. National Diabetes Translation Conference, Orlando, FL.
- Foust, C. & Dehn, C. (2007). Smoke-free Doorways: Smoking Policy in Pueblo, CO. National Steps Action Institute, Seattle, WA.
- Foust, C (2006). Health Disparities and Diabetes Prevention. Health Disparities Conference, Denver, CO, October.
- Foust, C. (2006). Diabetes Prevention Education in a Community Outreach Setting. National Health Promotion Conference, Atlanta, GA.
- Dallam, G. & Foust, C. (2006). Worksite Implementation of a Diabetes Risk Factor Reduction Program. CDC Diabetes Translation and Obesity Conference, Denver, CO.
- Foust, C., Dallam, G., Johnson, T, & Arellano, S. (2005). Diabetes Prevention in a Worksite Health Promotion Setting. National Prevention Summit, Washington, D.C.
- Bryant, T, Foust, C, & Pettit, B. (2005) Enhancing Surveillance. Colorado Public Health Association Meeting, Aspen, CO.
- Foust, C. (2004) Just in Time Teaching: A Technological Teaching Strategy. Teaching With Technology Conference, Boulder, CO.
- Foust, C. (2004). Using the Just in Time Teaching Strategy in the Health Promotion Classroom. American Alliance for Health, Physical Education, Recreation and Dance National Convention, New Orleans, LA.
- Foust, C. (2004). Student Engagement: Using What Works. Colorado Association of Health, Physical Education, Recreation and Dance, Denver, CO.

- Foust, C. (2003). Getting the Grants You Want. Colorado Association of Health, Physical Education, Recreation and Dance Annual Convention, Denver, CO.
- Foust, C. (2003). Life Intervention Strategies: Developing and Achieving Goals. 2<sup>nd</sup> Annual "For the Health of It" Sports Medicine Conference sponsored by the Southeastern Colorado Area Health Education Center, Pueblo, CO.
- Foust, C. (2003). Walking the Labyrinth in Personal and Professional Settings. Association of Experiential Education Regional Conference, Colorado Springs, CO.
- Foust, C. & McCormick, D. (2002). Intimacy and Healing: Is There a Relationship? Texas Association of Health, Physical Education, Recreation and Dance Convention, Dallas, TX.
- Foust, C. (2002). Recognizing Depression and Suicidal Behavior. Colorado Association of Health, Physical Education, Recreation and Dance Convention, Colorado Springs, CO.
- Foust, C. & McCormick, D. (2001). Interior" Design: Creating a Life You Love. Texas Association of Health, Physical Education, Recreation and Dance Convention, Corpus Christi, TX.
- Foust, C. (2001). Health Education Teaching Ideas: Learning Can be Fun! Colorado Association of Health, Physical Education, Recreation and Dance Convention, Denver, CO.
- Foust, C. (2001). Walking in Peace: Professional and Personal Application of the Labyrinth. National Wellness Conference, Stevens Point, WI.
- Foust, C. (2001). Violence Prevention Strategies. Southern District Association of Health, Physical Education, Recreation and Dance Convention, Greensboro, NC.
- Bowden, R., Plunk, J. & Foust, C. (2000). What do Health Educators Do? Texas Association of Health Physical Education, Recreation and Dance Convention, Dallas, TX.
- Foust, C., Doyle, E. & McCormick, D. (2000). Managing Conflict in the Workplace: Effective Strategies. Texas Association of Health Physical Education, Recreation and Dance Convention, Dallas, TX.
- Graham, J., Plugge-Foust, C., Hunsakor, M., Boatwright, J., & Strickland, G. (2000). Does Training for Sport Influence the Expression of the Asymmetrical Tonic Neck Reflex? Louisiana Association of Health, Physical Education, Recreation and Dance Convention, Baton Rouge, LA.
- Plugge-Foust, C. (2000). <http://www.foundationsofhealth.com:Internet-based Questions and Activities for Health Education Students>. Association of Health, Physical Education, Recreation, and Dance National Convention, Orlando, FL.
- Howell, D., Plugge-Foust, C. & Johnson, B. (1999). The Effect of Prefabricated Heel Orthoses on Heel Strike Pressures in Non-Pathological Subjects While Walking. Texas Association for Health Physical Education, Recreation and Dance Conference, Austin, TX.
- Plugge-Foust, C. & McCormick D. (1999). The Spirit of Health: Addressing the Barriers to Spiritual Programming. Texas Association for Health Physical Education, Recreation and Dance Conference, Austin, TX.
- Plugge-Foust, C. (1999). Caring for Oneself so One Can Care for Others. Texas Counseling Association Conference, Corpus Christi TX.
- Plugge-Foust, C. (1999) Walking a Path of Transformation: Using the Labyrinth as a Spiritual Tool. National Wellness Conference, Stevens Point, WI.
- Plugge-Foust, C. (1999). The Power of Rejuvenation. Texas ALL WELL Conference, Texas Education Agency, San Marcos, TX.
- McCormick D. & Plugge-Foust, C. (1999) Experiential Learning in Health Education: Bridging the Gap Between Theory and Practice. Southern Association for Health Physical Education, Recreation and Dance Annual Convention, Greensboro, NC.



- McCormick D. & Plugge-Foust, C. (1999) Exploring the Lost Dimensions; Experiential Activities to Promote Spiritual, Emotional, and Social Health. Southern Association for Health Physical Education, Recreation and Dance Annual Convention, Greensboro, NC.
- Plugge-Foust, C., Strickland, G., Johnson, B. & Summers, S. (1999) An Investigation of Smoking Cessation Attitudes Based on the Health Belief Model Among Adolescents in Beaumont Texas. Southern Association for Health Physical Education, Recreation and Dance Annual Convention, Greensboro, NC.
- Plugge-Foust, C., Strickland, G., Summers, S. & Johnson, B. (1998). Smoking Cessation Factors Based on the Health Belief Model Among High School Students in Beaumont, Texas. Texas Association for Health, Physical Education, Recreation and Dance Convention, Houston, TX.
- McCormick, D. & Plugge-Foust, C. (1998). Exploring the Lost Dimensions in Wellness; Activities to Promote Spiritual, Emotional, and Social Health. Texas Association for Health, Physical Education, Recreation and Dance Convention, Houston, TX.
- Plugge, C. & McCormick, D. (1998) Exploring the Lost Dimensions; Experiential Activities to Promote Spiritual, Emotional, and Social Health. National Wellness Conference, Steven Point, WI.
- McCormick, D. & Plugge, C. (1998) <http://be.e-healthy.now>: Using Computer-Mediated Communication to Facilitate Healthy Outcomes. National Wellness Conference, Stevens Point, WI.
- Plugge, C. & McCormick, D. (1998) If I am The Artist of my Life, What's Wrong with My Picture? Rediscovering Your Ability to Create Balance in Your Life. Pre-Conference Workshop at Southern District Association of Health, Physical Education, Recreation and Dance Conference in Biloxi, MI.
- Plugge, C. & Strickland G. (1997) Is Homophobia Correlated with Irrationality? Texas Association of Health, Physical Education, Recreation, and Dance, Fort Worth, TX.
- Plugge, C. & McCormick, D. (1997) Walking the Path of Transformation: Using the Labyrinth as a Spiritual Tool. International Conference for Association of Experiential Education, Asheville, NC.
- McCormick, D. & Plugge, C. (1997) If I am an Artist, What's Wrong with My Picture? Rediscovering your Creativity in a Grown-Up World. International Conference for Association of Experiential Education, Asheville, NC.
- Hettler, B, McCormick, D. & Plugge, C. (1997) Connection Makers or Breakers? Technology's Impact on Health. National Wellness Conference, Steven Point, WI.
- Plugge, C. & McCormick, D. (1997) Using Mind-Body Connection to Enhance Personal Function and Classroom Environment. Texas ALL WELL Conference, Texas Education Agency, San Marcos, TX.
- McCormick, D. & Plugge, C. (1997) The Labyrinth: A Sacred Tool for Transformation. Building Bridges Conference, Texas A&M University.
- Plugge, C. & McCormick, D. (1997) Learning to Use the Labyrinth as a Process of Spiritual Transformation. Association of Experiential Education Mid-South Regional Conference, Little Rock, AK.
- McCormick, D. & Plugge, C. (1997) Experiential Learning in Health Education: Bridging the Gap Between Theory and Practice. Association of Health, Physical Education, Recreation, and Dance National Convention, St. Louis, MO.
- Plugge, C. & McCormick, D. (1997) The Wellness Puzzle: Finding the Missing Pieces. Southern Association for Health Physical Education, Recreation and Dance Annual Convention, New Orleans, LA.
- McCormick, D. & Plugge, C. (1997) Cross Cultural Communication in Health: Using Experiential Activities to Bridge the Gender Gap. Southern Association for Health Physical Education, Recreation and Dance Annual Convention, New Orleans, LA.
- Strickland, G. & Plugge, C. (1996) Violence and Youth. Texas Association for Health, Physical Education, Recreation and Dance, Annual Convention, Corpus Christi, TX.
- Plugge, C. & McCormick, D. (1996) Connection Makers or Breakers? Technology's Impact on Health. Texas Association for Health, Physical Education, Recreation and Dance, Annual Convention, Corpus Christi, TX.

- Plugge, C. & McCormick, D. (1996) Cross-Cultural Communication: Using Experiential Activities to Bridge the Gender Gap. International Conference of the Association of Experiential Education, Spokane, WA.
- McCormick, D. & Plugge, C. (1996) Exploring Spiritual Transformation and Potentialities. International Conference of the Association of Experiential Education, Spokane, WA.
- Plugge, C. & McCormick, D. (1996) Using Mind-Body Connection to Enhance Personal Function and Classroom Environment. Texas ALL WELL Conference, Texas Education Agency, San Marcos, TX.
- Johnson, B., Finkenber, M., & Plugge, C. (1996) Cruising and Using the Internet and World Wide Web in HPERD. American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Atlanta, GA.
- Plugge, C. & McCormick, D. (1996) What's a Health Educator Like You Doing in a Place Like AEE?: The Provision of Critical Linkages. Association of Experiential Education Mid-South Regional Conference, Wilburton, OK.
- McCormick, D. & Plugge, C. (1996) Personal and Spiritual Transformation: Renewing Your Passion for Living the Adventure. Association of Experiential Education Mid-South Regional Conference, Wilburton, OK.
- McCormick, D. & Plugge, C. (1995) On the Edge of the 21st Century: Using Experiential Means to Facilitate Personal and Societal Transformation in Education. Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention, Dallas, TX.
- Plugge, C. (1995) The Relationship Between Loneliness and Religious Importance Among Students Living in University Housing. Louisiana Association for Health Physical Education, Recreation, and Dance Annual Convention, Baton Rouge, LA.
- Plugge, C. & McCormick, D. (1995) Using Mind-Body Connection to Enhance Personal Function and Classroom Environment. Texas ALL WELL Conference, Texas Education Agency, San Marcos, TX
- Plugge, C. & McCormick, D. (1995) Psychoneuroimmunology: Using the Mind-Body Connection to Enhance Immune Function. AIDS Consortium of Texas Summer Institute, Austin, TX.
- Plugge, C. & McCormick, D. (1995) My Life as a House: Using Experiential Metaphor in Relationship Communication and Understanding. Mid-South Region Experiential Education Conference, Ville Platte, LA.
- McCormick, D. & Plugge, C. (1995) On the Edge of the 21st Century: Using Experiential Means to Facilitate Spiritual Transformation. Mid-South Region Experiential Education Conference, Ville Platte, LA.
- Plugge, C. & McCormick, D. (1995) Skill Based Prevention: Refusal Skills Can Be Used by All. Southern District Alliance for Health, Physical Education, Recreation, and Dance Conference, Orlando, FL.
- McCormick, D. & Plugge, C. (1994) Exploring the Mind Body Connection. Texas Association of Health, Physical Education, Recreation, and Dance Conference, Austin, TX.
- Plugge, C. (1994) Conflict Resolution: Keys to Prevention. Attracting Attention to Prevention, Beaumont, TX.
- Plugge, C. & Barton, J. (1994) Skill Based Prevention: Refusal Skills. Texas All Well Conference, Texas Education Agency, San Marcos, TX.
- Plugge, C. & Mires, L. (1994) Risky Sexual Decisions: Refusal Skills Can Help Student Make Wise Decisions. AIDS Consortium of Texas Summer Institute, Austin, TX.
- Witte, K., Peterson, T.R., & Plugge, C.D. (1994) Formative Evaluation of Beliefs, Attitudes, and Behaviors Using a Persuasive Health Message Framework Related to Health Belief Model: Preventing Tractor-Related Injuries and Deaths in Rural Populations. Southern District Association of Health, Physical Education, Recreation, and Dance Convention, Nashville, TN.
- Lindemuth, L.A., & Plugge, C.D. (1993) The Relationship Between Religiousness and Sexuality Among High School Students Attending Church Youth Groups. Texas Association of Health Physical Education, Recreation, and Dance Convention, Galveston, TX.

Fitzpatrick, O.D., Barton, J.R., Plugge, C., & Massey, M.S. (1993) An Evaluation of Self-Efficacy, Peer Relations, Sexual Behavior, and HIV/AIDS Knowledge in a College Population. Louisiana Association of Health, Physical Education, Recreation, and Dance Convention, Lafayette, LA.

Kraner, S. & Plugge, C. (1991) Understanding AIDS and the Campus Effect. Prevention '91, Atlanta, GA.

Plugge, C. & Kranock, J. (1990) Rape 101; Rape on Campus. Southwest Association of College and University Housing Officials, Oklahoma City, OK.

### **UNIVERSITY COMMITTEES**

#### Experience at Colorado State University – Pueblo

Member of the Extended Dean's Council 2020

Member of the College Restructuring Team CSU-Pueblo 2020

Member of the Visioning implementation team for developing proposals for the University Track Centers 2019

Member of the Starfish Implementation Team 2017-2019

Higher Learning Commission Self-study Mission subcommittee 2015-20

Member of the College Tenure and Promotion Committee 2001-04, 2006-11, 2012-18 Chair from 2009-11

University Budget Board 2012-13, 2015-18

Member of the Web Redesign Committee 2015-2017

Faculty Advisor for Health Promotion student club 2013-16

Chair of the Provost Search Committee 2012-13

University Assessment Review Committee 2010-12

Faculty Advisor for the Tackling Life's Choices Peer Education Network 2003-11

Member of the Alcohol Policy Development Committee 2008-09

Member of Faculty Senate 2001-07

Member of the Handbook Committee 06-07

Chair of the Handbook Committee 05-06

President of Faculty Senate 03-04 & 04-05

Secretary for Faculty Senate 01-02 & 02-03

Member of the Committee on Mission and Integrity for North Central Accreditation 2005-06

Member of the BEAM committee for student engagement 2004-05

Lead Advisor and member of the Advising Council 2003-05

Member of the Strategic Plan Oversight Committee 2002-04

Chair of the Strategic Plan Oversight Committee 2003-04

Member of the General Education Board 2002-04

Faculty Advisor for the Health Promotion Student Club 2001-05

Member of the Student Life Facilities Committee 2003-04

Member of the Student Life Task Force 2002-03

Member of the State-Wide Common Core General Education Committee 2002-03

Member of the College Policy Review Committee 2001-02

Member of the Presidential Search Committee 2001-02

#### Experience at Lamar University

Member of Faculty Senate 1996-2000

Member of Teacher Education Council 1998-2000

Member of College of Education Technology Committee 1999-2000

Member of the Presidential Marketing Task Force 1999

Member of College of Education Tenure and Promotion Guidelines Committee 1999

Member of Lamar University Presidential Search Committee 1998-99

Chair of Student Development Committee, Southern Association of Schools and Colleges self-study 1996-99

Member of College of Education Student Grievance Committee 1996-99

Member of the Budget Development Committee 1998-99

Member of the Student Organization Awards Committee 1998

Member of the Core Curriculum Council 1998-99

Member of Executive Committee: Faculty Senate 1998-99

Chair of Faculty Issues Committee: Faculty Senate 1997-98 & 1999-2000

Member of Ad Hoc Committee on Distance Learning 1998

Library Committee Lamar University 1996-98

Chair Research Committee: Faculty Senate 1996-97

Chair (97) of Scholarship Committee Lamar University 1995-97  
Chair of Department Head Review Committee Lamar University 1996  
Leader of College of Education State Contribution Committee 1996  
Student Retention Committee Lamar University 1994-96  
Student Recruitment Committee Lamar University 1993-96  
Program Review Committee Lamar University 1993-95  
Curriculum Development Committee Lamar University 1993-95

Experience at Texas Tech University

AIDS Consortium of Texas Team 1988-95  
AIDS Prevention Committee Texas Tech University 1988-91  
Alcohol Drug Prevention Committee Texas Tech University 1988'-91  
Texas Tech Leadership Academy Planning Committee 1990-91  
Chair of Health Center Executive Committee spring 1991  
Chair of Student Health Advisory Committee Texas Tech 1989-90  
University Promotion Team Texas Tech University 1989-91  
RA Training Committee Texas Tech University 1989-91  
Tech Multicultural Awareness Committee Texas Tech University 1989-90

**COMMUNITY ACTIVITIES**

Pueblo, Colorado

Member of the Pueblo School for Arts and Sciences Wellness Committee 2007-11 (Chair 10-11, 11-12)  
Member of the Pueblo Community Diabetes Project Board 2007-11  
Member of the LiveWell Pueblo Executive Committee 2009-10  
Member of the Pueblo Health Expo Committee 2007-09  
Member of the Steps Executive Committee 2003-09  
Member of the District 60 Health Advisory Committee 2002-08  
Member of the "Ultimate Goal" Board of Directors 2002-03

Beaumont, Texas

Volunteer Trainer – Jefferson County Victim Assistance Center 1999-2000  
Chair of Health Advisory Committee Beaumont ISD 1996-99  
Reviewer: Texas Department of Health, School Health Award 1999-2000  
Mentor for Texas Academy for Leadership in the Humanities 1996-99  
Mentor for "I Have a Dream Program" Beaumont, TX 1993-97  
State Board of Education Essential Elements Review Committee 1996  
Commission for a Drug Free Beaumont, Chair Research Committee 1993-97  
Association for Better Learning and Education, Co-Chair 1995-96  
Youth Academy for Law Enforcement planning team 1994-95  
Annual AIDS Conference Planning Team Lubbock, TX 1990-91  
City of Lubbock AIDS Committee 1988-91  
Numerous runs and sporting events, clean ups, and Health Fairs  
Numerous lectures on health-related material to community organizations

**PROFESSIONAL ORGANIZATION MEMBERSHIP**

Member – Colorado Public Health Association  
Member - Colorado Association for Health, Physical Education, Recreation and Dance  
Texas Association for Health, Physical Education, Recreation, and Dance  
    Past Vice-President for Health 00-01  
    Vice-President for Health 99-00  
    Vice-President Elect for Health 98-99  
    Presidential Committee 98  
    Regional Representative 95-98  
    Chair - Health Promotion Section 94-95  
    Secretary-Health Promotion Section 93-94  
Southern District Assoc. for Health, Physical Education, Recreation, and Dance  
    Community Health Council Representative 98-00

**AWARDS**

University Award for Advising and Mentoring, Colorado State University – Pueblo (2019)

Provost Award for Advising and Mentoring, Colorado State University – Pueblo (2012)

Who’s Who Among Executives and Professionals (2010)

Who’s Who Among American Teachers (2007)

Who’s Who Among American Teachers (2005)

Outstanding Faculty Award for Service, Colorado State University - Pueblo (2004)

Who’s Who Among American Teachers (2004)

Colorado Association for Health, Physical Education, Recreation and Dance Outstanding Health Administration/Educator in Higher Education Award (2003)

Outstanding Faculty Member of the Year Award, University of Southern Colorado (2003)

Who’s Who Among American Teachers (2002).

Who’s Who Among American Teachers (2000).

Who’s Who Among American Teachers (1998).

Lamar University Teaching Excellence Bonus Award (1997). This is an award based solely on teaching performance and student evaluations. (Amount: \$2000.00)

Lamar University Teaching Excellence Bonus Award (1995). This is an award based solely on teaching performance and student evaluations. (Amount: \$2000.00)

Top paper by the Commission on Health Communication for the 1993 Speech Communication Association Convention. With Witte, K. et al. (1993). Preventing tractor-related injuries and deaths in rural populations: Using a persuasive health message framework in formative evaluation research.

**COURSES PREPARED TO TEACH**

Tests and Measurement  
Health and Wellness/Personal Health  
Community Health  
Research Methods  
Methods of Teaching Health Education  
Sexuality  
Program Planning and Evaluation  
Behavior Change  
Health Behavior Theories  
Contemporary Health Issues  
Drugs and Human Health  
Aging, Death, and Dying

Consumer Health  
Epidemiology  
Sports Nutrition  
Techniques and Methods of Counseling  
Health Counseling  
Individual Theories of Counseling  
Group Counseling  
Law and Ethics in Counseling  
Aerobics / Walking for Fitness / Crosstraining / Weight Training / Swimming / Aquatics

**PERSONAL ASSETS AND SKILLS**

- \* Excellent organizational and leadership skills.
- \* Extremely dedicated to teaching and creating effective teaching materials including the use of technology, numerous courses developed and implemented.
- \* Strong counseling/people skills, ability to work well with people, individually, and in group situations.

- \* Ability to network, utilize resources, and create a strong relationship with other departments and community worksites.
- \* Well developed cultural sensitivity and multicultural awareness.
- \* Proficient with computers and various other forms of technology, capable of using many software programs.
- \* Knowledgeable and comfortable with statistical design and evaluation, several evaluation programs developed and implemented.
- \* Experience in assessment, program planning, development, implementation and evaluation.
- \* Group Facilitation and conflict management
- \* Grant Writing
- \* Internship Supervision in Health Education
- \* Statistical Design and Implementation
- \* Pamphlet Design and Production
- \* Skinfold Body Fat, Blood Pressure, & Flexibility Assessment, Cardiovascular Endurance Testing, Stress Management Rx

**REFERENCES**

Dr. Joe Franta  
Dean, College of Health, Education and Nursing  
Colorado State University Pueblo  
719-549-2485

Dr. George Dallam  
Full Professor Human Movement  
Colorado State University – Pueblo  
719-549-2619

Shylo Dennison  
Public Health Planner  
Pueblo City-County Health Department  
719-583-4354

Dr. Hector Carrasco  
Former Dean  
College of Education, Engineering and Professional Studies  
Colorado State University – Pueblo  
719-252-0032

Dr. Barbara Montgomery  
Former Provost  
Colorado State University – Pueblo  
719-671-6031