

CURRICULUM VITAE

NAME: Julie S. Son

DATE: 01-10-24

RANK OR TITLE: Professor and Program Director - Recreation, Sport, and Tourism Management

DEPARTMENT: Movement Sciences

OFFICE INFORMATION:

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DATE OF FIRST EMPLOYMENT AT University of Idaho: July 2011

DATE OF TENURE: August 2013 (four years counted from previous institution)

DATE OF PRESENT RANK OR TITLE: August 2019

EDUCATION BEYOND HIGH SCHOOL:

Multidisciplinary background in psychology, sociology, social psychology, adult development and aging, human development and family studies, and recreation, park, sport, and tourism management (RPSTM)

Ph.D., Department of Recreation, Park and Tourism Management, The Pennsylvania State University, University Park, PA, 2006, Leisure Studies with a Minor in Adult Development and Aging.

Dissertation: Physical Activity in Later Life: The Role of Constraints, Negotiation, Motivation, Selective Optimization with Compensation (SOC), Age and Gender

M.A., University of Nevada, Reno, NV, 1999, Sociology with a Cognate in Interdisciplinary Social Psychology (ABD in Social Psychology)

Thesis: A Comparison of Urban and Non-Urban Tribal Elders' Views of Health and Use of Health Care

B.A., Whitman College, Walla Walla, WA, 1996, Psychology with a Minor in English, summa cum laude

Honors Thesis: Gender Type and Distributive Justice

EXPERIENCE:**Academic Appointments:**

Program Director, Recreation, Sport, and Tourism Management, August 2011-present.

Professor, Department of Movement Sciences, University of Idaho, Aug 2019 – present.

Associate Professor, Department of Movement Sciences, University of Idaho, Aug 2013 – present.

Graduate Faculty, Ph.D. Healthy Active Lifestyles, University of Idaho, Aug 2011 – present.

Assistant Professor, Department of Movement Sciences, University of Idaho, Aug 2011 – May 2013.

Assistant Professor, Department of Recreation, Sport and Tourism, University of Illinois at Urbana-Champaign, Aug 2006 – May 2011.

Faculty Affiliate, Leisure, Health and Wellness Laboratory, University of Illinois at Urbana-Champaign, Aug 2006 – May 2011.

Faculty Affiliate, Diversity Laboratory, University of Illinois at Urbana-Champaign, Aug 2007 – present.

Faculty Affiliate, Center on Health, Aging and Disability, University of Illinois at Urbana-Champaign, Aug 2007 – May 2011.

Pre-Doctoral Research Fellow, Department of Recreation, Park and Tourism Management, The Pennsylvania State University, Aug 2005 – May 2006.

Instructor/Teaching Assistant, Department of Recreation, Park and Tourism Management, The Pennsylvania State University, Aug 2003 – May 2005.

Pre-Doctoral Graduate Fellow, Department of Recreation, Park and Tourism Management, The Pennsylvania State University, Aug 2002 – May 2003.

Education and Research Coordinator, Administrative Faculty, Sanford Center for Aging, University of Nevada, Aug 2000 – Aug 2002.

Research Associate, Sanford Center for Aging, University of Nevada, Aug 1999 – July 2000.

Research Assistant, University of Nevada, Center for Aging, Center for Justice Studies, Nevada State Demographer's Office, Aug 1996 – July 1999

SCHOLARSHIP INTERESTS AND ACCOMPLISHMENTS:*Highlights of Student Mentorship on Scholarship:*

- **15** blind peer-reviewed journal articles with students.
- **33** research conference presentations with students.
- **9** funded grant proposals with students.
- **4** technical reports with students.
- **A total of 60 research products with over 20 undergraduate and graduate students.**

Overarching Research Line:

Leisure and health across the lifespan with special attention to DEISJ (Diversity, Equity, Inclusion, and Social Justice). I am interested in the development of innovations relating to leisure-based health promotion and health education, physical activity, and recreational sport for well-being. This focused line of research includes these primary veins:

(a) ageing, gendered, and cultural aspects of recreation, physical activity, sport, and tourism, and how these relate to health and well-being

(b) the role of community-based recreation, sport, and tourism in health promotion and self-management

(c) the use of adventure sport and outdoor recreation to integrate healthy active leisure into STEM education, with particular attention to valuing culture-based and shared knowledge generation

(d) theoretical development and empirical research on facilitators of physical activity, sport, outdoor recreation, and other leisure settings.

Scholarly Expertise:

Recreation, Sport, and Tourism Management; Adult Development and Aging; Youth Development; Health Theories and Models; Interdisciplinary Social Psychology; Psychology; Sociology. Quantitative and Qualitative research including community-based research, experimental design / intervention research, data analytics, GIS, indigenous knowledge, interdisciplinary research, online survey research, program design and evaluation, psychophysiology, secondary data analysis, social media research, structural equation modeling, semi-structured interviews and focus groups, and town hall meetings and charettes. Development and participation in multiple interdisciplinary research teams.

National and International Work:

-Several external grants from national funding agencies to support my line of research.

-National Recreation and Park Association – Funded project to investigate sport facilitators in middle-aged and older adults in a national sample. Many practical insights, report, infographics, and ongoing efforts with NRPA to leverage and extend this work. Use of technology and big data to connect zip code data to physical activity and health; in progress to connect zip codes to greenspace, crime rates, etc., as environmental factors of physical activity and health in later life.

-Research with faculty at Washington State University, University of Illinois, Penn State University, and others – Multiple collaborative projects to understand youth and college students' perceptions of how leisure and sport is healthy and unhealthy to inform the development of leisure education interventions and campaigns to promote health and wellness. Online healthy leisure education program (in progress); geocaching to promote physical activity in youth; online social communities to promote PA.

-Multiple collaborative projects with faculty at various North American universities to develop and investigate versions of the Son et al. (2021a., 2021b) Sport Facilitators in Later Life Scale with application to youth, racially diverse adults, etc. I would like this scale to become the standard bearer in leisure facilitator research in a wide array of settings including municipal parks and recreation, nonprofit youth sport organizations, campus recreation, parks, and travel and tourism.

-Research project on the role of smartphone use in work-leisure conflict and life satisfaction in Taiwan.

-Red Hat Society online and in-person communities, and associations with health and wellbeing.

-Research presentations, symposia, symposia chair, and panels at numerous national conferences in disciplines including RSPTM, Gerontology, Psychology, Sociology, and Health.

-Research presentations, panels, etc., at international conferences in RSPTM and aligned disciplines including Paris, Oxford, and Dunedin.

-World Leisure South Africa: Invited Speaker on older adults' health and wellness during Covid, in particular the use of technology to promote older adults' health.

-Yonsei University (South Korea): Invited Speaker on cultural aspects of older adults' leisure as it relates to health and well-being, and the built environment /green spaces in Seoul that promote PA.

-National Cheng Kung University (Taiwan): Invited Lecturer on how leisure relates to the active living movement, recent research on healthy leisure, and other health related topics.

-Fulbright Outreach Program (Taiwan): Hosted Taiwanese Fulbright Scholar and coordinated talks at two Fulbright-designated underrepresented and diverse colleges on how Taiwan's parks and cultural values support outdoor-based physical activity across the lifespan including built environmental features.

-Portland State University and University of Idaho International Programs (Spain, Italy, etc.). Role: International Service-Learning supervising faculty and PI on evaluation.

-Study Abroad Trip on The Roots of Sport Management. Concept development and course co-creation for students to gain international mega sport event experience, tourism of historical and cultural sport and recreation sites, outdoor activities (e.g., hiking, caving), and student-led activities for experience management (EM) experience. (in preparation)

(Publications list begins on next page.)

TOTAL PUBLICATIONS (149)**Blind Peer-Reviewed Journal Articles (41) and Edited Book Chapters/Monographs/Articles (7): (48)**

Average number of journal articles per year: $\frac{3}{\text{yr}}$

*Denotes a Publication with a Graduate Student (15 to date)

Acceptance Rates (AR) or Acceptance Rate Averages (AR_{avg}) provided where available
Impact Factors above 1 are provided

Full-text prints and preprints of many of these articles are available on ResearchGate:

https://www.researchgate.net/profile/Julie_Son2

ORCID: <https://orcid.org/0000-0002-3939-7370>



48. Powers, S., & **Son, J.** (*accepted*). Racial equity facilitators of active outdoor recreation in local parks and protected areas: Scale development, testing, and validation. *Journal of Leisure Research*. AR: 19%; Impact Factor > 1 (3.20).
- *47. **Son, J. S.**, *Chen, G., Liechty, T., Janke, M. C., West, S. T., Wong, J. D., & Naar, J. (2024). The role of facilitators in the constraint negotiation of leisure-time physical activity. *Leisure Sciences*, 46(2), 123-142. AR: 21%; Impact Factor > 1 (5.00) (*Online first* in 2022). <https://doi.org/10.1080/01490400.2021.1919253>
- *46. Agans, J., **Son, J. S.**, *Hanna, S., Powers, S., & Weybright, E. (2023/*online first*). College students' healthy leisure: Latent profile analyses of constraints and negotiation strategies. *Leisure Sciences*. Impact Factor > 1 (4.00). <https://doi.org/10.1080/01490400.2023.2252434>
- *45. Chen, G., Janke, M., Liechty, T., Wong, J., West, S., **Son, J.**, Juris, J., & *Johnston, C. (2023/*online first*). Sport participation for adults aged 50+ years: A socioecological analysis. *International Journal of Aging and Human Development*. Impact Factor > 1 (1.93). <https://doi.org/10.1177/00914150221143958>
- *44. Agans, J. P., *Hanna, S., Weybright, E. H., & **Son, J. S.** (2022). College students' perceptions of healthy and unhealthy leisure: Associations with leisure behavior. *Leisure Studies*. (*online first*.) AR: 30%; Impact Factor > 1 (2.53). <https://doi.org/10.1080/02614367.2022.2055773>
- *43. *Choi, W., Liechty, T., West, S., Naar, J., Wong, J., & **Son, J. S.** (2022). "We're a family and that gives me joy": Exploring interpersonal relationships in older women's softball using Socioemotional Selectivity Theory. *Leisure Sciences*, 44(2), 183-200. AR: 21%; Impact Factor > 1 (5.00) (*online first* in 2018) <https://doi.org/10.1080/01490400.2018.1499056>

42. **Son, J. S.**, West, S. T., Liechty, T., Janke, M. C., Juris, J., & Wong, J. D. (2022). The Sport Facilitators in Later Life Scale (SFLLS): Preliminary evidence of reliability and validity. *Journal of Leisure Research*, 53(4), 643-666. AR: 11%; Impact Factor > 1 (2.89) <https://doi.org/10.1080/00222216.2021.1998813>
41. Liechty, T., West, S., Juris, J., **Son, J.**, & Wong, J. (2021). Sport for women in later life. In Ingram, L. (Ed.). *Women's Leisure and Tourism*. CABI Publishing.
40. **Son, J. S.**, Houge Mackenzie, S., and Eitel, K. (2021). Interprofessional collaboration to integrate healthy active living and GreenSTEM education. *Interprofessional Collaboration in Parks, Recreation and Human Services: Theory and Cases*. Champaign, IL: Sagamore-Venture.
39. **Son, J. S.**, Nimrod, G., West, S., Janke, M., Liechty, T., & Naar, J. (2021). Promoting older adults' physical activity and social well-being during COVID-19. *Special Issue on Leisure in the Time of Coronavirus. Leisure Sciences*, 43(1-2), 287-294. AR: 21%; Impact Factor > 1 (5.00); 12,038 views; <https://doi.org/10.1080/01490400.2020.1774015>
38. Janke, M., Payne, L., & **Son, J.** (2020). The role of leisure education in chronic disease self-management. *Leisure/Loisir*. <https://doi.org/10.1080/14927713.2020.1780932>
37. **Son, J.** & Dionigi, R. (2020). The complexity of sport-as-leisure in later life. In S. Kono, K. Spracklen, A. Beniwal, & P. Sharma (Eds.), *Positive Sociology of Leisure* (pp. 109-124). New York: Palgrave. <https://www.palgrave.com/gp/book/9783030418113>
36. **Son, J.**, Weybright, E., Janke, M., & Payne, L. (2020). Evolving societal contributions of leisure education. In S. Kono, K. Spracklen, A. Beniwal, & P. Sharma (Eds.), *Positive Sociology of Leisure* (pp. 239-257). New York: Palgrave. <https://www.palgrave.com/gp/book/9783030418113>
35. West, S., Naar, J., **Son, J.**, & Liechty, T. (2019). Promoting team sport participation among older women. *Journal of Park and Recreation Administration*, 37(4), 33–50. AR_{avg}: 28% <https://doi.org/10.18666/JPra-2019-9118>
34. Weybright, E., **Son, J.**, & Caldwell, L. (2019). “Healthy leisure is to have balance”: Adolescents/emerging adults’ conceptualization of healthy and unhealthy leisure. *Journal of Leisure Research*. AR: 12%; Impact Factor > 1 (2.56) <https://doi.org/10.1080/00222216.2019.1588694>
33. **Son, J. S.**, & Chen, C. (2019). Does using a smartphone for work purposes “ruin” your leisure? Examining the role of work-related smartphone use on work-leisure conflict and life satisfaction. *Journal of Leisure Research*, 49, 236-257. AR: 12%; Impact Factor > 1 (2.56) <https://doi.org/10.1080/00222216.2018.1534074>

32. Wong, J., **Son, J.**, West, S., Naar, J., & Liechty, T. (2019). Life course perspectives on older women's competitive softball. *Journal of Aging and Physical Activity*, 27, 73-82. AR: 12%; Impact Factor > 1 (1.96) <https://doi.org/10.1123/japa.2017-0193>
31. Houge Mackenzie, S., **Son, J. S.**, & Eitel, K. (2018). Using outdoor adventure to enhance intrinsic motivation and engagement in science and physical activity: An exploratory study. *Journal of Outdoor Recreation and Tourism*, 21(1), 76-86. Impact Factor > 1 (2.10) <https://doi.org/10.1016/j.jort.2018.01.008>
30. **Son, J. S.** (2018). Marginalization in leisure and health resources in a rural U.S. town: Social justice issues related to age, race, and class. *International Journal of the Sociology of Leisure*, 1, 5-27. Most read article for the journal. Article accessed 1,767 times. <https://link.springer.com/article/10.1007/s41978-017-0001-7>
- *29. **Son, J. S.**, Houge Mackenzie, S., Eitel, K., & *Luvaas, E. (2017). Engaging youth in physical activity and STEM subjects through outdoor adventure education. *Journal of Outdoor and Environmental Education*, 20(2), 32-44. <https://link.springer.com/article/10.1007/BF03401012>
- *28. *Naar, J., Wong, J., West, S., **Son, J.**, & Liechty, T. (2017). A social-ecological approach to women's participation in competitive softball during middle and late adulthood: Implications for the future. *Topics in Geriatric Rehabilitation: Special Issue on Leisure and Physical Activity for Seniors*, 33(3), 170-181. <https://doi.org/10.1097/TGR.000000000000153>
27. Dionigi, R., & **Son, J. S.** (2017). Introduction to critical perspectives on leisure, sport and physical activity in later life. *Special Issue of the Annals of Leisure Research*, 20(1), 1-6. (editorial) <https://doi.org/10.1080/11745398.2017.1253919>
26. **Son, J. S.**, & Dionigi, R. A. (2017). Part two: Introduction to critical perspectives on leisure, sport and physical activity in later life. (editorial) *Special Issue of the Annals of Leisure Research*. <https://doi.org/10.1080/11745398.2017.1312766>
25. Goc Karp, G., Houge Mackenzie, S., **Son, J.**, Kern, A., Brown, H. (2016). Facilitating collaborative interdisciplinary research: Exploring process and implications for leisure scholars. *Leisure/Loisir*, 40(2), 201-223. AR_{avg}: 50% <https://doi.org/10.1080/14927713.2016.1220259>
- *24. Liechty, T., West, S., *Naar, J., & **Son, J. S.** (2016). Perceptions of aging among older women softball players. *Annals of Leisure Research*, 20(3), 295-313. AR_{avg}: 40% <https://doi.org/10.1080/11745398.2016.1220321>
23. Battista, R., West, S. T., Mackenzie, S. H., & **Son, J. S.** (2016). Is this exercise? No, it's geocaching! Exploring factors related to aspects of geocaching participation. *Journal of Parks and Recreation Administration*. 34(2), 30-48. AR_{avg}: 28% <https://dx.doi.org/10.18666/JPRA-2016-V34-I2-6495>

22. Janke, M. C., **Son, J. S.**, *Jones, J. J., Payne, L. L., & Anderson, S. K. (2015). Leisure patterns and their associations with arthritis-related self-management and health. *Therapeutic Recreation Journal*, 49(4), 281-292. AR_{avg}: 29%
<https://doi.org/10.18666/TRJ-2015-V49-I4-6294>
- *21. *Burk, B., Shinew, K., & **Son, J.** (2015). Social problems that limit participation in healthy recreation activities among rural residents. *Leisure/Loisir*. AR_{avg}: 50%
<https://doi.org/10.1080/14927713.2015.1116203>
20. **Son, J. S.**, & Janke, M. (2015). Contributions of leisure-based selective optimization with compensation and leisure activity expenditures on the health of adults with arthritis. *Journal of Leisure Research*, 47(1), 34-57. Open Access Featured Article; Nominated Best Paper Award 2015; AR: 12%; Impact Factor > 1 (2.56)
<https://doi.org/10.1080/00222216.2015.11950350>
19. Houge Mackenzie, S., **Son, J. S.**, & Hollenhorst, S. (2014). Unifying psychology and experiential education: Toward an integrated understanding of why it works. *Journal of Experiential Education*, 37(1), 75-88. AR: 25.5%; Impact Factor > 1 (1.50) <https://doi:10.1177/1053825913518894>
- *18. Liechty, T., *Dahlstrom, L., *Sveinson, K., **Son, J.**, & Rossow-Kimball, K. (2014). Canadian men's perceptions of leisure time physical activity and the ageing body. *Qualitative Research in Sport, Exercise and Health*, 6(1), 20-44. AR: 9%; Impact Factor > 1 (6.74) <https://doi.org/10.1080/2159676X.2012.712990>
- *17. Janke, M., *Jones, J., Payne, L. L., & **Son, J. S.** (2012). Living with arthritis: Using self-management of valued activities to promote health. *Qualitative Health Research*, 22(3), 360-372. AR: 27.5%; Impact Factor > 1 (3.28)
<https://doi.org/10.1177/1049732311421179>
16. Mowen, A. J., Trauntvein, N., Graefe, A., & **Son, J. S.** (2012). The influence of visitor characteristics on state park physical activity levels. *Journal of Park and Recreation Administration*, 30(2), 19-40. AR_{avg}: 28%
<https://js.sagamorepub.com/jpra/article/view/2651>
15. **Son, J. S.**, Shinew, K. J., & Harvey, I. S. (2011). Community readiness for leisure-based health promotion: Findings from an underserved and racially diverse rural community. *Journal of Park and Recreation Administration*, 29(2), 90-106. AR_{avg}: 28% <https://js.sagamorepub.com/jpra/article/view/1094>
14. **Son, J. S.**, & Yarnal, C. M. (2011). Integration of constraints and benefits within an older women's social club: An examination, extension and critique. *Leisure Sciences*, 33(3), 205-227. AR: 28%; Impact Factor > 1 (2.75)
<https://doi.org/10.1080/01490400.2011.564923>

13. **Son, J. S.**, Mowen, A. J., & Kerstetter, D. L. (2011). Interactive social cognitive model of leisure-time physical activity in mid to late life. *American Journal of Health Behavior*, 35(1), 60-70. AR: 21.5%; Impact Factor > 1 (1.97)
<https://doi.org/10.5993/AJHB.35.1.6>
- *12. Yarnal, C. M, **Son, J. S.**, & *Liechty, T. (2011). “She was buried in her purple dress and her red hat and all of our members wore full ‘Red Hat Regalia’ to celebrate her life”: Dress, embodiment and older women’s leisure. *Journal of Aging Studies*, 25(1), 52-61. AR: 15%; Impact Factor > 1 (2.08)
<https://doi.org/10.1016/j.jaging.2010.08.006>
11. **Son, J. S.**, Yarnal, C. M., & Kerstetter, D. L. (2010). Engendering social capital through a leisure organization for middle-aged and older women: Implications for individual and community health and well-being. *Leisure Studies*, 29(1), 67-83. GS Cited: 82; AR: 30%; Impact Factor > 1 (2.95)
<https://doi.org/10.1080/02614360903242578>
10. **Son, J. S.**, Harvey, I. S., & Shinew, K. J. (2010). Rural community leaders’ perceptions of “healthy” leisure: Resources, needs and constraints. In Z. Li & T. L. Long (Eds.), *The meaning management challenge: Making sense of health, illness & disease* (pp. 23-40). Oxford: Inter-Disciplinary Press.
https://www.academia.edu/824316/Making_Sense_of_Health_Illness_and_Disease_The_Meaning_Management_Challenge
9. **Son, J. S.**, Kerstetter, D. L., & Mowen, A. J. (2009). Illuminating identity and health: Extending our understanding of the constraint negotiation of leisure-time physical activity. *Journal of Park and Recreation Administration: Special Issue on Physical Activity and Health*, 27(3), 96-115. AR_{avg}: 28%
<https://js.sagamorepub.com/jpra/article/view/1283>
8. Janke, M., **Son, J. S.**, & Payne, L. L. (2009). Self-regulation and adaptation of leisure activities among adults with arthritis. *Activities, Adaptation, & Aging*, 33(2), 65-80. <https://doi.org/10.1080/01924780902947058>
7. **Son, J. S.**, & Hutchinson, S. L. (2009). Conceptualizing leisure self-care in an exploratory study of American Indian elders’ health beliefs and behaviors. *Leisure/Loisir*, 33(2), 479-509. AR_{avg}: 50%
<https://doi.org/10.1080/14927713.2009.9651450>
6. **Son, J. S.**, Kerstetter, D. L., Mowen, A. J., & Payne, L. L. (2009). Global self-regulation and outcome expectations: Interactive influences on constraint self-regulation and leisure-time physical activity. *Journal of Aging and Physical Activity*, 17(3), 307-326. AR: 12%; Impact Factor > 1 (1.96) <https://doi.org/10.1123/japa.17.3.307>

- *5. Kerstetter, D. L., Yarnal, C. M., **Son, J. S.**, *Yen, I., & *Baker, B. L. (2008). Functional support associated with belonging to the Red Hat Society[®], a leisure-based social network. *Journal of Leisure Research*, 40(4), 531-555. AR: 13%; Impact Factor > 1 (2.56) <https://doi.org/10.1080/00222216.2008.11950151>
4. Hutchinson, S. L., Yarnal, C. M., **Son, J. S.**, & Kerstetter, D. L. (2008). Beyond fun and friendship: The Red Hat Society[®] as a coping resource for women. *Ageing & Society*, 28, 979-999. AR: 32%; Impact Factor > 1 (2.79) <https://doi.org/10.1017/S0144686X08007058>
3. **Son, J. S.**, Mowen, A. J., & Kerstetter, D. L. (2008). Testing alternative leisure constraint negotiation models: An extension of Hubbard and Mannell's model. *Leisure Sciences*, 30(3), 1-19. AR: 28%; WOS Cited: 81; GS Cited: 222; 1,447 views, 122 CrossRef cites; Impact Factor > 1 (2.75) <https://doi.org/10.1080/01490400802017308>
2. **Son, J. S.**, Kerstetter, D. L., & Mowen, A. J. (2008). Do age and gender matter in the constraint negotiation of physically active leisure? *Journal of Leisure Research*, 40(2), 267-289. AR: 13%; WOS Cited: 48; GS Cited: 110; Impact Factor > 1 (2.56) <https://doi.org/10.1080/00222216.2008.11950141>
- *1. **Son, J. S.**, Kerstetter, D. L., Yarnal, C. M., & *Baker, B. L. (2007). Promoting older women's health and well-being through social leisure environments: What we have learned from the Red Hat Society[®]. *Journal of Women and Aging*, 19(3/4), 89-104. WOS Cited: 55; GS Cited: 94; Impact Factor > 1 (1.96) https://doi.org/10.1300/J074v19n03_07

Manuscripts in Preparation or Submitted for Refereed/Adjudicated Publication Outlets:

- *Agans et al. (*revise and resubmit*). Leisure facilities as organizational facilitators of physical activity.
- Godwyll et al. (in progress). Geospatial analysis of environmental factors linked to active recreation of adults aged 50 and older.
- Kono et al. (in progress). Social ecological model of physical activity and sport of older adults: Linkages to environmental factors.
- Powers, S., & Son, J. (in progress). Enhancing the validity of online survey research trustworthiness and verifiability. Using a geolocation process in survey tools.
- Powers, S., and Son, J. (in progress). Using geolocated data to map diverse users' active outdoor recreation behaviors with emotional and physical health.
- Powers, S., & Son, J. (in progress). An extended model of the constraint negotiation process of active outdoor recreation: The role of racial equity facilitators.
- Powers, S., & Son, J. (in progress). Sociodemographic comparisons of racial equity facilitators of active outdoor recreation.

- Son, Agans, et al. (in progress). A person-centered approach to constraint negotiation of physical activity and sport in later life.
- Son, J. (*revise and resubmit*). Research reflection and call to action: Structural facilitators as an organizing principle for leisure justice.
- Son, Powers, & Kono (in progress). Re-constructing leisure constraints for the 21st century.
- *West et al. (*revise and resubmit*). Today's older adults: Who they are and what they want from us: Strategies for facilitating older adult sport.
- Weybright, E., Son, J., & Caldwell, L. (in progress). Intervention science in promoting healthy leisure. In L. Payne, D. Schmalz, & M. Janke (Eds.), *Leisure, health and wellness* (2nd ed.).
- Wu et al. (in progress). Facilitators and constraints to leisure and sport for older adults during the Covid-19 pandemic.

Total Research Presentations: 90

Refereed/Adjudicated Proceedings and Abstracts (blind peer-reviewed): (45)

*Denotes a Presentation with a Student (14 conference proceedings) #Denotes Pedagogy-focused Presentation (18)

45. Powers, S., & Son, J. S. (2024). Racial Equity Facilitators of Active Outdoor Recreation in Local Parks and Protected Areas: Scale Development, Testing, and Validation. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. Jan 31-Feb 2, 2024. New Orleans, LA.
44. Agans, J., Son, J. S., West, S., Liechty, T., Chen, G., & Janke, M. (2024). Profiles of Older Adults' Constraints, Negotiation, and Facilitators of Active Leisure. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. Jan 31-Feb 2, 2024. New Orleans, LA.
- *43. West et al. (2023). Facilitating Older Adult Sport in a Changing World. *Abstracts of the 17th World Leisure Congress*. December 11-15, Dunedin, New Zealand.
- #*42. *Heath, T., & Son, J. S. (2023). International Service Learning's Effects on Global Citizenship. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 7-9, 2023. New Orleans, LA.
41. Son, J. S., West, S. T., Liechty, T., Janke, M. C., Naar, J. J., & Wong, J. D. (2022). Reliability and Validity of the Recreational Sport Facilitators Scale. Abstract submitted to *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. March 1-3, 2022

- *40. *Chen, G., **Son, J. S.**, Liechty, T., Janke, M. C., West, S. T., Wong, J. D., & Naar, J. J. (2022). An Examination of Facilitators in the Constraint Negotiation of LTPA Among Older Adults. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. March 1-3, 2022.
- #*39. Agans, J., **Son, J. S.**, *Hanna, S., Powers, S., & Weybright, E. (2022). A person-centered approach to understanding college students' constraints to and negotiation strategies for healthy leisure behaviors. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. March 1-3, 2022.
- #38. Nimrod, G., Janke, M., Kleiber, D., **Son, J. S.**, et al. (2022). Older adults' innovation during the pandemic. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. March 1-3, 2022.
- *37. *Uva, K., Juris Naar, J., **Son, J.**, West, S., Wong, J. D., Liechty, T., & Janke, M. (2021) Rural vs urban views of recreation: An older adult perspective. *Southeast Environment and Recreation Research Conference*, March 22-25, Virtual.
- #36. Liechty, T., Naar, J., **Son, J.**, Janke, M., West, S., & Wong, J. (2021, September). Strategies for facilitating older adults sport. Leisure Research Symposium. *National Recreation and Park Association Annual Congress*, Nashville, TN.
- #*35. *Saracena, S., *Manzer, M., Naar, J.J., Wong, J.D., Liechty, T., **Son, J.**, Janke, M., & West, S. (2020, March 29-31). Gender differences among older adults' physical activity behaviors and attitudes towards park and recreation services [Poster session]. *Southeast Environment and Recreation Research Conference*, Asheville, NC, United States.
- #*34. *Chen, G., Liechty, T., Wong, J., *Hodgdon, B., West, S., **Son, J.**, Janke, M., Naar, J., & Welty Peachey, J. (May, 2020). Older adults' sport preferences and participation. Presentation: *North American Society for Sport Management (NASSM) Annual Conference*, San Diego, CA.
33. Janke, M., West, S., Naar, J., Liechty, T., **Son, J.**, & Wong, J. (2020). Older Adults' Participation in Sport and Other Leisure-Time Physical Activity. *The Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 11-14, Champaign, Illinois.
- *32. *Chen, G., Liechty, T., Wong, J. D., *Hodgdon, B. T., West, S. T., **Son, J. S.**, Naar, J., & Janke, M. C. (2020). Older Adults' Sport and LTPA Participation: Effects of Age and Gender. *The Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 11-14, Champaign, Illinois.
- #31. **Son, J. S.**, Janke, M., Weybright, E. & Payne, L. (2019). Contextualizing community-based leisure education: Case studies, opportunities, and challenges. *Congress of the Canadian Association of Leisure Sciences*. June 4-6, 2019, Vancouver, B.C.

30. West, S., Naar, J., **Son, J. S.**, & Liechty, T. (2019). Summary of findings and next steps in research from multiple studies examining women playing competitive sport in late life. *Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 26 – March 1, Greenville, SC.
29. Wong, J., **Son, J. S.**, West, S., Naar, J., & Liechty, T. (2019). Women's team sport participation in late adulthood: A life course examination. *Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 26 – March 1, Greenville, SC.
- #28. **Son, J. S.** (2019). Using nature for "healthy" learning: Applications to leisure curriculum. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 26 – March 1, Greenville, SC.
- #27. Weybright, E., & **Son, J. S.** (2019). Adolescent and emerging adult perspectives on healthy and unhealthy leisure. *Abstracts of the Academy of Leisure Sciences Annual Conference on Research and Teaching*. February 26 – March 1, Greenville, SC.
- *26. Liechty, T., **Son, J. S.**, West, S., & *Naar, J. (2017). Social connections among female softball players. *Abstracts of the 2017 Canadian Congress on Leisure Research*. May 23-26, 2017, Waterloo, ON.
- *25. West, S., Liechty, T., **Son, J. S.**, & *Naar, J. (2016). Promoting Team Sport Participation among Older Women: Why and How. Paper presented at and abstract published in: *Abstracts of the 2016 National Recreation and Park Association Research Sessions*, St. Louis, MO, October 5-8, 2016.
- #24. **Son, J. S.**, West, S., Battista, R., Houge Mackenzie, S. (2015). Exploring factors related to geocaching participation. Paper presented at and abstract published in: *Abstracts of the 2015 National Recreation and Park Association Research Sessions*, Las Vegas, NV.
- *23. Chen, C., **Son, J. S.**, & *Luvaas, E. (2015). Impacts of work-related smartphone use on work-leisure conflict, stress, and life satisfaction. Poster presented at and abstract published in: *Abstracts of the 2015 National Recreation and Park Association Research Sessions*, Las Vegas, NV, September 15-17, 2015.
- #*22. Houge Mackenzie, S., **Son, J. S.**, Eitel, K., & *Luvaas, E. (2014). Engaging youth in physical activity and STEM education through an integrated adventure program. *Abstracts of the 2014 National Recreation and Park Association Leisure Research Symposium*, Charlotte, NC, October 14-16.
21. **Son, J. S.** (2014). Social justice considerations in rural leisure and health accessibility. Canadian Congress on Leisure Research. *Abstracts of the 2014 Canadian Congress on Leisure Research*. May 21-23, 2014. Halifax, Nova Scotia.

- #20. Goc Karp, G., **Son, J. S.**, Houge Mackenzie, S., Kern, A., Brown, H. (2014). Facilitating collaborative interdisciplinary research: Exploring process and implications for leisure scholars. *Abstracts of the 2014 Canadian Congress on Leisure Research*. May 21-23, 2014. Halifax, Nova Scotia.
19. **Son, J. S.**, & Janke, M. C. (2013). Activity expenditure mediates leisure self-regulation and health in adults with arthritis. Paper presented at and abstract published in: *Abstracts of the 2013 Leisure Research Symposium, National Recreation and Park Association Congress*, 260 (CD-ROM). October 8-10, Houston, TX.
- #18. Houge Mackenzie, S., **Son, J. S.**, Miller, B., Hougham, R. J., Eitel, K., & Thompson, G. (2013). Fostering self-determination and flow in physical activity and science via outdoor adventure. Paper presented at and abstract published in: *Abstracts of the 2013 Leisure Research Symposium, National Recreation and Park Association Congress*, 310 (CD-ROM). October 8-10, Houston, TX.
- #17. Hougham, R. J., Miller, B., Houge Mackenzie, S., **Son, J. S.**, Eitel, K., & Thompson, G. (2013). STEM and adventure education. Poster will be presented at and abstract published in: *Abstracts of the 2013 Symposium for Experiential Education Research* (CD-ROM), November 1-2, Denver, CO.
- *16. *Chang, P. J., Yarnal, C., *Qian, X., & **Son, J. S.** (2012). The relationship between playfulness and resilience for mature women in a leisure-based context: A look at the Red Hat Society. Paper presented at and published in: *Abstracts of the Annual Meeting of the Association for the Study of Play* (CD-ROM), February 26-29, Clemson.
- *15. *Osgood, K. V., **Son, J. S.**, & Shinew, K. J. (2011). Physically active leisure constraints and enablers: A rural perspective. Paper presented at and abstract published in: *Abstracts of the 2011 Leisure Research Symposium, National Recreation and Park Association Congress*, November 2011, Atlanta, GA.
14. **Son, J. S.**, Mowen, A. J., & Kerstetter, D. L. (2010). The interactive role of identity in the constraint negotiation of physically active leisure in later life. Paper presented at and abstract published in: *Abstracts of the 2010 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), October 25-29, Minneapolis.
13. **Son, J. S.**, & Yarnal, C. M. (2010). An integration of constraints and benefits for middle-aged and older women's social leisure. Paper presented at and abstract published in: *Abstracts of the 2010 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), October 25-29, Minneapolis, MN.

- #12. **Son, J. S.**, Yarnal, C. M., & Kerstetter, D. L. (2009). Facilitating intergenerational relationships through bonding and bridging capital. Poster presented at and abstract published in: *Abstracts of the 2009 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), October 14-16, Salt Lake City, UT.
- #*11. **Son, J. S.**, Harvey, I. S., *Cronan, M. K., & Shinew, K. J. (2009). Rural community leaders' views on healthy leisure: Opportunities and constraints. Paper presented at and abstract published in: *Abstracts of the Eighth Global Conference on Health, Illness, and Disease* (CD-ROM), July 3-5, Oxford, England.
- *10. Evans, E. M., *Thorpe, M. P., Harvey, I. S., & **Son, J. S.** (2009). Racial status impacts adiposity and social cognitive correlates to physical activity in female university students. Paper presented at and abstract published in: *Abstracts of the Annual Meeting of the Society of Behavioral Medicine* (CD-ROM), April 22-25, 2009, Montreal, Canada.
- #*9. **Son, J. S.**, *Cronan, M. K., Harvey, I. S., Payne, L. L., & Shinew, K. J. (2008). Community leaders' perceptions of leisure and health accessibility: Age, race and class in a rural town. Paper presented at and abstract published in: *Abstracts of the 2008 Leisure Research Symposium, National Recreation and Park Association Congress*, October 14-18, Baltimore, MD. (CD-ROM)
8. **Son, J. S.**, Kerstetter, D. L., & Mowen, A. J. (2007). The influence of age, gender and constraint negotiation factors on leisure-time physical activity in later life: It may depend on the outcomes. Paper presented at and abstract published in: *Abstracts of the 2007 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), September 26-28, Indianapolis, IN.
7. **Son, J. S.**, Mowen, A. J., & Kerstetter, D. L. (2007). Preliminary evidence of a new model of leisure constraint negotiation: The constraint-negotiation dual channel model. Paper presented at and abstract published in: *Abstracts of the 2007 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), September 26-28, Indianapolis, IN.
- #6. Janke, M., Payne, L. L., & **Son, J. S.** (2007). Adaptation and self-regulation of leisure among adults with arthritis. Paper presented at and abstract published in: *Abstracts of the 2007 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), September 26-28, Indianapolis, IN.
5. Hutchinson, S. L., Yarnal, C. M., **Son, J. S.**, & Kerstetter, D. L. (2007). Beyond fun and friendship: The Red Hat Society as a coping resource for older women. Paper presented at and abstract published in: *Abstracts of the 2007 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), September 26-28, Indianapolis, IN.

4. **Son, J. S.**, & Hutchinson, S. L. (2006) Health culture and leisure: American Indian elders' voices on the meaning of health and health care. Paper presented at and abstract published in: *Abstracts of the 2006 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), October 10-13, Seattle, WA.
- #3. **Son, J. S.**, Mowen, A. J., & Kerstetter, D. L. (2006). The relationship of volunteerism to the physical activity and health of older adults in a metropolitan park setting. Paper presented at and published in: *Proceedings of the 18th Annual Northeast Recreation Research Symposium*, pp. 350-355, April 9-11, Bolton Landing, NY.
2. Yarnal, C. M., Kerstetter, D., & **Son, J. S.** (2006). Play, masking, older women and the Red Hat Society. Paper presented at and abstract published in: *Abstracts of the Annual Meeting of the Association for the Study of Play* (CD-ROM), May 17-20, St. Catharines, Ontario, Canada.
1. Yarnal, C. M., **Son, J. S.** (co-presenter), Yen, I (co-presenter), Kerstetter, D., Hampton, R., Baker, B., & Chick, G. (2005). The Red Hat Society: Play and masking in older women's lives. Paper presented at and abstract published in: *Abstracts of the 2005 Leisure Research Symposium, National Recreation and Park Association Congress* (CD-ROM), October 18-22, San Antonio, TX.

Peer-Reviewed/Evaluated Proceedings and Abstracts: (45) *Denotes a Presentation with a Student (18) #Denotes Pedagogy-focused Presentation (25)

45. **Son, J. S.** (2023). Structural Facilitators as a Justice Issue. *Leisure Studies Association Conference*, Bournemouth University, Poole, UK. July 11-13, 2023.
- *44. **Son, J. S.**, Liechty, T., Juris, J., Janke, M., West, S., Woo, M., Chung, W., Young, T. (2023). Retirees' Re-creating Leisure: Older Adults' Challenges and Innovations during the COVID-19 Pandemic. *Leisure Studies Association Conference*, Bournemouth University, Poole, UK. July 11-13, 2023.
- *43. Janke, M., et al. (2022). Determinants and Consequences of Leisure Activity Engagement and Constraints in Older Adult Populations. Paper presented and published in the *Proceedings of the 67th Annual Conference of the Gerontological Society of America*. November 2-6, 2022.
- #*42. *Heath, T., & **Son, J.S.** (2022). Preliminary results on the effects of international service-learning on global citizenship. Paper presented at and published in: *Abstracts of the 52nd Annual Travel and Tourism Research Association International Conference*. Victoria, BC, June 13-16, 2022.
- #41. **Son, J.** (2020). (Invited speaker.) Strategies to promote older adults' physical activity and social well-being during COVID-19. *World Leisure South Africa and Western Cape Department of Cultural Affairs and Sport, South Africa*. Webinar on leisure and the aging population during the Covid-19 pandemic. Online, November 27, 2020.

40. Janke, M., West, S., Naar, J., Liechty, T., **Son, J.**, & Wong, J. (2020). Sport Involvement Among Middle-Aged and Older Adults With Arthritis: Motivations and Constraints to Participation. *Proceedings of the 66th Annual Conference of the Gerontological Society of America*. Online. November, 2020.
- #39. West, S., Naar, J., Liechty, T., **Son, J. S.**, & Wong, J. (2019). Today's Older Adults: Who Are They and What Do They Want from Us? *Congress of the National Recreation and Park Association*. Sept 23-25, 2019.
- #*38. *Pumnea, T., & **Son, J. S.** (2018). Implications of pay to play parks. *Annual Conference of the Western Society for Kinesiology and Wellness*. October 10-12, 2018.
37. **Son, J. S.** (2018). Social Cognitive Aspects of Healthy Leisure in College Students. *Annual Conference of the Western Society for Kinesiology and Wellness*. October 10-12, 2018.
- #36. **Son, J. S.**, & Weybright, E. (2018). The Netflix Phenomenon: Is Television on Demand Better or Worse for Our Health? *Annual Conference of the Western Society for Kinesiology and Wellness*. October 10-12, 2018.
- *35. Wong, J. D., **Son, J. S.**, West, S., *Naar, J., & Liechty, T. (2018). Women's competitive team sport participation in late adulthood: A life course examination. *Proceedings published and paper presented to the 42nd Annual Ohio Association of Gerontology and Education Conference*. March 22-24, 2018.
- *34. Wong, J., **Son, J. S.**, West, S., *Naar, J., & Liechty, T. (2018). A Life Course Examination of Women's Team Sport: Participation in Late Adulthood. *Proceedings published and poster presented at Aging in America Conference*. San Francisco, CA, March 26-29, 2018.
- #*33. **Son, J. S.**, *Mahoney, J., Kern, A., & Paul, D. (2017). Indigenous Knowledge Active-STEM: Promoting Culturally Relevant Physically Active STEM Learning and Youth Development in Pre-High School Coeur d'Alene Tribal Students. *Proceedings of the Annual Hawaii International Conference on Education*. Honolulu, HI, January 3-6, 2017.
- #*32. **Son, J. S.**, Houge Mackenzie, S., Eitel, K., & *Luvaas, E. (2017). Promoting Youth Engagement in STEM and Physical Activity through an Active GreenSTEM Program: A Self-Determination Theory Perspective. *Proceedings of the Annual Hawaii International Conference on Education*. Honolulu, HI, January 3-6, 2017.
- #31. **Son, J. S.** (2016) Implications of Leisure for Active Aging: Perspectives from a Leisure Gerontologist. *Proceedings of the Conference on Active Aging in an Aging Society*, Yonsei University, Seoul, South Korea, September 19, 2016.

- #*30. *Mahoney, J., **Son, J. S.**, Kern, A., & Paul, D. (2016). Families in Four Seasons Year Number Two: Building Capacity for Self-Sustaining and Culturally-Integrated Healthy Active Living, and Science, Technology, Engineering, and Math (paper in a STEM field). *American Indigenous Research Association*. Pablo, MT, October 21-23, 2016.
- #*29. *Mahoney, J., **Son, J. S.**, Kern, A., & Paul, D. (2015). Families in Four Seasons: Building Capacity for Self-Sustaining and Culturally-Integrated HAL and STEM. *American Indigenous Research Association*. Pablo, MT, October 23-24, 2015. Presentation retrieval: <https://www.americanindigenousesearchassociation.org/annual-meeting/2015-meeting-report/presentations/>
- #*28. Paul, D., Kern, A., *Mahoney, J., & **Son, J. S.** (2014). Families in four seasons: An intergenerational STEM and healthy active living program. *American Indigenous Research Association*. Pablo, MT. October 10-11, 2014.
- #27. Houge Mackenzie, S., & **Son, J. S.** (2014). Cultivating community support through integrated outdoor recreation programs: Case studies with high school students and Native American youth. *Abstracts of the National Outdoor Recreation Conference*. May 13-16, 2014. San Francisco, CA.
26. Elias, J., **Son, J. S.**, Pritsos, C., Omaye, S., & Read, M. (2013). Age, cognition, functional assessment and response to reactive oxygen species. Paper presented at and abstract published in: *Proceedings of the 66th Annual Conference of the Gerontological Society of America*, November 20-24, New Orleans, LA.
25. **Son, J. S.** (2011). Social cognitive aspects of physical activity in college-age women. Symposium on the Social Psychology of Physical Activity across the Lifespan, Paper presented at and abstract published in: *Abstracts of the 10th Australian and New Zealand Association of Leisure Studies Biennial Conference (CD-ROM)*, Dec 6-8, 2011, Dunedin, New Zealand.
- *24. **Son, J. S.**, Janke, M. C., & *Jones, J. J. (2010). Activity expenditure and activity self-regulation in the context of older adults' arthritis severity and health. Poster presented at and abstract published in: *Proceedings of the 2010 Gerontological Society of America*, 50, 87. November 19-23, New Orleans, LA.
- #*23. Janke, M. C., *Jones, J. J., **Son, J. S.**, & Payne, L. L. (2010). The process of selective optimization with compensation in leisure activities among adults with arthritis. Paper presented at and abstract published in: *Proceedings of the 2010 Gerontological Society of America*, 50, 71, November 19-23, New Orleans, LA.

- #22. Janke, M. C., **Son, J. S.**, & Payne, L. L. (2009). Leisure-based predictors of arthritis self-efficacy among middle-aged and older adults. Poster presented at and abstract published in: *Proceedings of the 2009 Gerontological Society of America*, 49, 474. November 18-22, Atlanta, GA.
21. **Son, J. S.**, Yarnal, C. M., & Kerstetter, D. L. (2009). Building social capital and health through the Red Hat Society. Paper presented at and abstract published in: *Abstracts of the Annual Meeting of the American Sociological Association (CD-ROM)*, August 8-11, San Francisco, CA.
- #20. **Son, J. S.**, Janke, M. C., & Payne, L. L. (2009). Leisure-based self-regulation and adaptation and the health of middle-aged and older adults with arthritis. Paper presented at and abstract published in: *Abstracts of the Nineteenth IAGG World Congress of Gerontology and Geriatrics (CD-ROM)*, July 5-9, Paris, France.
- #*19. *Trautvein, N., **Son, J. S.**, Mowen, A. J., & Kerstetter, D. L. (2008). The role of volunteerism in the leisure-time physical activity and health of adults in mid to late life. Poster presented at and abstract published in: *Proceedings of the 2008 Gerontological Society of America*, 48, 442. November 21-25, National Arbor, MD.
18. **Son, J. S.**, Kerstetter, D. L., Mowen, A. J., & Payne, L. L. (2007). The relationships between exercise identity, leisure-based social cognitive factors, and leisure-time physical activity. Paper presented at and abstract published in: *Proceedings of the 2007 Gerontological Society of America*, 47, 152. November 16-20, San Francisco, CA.
17. Janke, M. C., Payne, L. L., & **Son, J. S.** (2007). Leisure repertoire, energy expenditure, and health of adults with arthritis. Paper presented at and abstract published in: *Proceedings of the 2007 Gerontological Society of America*, 47, 152. November 16-20, San Francisco, CA.
- #16. Kerstetter, D. L., Yarnal, C. M., & **Son, J. S.** (2007). Outcomes of membership in the Red Hat Society. Poster presented at and abstract published in: *Proceedings of the 2007 Gerontological Society of America*, 47, 391, November 16-20, San Francisco, CA.
- #15. **Son, J. S.**, Kerstetter, D. L., Mowen, A. J., Payne, L., & Dattilo, J. (2006) A leisure education model to promote physical activity in later life: First steps. Paper presented at and abstract published in: *Proceedings of the 2006 Gerontological Society of America*, 46, 342, November 16-20, Dallas, TX.
14. Yarnal, C., Kerstetter, D., & **Son, J. S.** (2006). The importance of dressing up: Older women's play and masking. Paper presented at and abstract published in: *Proceedings of the 2006 Gerontological Society of America*, 46, 360, November 16-20, Dallas, TX.

13. **Son, J. S.**, Kerstetter, D. L., Mowen, A. J., & Payne, L. (2005). Selection, optimization, and compensation for physical activity in later life. Poster presented at and abstract published in: *Proceedings of the 2005 Gerontological Society of America*, November 18-22, Orlando, FL.
- #*12. **Son, J. S.**, Yarnal, C. M., Kerstetter, D., *Yen, I., *Hampton, R., *Baker, B., & Chick, G. (2005). The Red Hat Society: Structural and functional characteristics that may promote successful aging for women and implications for programming. *Leisure & Aging Poster Session*, Abstract published in: *Abstracts of the 2005 National Recreation and Park Association Congress*, October 18-22, San Antonio, TX.
11. **Stafford, J. A.** (2004). The importance of leisure for good health: American Indian elders' perspectives. Paper presented at and abstract published in: *Proceedings of the 2004 Gerontological Society of America*, November 19-23, Washington, DC.
- #10. **Stafford, J.A.** (2002). Incorporating intergenerational service learning into an interdisciplinary, introductory course in gerontology. Paper presented at and abstract published in: *Abstracts of the Annual Meeting of the Association for Gerontology in Higher Education* (CD-ROM), February 28-March 3, Pittsburgh, PA.
- *9. Elias, J. W., **Stafford, J. A.**, *Yeoh, E., Parsons, K., & Steininger, L. (2001). Religion, health, and end-of-life decisions. Poster presented at and abstract published in: *Proceedings of the 2001 Gerontological Society of America*, November 15-18, Chicago, IL.
- *8. **Stafford, J. A.**, Elias, J. W., & *Yeoh, E. (2001). Predicting older Native American health service utilization. Poster presented at and abstract published in: *Abstracts of the Annual Meeting of the American Psychological Association* (CD-ROM), August 24-28, San Francisco, CA.
- #7. Hayes, G. J., Elias, J. W., Weiss, L. J., & **Stafford, J. A.** (2000). Public perception of end-of-life care issues in Nevada. Paper presented at and abstract published in: *Abstracts of the Annual Meeting of the American Public Health Association* (CD-ROM), Nov 12-16, Boston, MA.
- #*6. **Stafford, J. A.**, Elias, J. W., *Yeoh, E., Weiss, L. J., Curley, K., & Curley, L. (2000). Research findings and uses in a Native American community: Developing age-appropriate health programs. *Abstracts of the Annual Meeting of the American Society on Aging* (CD-ROM), March 25-28, San Diego, CA.
5. **Stafford, J. A.**, & Elliott, M. (2000). Tribal elders' views and use of health and health care. Paper presented at and abstracts published in: *Abstracts of the Annual Meeting of the American Society on Aging and the Annual Meeting of the Pacific Sociological Association*, March 25-28, San Diego, CA.

- #*4. Janke, M., Payne, L., **Son, J.**, *Jones, J., & *Izenstark, D. (2009). Adapting leisure behaviors when living with arthritis: The relationship between leisure and health. *Center on Health, Aging and Disability Symposium, University of Illinois at Urbana-Champaign*, March 13, 2009.
- #*3. *Hernandez, R., & **Son, J. S.** (2008). Girl Powered: Strategies to recruit Latinas on campus into health promotion research. *Undergraduate Research Symposium, University of Illinois at Urbana-Champaign*. April 29, 2008.
- #2. **Son, J. S.** (2006). Healthy communities: Innovative approaches to active living through bottom-up organizations. Roundtable discussion presented to and abstract published: *Research to Practice, National Recreation and Park Association Congress*, October 10-13, Seattle, WA.
- #1. **Stafford, J. A.**, & Weiss, L. J. (2002). Public perception of end-of-life issues in Nevada. *Nevada Public Affairs Review*, 13-20, University of Nevada Press.

Other Publications: Technical Research Reports and Industry Publications (13)

*Student Mentees (4 of 11)

Son, J. S., West, S., Janke, M. C., Liechty, T., & Naar, J. J. (2020, April 20). Supporting older adults during COVID-19. National Recreation and Park Association Blog. <https://www.nrpa.org/blog/supporting-older-adults-during-covid-19/>.

West, S., Liechty, T., Naar, J., **Son, J.**, Wong, J., & Janke, M. (2019). Older Adult Sports Participation in the U.S. Research report prepared for the National Recreation and Park Association.

Son, J. S., et al. (2015). COAPRT Self-Study Report for the University of Idaho Recreation Program Unit. Report prepared for the Council on Accreditation of Parks, Recreation, Tourism and Related Professions (COAPRT). September, 2015.

Brown, H., Scruggs, P., Goc Karp, G., **Son, J.**, & Vella, C. (2014). Measuring what matters: Idaho obesity indicators. Blue Cross of Idaho. <http://highfiveidaho.org/news/detail/measuring-what-matters-idaho-obesity-indicators>

Son, J. S., *Taylor, K., *Rudolphi, P. Harvey, I. S., & Shinew, K. J., & *Jones, J. J. (2010). Final report on recreation and health in Centralia, IL. Report prepared for the town mayor and community partners. September 27, 2010.

Son, J. S., *Taylor, K., *Rudolphi, P., Harvey, I. S., & Shinew, K. J. (2009). Assessment of resources and needs for healthy recreation in Centralia, IL: Results from a two-year project. Report prepared for Centralia City Council and presented at a town hall, May 18, 2009.

Son, J. S., & Mowen, A. J. (2005). Cleveland Metroparks older adult volunteering and health study. Report prepared for Cleveland Metroparks.

Kerstetter, D., & **Stafford, J.** (2003). Strategic plan for tourism for the Central Pennsylvania Convention and Visitors Bureau: Results from a mixed methods study. Report prepared for the Central Pennsylvania Convention and Visitors Bureau.

Stafford, J. (2000). Sanford Center for Aging Research: The outreach component. Report prepared for Governor Kenny Guinn.

Stafford, J. (2000). Urban and rural tribal elders' health and health care in Northern Nevada. Report prepared for the Phoenix Area (Arizona, California, Nevada, & Utah) Indian Health Service.

Stafford, J. (2000). Tribal elders' views of health and use of health care. Separate reports prepared for each of four tribal organizations in Northern Nevada.

Stafford, J., *Altom, W., MacDonald, J., Weiss, L., & Elias, J. (2000). Administrator survey of Nevada caregivers. Report prepared for the Bureau of Licensure and Certification and presented to the Nevada Caregiver Task Force.

Stafford, J., Elias, J., *Yeoh, E., Weiss, L., Curley, K., & Curley, L. (1999). Fallon tribal elders: Their functional status, resources, and needs. Report prepared for Fallon Tribal Health Clinic, presented to the Fallon Tribal Council.

Grants and Contracts Awarded: (\$864,694 to date)

+ External competitive funding (\$751,077), # Student Mentee involved in the proposal (7),
* Student Mentee

Son, J. (2023). *Leisure Facilitators Research*. Movement Sciences Chair's Research Grant. University of Idaho. \$1,500.

Son, J. (2023). *Facilitators Theory and Empirical Development and Implications for Social Justice*. Dean's Excellence Fund. University of Idaho. \$3,000.

Powers, S. (PI) (**Son, J.**, Collaborator). (2022). *Active Outdoor Park Facilitators for People of Color*. The Pennsylvania State University. \$2,500.

Son, J. (2021). Southern Cross University, Australia. Gregory, S. "DEEP: A Qualitative Study of the Leisure Constraints, Negotiation and Benefits Experienced by Adventurous Baby Boomer Women Who Scuba Dive." \$382.

Chow, H. (PI) (**Son, J.**, Collaborator and Invited Speaker). (2021). *Recreation, sport, and tourism for healthy people and healthy communities*. National Cheng Kung University, International Teaching Scholar Series, Taipei, Taiwan. \$750.

Liechty, T. (PI). (**Son, J.**, Collaborator). (2021). *Older adults' leisure and health during COVID-19*. Department of Recreation, Sport, and Tourism, University of Illinois at Urbana-Champaign. \$650.

- #Naar, J. (PI). (**Son, J.**, Collaborator). (2021). *Older adults' sports participation*. College Research Grant, Appalachian State University. \$5,000.
- + #West, S., **Son, J.**, Liechty, T., *Naar, J., & Janke, M. (2018). *Parks and recreation facilitators and constraints to older adult sports*. National Recreation and Park Association. \$25,000.
- #West, S. (PI). (**Son, J.**, Collaborator). (2018). *Older women's sports participation: Continuation project*. College Research Grant, Appalachian State University. \$5,000.
- #West, S. (PI). (**Son, J.**, Collaborator). (2016). *Older women's sports participation, constraints and facilitators*. College Research Grant, Appalachian State University. \$5,000.
- #West, S. (PI). (**Son, J.**, Collaborator). (2015-2017). *Older women and competitive sport*. Graduate Research Associate Mentoring Program Grant. Appalachian State University. \$24,000 over two years.
- + **Son, J.** (2015). *Parks and healthy communities*. Fulbright Outreach Lecture Fund to host UC-Berkeley Fulbright Scholar. \$1,100.
- + #Kern, A., *Mahoney, J., Paul, D., & **Son, J.** (in alphabetical order). (2015). *Families in Four Seasons Supporting Traditional Indigenous Healthy Outdoor Activities*. Coeur d'Alene Tribe Education Grant. \$10,000.
- #Kern, A., *Mahoney, J., Paul, D., & **Son, J.** (in alphabetical order). (2014). *Families in Four Seasons of the Medicine Wheel: Building Capacity for Self-Sustaining and Culturally Integrated HAL and STEM*. University of Idaho, College of Education Research Award. \$11,915.
- Kern, A. L., Brown, H., McFarland, A., Goc Karp, G., MacKenize, S. H., Scruggs, P., & Son, J. S. (2012). *Paddle and Bike the Coeur d'Alene Watershed*. (Integrated STEM and HAL education for the Coeur d'Alene Tribe). University of Idaho, College of Education, 2012 Research Award. \$11,992.
- Houge Mackenzie, S., **Son, J.**, Miller, B., Hougham, J., Eitel, K. & Thompson, G. *Adventure learning to promote GreenSTEM education and physical activity in schools*. (2012). College of Education Research Awards. \$12,000.
- + Brown, H., Goc Karp, G., Scruggs, P., Paul, D., Vella, C., **Son, J.**, Houge Mackenzie, S., & Browder, K. (2012-2013). *Enhancing healthy active living for Idaho citizens and communities*. Blue Cross of Idaho, Foundation for Health, Inc. \$50,000.
- + #Payne, L., & Janke, M. (Co-PIs), and **Son, J.**, Harvey, I. S., Richardson, J., *Knowles, E., & Orr, R. (Co-Investigators). (2007-2010). *Live Well, Be Well: A Holistic Chronic Disease Self-Management Program*. Department of the Interior, University of Illinois at Urbana-Champaign Extension. \$316,000.

- Son, J.** (PI), and Harvey, I. S., Shiness, K., & Payne, L. (Co-Is). (2007-2009). *The leisure-based self-care practices and health of African Americans and Whites in rural Illinois*. Campus Research Board, University of Illinois at Urbana-Champaign. \$14,630.
- Harvey, I. S. (PI), Evans, E., **Son, J.**, Deterding, R. (Co-Is). (2007-2009). *Girl POWERED: Preventing OverWeight with Effective Recreation, Exercise and Diet*. (Focus on student-empowered programming for minority women). Campus Research Board, University of Illinois at Urbana-Champaign, 2007-2008. \$6,675.
- + Deterding, R. (PI), and Evans, E., Harvey, S., & **Son, J.** (Co-Is). (2007). *Girl POWERED for all Colors: Preventing OverWeight with Effective Recreation, Exercise and Diet*. Big Ten Recreational Sport Research. \$1,875.
- + Deterding, R. (PI), and Evans, E., Harvey, S., & **Son, J.** (Co-PIs). (2007-2008). *Incentives to prevent overweight college women through effective recreation, exercise and diet*. University of Illinois Mom's Association. \$1,000.
- Janke, M. (PI), and Payne, L., & **Son, J.** (Co-Is). (2007). *Self-regulation and adaptation of leisure activities among older individuals with arthritis*. Campus Research Board, University of Illinois at Urbana-Champaign. \$6,910.
- Son, J. S.** (2005). *Physically active leisure of middle-aged and older adults*. Dissertation Research Grant, Department of Recreation, Park and Tourism Management, The Pennsylvania State University. \$1,713.
- + **Stafford, J.** (PI), & Mowen, A. J. (2005). *Determinants of physical activity for Cleveland Metroparks volunteers 50 and older*. Cleveland Metroparks. \$1,800.
- + **#Stafford, J.** (PI), & *Yeoh, E. (2001). *Nevada Senior Nutrition Project*. State of Nevada Attorney General's Office. (Due to relocation of PI, grant administered by Dr. Sachiko St. Jeor, School of Medicine, University of Nevada, Reno.) \$136,302.
- + **Stafford, J.** (PI), & Elias, J. (2000). *Incorporating intergenerational service-learning into an interdisciplinary course on topics and careers in aging*. CNS/AGHE/GT-University of Pittsburgh. \$8,000.
- + 1999-2002: Grant administrator for several grants and grant proposals including a successful Robert Wood Johnson Foundation grant on Nevada Senior Continuity in Health Care (\$200,000).
- Grants Submitted or In Preparation:** + External competitive funding, # Student Mentee involved in the proposal (3), * Student Mentee
- + Powers, S. et al. (**Son, J.**, Consultant). Understanding visitation patterns of diverse users and nonusers to identify opportunities for managerial justice. Bureau of Land Management Recreation and Visitor Services Program. (In preparation; due Jan 23, 2024). (\$150,000).
- + Wong, J. (**Son, J.**, Consultant). (2019). *Do leisure activities lower stress markers for caregivers of adults with autism?* R03 NIH Grant. (Submitted: Reviewed)

- + Wong, J., & **Son, J.** (2018). *Benefits and Feasibility of a Yoga Program for Individuals with Autism and Their Caregivers*. Applied Research Grant. Organization of Autism Research. Amount Requested: \$30,000. (Submitted: Not Funded)
- + Paul, D., Meyer, C., Matheson, C., Kern, A., & **Son, J.** (2017). *Active in All Seasons*. Spencer Foundation Grant. Amount Requested: \$48,990 over two years. (Not Funded)
- + # Paul, D., *Mahoney, J., **Son, J.**, Kern, A. (2016). *Families in Four Seasons: Building Capacity for Self-Sustaining and Culturally Integrated Healthy Active Living and Science Technology, Engineering, and Math*. Coeur d'Alene Tribe Education Grant. Amount Requested: \$27,384. (Not Funded)
- + # Paul, D., Kern, A., *Mahoney, J., & **Son, J.** (in alphabetical order). (2015). *Families in Four Seasons Supporting Traditional Healthy Outdoor Activity*. Avista Energy Grant. \$23,000. (Not Funded)
- + **Son, J.** et al. (2009). The R-U-ACTIVE Project: Rural and Underserved – Action in the Community to Increase Vigorous Exercise. NIH Challenge Grant. Amount Requested: \$952,123. (Not Funded)

Research Honors and Awards:

- 2023 Invited Speaker, *Research Seminar Series*, Department of Recreation, Park and Tourism Management, The Pennsylvania State University
- 2023 Fellow, *The Academy of Leisure Sciences* (national scholarly organization)
- 2018 Most Read Article, *International Journal of the Sociology of Leisure*
- 2015 Selected, Open Access Feature Article, *Journal of Leisure Research*
- 2015 Nominated, Best Paper Award, *Journal of Leisure Research*
- 2011 Emerging Professional Graduate Degree Award, Department of Recreation, Park and Tourism Management, The Pennsylvania State University
- 2007 Arnold O. Beckman Research Award, University of Illinois at Urbana-Champaign
- 2006 Outstanding Graduate Student Award, Department of Recreation, Sport and Tourism, The Pennsylvania State University (Teaching and Research)
- 2005-06 Health and Human Development Endowed Graduate Fellowship, The Pennsylvania State University
- 2002 Endowed Graduate Fellowship, The Pennsylvania State University

TEACHING ACCOMPLISHMENTS:**Areas of Specialization:**

Leisure (RPSTM) and Health including RSTM for Healthy Communities (Created and approved Social Science Gen Ed)

Diversity and Inclusion (DEISJ) including “Diversity in RSTM” & “Leisure across the Lifespan” (Created and approved Courses)

Travel and Tourism from Global Perspectives (Created and approved International Gen Ed)

Social Psychology of Leisure and Sport

RSTM Programming and Marketing

Leisure History and Policy

Research Methods

Adult Development and Aging

Curriculum and Courses Developed and Taught:University of Idaho

Meta-Overview: Course-by-course development, curriculum review and development, and online and in-person curriculum development; Substantial teaching overloads since 2019

Highlights:

- *Incorporation of DEISJ across the curriculum*
- *Development of innovative general education courses*
- *Development of online and hybrid options in the RSTM major*
- *Development of online and hybrid options in the Outdoor Recreation Leadership minor*
- *Taught 16 unique courses*
 - *Undertook substantial teaching overloads for the past four years (1 to 3 courses over per year, not including independent study courses, etc.)*
 - *Had several new course preps to maintain the program and grow enrollment with fewer faculty resources*

Professor-in-charge, General Education Course Development, 2020 to present

Overview: Identified and developed general education courses for the University of Idaho.

Highlights:

- *RSTM 104: Recreation, Sport, and Tourism in Healthy Communities – successful approval as a Social Sciences GE; offered both in-person and online*
- *RSTM 106: Introduction to Sport Management – successful approval as an Artistic & Humanistic GE & as an American Diversity GE; offered both in-person and online. First ever offered sport management course at the University of Idaho.*
- *RSTM 380: Principles of Travel and Tourism – successful approval as an International GE & Social Science GE; offered online.*

Professor-in-charge, 2019 to present

Overview: Online curriculum development and approval of undergraduate and graduate degrees (pre-Covid).

Highlights:

- *Changed B.S. and M.S. RSTM degrees to develop and offer online and hybrid options in addition to face-to-face program.*
- *Developed/co-developed 11 courses for online and hybrid including Experience and Event Management, and Programming and Marketing*
- *Developed 400/500 dual enrollment courses (four courses)*
- *Developed 4+1 B.S./M.S. curriculum.*
- *Co-developed Outdoor Recreation Leadership Minor Hybrid Model and related courses.*
- *Incorporation of DEISJ content across the RSTM major and in-progress for ORL minor curriculum.*
- *Transitioned all courses from BbLearn to Canvas and fixed numerous transition issues.*

Professor-in-charge, Degree changes, 2011 to 2020

Overview: Program/degree name change; Revision of the B.S. RSTM curriculum, including updating and extending content areas, and alignment with university and accreditation requirements.

Highlights:

- *Developed and sought approval for several Diversity Courses, including: REC 370: Leisure, Health and Human Development; REC 395: Diversity in Recreation, Sport, and Tourism.*
- *Revised the degree curriculum for alignment with national accreditation requirements, which had multiple phases and took several years.*
- *Developed evidentiary materials for national accreditation, including over 1,000 pages of documentation.*
- *Developed Curriculum Assessment Plan for national accreditation.*
- *Developed Curriculum Data Analysis Plan and coordinated Data Results and Decision Making Process for national accreditation.*
- *Received Commendation during National Re-Accreditation, and was invited to serve on the national accreditation board.*

Courses Developed and Taught (16 unique courses):*Overview:*

Substantial teaching overloads and new course preps during tenure at UI.

Courses:

PEP 430/530: Health and Activity in Movement and Leisure Sciences (online) (2019-)

PEP 530: Health and Activity (face-to-face) (2011-2018)

RSTM 104: Recreation, Sport, and Tourism in Healthy Communities (*Social Science General Education*) (in-person and online) (2021-)

RSTM 107: Outdoor Recreation and Adventure Sport (2022-) (online and hybrid sections)

REC 280: Practicum in Recreation, Park and Tourism (co-taught; hybrid course) (2013-2015; 2021)

RSTM 310: Outdoor Recreation Leadership (hybrid and online) (2022-)

REC 370: Leisure, Health, and Human Development (face-to-face) (2014-2018)

RSTM 370: Leisure and Health across the Lifespan (online) (2020)

RSTM 380: Principles of Travel and Tourism (*International General Education course and Social Science Gen Ed*) (online) (2021-)

REC 404/395: Diversity in Recreation, Parks and Tourism (face-to-face) (2013-2018)

RSTM 408: Experiential Education and Recreation (online and hybrid) (2021-)

RSTM 425/525 (was RSTM 575): Programming and Marketing in Movement and Leisure Sciences (online) (2019-)

RSTM 485/585: Trends and Policies in Recreation, Sport, and Tourism Management (online) (2020-)

REC 498: Internship in Recreation, Park and Tourism (co-taught; hybrid course) (2013-2015; 2021)

REC 585: Policy Analysis and Historical Perspectives of Leisure (face-to-face) (2012-2018)

REC 598: Graduate Internship: Leadership in Recreation and Physical Activity (co-taught, hybrid course) (2013-2015; 2021)

Supervised/Created/Co-Created Courses (5 courses):

RSTM 106: Introduction to Sport Management (*Artistic & Humanistic Gen Ed and American Diversity Gen Ed*) (in-person and online)

RSTM 490/590: Experience and Event Management (online and hybrid)

RSTM 108: Orienteering and Navigation (in-person)

RSTM 222: Cross-Country Skiing (in-person)

RSTM 231: Downhill Skiing (in-person)

Additional Courses Taught at University of Idaho include (a sampling):

RSTM 299: Directed Study in Non-Clinical Therapeutic Recreation (online)

Note: I developed and taught this course to help a senior avoid dropout when her father was diagnosed with cancer and she became his primary caretaker while working full-time in the Seattle area. The next semester, I offered this class to another student who otherwise would have needed to take a leave of absence to care for her father who had a cancer recurrence and needed care in another city. They both graduated on-time.

RSTM 499: Directed Study in Experiential Learning Instruction

RSTM 499: Directed Study in Outdoor Adventure for Individuals with Disabilities

RSTM 599: Graduate Research on the Effect of Study Abroad on Global Citizenship

RSTM 502: Supervised Graduate Instruction in Adventure Sport

PEP 600: Doctoral Research and Dissertation

PEP 699: Non-Dissertation Doctoral Research

MVSC 610: Pedagogical Immersion in Movement Sciences

MVSC 611: Outreach and Engagement Immersion in the Movement Sciences

MVSC 612: Research Immersion in the Movement Sciences

University of Illinois at Urbana-Champaign

RST 370: Research Methods and Analysis, 2006-2008, 2010-2011 (fall and spring)

RST 501: Theories and Concepts of Leisure, 2009, 2010

RST 503: Advanced Leisure Research Methods, 2007, 2008, 2009

Professor-in-charge:

Graduate program course proposal for the leisure and health concentration area, which included the following courses: Critical Issues in Leisure and Health; Leisure, Health, and Disability; Leisure and Health across the Lifespan; Social and Cultural Issues in Leisure and Health.

The Pennsylvania State University

RPTM 356: Programming in Recreation and Leisure Services (service-learning), 2004

University of Nevada, Reno

GERO 201: Topics and Careers in Aging (service-learning course), 2001

TA Courses:The Pennsylvania State University

RPTM 277: Recreation for Persons with Disabilities

RPTM 356: Programming in Recreation and Leisure Services (service-learning course)

RPTM 433W: Research Methods (writing req.)

UG Option: Professional Golf Management (summer internships)

University of Nevada, Reno

SOC 101: Introduction to Sociology

SOC 425: Social Science Research Methods

Students Advised:Undergraduate Students (Faculty Advisor):

Faculty Advisor, B.S. Recreation and students in Program Minors. (*120+ advised to date*)
Advisor, Recreation Student Organization – Fall 2011 – Spring 2017

Graduate Students (Major Professor)

Major Professor of 42 Master's and Doctoral Students

Graduate Job placements include (a sampling):

Albuquerque School District (Therapeutic Recreation Specialist)
 City of Boise
 Colorado State University, College of Natural Resources, Global Tourism (China)
 CSU-Sacramento (tenure track faculty position)
 Division of Morale and Family Welfare, Fairchild Airforce Base, Spokane, WA
 Duke University (Outdoor Programs)
 Moscow, Idaho School District
 New York City Department of Parks and Recreation
 Portland Department of Parks and Recreation
 Pullman, Washington School District
 National Sports Center for the Disabled (Adaptive Sports)
 Toyota (Special Events Division)
 University of Colorado, Colorado Springs (Campus Recreation)
 University of Idaho (Athletics)
 University of Idaho (Outdoor Programs)
 University of Idaho (Special Events)
 Washington State University (Outdoor Programs; Campus Recreation)

Graduate Committees

16 (12 doctoral level)

Including external member on these dissertation committees, currently:
 Mina Woo, RST, University of Illinois at Urbana-Champaign
 Jennifer Jain, Gerontology, University of Maine

Graduate Student Teaching and Research Mentees

Overview: 26 graduate student mentees to date

Highlights:

- *Mentored and nominated doctoral TA who won the University Outstanding Teaching Assistant Award (University of Idaho)*
- *M.S. graduate student received Runner Up for 5-Minute Thesis at leading international conference for tourism (Travel and Tourism Research Association's International Conference)*
- *Mentored graduate students on collaborative research presentations and publications*
- *Mentored students on teaching, instructional methods, and delivery methods*

Undergraduate Student Teaching and Research (Director)

16 undergraduate student mentees to date

Non-credit Classes, Workshops, Seminars, Invited Lectures and Educational Presentations, etc.:

30+ guest lectures

Teaching Honors, Awards and Rankings:

2015-2023 University of Idaho Undergraduate Instructor Score 3.9 to 4.0 (out of 4.0) and 3.5 to 5.0 (out of 5; 8 of 9 were 4.0 or higher)

2015-2023 University of Idaho Graduate Instructor Score 3.3 to 4.0 (out of 4.0) and 4.3 to 5.0 (out of 5)

2006-2010 Teachers Ranked as Excellent by Their Students, University of Illinois at Urbana-Champaign

2006 Outstanding Graduate Student Award, Department of Recreation, Sport and Tourism, The Pennsylvania State University (Teaching and Research)

2002 Sigma Phi Omega, National Honor Society for Gerontology

1995 Phi Beta Kappa, National Honor Society for Liberal Arts and Sciences

UNIVERSITY AND PROFESSIONAL SERVICE:**University Administrative Appointments:**

Program Director - Recreation, Sport, and Tourism Management. Department of Movement Sciences, University of Idaho, 2011-present

- *Over Twelve Years of Experience as Undergraduate Coordinator (August 2011 – July 2018; May 2021 – present) or Co-Coordinator (August 2018 – May 2021) of nationally-accredited bachelor’s degree in Recreation, Sport, and Tourism Management, and two minors – Outdoor Recreation Leadership, and Sustainable Tourism and Leisure Enterprises, and oversight of practicum and internship coordination*
- *Over Twelve Years of Experience as Graduate Coordinator, M.S. Degree in RSTM (August 2011 – present)*
- *Over Twelve Years of Experience as Project Lead of COAPRT National Accreditation (August 2011 – present)*
- *Lead: Ph.D. in Education - Healthy Active Lifestyles Track (August 2020 – present)*

****Program Accomplishments***:*

Lead Role 1: Fully engaged, shared governance leader in interdisciplinary Diversity, Equity, Inclusion, and Social Justice (DEISJ) efforts, including:

- (a) Founding member of the College’s Workgroup on Diversity and Inclusion; Subgroups on Recruitment and Retention (Faculty, Staff, and Students), and Programming
- (b) Advocated for, received approval, developed, and taught diversity and inclusion courses, including Diversity in Recreation, Sport, and Tourism Management, Leisure and Human Development, and Foundations of Travel and Tourism: Global Perspectives (International Gen Ed)
- (c) Incorporated DEISJ content across the RSTM curriculum as a program focus. Currently working on the same for the ORL minor.
- (d) Advocated for DEISJ content in the department
- (e) Active research program in DEISJ with several collaborations and partnerships
- (f) Mentor in the Athena Women’s Mentorship Program

- (g) Mentor to international faculty and graduate students, including seeking out additional mentorship opportunities at other universities including the University of Illinois and National Cheng Kung University (Taiwan); I-Mentor for marginalized and first-generation graduate students (University of Illinois)
- (h) Participant in Black Lives Matters College Book Club, Black Lives Matters Speaker Series, Decolonizing Your Syllabus Series, Indigenous Mentoring Program, JEDI Speaker Series, University of South Florida's DEI Certificate Program

Lead Role 2: Program-Level Recruitment and Retention efforts, including:

- (a) Substantial and Continuous Curriculum Improvements in 2012, 2016, 2019, 2020, 2021 (see more under teaching accomplishments)
- (b) General education course proposals including Introductory RSTM Social Science course (approved), Sport in Your Life: Artistic and Humanistic course (approved), and upper division RSTM Travel and Tourism International course (approved)
- (c) Development of online B.S. and M.S. options including design, development, and implementation of numerous online and hybrid UG and Grad courses
- (d) Degree Major Name Change Proposal Approved at all university levels and Idaho State Board of Education
- (e) Strategic enrollment management and marketing including social media marketing strategies, development of marketing materials, marketing of RSTM B.S. and M.S. online degree options
- (f) Dual credit course approval for RSTM 104 (high school/college credit)
- (g) Development and approval of co-listed UG/Grad courses (400/500 coursework)
- (h) Articulation agreements
- (i) Idaho Online Initiative
- (j) Recruitment efforts with prospective students and parents, and currently not registered students
- (k) One-on-one advising of probationary or near-probation students, with successful completions (graduations)
- (l) Other student meetings (career, networking, academic petitions, grievances, etc.).

Lead Role 3: COAPRT National Accreditation and University Assessment, including:

- (a) Development of Curriculum Assessment Plan and Reporting System
- (b) Wrote/developed 1,000-page Self-Study Report and support materials, and additional reporting and evidence
- (c) Site Visit Lead
- (d) Program Representative at the Hearing Board
- (e) Annual Reporting requirements
- (f) Continuous Curricular Improvement and Alignment with Accreditation Standards
- (g) Coordinate Faculty-Led Learning Outcomes and Data Reporting
- (h) University Assessment Procedures, Regional Accreditation Procedures and Requirements
- (i) Lead on reaccreditation, including Self-Study and evidentiary materials including C.A.P., Data Results, and Programmatic Decisions
- (j) University-level Program Reports, including Program Prioritization Reporting and UI Assessment

Lead Role 4: Curriculum Planning, Implementation, and Advising including:

- (a) Curriculum Changes and Additions including Online, Hybrid, and In-Person B.S. and M.S. offerings, general education courses, and dual credit courses
- (b) Program Strategic Planning, most recently RSTM 2017-2022 Strategic Plan (updates provided in Spring 2021)
- (c) RSTM UG Advisor
- (d) Grad Advisor to all RSTM M.S. and Ph.D. students
- (e) Major Curriculum Sheet and Four-Year Planner
- (f) ORL Minor Curriculum and Four-Year Planner
- (g) Faculty Advising Training
- (h) Advisor to advisors
- (i) Course Scheduling

- (j) Development of policies and procedures for the RSTM program and ORL minor including Trip Itinerary Form
- (k) Development of Practicum and Internship Guidelines

Lead Role 5: Mentorship of Junior Faculty and Graduate Students from Diverse Disciplines and Sub-Disciplines, including:

- (a) Susan Houge Mackenzie, University of Otago, Tourism – mentored two years on teaching and research and promotion and tenure; continued to mentor on research projects after she moved to Cal Poly and University of Otago
- (b) Bamboo Chen, Washington State University, Hospitality Business Management – mentored four years on teaching and research, and promotion and tenure; continued research collaboration in health-related tourism/work-life balance after his move to WSU
- (c) Bruce Saxman, Fort Lewis College, Adventure Recreation – mentored for four years on teaching and administration, and clinical promotion at University of Idaho
- (d) Jen Wong, Ohio State University, Human Development and Family Sciences – mentored on qualitative data analysis, and tenure and promotion
- (e) Jen Agans, Penn State University, RPTM – mentor on research
- (f) Jill Juris, App State University, RPTM – mentor on research and P&T
- (g) Eneida Larti, Assistant Faculty, University of Idaho, Department of Music – mentor on academics, strategies for success, work-life balance, motherhood and academia, P&T
- (h) Magdy Noguera, Associate Faculty, University of Idaho, Department of Business (Finance) – mentor on P&T, and motherhood and academia
- (i) Research mentor and co-author on research publications and presentations with 20+ junior faculty and students including:
 - Juan Carlos Acevedo (M.S. RA. University of Illinois, RSTM)
 - Jen Agans (Assistant Professor, Penn State, RPTM) (ongoing)
 - Bamboo Chen (Assistant Professor, University of Idaho, RSTM; now faculty at Washington State University, Hospitality and Tourism) (ongoing)
 - Guangzhou Chen (research publication mentorship, Ph.D. student, University of Illinois, RSTM, now faculty at UNH)

Yun-Chi Chen (M.S. Advisor, University of Illinois, RSTM)

Megan Cronan (Ph.D. RA, University of Illinois, RSTM)

Steven Hanna (M.S. student, Penn State, RPTM) (ongoing)

Rachel Hernandez (M.S. student, University of Illinois, RSTM)

Jennifer Jains, PhD Candidate, University of Maine (Gerontology)

Jill Juris (Assistant Professor, App State, RPTM, Gerontology) (ongoing)

Susan Houge Mackenzie (Assistant Professor, University of Idaho, RSTM, now Associate faculty at University of Otago, Adventure Recreation and Tourism)

Jungeun Kim (Ph.D. RA, University of Illinois, RSTM)

John Mahoney (M.S. student, University of Idaho, RSTM; Coeur D'Alene Tribe) (ongoing)

Keren Osgood (M.S. student, University of Illinois, RSTM)

Sammie Powers (Ph.D. student, Penn State, RPTM, now faculty at George Mason University) (ongoing)

Elizabeth Weybright (Associate Professor, Washington State University, HDFS) (ongoing)

Jen Wong (Associate Professor, Ohio State University, HDFS)

Mina Woo (Ph.D. student, University of Illinois, RST, current)

Lead Role 6: Hiring, Budgets, Promotion and Tenure, Revenue Generation

- (a) Program Faculty Hiring – successful hires of both tenure track and clinical faculty
- (b) Program budgets and fiscal management –budget management, including equipment, course fees, scholarships, and funds
- (c) Promotion and Tenure – Mentored junior faculty on promotion and tenure; served as chair and committee member on numerous tenure track and clinical P&T committees.
- (d) Revenue generation efforts, particularly online education

Other Professional Appointments and Service:

Board Member-At-Large, The Academy of Leisure Sciences, February 2023 – present

- (a) Strategic planning
- (b) Mentorship on committees
- (c) Operations
- (d) Member communication and public relations
- (e) Coordination with other organizations and agencies to enhance impact and financial security.

Chair, Awards Committee, The Academy of Leisure Sciences, May 2021 – 2023

- (a) Prepare and communicate each call for nominations
- (b) Set deadlines and coordinate meetings with the committee
- (c) Chair the review of applications and selection of winners
- (d) Notify winners and invite them to the awards banquet, including dates
- (e) Work with Sagamore-Venture Publishing to prepare recognition certificates
- (f) Present the awards at the annual conference awards banquet

Associate Editor, Journal of Leisure Research, 2007 – 2016 and 2023 – present (Official Journal of the National Recreation and Park Association)

- (a) Solicit blind reviewers
- (b) Complete independent reviews
- (c) Compile review results including overall recommendation
- (d) Complete administrative forms
- (e) Provide timely and professional feedback to authors and the editor(s)

Associate Editor, Journal of Park and Recreation Administration, 2012 – present (Official Journal of the American Association of Parks and Recreation)

- (a) Solicit blind reviewers
- (b) Complete an independent review
- (c) Compile review results including overall recommendation
- (d) Complete administrative forms
- (e) Emphasis on timely and professional feedback to authors

Guest Co-Editor, Annals of Leisure Research, 2016-2017 (Official journal of the Australian and New Zealand Association of Leisure Studies)

- (a) Solicit abstracts for Special Issue on Critical Perspectives on Physical Activity, Sport, Play and Leisure in Later Life. Guest edited with Dr. Rylee Dionigi, Charles Sturt University, Australia.
- (b) Blind review of abstracts, meetings with co-guest editor to determine abstracts invited for full submissions
- (c) Solicit and coordinate reviewers for blind review of manuscripts
- (d) Provide timely feedback and administrative tasks to the authors, editor, and publisher

Chair, Australian and New Zealand Association for Leisure Studies (ANZALS) Biennial Conference (international conference), December 2011, Dunedin, New Zealand

- (a) Solicit abstracts for Physically Active Leisure Symposia: Social psychological aspects of physically active leisure across
- (b) Identify and solicit blind peer-review of abstracts
- (c) Notify accepted presenters
- (d) Organize session logistics including introductions, summaries, discussion questions

Chair, Gerontological Society of America Annual Scientific Meeting (Preeminent National Conference on Gerontology), November, 2008, National Harbor, Maryland

- (a) Develop Leisure and Aging Research Symposium: Contextualizing leisure-time physical activity in later life
- (b) Identify and solicit abstracts
- (c) Coordinate, compile, and write the symposium summary abstract
- (d) Coordinate presenters
- (e) Organize session logistics including introductions, summaries, discussion questions

Research Grant Administration, 1999 – present

- (a) Administration and co-administration of 25+ grants and contracts over 20 plus years
- (b) Knowledge of university procedures for grant procurement and management across several institutions
- (c) Extensive experience with Institutional Review Board procedures and requirements
- (d) Skilled at technical report writing and communication with grantors and stakeholders
- (e) Experienced with seeking out grants
- (f) Experienced with leading interdisciplinary teams and community partnerships
- (g) Experience with community-based participatory research in diverse communities

Journal Reviewer, 2005 – present, including but not limited to:

International Journal of the Sociology of Leisure

Journal of Aging and Physical Activity

Journal of Family Issues

Journal of Leisure Research

Journal of Outdoor Recreation and Experiential Learning

Journal of Outdoor Recreation and Tourism

Leisure/Loisir

Leisure Sciences

Leisure Studies

Social Behavior and Personality

Sociological Compass

World Leisure Journal

Conference Abstract Reviewer

The Academy of Leisure Sciences, Methods Section, 2020

National Recreation and Park Association, Leisure Research Symposium, Leisure, Health and

Physical Activity Section, 2013

National Recreation and Parks Association, Leisure Research Symposium, Social Psychology Section, 2008

Australian and New Zealand Association for Leisure Studies (ANZALS) Biennial Conference, 2011
University of Illinois Research Board, 2010

External Reviewer

External reviewer requests and completions – including many from R1 universities across the country - for tenure and promotion to Associate Professor, promotion to Full Professor, and dissertations.

Outside member on doctoral committees for students at R1 universities.

University Committee Assignments: (*Diversity-focused assignments are starred)

University of Idaho

Department Representative, Dean's Advisory Committee, College of Education, Health, and Human Sciences, 2023 – present

Committee Member, WWAMI Medical Education, Tenure and Promotion Review Committee, 2023-2024

Committee Member, Movement Sciences (MVSC) Tenure and Promotion Review Committee, 2023-2024

Committee Member, MVSC Promotion and Tenure Bylaws, 2023 – present

Committee Member, Tourism Sector, Magic Valley Working Group, 2022-2023

Committee Member, MVSC Bylaws, 2022 – present

Committee Member, MVSC Tenure and Promotion Review Committee, 2022-2023

Committee Member, MVSC Tenure and Promotion Review Committee, 2021-2022

***Mentor, Athena Women's Mentorship Program, University of Idaho, 2021-present**

***Committee Member, CEHHS Diversity and Inclusion, 2020-present (founding member)**

Search Chair, Department of MVSC, Assistant Rank Clinical Faculty Position in Sport Management, 2021

Committee Member, MVSC 3rd Year Review, 2021

Committee Chair, MVSC Promotion Review Committee 1, 2020

Committee Member, MVSC Promotion Review Committee 2, 2020

Committee Member, College Workgroup on Doctoral Degree Program Core, 2020-present

***Committee Member, Women's Center, Workgroup on Parental Leave and Returnity, 2020-present**

Committee Member, MVSC Scholarship Committee, 2019-present

Committee Member, M.S. Movement and Leisure Sciences Curriculum and Assessment, 2019-present

Committee Member, MVSC 3rd Year Review of Tenure Track Faculty Member, 2019-2020

Committee Member, C&I Promotion Review Committee, 2019

Committee Member, MVSC Promotion Review Committee, 2019

Committee Member, MVSC 3rd Year Review of Tenure Track Faculty Member, 2017-2018

Committee Member, College of EHHS Assessment Committee, 2013-present

Committee Member, COEd Promotion and Tenure Committee, 2014-2017

Committee Member, COEd Strategic Cascading Plan, 2016-2017

Committee Chair, Department of MVSC, 3rd Year Review of Tenure Track Faculty Member, 2016-2017

Faculty Mentor, Department of MVSC Assistant Clinical Faculty Member, 2015-present

Faculty Mentor, Department of MVSC Tenure Track Faculty Member, 2014-present

Faculty Mentor, Department of MVSC Assistant Clinical Faculty Member, 2014-2017

Committee Member, Department of MVSC, 3rd Year Review of Clinical Faculty Member, 2015-2016

Search Chair, Department of MVSC, Assistant Rank Clinical Faculty Position in Recreation, 2014-2015

Committee Member, Search for Coordinator of Outdoor Programs and Climbing Center, 2015

Committee Member, Search for Director of Outdoor Programs, 2014

Review Chair, Department of MVSC, 3rd Year Review of Clinical Faculty Member, 2014-2015

Committee Member, Department of MVSC, 3rd Year Review of Clinical Faculty Member, 2014-2015

Search Chair, Department of MVC, Assistant Rank Tenure-Track Faculty Position in Recreation, 2013-2014

Search Committee Member, College of Education, Open Rank Faculty Position, 2012-2013

Search Committee Member, College of Natural Resources, Department of Conservation Social Sciences, Open

Rank Faculty Position for Park Studies Director, 2012 – 2013

Committee Member, College of Education Technology Committee, 2012 – 2014

Faculty Advisor, Men's and Women's Ultimate Frisbee Clubs, 2012 – present

Faculty Co-Advisor, Recreation Student Organization, Recreation Program, 2011 – 2012, 2013 – present

Ad-Hoc Chair, Recreation Program Committee, Movement Sciences, 2011 – present

Committee Member, Program Coordinators' Committee, Movement Sciences, 2011 – present

Committee Member, General Faculty, Movement Sciences, 2011 – present

Committee Member, Graduate Faculty, Movement Sciences, 2011 – present

Committee Member, Dean's Advisory Council, College of Education, 2011 – 2012

University of Illinois at Urbana-Champaign

***I-Mentor, Graduate College mentorship program for minority graduate students, Spring 2011**

Grievance Committee, RST, 2010-2011, 2008-2009

I-Health (Interdisciplinary Undergraduate Health Degree) Committee, AHS, 2010-2011

Communications Committee, RST, 2010-2011

Undergraduate Committee, RST, 2010-2011, 2006-2008

Faculty Search Committee, RST, 2008-2009

Graduate Committee, RST, 2008-2009

Alleged Capricious Grading Committee, AHS, 2007-2009

Educational Policy Committee, AHS, 2008-2009 (Co-Chair), 2007-2008

The Pennsylvania State University

RPTM Graduate Student Association, Vice President, 2005-2006

***Commission for Women, 2005-2006**

RPTM Faculty Search Committee, Graduate Student Representative, 2004-2005

College of HHD, Graduate Student Council, RPTM Representative, 2003-2004

Editor, ESL dissertation, Dept. of RPTM, 2004

University of Nevada, Reno

***Senior Games Coordinator and Strategic Planning Committee, 2001-2002**

***Interdisciplinary Gerontology Curriculum Committee, 2001-2002**

University Trainers' Council, 2001-2002

Professional Societies and Past Professional Societies

The Academy of Leisure Sciences (current)

The Gerontological Society of America (GSA) (current)

American Sociological Association (ASA), Aging & Life Course, Sex & Gender, and Social Psychology

Outreach Service (in addition to Technical Research Reports):

Son, J. S. (2018). Travel and Connections to Individual, Family, and Community Health. Interview provided to: *The Inlander* (newspaper).

Paul, D., **Son, J. S.** et al. (2015-2018). Recreation resources including sturgeon nose canoe, canoe paddles, and snowshoes for Coeur D'Alene Tribal School.

Son, J. S. (2013). Recreation Program: New Directions. Interview provided to: *Envision* (magazine).

Son, J. S., et al. (2010). *Healthy Recreation Facts & Resources*. Distribution to study participants and partner organizations.

Son, J. S. (2008). The health benefits of older women's participation in the Red Hat Society®. *Aging Horizons Bulletin*, <http://www.aginghorizons.com>

Son, J. S., Mowen, A. J., Payne, L. L. (2007, March/April). Viewpoint: Challenges and opportunities for community recreation. In Milner, J., *Recreation and the age wave* (p. 77). *Journal of Active Aging*, 6(2), 72-77.

Janke, M., **Son, J.S.**, et al. (2007). *Leisure & Arthritis Fact Sheet*. (co-author). Distribution to study participants and partner organizations.

Relevant Community Service:

Volunteer, Palouse Prairie (Public) Charter School, Nez Perce experiential learning project. Assist with the carving of dugout canoe and paddles. Primary project goals are to increase students' understanding of their own and the town's situatedness on indigenous lands of the Nez Perce tribe and its people, and to enhance respect for Nez Perce knowledge, history, and culture. Moscow, Idaho, 2022

Volunteer Coach, Youth Soccer, Moscow, Idaho, 2016-present

Volunteer, Senior Games, State College, PA, Summer 2004

Steering Committee and Monitor, Senior Games, Reno-Sparks, NV, 2001, 2002

Volunteer cross-country ski instructor for a child with a cognitive disability, Auburn Ski Club, Soda Springs, CA, Winter 2000-2001

Volunteer tutor for a child with a cognitive disability, Berney Elementary School, Walla Walla, WA, Fall 1995

Volunteer, Special Olympics, Walla Walla, WA, Fall 1994

Volunteer Therapeutic Recreation Assistant, St. Mary's Hospital Rehabilitation Center, Psychiatric Unit, Walla Walla, WA, Spring 1994

Volunteer Teacher's Assistant for children with developmental disabilities, Paine Elementary School, Walla Walla, WA, Fall 1993

Service Honors and Awards:

2018 Invitation, Council Member, Council on the Accreditation of Parks, Recreation, Tourism and Related Professions (3-year term)

2016 Program Re-Accreditation with *Commendation*, COAPRT National Accreditation (*Project Lead*)

PROFESSIONAL DEVELOPMENT:**Teaching:**

Attendance at dozens of teaching workshops and seminars, *University of Illinois*, *University of Idaho*, and *The Academy of Leisure Sciences*

Center for Excellence in Teaching and Learning (CETL) trainings, reviews, and approvals of online courses and curriculum

Doceo Center and, later, CEHHS Center for Teaching trainings and consultations

Scholarship:

Attendance at more than 60 conferences, symposia, etc., each with a host of workshops, presentations, etc. Associate Editor Meetings, *Journal of Leisure Research* and *Journal of Park and Recreation Administration*

Administration/Management:

Anti-Racism Growth Seminar Series, University of Idaho

Athena Mentorship Training Program, University of Idaho

Attendance at *COAPRT National Accreditation* workshops and trainings.

Attendance at *The Academy of Leisure Sciences* (formerly SPRE) leadership and membership meetings.

Black Lives Matter Seminar Series, University of Idaho

Decolonizing Your Syllabus Seminar Series, University of Idaho

Indigenous Mentoring Program, Workshop Series, University of Idaho

Social Justice and Inclusion Conference, Leisure Studies South Africa

University of South Florida MUMA College of Business – Diversity, Equity, and Inclusion in the Workplace Certificate Program

Women’s Leadership Conference, University of Idaho-Washington State University Collaborative

RELEVANT NON-ACADEMIC EMPLOYMENT

Coach, Penn State Soccer Summer Camp, (co-ed, ages 10-12), PA, Summer 2005

Research Associate, Sierra Power Company, Alternative Energy Project, Reno, NV, Summer 1997

Camp Counselor and Personal Aide, ARC, Anchorage, AK, Summer 1996

Camp Counselor, Anchorage Girl Scouts Summer Camp, AK, Summers 1994, 1995