

### Fitness for Life High School Program Author Team



**Dr. Charles B. (“Chuck”) Corbin, PhD**, is professor emeritus in the School of Nutrition and Health Promotion at Arizona State University. He has published more than 200 journal articles and has authored or coauthored more than 90 books, including *Concepts of Physical Fitness*, *Concepts of Fitness and Wellness*, *Fitness for Life*, and *Fitness for Life: Middle School* and *Fitness for Life: Elementary School*, all winners of Texty Awards. Dr. Corbin is internationally recognized as an expert in physical activity, health, and wellness promotion and youth physical fitness. He has presented keynote addresses at more than 40 state AHPERD conventions, made major addresses in more than 15 countries, and presented numerous named lectures. He is a past president and emeritus fellow of the National Academy of Kinesiology, a fellow of the North American Society for Health Physical Education Recreation and Dance Professionals, an ACSM fellow, and a life member and honor fellow of SHAPE America. His awards include the

President’s Council On Fitness, Sports & Nutrition 2016 Lifetime Achievement Award, Healthy American Fitness Leaders Award from the President’s Council on Fitness, Sports, and Nutrition (PCFSN) and National Jaycees; Distinguished Service Award of the PCFSN; and the Honor Award, Physical Fitness Council Honor Award, Hanson Award, and Alliance Scholar Award from AAHPERD. He received distinguished alumnus awards from the University of New Mexico and the University of Illinois. He served for more than 20 years as a member of the Advisory Board of Fitnessgram and was the first chair of the Science Board of the PCFSN. He was a member of an Institute on Medicine (IOM) committee for youth fitness testing. He was selected to the National Association of Sports and Physical Education (NASPE) Hall of Fame. In 2009 Dr. Corbin was chosen for the Gulick Award, the highest award of SHAPE America (Society of Health and Physical Education Professionals, formerly AAHPERD). In 2013 he received the Hetherington Award, the highest honor of the National Academy of Kinesiology.



**Guy C. Le Masurier, PhD**, is a professor of Sport, Health and Physical Education at Vancouver Island University, British Columbia, Canada. He has published numerous articles related to youth physical activity and physical education and coauthored the National Association for Sport and Physical Education (NASPE) Physical Activity Guidelines for Children. Dr. Le Masurier has given more than 30 research and professional presentations at national and regional meetings. He reviews research for numerous professional journals and has contributed to *Fitness for Life, Fifth Edition*, and the Physical Best Activity Guide. Dr. Le Masurier is a member of AAHPERD, NASPE, ACSM, and Canadian AHPERD.



**Contributing author: Karen E. McConnell, PhD**, a professor at Pacific Lutheran University, is a certified health education specialist (CHES) and has taught at the university level for more than 15 years in areas related to health and fitness education, curriculum and assessment, and exercise science. She has written or contributed to over a dozen book chapters and texts, including the teacher resources for *Fitness for Life* (fifth and sixth editions). She is a recipient of the Arthur Broten Young Scholar Award and has received the University Professional of the Year Award from the Washington Alliance for Health, Physical Education, Recreation and Dance for contributions made to state standards in health and fitness. She enjoys running, having completed 38 half marathons and one marathon. As a resident of the Pacific Northwest, she enjoys participating in most outdoor activities.

## Fitness for Life Middle School Program Author Team

Charles B. Corbin, PhD. *See above.*

Guy Le Masurier, PhD. *See above.*



**Dolly D. Lambdin, Ed D.** is a senior lecturer in the department of kinesiology and health education at the University of Texas at Austin, where she teaches undergraduate courses in children's movement and methods of teaching as well as graduate courses in analysis of teaching and technology application in physical education.

Dr. Lambdin taught elementary physical education in public and private schools for 16 years and taught preservice teachers for 33 years at the university level. During much of that time, she taught simultaneously at both levels, a situation that required her to spend part of each day meeting the teaching and research demands of academia while tackling the daily adventure of teaching 5- to 14-year-olds. In addition, she has supervised over 100 student teachers and as a result has been able to visit classes and learn from scores of wonderful cooperating teachers in the schools.

Dr. Lambdin has served as the president of NASPE (2004-05) and on the NASPE board of directors for two three-year terms. She has also served on numerous local, state, and national committees, including the writing teams for the Texas Essential Knowledge and Skills in Physical Education, the NASPE Beginning Teacher Standards, the Texas Beginning Teacher Standards, and the NASPE Appropriate Practices Revision. Dr. Lambdin has been honored as the Texas AHPERD Outstanding College and University Physical Educator of the Year.



**Benjamin A. Sibley, PhD**, is an associate professor in the department of recreation management and physical education at Appalachian State University. Dr. Sibley holds degrees in exercise science, physical education, and sport and exercise psychology. He is also an NSCA Certified Strength and Conditioning Specialist and CrossFit Level 2 Trainer. He has been a member of SHAPE America since 2003 and currently serves on the editorial board for the *Journal of Physical Education, Recreation and Dance (JOPERD)*. Dr. Sibley has published and presented numerous papers on physical activity among children and adults, in particular addressing motivation for physical activity and the relationship between physical activity and cognitive performance. In his leisure time, Dr. Sibley enjoys exercising, outdoor activities, cooking, and spending time with his wife and two children.

## Fitness for Life Elementary School Program Author Team

Charles B. Corbin, PhD. *See above.*

Guy Le Masurier, PhD. *See above.*

Dolly D. Lambdin, Ed D. *See above.*



**Meg Greiner, MEd**, is a national board-certified elementary physical education teacher at Independence Elementary School in Independence, Oregon. She has been teaching elementary physical education for more than 20 years and regularly receives student teachers and practicum students into her setting. Meg has received numerous national awards and accolades for her innovative physical education program and the development of TEAM Time, including the 2005 NASPE National Elementary Physical Education Teacher of the Year, 2005 *USA Today* All-USA Teacher Team, and the 2006 Disney Outstanding Specialist Teacher of the Year. Meg is currently working with NASPE as a Head Start Body Start trainer of trainers, serving on the AAHPERD Physical Best Committee, and presenting NASPE Pipeline Workshops all over the United States. She has served on the NASPE Council of Physical Education for Children and on the public relations committee. She has served as the physical education

president for both Oregon and Northwest District AHPERDs. She also has served Oregon AHPERD in many capacities and has received the OAHPERD Honor Award.

