

Lisa Anne Pleban, Ed.D.

Vermont State University at Castleton
Professor of Physical Education
Coordinator of Physical Education Teacher Education
Department of Health, Human Movement, and Sport
Castleton, VT 05735

SUMMARY

Lisa Pleban is a Professor of Physical Education and Coordinator of the Physical Education Teacher Education program at VTSU Castleton. During this time she has served in various faculty leadership roles on that Vermont campus most recently as the Vice President of the Castleton Faculty Assembly. She is the Executive Director of the Society of Health and Physical Educators of Vermont, a statewide educator's non-profit organization dedicated to advocating for quality teaching and learning in health, physical education, and physical activity. Prior to Castleton Pleban spent over a decade teaching as well as coaching athletics at the collegiate level. Her early professional work as a research associate in the Department of Neurology in Yale's School of Medicine employed her laboratory training in biology and exercise physiology.

EDUCATION

Columbia University, Teachers College, New York, NY.

Doctor of Education in Curriculum and Teaching, concentration in Physical Education, 1998.
Dissertation directed by Dr. Bill Anderson, "Key Factors in the Career Development of Successful Women Collegiate Athletic Leaders ©"

Temple University, College of Health, Physical Education, Recreation, and Dance, Philadelphia, PA.

Master of Education in Exercise Physiology, 1988.
Thesis directed by Dr. Richard Berger, "Effects of Caffeine Ingestion Upon Circuit Weight Training"

Fairfield University, College of Arts and Sciences, Fairfield, CT.

Bachelor of Science in Biology, minor in Psychology, 1986.

TEACHING and SERVICE AT VERMONT STATE UNIVERSITY AT CASTLETON (formerly Castleton University)

Professor of Physical Education Teacher Education, Department of Health, Human Movement, and Sport, August 2004-present

Major Responsibilities

Coordinator all facets of the K-12 Physical Education Teacher Education program including maintaining accreditation with the State of Vermont, write and revise program outcomes according to state and national guidelines, update assessments and delivery models as indicated by requirements or data, evaluate teacher candidate portfolio, recruit and manage the mentor teacher collaborations. Teach 24 or

more credits yearly within the Physical Education Teacher Education program and University-wide General Education program. Supervise Physical Education Student Teachers. Advise approximately 50-60 undergraduate students yearly. Serve across the State of Vermont as a resource for health and physical education teachers as well as school and district administrators. Provide opportunities for professional growth among other faculty in the areas (but not limited to) diversity and equity, pedagogy, and technology. Work with campus leadership to facilitate an effective university retention, promotion, and tenure process. Maintain relationships with program alumni with the intent to support their professional progress.

Additional Experience

- Vice President, Castleton University Faculty Assembly (2021-2023)
- Lead writer for Physical Education program optimization as part of the Vermont State College system's Transformation to the Vermont State University (2021-present)
- Castleton University Representative to the Vermont State Colleges' Social Justice Group (2022-present)
- Co-Chair, Castleton University Faculty Assembly Committee for Retention, Promotion, and Tenure (2021-present)
- Castleton University Diversity, Equity, and Inclusion Committee (2021-present)
- Vermont State Colleges Diversity, Equity, and Inclusion General Education Committee (2021-2022)
- Castleton University Faculty Assembly Committee for Retention, Promotion, and Tenure (2016-2019)
- Physical Education Teacher Education program author for accreditation under Vermont ROPA guidelines (2019)
- President's Task Force for New Programs (2018-2019)
- Consultant to the Vermont Agency of Education, ESSA plan for grades K-12 physical education accountability (2016-2019)
- Promotion to Professor (2016)
- Castleton University Faculty Affairs Committee (2014-2016)
- Castleton State College Faculty Assembly Committee for Retention, Promotion, and Tenure (2011-2013)
- Health Education Teacher Education co-author for new program approval under Vermont ROPA guidelines (2011)
- Tenure and promotion to Associate Professor (2010)
- Physical Education Teacher Education program author for accreditation under Vermont ROPA guidelines (2010)
- Faculty Assembly Teacher Education Committee (2006-present, Chair 2006, 2007)
- Castleton State College Faculty Assembly Teacher Licensure Committee (2004- 2011)
- Castleton Center for Schools Advisory Committee (2004- 2008)
- Scholarship Awards Committee (2004-2007)
- Castleton State College Committee work to create the ACT-II post-baccalaureate program (2005)
- Advisor to physical education major's club (2004-2018)

SERVICE TO THE PROFESSION AND PUBLIC

SHAPE Vermont (formerly Vermont Alliance for Health, Physical Education, Recreation, and Dance) **Executive Director 2010-present**

Major Responsibilities

Execute all facets of leadership duties for a non-profit organization including compliance, financial and membership recordkeeping, strategic planning for advocacy, membership and financial growth, communication with members and the public through media, website, and public speaking, attainment and distribution of grants, represent state educator interests at the state and national governmental level, work in partnership with the Vermont Agency of Education in developing and retaining health and physical educators as well as writing and reviewing content-specific writing standards and policies. Build out and maintain website and social media presence. Collaborate with HE-PE leaders across the country to improve organizational effectiveness in meeting our mission of advocating for the well-being of all people.

Additional Experience

- Conference director, co-director, Annual Conference of the Vermont Association of Health Physical Education, Recreation, and Dance (2009, 2010, 2012) and Society of Health and Physical Educators of Vermont (2012-present)
- Past-president, 2010
- President, 2009
- Co-Coordinator, Health Education Curriculum Assessment Tool Workshop (October, 2009)
- Co-Coordinator, Health Education Standards Workshop (May, 2009)
- Co-Coordinator, Physical Education Curriculum Assessment Tool Workshop (May, 2008)
- President-Elect, 2008
- Vice-president for Dance, 2008
- Vermont representative to the Society for Management, leadership organization for state HE PE professions (2010- present)

SHAPE America (formerly American Alliance for Health, Physical Education, Recreation, and Dance)

- Editorial Peer Reviewer for the Journal of Physical Education, Recreation and Dance, 2008 –2021
- Vermont delegate to the Alliance Assembly, 2008; 2009, 2010
- Vermont delegate to the Eastern District Association Assembly, 2010
- Certified Instructor AAHPERD Physical Best Program, 1999-2003

Board of Trustees, Grant Cottage National and State Historical site, Wilton, NY, 2017-2019

- Executive financial, employee, and programming oversight as a member of a non-profit board

PROFESSIONAL POSITIONS HELD IN RESEARCH, TEACHING, AND COACHING

2001-2004 **Instructor in Exercise Science, Head Women’s Basketball Coach, Skidmore College, Department of Exercise Science, Dance, and Athletics, Saratoga Springs, NY.**

- Taught four credits of course load per semester, including Sports and Social Issues, courses in physical fitness, strength-training.

- Directed an NCAA Division III basketball program. Team was twice honored as a WBCA Top 20 GPA Team (2003, 2004)
- Women's Basketball Coaches Association Scholarship Selection Committee, NCAA Division III representative (2002-2004)
- Assistant Softball Coach, NCAA Division II program (2002)
- Steering Committee College Faculty Representative for the Center for Safer Sexual Relations

2001-2004 Dean of Special Programs, Summer Institute for the Gifted, Parsippany, NJ.

- Activity program director and one of three camp deans.
- Supervised a staff of 35 at an academic residential camp for gifted students, serving approximately 250 campers per session, ages 10-17 during six and a half-week residencies on Vassar, Amherst, and Rider campuses
- Conducted professional development and marketing sessions, event planning, program evaluation, staff development

2000-2001 Visiting Assistant Professor in Education (1 year appointment), Interim Head Women's Basketball Coach, Montclair State University, Department of Health Professions, Physical Education, Recreation, and Leisure Studies, Upper Montclair, NJ.

- Taught twelve credits per semester in the undergraduate and graduate Physical Education Teacher Education program
- Courses included Methods of Teaching in Physical Education, Problems in Sport and Society, Management in Sport, Fitness, and Physical Education, Strength Training and Fitness, and various sport methods classes
- Advised graduate students within the department

1999-2000 Assistant Professor in Exercise Science and Head Women's Basketball Coach, Department of Exercise Science and Athletics, Eastern College, St. Davids, PA.

- Taught courses including Measurement and Evaluation in Health, Management in Sport, Personal Training, Theory and Technique of Team Sports, Theory and Technique in Individual Sports
- Coordinated graduate studies projects
- Directed an NCAA Division III basketball program

1996-1999 Head Women's Basketball Coach, Adelphi University, Garden City, NY.

- Directed an NCAA Division II basketball program
- Program named "Most Improved NCAA Division II women's basketball program" in 1998

1998-1999 Teacher Education Supervisor, undergraduate physical education majors, Hofstra University Department of Health and Physical Education, Hempstead, NY.

- Field supervision and advising of undergraduate and graduate Physical Education Teacher Education majors

1998 Assistant Adjunct Professor, Suffolk County Community College, Physical Education Department, Selden, NY.

- Instructor for physical education major's course in bowling

1996-1997 Speaker Services Consultant, Women's Sports Foundation, East Meadow, NY.

- Part-time position serving as an agent to arrange for paid appearances by elite athletes at events.

1991-1996 Assistant Adjunct Professor, Science Department, Sacred Heart University, Fairfield, CT.

- Instructor for Exercise Physiology within an undergraduate athletic training program
- Assistant Women's Basketball Coach, NCAA Division II program
- Head Men's and Women's Cross-Country Coach, NCAA Division II program

1988-1990 Assistant Women's Soccer Coach, Quinnipiac College, Hamden, CT

1987-1996 Research Associate in Neurophysiology and Neurochemistry, Yale University Medical School, Department of Neurology, New Haven, CT.

- Assisted in brain metabolism research using in vivo and in vitro T-2 nuclear magnetic resonance techniques.
- Quantitative data collection and analysis, histology, cell culture, biochemistry, and animal surgery techniques

AWARDS AND HONORS

- 2018 SHAPE America Eastern District Tilia J. Fantasia Service Award
- 2011 Castleton State College Alumni Association Outstanding Faculty of the Year
- 2010 Vermont Association of Health Physical Education, Recreation, and Dance Higher Educator of the Year Award

GRANTS AND SUPPORT FOR RESEARCH

Faculty Affairs Advance Study Grant, Castleton University

- Sabbatical Study Support for antiracism and equity in higher education research. Harvard University Graduate School of Education course "Bravely Confronting Racism in Higher Education," and for the National Association for Kinesiology in Higher Education Leadership Development Workshop "Leading for Equity"
- \$4100 Spring 2021

Faculty Affairs Advance Study Grant, Castleton University

- Travel to Annual convention of the Society of Health and Physical Educators, TN

- \$650 Spring 2018

Center for Disease Control and Prevention through the Vermont Department of Health

- Co-award recipient to support state-wide professional and pre-professional development in health education
- \$30,000 Winter, 2016

Student- Faculty Research Grant, Castleton State College

- Support for student-faculty project to support U.S. Grant historical research
- \$250 spring 2015

Castleton Scholarship and Pedagogy Peer Development Fund, Castleton State College

- Funding for year-long department development project “Employing 21st Century Technology to Improve Teaching and Learning”
- \$6250 Academic Year 2014-15 (cohort of 8 faculty members)

General Mills Presidential Youth Fitness Program, VTAHPERD

- Awarded to support professional and pre-professional development of the Presidential Youth Fitness Program and Fitnessgram assessment in Vermont schools
- \$25,000 Winter, 2013

Faculty Affairs Sabbatical Grant, Castleton State College

- Support for research project to examine quality rural physical education programs
- \$4,800 Fall, 2013

Faculty Affairs Advance Study Grant, Castleton State College

- Travel to the Society for Event Management Conference, American Alliance for Health, Physical Education, Recreation, and Dance, Las Vegas
- \$510 Summer, 2013

Faculty Affairs Committee Grant, Castleton State College

- Travel to the Emerging Leadership Development Forum, American Alliance for Health, Physical Education, Recreation, and Dance, Washington, D.C.
- \$765 Summer, 2009

Faculty Affairs Committee Grant, Castleton State College

- Travel to the American Alliance for Health, Physical Education, Recreation, and Dance Leadership Development Conference, Washington, D.C.
- \$660 Summer, 2008

21st Century Grant, Poultney, VT school system

- State funding for Title I after-school wellness program to be directed by Castleton State physical education faculty and students
- \$500 Fall, 2006

Community Partner Grant, Castleton State College

- Physical Education Teaching Motor Skills Service learning project for the Rutland Boys and Girls Club, Rutland, VT
- \$365.50 Fall, 2005

Dean's Office Grant, Skidmore College

- Travel to the NCAA Title IX Facilitator's Conference, Washington, DC.
- \$1000 Spring, 2001

Faculty Development Grant, Eastern College

- Travel to the American Alliance for Health, Physical Education, Recreation, and Dance,
- National Conference, Reno, NV
- \$400 Spring 2000

Teacher's College Study Grant Columbia University

- Academic grant for doctoral study
- \$1500 1997-1998

PRESENTATIONS and PUBLICATIONS

Pleban, L., (2022, June) Fostering Student Engagement. 2022 SAM Leadership Development Conference Portland, Maine.

Pleban, L., (2022, April) Exploration of Anti-racist Educational Practices Through a Sabbatical Intellectual and Emotional Reset. Share Your Work presentation. Castleton University, Castleton, VT.

Pleban, L., (2022, March) Utilizing Functional Fitness in Your Professional Practice: Part I Adapting Fitness-enhancing Movement into your Classroom. Annual convention of the Society of Health and Physical Educators- Vermont, Killington, VT.

Pleban, L., (2021, October) Creating Infographs for your Classroom. Convention of the Society of Health and Physical Educators- Vermont. Online synchronous and asynchronous.

Pleban, L., (2019, October) Health.Moves.Minds. Annual convention of the Society of Health and Physical Educators- Vermont, Killington, VT.

Pleban, L., Weikert, M., Woolard, J. (2016, October) Understanding and Employing the PYFP to Teach and Measure Health-related Fitness. Annual convention of the Society of Health and Physical Educators- Vermont, Killington, VT.

Porter, L., Pleban, L.A., Chabala, G.A., Feight-Hicks, S. (2016, May) Geocaching Along the Boardwalk. Annual convention of The Eastern District of Shape America, Atlantic City, NJ.

Pleban, L. (2016 September-October) Color Photography Exhibition, *Celebrating 100 Years of the National Park System*, Coolidge Library, Castleton University

Porter, L., Pleban, L.A., Chabala, G.A., Feight-Hicks, S. (2016, April) Geocaching In the Queen City. Annual convention of Shape America, Charlotte, NC.

Pleban, L.A. (2015, July) Children's Games of the Grant Household. Porch Chat at Grant's Cottage, Wilton New York.

Pleban, L.A. Feight-Hicks, S., Porter, L. Chabala, G.A. (2015, March) Geocaching in the Emerald City. Annual convention of Shape America, Seattle, WA.

Pleban, L.A. (2014, June) Sport, Activity, and The Presidency. Porch Chat at Grant's Cottage, Wilton New York.

Pleban, L.A. (2014, April) Quality Rural Physical Education. Share Your Work presentation. Castleton State College, Castleton, VT.

Chabala, G.A., Feight-Hicks, S., Porter, L., Pleban, L.A. (2014, April) Geocaching At the Gateway to the West. One half-day workshop. Annual convention of Shape America, St. Louis, Mo.

Pleban, L.A. (2013, November). An Examination of Quality Rural Physical Education Programs: Initial Findings. Annual convention of the New Hampshire Alliance of Health, Physical Education, Recreation, and Dance, Waterville Valley, NH.

Pleban, L.A. (2013, November). Practical Advice for Pre-service Teachers Inspired by The Simpsons. Annual convention of the New Hampshire Alliance of Health, Physical Education, Recreation, and Dance, Waterville Valley, NH.

Chabala, G.A., Feight-Hicks, S., Porter, L., Pleban, L.A. (2013, April) Geocaching Along the Freedom Trail. One half-day workshop. Annual convention of the American Alliance of Health, Physical Education, Recreation, and Dance, Boston, MA.

Pleban, L.A. (2012, October). FYS Common Hour: The Castleton Student Body. Castleton, VT.

Pleban, L.A. (2012, April). Phi Eta Sigma Lecture: The Castleton Student Body. Castleton, VT.

Chabala, G.A., Feight-Hicks, S., Porter, L., Pleban, L.A. (2012, March) Geocaching Along The Boston Freedom Trail. Workshop. Annual convention of the American Alliance of Health, Physical Education, Recreation, and Dance, Boston, MA.

Pleban, L.A. (2011, November) Great Ideas and Helpful Tips for Creating Your Initial Licensure E-Portfolio. Annual convention of the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Stowe, VT.

Pleban, L.A. (2011, April) Current status of anti-bullying measures protecting students based upon sexual orientation. Poster session presented at the annual convention of the American Alliance of Health, Physical Education, Recreation, and Dance, San Diego, CA.

Pleban, L.A. (2011, February). Bowlingpalooza! Annual convention of the Eastern District Association, Long Branch, NJ.

Pleban, L.A. (2011, February). Practical Advice for Pre-service Teachers Inspired by The Simpsons. Annual convention of the Eastern District Association, Long Branch, NJ.

Pleban, L.A. (2010, November) . Simple, Generic Approaches to Teaching Game Tactics Using the Teaching Games for Understanding Model. Annual convention of the Eastern District Association, Rye NY. Also

presented November, 2009, at the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Killington, VT.

Pleban, L.A. (2009 April). Sport, Activity, and the Presidency: An Anecdotal Retrospect. Annual convention of the American Alliance of Health, Physical Education, Recreation, and Dance, Tampa, FL.

Pleban, L.A. (2009 April). Strategies for Building a Safe Classroom for Your GLBTQ Students. Annual convention of the American Alliance of Health, Physical Education, Recreation, and Dance, Tampa, FL.

Pleban, L.A. (2008, October). Ensuring a Safe Climate for Your Classroom. Eastern District Association Student Leadership Conference, East Stroudsburg, PA.

Pleban, L.A. (2007, November) . Building a Safe and Inclusive Classroom for you GLBTQ Students . Annual convention of the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Killington, VT.

Pleban, L.A. (2007, November) . Ultimate and Beyond! Annual convention of the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Killington, VT.

Pleban, L.A. (2006, November) . ABCD: Archery basics carefully demonstrated. Annual convention of the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Killington, VT.

Pleban, L.A. (2006, October). Making motor learning understandable, relevant and fun for your PETE students: Strategies for incorporating three important concepts into your course. National Physical Education Teacher Education Conference, Long Beach, CA

Pleban, L.A. (May, 2006). Uses for technology in enhancing student learning: Practices in the CSC physical education licensure program. Strategies for e-Pedagogy at the VSC Conference, Castleton State College, VT.

Pleban, L.A. (2005, November). Developmentally appropriate flag football. Annual convention of the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Killington, VT.

Pleban, L.A. (2005, November). Getting up to speed with speedball. Annual convention of the Vermont Alliance of Health, Physical Education, Recreation, and Dance, Killington, VT.

Pleban, L.A. (2005, March). Tired of the same old sports? Then incorporate speedball into your curriculum. Annual convention of the Eastern District Association of the American Alliance of Health, Physical Education, Recreation, and Dance, Springfield, MA.

Pleban, L.A. (2003, November). Stopping homophobia in youth sport: What educators can do. Sponsored by Skidmore College and Coalition of Safer Schools - NY State, Saratoga Springs, NY.

Pleban, L.A. (2003, April). The need to preserve Title IX for collegiate women's sport. Title IX Press Conference, Legislative Women's Caucus, Inc., of New York State, Albany, NY.

Pleban, L., & Wiersma, L. (2003). Speedball: The oldest new game around.. *Journal of Physical Education, Recreation, and Dance*, 74(3), 23-28, 54.

Pleban, L.A. (1999, June). Qualitative research on the career development of women collegiate athletic leaders. Presentation at the Eleventh Annual Conference on Ethnographic and Qualitative Research in Education, New York, NY.

Pleban, L.A. (1999, April). Career development in women's collegiate athletic administration: Research findings. Research communication session presented at the annual convention of the American Alliance of Health, Physical Education, Recreation, and Dance, Boston, MA.

Pleban, L.A. (1998, April). Career Development of Successful Women Collegiate Athletic Leaders. AIESEP World Congress, Garden City, NY.

Petroff O.A.C., Pleban L.A., Spencer D. (1995). Symbiosis between in vivo and in vitro NMR spectroscopy: The creatine, *N*-acetylaspartate, glutamate, and GABA content of the epileptic human brain. *Magnetic Resonance Imaging* 13:8, 1197-1211.

Zhong J., Petroff O.A.C., Pleban L.A., Kennan R.P., Gore J.C. (1996). Maximum changes of T2* and apparent diffusion coefficients in rat brain under extreme blood oxygenation conditions. *Magnetic Resonance in Medicine*; 33.

Zhong J., Petroff O.A.C., Prichard J., Pleban, L.A., Gore J. (1996). Cortical electroshock reduces the apparent diffusion coefficient (ADC) of tissue water. *Magnetic Resonance in Medicine*; 33.

Pleban, L.A. (1993, March). Building the better ballplayer. Annual convention for the Women's Basketball Coaches Association, Atlanta, GA.

Petroff O.A.C., Pleban L.A., Prichard J.(1993). Metabolic assessment of a neuron-enriched fraction of rat cerebrum using high resolution 1H & 13C MNR spectroscopy. *Magnetic Resonance in Medicine*; 30:1-8.

Petroff O.A.C., Pleban L.A., Spencer D., Prichard J. (1992). Metabolic assessment of a synaptosome-enriched fraction of human temporal cortex: High resolution 1H & 13C NMR spectroscopy. Abstracts, *Society of Magnetic Resonance in Medicine*; 11: 543.