

**CHRISTINE A. ROCHESTER  
ASSOCIATE PROFESSOR  
COLORADO STATE UNIVERSITY – PUEBLO**

Department of Exercise Science,  
Health Promotion and Recreation  
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**EDUCATION**

University of Northern Colorado, Greeley, Colorado, August 2000  
Dissertation Title: Youth Development In Schools: A Comparison of Classroom and  
Enrichment Environments  
Ed.D. in Physical Education  
Major Area: Pedagogy/ Concentration: Outdoor Physical Education

Canisius College, Buffalo, New York, September 1994  
Research: A Nutritional Analysis of Competitive Female High School Rowers  
M.S. in Physical Education/ Concentration: Pedagogy

Indiana University of Pennsylvania, Indiana, Pennsylvania, May 1990  
B.S. in Education  
Health and Physical Education, K-12/ Concentration: Educational Psychology

**TEACHING EXPERIENCE:**

Aug 00-present	<b>Colorado State University – Pueblo/University of Southern Colorado – Pueblo, Colorado</b> Associate Professor-Physical Education Teacher Preparation
Aug 98-May 2000	<b>University of Texas – Pan American, Edinburg Texas</b> Full-time Faculty Physical Education Teacher Preparation, Coordinator of the Outdoor Education Program and University Student Teaching Supervisor
Aug 95-May 97	<b>University of Northern Colorado, Greeley, Colorado</b> Teaching Assistant and Doctoral Student
Aug 94-Jun 95	<b>Mount Holyoke College, South Hadley, Massachusetts</b> Physical Education Lecturer and Head Basketball Coach
Aug 93-Aug 94	<b>Canisius College, Buffalo, New York</b> Teaching and Graduate Assistant Physical Education Teacher Preparation

**OTHER TEACHING:**

**Parkview Elementary School, Pueblo, Colorado** August 2001-Dec 2002  
Taught mostly 4<sup>th</sup> and 3<sup>rd</sup> grades.  
**Carlos Gilbert and Acequia Madre Elementary Schools, Santa Fe, New Mexico**  
Oct. 1990-June 1993- Physical Education Teacher  
**Capital High School, Santa Fe, New Mexico** June 1990-June 1993  
Girl's Basketball Coach and Head Girl's Soccer Coach  
**University of Southern Colorado, Pueblo, Colorado** March 1998-August 1998  
Ropes Course Facilitator and Youth Development Leader

**RESEARCH EXPERIENCE/ SCHOLARLY OR CREATIVE PROJECTS**

**Selected Presentations**

Rochester, C. & Li, X., (2015, October) Teaching Bicycling in Schools. SHAPE Colorado, Westminster CO.

Rochester, C. (2015, April). Bicycling in Schools. Experiential Education Poster Session and Scholars Showcase at Colorado State University-Pueblo in Pueblo, CO.

Foust, C., Rochester, C., & Ball, J. (2014, October). Implementing mindful techniques in children and adolescents, Colorado Association for Health, Physical Education, Recreation, and Dance State Conference, Westminster, CO.

Rochester, C. & Livingston, J. (2013) Unique Sports-Unique Students, Colorado Alliance for Health, Physical Recreation and Dance State Convention, Loveland, Colorado

Rochester, C. (2012) Rhythmic Activities for Brain, Fitness and Fun!, Colorado Alliance for Health, Physical Recreation and Dance State Convention, Loveland, Colorado - October 2012.

Rochester, C. & Perez, D. (2012) Basketball Rocks,- Sequential Curriculum, Colorado Alliance for Health, Physical Recreation and Dance State Convention, Loveland, Colorado - October 2012.

Robertshaw, S. & Rochester, C.(2012) Student Centered Portfolios - It's Powerful, International Conference on Outdoor Leadership, Estes Park, Colorado- February 2012.

Rochester, C. & McClaran, S. (2012) Importance of Skill Development/Application from Childhood to Adult Recreationist, Central District AAHPERD, Colorado Springs, CO – February 2012.

Rochester, C. (2011) Teaching Responsibility in Higher Education. University General Education Committee presentation. Colorado State University –Pueblo October 2011.

Perez, D., Foust, C. & Rochester, C. (2011) Meeting The Standards: Lesson Plans For Health & PE, Colorado Alliance for Health, Physical Recreation and Dance State Convention, Denver, Colorado - October 2011.

Rochester, C. (2011) No Prop Activities and Assessment of Instructor's Group Development Skills, International Conference on Outdoor Leadership, Estes Park, Colorado- February 2011.

Robertshaw, S. & Rochester, C. (2011) Experiential Teaching Strategies for Planning and Logistics, International Conference on Outdoor Leadership, Estes Park, Colorado- February 2011.

Robertshaw, S. & Rochester, C.(2011) CSU-Pueblo's Approach to Certifying Outdoor Leaders, Outdoor Leadership Program Symposium, International Conference on Outdoor Leadership, Estes Park, Colorado- February 2011.

Rochester, C., Howard, H., & Montalbano, S. (2010) Project Adventure and Teaching Responsibility Research at the Elementary School, Colorado Alliance for Health, Physical Recreation and Dance State Convention Loveland, Colorado - October 2010.

Rochester, C., Piazza, J., & Stockton, D. (2010) Promoting Nature and Knowledge through Fun Active Brain Based Learning. National Wilderness Education Association Conference, Estes Park, CO - February 2010.

Rochester, C., Howard, H., & Mitchell, M. (2009) The Adventurous School, Colorado Alliance for Health, Physical Recreation and Dance State Convention Colorado Springs, Colorado - October 2009.

Rochester, C. & Piazza, J., (2009) Natural Opportunities to Facilitate Children's Academic Growth, Mountain Park Environmental Center- Facilitating the Nature and Child Reunion, Beulah, Colorado, Oct 2009.

Rochester, C. and Stuyt J. (2009) Experiential Leader "Who Am I and Who Do I Want to Be". Association for Experiential Education Rocky Mountain Region Convention Albuquerque, NM,- February 2009.

Rochester, C. (2008) Leadership Development through Physical Activity. Colorado Alliance for Health, Physical Recreation and Dance State Convention Denver, Colorado - October 2008.

Rochester, C. (2008) Fit for the Wilderness. National Wilderness Education Association Conference, San Diego, CA- February 2008.

Rochester, C. (2007) Increase student physical activity level during the school day. Colorado Alliance for Health, Physical Recreation and Dance State Convention Denver, Colorado - October 2007.

Rochester, C. and Robertshaw, S. (2007) Co creation – Improving learning and leading skills of students and participants. Association for Experiential Education and the National Wilderness Education Association Convention Estes Park, Colorado- February 2007.

Rochester, C. and Albin, J. (2006) Co-Creating Valuable Learning Experiences- School is Real Life. Colorado Alliance for Health, Physical Recreation and Dance State Convention Denver, Colorado - October 2006.

Rochester, C. and Robertshaw, S. (2006) Kinesthetic Learning = Success, Summer Institute, 2006 Your Classroom Creating a Place for Academic, Social and Linguistic Success, Pueblo, CO- July 2006.

Rochester, C. & Marquesen, V. (2005) Empowering other to overcome "ISMS" Colorado Alliance for Health, Physical, Education, Dance and Recreation Convention Breckenridge, CO- October 2005.

Rochester, C. (2005) Learning in Motion- Immerse, Reflect, Act. Association for Experiential Education 33rd Annual International Conference Tucson, Arizona- November, 2005.

Rochester, C. (2005) "Mountain Pathways for Young Women" American Alliance for Health, Physical Recreation and Dance National Convention Chicago, Illinois – April, 2005

Rochester, C. & Foust, C. (2004) "Teaching the Stuff that Matters: Creating Student Engagement" Colorado Alliance for Health, Physical Recreation and Dance State Convention Denver, Colorado - October 2004.

Sims, C. (2003) "Mountain Pathways" Colorado Alliance for Health, Physical Recreation and Dance State Convention Denver, Colorado - October 2003.

Sims, C. and Kimeko, K. (2003) "Higher Education Roundtable" Colorado Alliance for Health, Physical Education, Recreation and Dance Conference Denver, Colorado - October 2003.

Sims, C. (2003) "Cooperative Activities that Meet the Needs of Youth" 2nd Annual Symposium FOR THE HEALTH OF IT: Health, Sports and Fitness in the New Millennium Pueblo, CO - February 2003.

Sims, C. and Trujillo, J. (2002) "Giving Them What They Need to Be the Best" Colorado Alliance for Health, Physical Education, Recreation and Dance Convention, Colorado Springs. CO - October 2002.

Sims, C. (2002) "Utilizing Movement to Enhance Cognition -Southern Colorado Teacher Education Alliance Conference, Pueblo, Colorado - Aug, 2002.

Marquensen, V., Sims, C., and Schulz, B. (2002) "Utilizing the Virtual School District", National Education Computing Conference San Antonio, Texas- June 2002.

Sims, C. and Patterson, C. (2001) Youth Development: Cross Age Adventure Education. Colorado Alliance of Health, Physical Education, Recreation and Dance Convention, Denver, Colorado - October 2001.

Sims, C. (2000) "Youth Development In Schools: A Comparison of Classroom and Enrichment Environments" Texas Alliance of Health, Physical Education, Recreation and Dance Convention Dallas-Ft-Worth, December 2000.

Sims, C. (1997) "Developing creativity and cooperation through the use of juggling sticks." Southwestern District- American Alliance for Health, Physical, Education, Recreation and Dance Convention - Albuquerque, New Mexico - February 1997.

Sims, C. (1997) "Student Voice: Cooperative Games" Colorado Alliance for Health, Physical Education, Recreation and Dance Conference Denver, Colorado - September 1997.

### **Funded Grants**

Faculty Development Grant 2016 CSU-Pueblo \$945-Functional Movement Systems Certification I and II- Los Angeles CA- May 2016-

Rochester, C. *Bicycling in Schools*. Experiential Education Colorado State University-Pueblo in Pueblo, CO. December 2014

Student Technology Fee for the EXHPR Heart Rate Monitor System, co-writer \$8000, 2012.

Faculty Development Grant CSU-Pueblo, - Presentations Central District AAHPERD Presentation, WEA International Conference Program Symposium, \$350, 2013

Faculty Development Grant CSU-Pueblo, - Presentations Central District AAHPERD Presentation, WEA International Conference Program Symposium, \$1000, 2012

Faculty Development Grant CSU-Pueblo, - COAHPERD and WEA Presentations, Program and Research Symposium, \$1000, 2011

Faculty Development Grant CSU-Pueblo, "Teaching Responsibility to K-16 Students - Presentations, Program and Research Symposium", \$1000, 2010

Faculty Development Grant CSU-Pueblo, "Showing up to Lead – Analyzing and Providing Leadership Opportunities", \$1000, 2008

Student Technology Fee for the EXHPR Dartfish Cameras, co-writer \$3000, 2010.

Student Technology Fee for the EXHPR Dartfish Cameras, co-writer \$3000, 2009

Student Technology Fee for the EXHPR Computer lab, co-writer- \$11,500, 2003.

Instruction Technology project "Using Technology to Enhance Learning of Skill and Responsibility Development in Students", \$3500, 2002 - 2003.

Physical Education for Progress Grant - Pueblo School District # 60 Co-writer and evaluator \$540,244- 2002-2003.

### **Publications**

Rochester, C. (2016) Teaching Nature Through Outdoor Physical Education, SHAPE Colorado Journal September 2016 Vol. 42.

Li, X., Rochester, C., & Liu, K. (2015) Lack of Scientific Development and Research of Chinese School Recreational Sports, International Journal of Humanities and Social Sciences, Vol. 5, No. 7(2.)

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.

Rochester, C. (2011) Proceedings of WEA International Conference, "No Prop Activities and Assessment of Instructor's Group Development Skills" August 2012.

Barnes, A. & Rochester, C. (2011) "The Role of Physical Education in Youth Development" "COAHPERD Journal- January 2011,(35) 3.

Rochester, C. (2008) Proceedings of the National Wilderness Education Association Conference, "Fit for the Wilderness." San Diego, CA- February 2008.

Rochester, C. (2005) "Single Gender Outdoor Education - Why Do It?" Wilderness Education Association, Journal, (17) 2.

Rochester, C. (2005) "Teaching Classroom Teachers and Recreation Leaders to Use Movement" Colorado Alliance of Health Physical Education, Recreation and Dance Journal (31) 2, May 2005.

Sims, C. (2001) "Hispanic Youth Development in Extracurricular Courses", Colorado Alliance of Health Physical Education, Recreation and Dance Journal, Fall 2001.

Sims, C. (2000) "Youth Development in Schools: A Comparison of Classroom and Enrichment Environments" Published Abstract -Texas Alliance of Health, Physical Education, Recreation and Dance Convention Dallas/Ft. Worth, December 2000.

Sims, C. (2000) Youth Development in Schools: A Comparison of Classroom and Enrichment Environments" Dissertation and published abstract - July 2000.

Sims, C. (1999) "Should physical educators spend more time planning their lessons and less time planning their coaching?" Journal of Physical Education, Recreation, and Dance – August 1999.

### **Professional Development**

Society of Health and Physical Educators, Colorado, 2015

Colorado Alliance for Health, Physical Recreation and Dance State Convention  
Colorado - October 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014

Wilderness Education Association International Conference – 2007, 2008, 2009, 2010, 2011, 2012

Central District AAHPERD Convention- Feb 2012

Association for Experiential Education Rocky Mountain Region Convention Albuquerque, NM,-  
February 2009

Summer Institute 2006, CSU- Pueblo Your Classroom Creating a Place for Academic, Social and Linguistic Success, Pueblo, CO- July 2006.

American Alliance of Health, Physical, Education, Dance and Recreation  
National Convention April 2005, Chicago, IL

Association for Experiential Education 33rd Annual International Conference - 2005 Tucson, Arizona  
-Learning in Motion- Immerse, Reflect, Act

American Alliance for Health, Physical Education, Recreation and Dance National Convention,  
April 2004, New Orleans, LA- Professional Development “ Together we can lead the way”.

Colorado State University Pueblo - Professional Development- Teaching Students HOW to Learn –  
Their Most Important Tool for Success in the New Millennium Presented by Sandra Y. McGuire,  
Ph.D., Director Center for Academic Success, Spring 2004.

Southern Colorado Teacher Education Alliance Conference Professional Development- Summer  
2003, Pueblo Colorado –Participated in the Critical Thinking and Writing Conference.

Participated in the Renaissance Group- Teacher Work Sample evaluation training, July 2002,  
Kansas City, MS.

“A Day of the Arts for Teachers” at the Sangre de Cristo Arts and Conference Center Pueblo,  
Colorado - Spring, 2002.

American Association of State Colleges and Universities Conference-Test Preparation Workshop-  
Kennesaw State University, Georgia - Worked with the Teacher Education Program at USC to  
implement a tutoring program for students preparing for teacher exams, May 2001.

## **Service / Professional Activities**

### National:

Member American Alliance of Health, Physical Education, Recreation and Dance. (AAHPERD)  
1990-2010

Member National Association for Sport and Physical Education. (NASPE) 1990-2014.

Member American Association for Leisure and Fitness. (AALF) 1995-present.

Member of the Association for Experiential Education.

Member of the Wilderness Education Association.

Regional:

Organized and planned Regional Conference "Facilitating the Nature and Child Reunion" with Mountain Park Environmental Center director and board member. Represented CSU-Pueblo and the EXHPR department.

Presentation Professional Development to Dolores Huerta Preparatory School July 2007.

Member of the Association for Experiential Education - Rocky Mountain Region.

State:

Co-editor of the Colorado Alliance of Health, Physical Education, Recreation and Dance (COAHPERD) Journal.

COAHPERD Elected Board Member- 2002-2006 Assisted with organization outreach and yearly conventions.

Member of COAHPERD.

Member of Colorado SHAPE.

University Service:

Experiential Education Roundtable and HLC – 2014-2015

Chair of Tenure Track search committee for Recreation 2013 and 2014

Sustainability project participant with EXHP 478. Fall 2013

Search and Screen Committee Health Promotion 2011 and 2012

Elected to the Faculty Disciplinary Committee – 2011-2012

Elected to the CEEPs Tenure and Promotion Committee – 2011-2012

Served on the Disability Lunch Committee during ADA month 2010.

Chair of Search and Screen Committee for Athletic Training Clinical Coordinator 2010.

Student Recreation Center Design Committee 2007-2008.

Student Recreation Field Design Committee 2006-2007.

Appointed by Dean to Academic Advising Council Fall 2006-Fall 2010.

Appointed by Provost and served on the Student Technology Fee Committee Fall 2002 to present.

Chair of the Student Technology Fee Committee from Fall 2002 to Spring 2007.

Provost Awards Selection Committee - 2007

Appointed by Provost and served on the Library Task Committee.

Appointed by President and served on the University Calendar Committee.

Served on the search committee for ITC in spring and summer of 2004.

Elected as at large Faculty member of Student Life (Fall 2001 to present)

Elected to CEEPs Curriculum Committee - (Fall 2000-2010)(serving in 2013)

Appointed to the Colorado State University Teacher Education Board - (Fall 2000 to present)

Assessment Committee – CEEPs Colorado State University- Pueblo (Fall 2000-2007)

Served on the Design Committee and worked with Physical Educator club members to design a contest.

Student Club Advisor- Physical Educators/Activities Club, Colorado State University- Pueblo (Fall 2000-present)

Public Service:

Crested Butte Mountain Conference Volunteer- Registration and 5K run. Summer 2013

Chair of Chaffee County Events Committee – Spring 2012 – present- Confirm speakers, meal planning, and delegating task for three yearly events for over 200 participants.

Consultant to Pueblo County Boys and Girls Club for biking program. Fall 2013-present

Health Fair Baca Elementary School, February 3<sup>rd</sup> 2012 with students.

Member of the Adolescent Pregnancy Prevention Program Advisory Committee Pueblo Health Department.

University Representative for Colorado's Southeastern BOCES alternative teacher licensing program appointed May 2004-2011.

Research Consultant for Mountain Park Environmental Center- Beulah, CO May 2003-present.

Consultant for School District 60 –workshops, in-services and teacher mentoring.

Member of the Pueblo School District 60 School Health Council.

Board Member of the Pueblo Youth Employment Council.

Conducted community service projects with a variety of classes- Community service/field work projects include participating in a health fair at Bradford Elementary school, the nerd Olympics on campus, volunteering at the boys and girls club, coaching and helping physical education teachers in Colorado Springs and Pueblo.

Consultant for the Southern Colorado Teacher Education Alliance, August 2000- present-Teacher Education Reform Grant- University of Southern Colorado



**Awards**

CEEP's Outstanding Faculty Member 2011-2012

Outstanding Educator Higher Education COAHPERD - 2009

Provost Award for Outstanding Advising - 2006

Colorado Alliance of Health, Physical Education, Recreation and Dance- Presidential Citation 2002  
Colorado Springs Convention.

Service to Executive Board -Colorado Alliance of Health, Physical Education, Recreation and  
Dance – 2003-2004

**Christine A. Rochester**  
**Outdoor Leadership Experiences**

**Colorado State University-Pueblo 2000-present**

Lead Facilitator Canyon Orientation 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2017

Co teach REC 370 Outdoor Leadership II

Teach Skiing and Snow sports

Assist with curriculum changes, practicum and internships

Teach methods of Mountain Biking, Canoeing, Hiking and Geocaching  
within EXHP 478 Secondary Methods of Physical Education

Work with co instructors and student leaders teaching canyoneering and the WEA curriculum in  
Utah State and National Parks.

Instructor of Skiing and Snow Sports in the basic instruction program

Co- Instructor of WEA Course –Canyon Orientation with Scott Robertshaw - May 2006, 2007,  
Mountain Orientation, Mountain Orientation with John Borton - August 2008.

**Completed Wilderness Education Professional Short Course**  
**Summer of 2007**

Bahia de los Angeles, Baja California Mexico- Aztec Adventures

Instructors were Jim Lustig, Fransico Detrell Rodriguez, Leo Malloy

**Mountain Park Environmental Center, Beulah Summer 2004 and 2005**

Lead counselor for “mountain pathways for young women”

**University of Texas –Pan American, Edinburg, Texas 1997-2000**

Outdoor Program Coordinator

Taught backpacking and hiking in the basic instruction program

Trips to Hills Country, local hikes and Monterrey, Mexico

**University of Southern Colorado Pueblo, CO 1997**

Was an invited co leader on my first WEA course with Jay Zarr- assistant leader to student leader  
Organ Pipe National Monument, Arizona

Lead challenge course instructor

**Boys and Girls Club, Pueblo CO 1996- 1997**

Lead students on day trips in the San Isabel National Forest

**University of Northern Colorado, Greeley, CO 1995-1997**

Ropes to Responsibility AAHPERD grant –taught rock climbing and hiking

Lead challenge course instructor

**Mount Holyoke College, Springfield Massachusetts 1994-1995**

Instructor of Outdoor Education Course- including canoeing, hiking and camping skills

**YMCA of Albuquerque – Santa Fe Branch Summer 1990 and 1991**

Lead counselor of summer programs

Led hikes in Bandelier National Monument and other areas surrounding Santa Fe

**Coach and teacher of physical activities since 1986**

Adventure education, basketball, softball, ultimate Frisbee etc...