

Midwestern State University

SUMMARY OF PROFESSIONAL ACTIVITIES

NAME: Carrie Taylor

Date of Report: January 19, 2026

Address:
3410 Taft Blvd.
Wichita Falls, TX 76308

Date of Employment at Midwestern University: August 2018

EDUCATION

- Doctor of Education in Organizational Leadership Argosy University Phoenix 2009-2011
- Oklahoma State University Post-Graduate Study Exercise Science/Health Promotion 1993-94
- Master of Science in Adapted Physical Education with an emphasis in Motor Development 1992-2003 University of Kansas
- Bachelor of Science of Physical Education University of Missouri-Columbia 1982-1986

TEACHING EXPERIENCE

- Silex Missouri K-12 Physical Education and Coaching 1992 -1998
- Rogers State College/University Nutrition and Activity Classes/ Multi Learning or equal to today's current online health classes 1989 -1998
- Challenge Course Director for Rogers State College 1990 -1998
- Tulsa Public Schools- K-12 Physical Education 1999 - 2014 HelmZar Challenge Course Tulsa Public School 1999 - 2014
- Adjunct Professor- Tulsa Community College 1999 - July 2014 Teaching Nutrition
- Assistant Professor for Wellness and Adventure Education, Utica College 2014 - 2017
- Assistant Professor for Kinesiology, Midwestern State University 2018-current

Assistant Professor Midwestern State University

Fall 2018

KNES 1503 Concepts of Fitness & Wellness

KNES 4513 Adapted Physical Activity

SPAD 5023 Leadership in Sport Management

Spring 2019

KNES 1503 Concepts of Fitness & Wellness

KNES 4523 Management & Administration in Recreation Leisure Services

SPAD 5733 Focus Study: Sports Marketing & Finance

Summer 1 2019

SPAD 5523 Event and Facility Management

Fall 2019

KNES 4513 Adapted Physical Activity

KNES 1503 Concepts of Fitness & Wellness

SPAD 5823 Design Worksite Wellness Prgms

Spring 2020

KNES 1503 Concepts of Fitness & Wellness

KNES 4523 Mgmt/Admin Rec -Leisure Service

KNES 4533 Org-Adm of Worksite Wellness

KNES 4991 Independent Study

SPAD 5533 Focus Study: Event/Fac Mgmt

Summer 1 2020

SPAD 5733 Focus Study: Sports Marketing & Finance

Summer II 2020

KNES 4913 Special Topics in Kinesiology

Fall 2021, 2022, 2023, 2024, 2025

KNES 1503 Concepts of Fitness & Wellness

KNES 4513 Adapted Physical Activity

KNES 3803 Leadership Recreation, Leisure and Sport

SPAD 5023 Leadership in Sport Management

Spring 2021, 2022, 2023, 2024

KNES 1503 Concepts of Fitness & Wellness

KNES 4523 Mgmt/Admin Rec -Leisure Service
KNES 4533 Org-Adm of Worksite Wellness
SPAD 5823 Design Worksite Wellness Programs

Spring 2025

KNES 1503 Concepts of Fitness & Wellness
KNES 1503 Concepts of Fitness & Wellness (Online)
KNES 3213 Outdoor Adventure Programming
KNES 3323 Coaching Theory and Practice
SPAD 5823 Design Worksite Wellness Programs

Summer I 2021

KNES 3213 Outdoor Adventure Programming
SPAD 5833 Outdoor Leadership Programming

Summer II 2021

KNES 4913 Special Topics in Kinesiology

Summer II 2022

KNES 4913 Special Topics in Kinesiology
SPAD 5623 Media-Community Relations in Sport

Summer I 2023

SPAD 5833 Outdoor Leadership Programming

Summer II 2023

KNES 3213 Outdoor Adventure Programming
KNES 3813 Events and Facilities Management

Summer II 2024

KNES 3213 Outdoor Adventure Programming

Summer I

SPAD 5833 Outdoor Leadership Programming

PUBLICATIONS

- Hinchman, T., Taylor, C. D., Lange, E. J., & Shawver, S. (2025). Coaching mindset: Understanding coaching personality and behaviors to develop personalized communication training to maximize player performance. *International Journal of Physical Education, Sports and Health*, 12(4), 144-154. <https://doi.org/10.22271/kheljournal.2025.v12.i4c.3883>
- Hinchman, T., **Taylor, C. D.**, Lange, E. J., Sandra, S. Shawver & Meachum, M. (2024) Hyperopic tactics: Evaluating the effects of intentional constraints on collegiate soccer player's physical capabilities and temperaments. *International Journal of Science and Research Archive*, 11(02), 1102-1115. <https://doi.org/10.30574/ijjsra.2024>:
- Hinchman, T., **Taylor, C. D.**, Lange, E. J., & Meachum, M. (2023). Purposeful practice: Constraints and temperament impact on physical performance of Collegiate Division II Soccer Athletes. *International Journal of Multidisciplinary Research and Growth Evaluation*, 4(3), 10–15. <https://doi.org/10.54660/ijmrge.2023.4.3.10-15>
- Hinchman, T., Taylor, C. (2023) Examining How Constraints Influence NACAA Division II Athlete's Physical Performance. *International Journal of Sport and Health Sciences* 17(1), 23-26
- Taylor, C., Shawver, S., Hinchman, T. (2024) *Redesigning Practice Regiments: The influence of temperaments and constraints on soccer performance.* <https://www.cosmaweb.org/cosmaconference2024archive.html>
- Taylor, C., Hinchman, T. (2023, February, 2-3) *Purposeful practice: Constraints and temperament impact on physical performance of Collegiate Division II Soccer Athletes.* <https://www.cosmaweb.org/cosma2023-882960.html>
- **Taylor, C. D.**, & Lange, E. J. (2022). Adventure and games for diabetes prevention. *The Physical Educator*, 79(1). <https://doi.org/10.18666/tpe-2022-v79-i1-10751>

- King, B. C., **Taylor, C. D.**, Garcia, J. A., Cantrell, K. A., & Park, C. N. (2022). Ethics and ecotherapy: The shared experiences of ethical issues in practice. *Journal of Adventure Education and Outdoor Learning*, 1–20. <https://doi.org/10.1080/14729679.2022.2029512>
- **Taylor, C.**, Shawver, S., Lange, E. (2021) Strategies for utilizing Flipgrid in PETE Curriculum: JOPHERD
- **Taylor, C.** (2020 July/August) You are what you eat; Experiential education camp helps kids stay healthy. *Camp Business & Park and Recreation Business*
- **Taylor, C.**, & Hinchman, T. (2020) Strategies for Using Flipgrid in Education. *US-China Education Review B*, 10(1). <https://doi.org/10.172652161-6248/2020.01.003>
- **Taylor, C.**, & Shawver, S. (2020, March 13-22). *Flipgrid Technology: Engaging Students in Kinesiology & Sports Administration*. NASSM Conference, San Diego, CA. Abstract 5080 <http://www.nassm.org/NASSM2020/EventsSchedule/>
- Shawver, S., & **Taylor, C.** (2020, February 6-7) *Flipgrid Technology: Engaging Students in Kinesiology & Sports Administration*. Presented at the Conference for Commission on Sport Management in Baton Rouge, LA, <https://www.cosmaweb.org/2020-presentation-slides.html> <https://sites.google.com/view/cosmaflipgrid2020/Home>
- **Taylor, C.**, Shawver, S., & Miller, S. (2019). Flipgrid Technology: Engaging Students in Kinesiology Higher Education [Abstract]. *Journal of Exercise Physiology*, 22(6):19.
- **Taylor, C. & Taylor, J.** (2012). *The gift of experiential learning*. Bloomington, IN Xlibris Publishing.
- ISBN 978-1-4771-5529-1.
- **Taylor, C.** (2011). Dissertation. *Core competency requirements for new challenge course industry experiential educators: a phenomenological approach with ADA consideration*. ProQuest database.
- **Taylor, C. W.** (2008) 6 Major life lessons kids know and adults forgot. *Performance*, 16(2), p. 11.

CONFERENCE PRESENTATIONS

Taylor, C., Shawver, S., Hinchman, T., Lange, E., Meachum, M. (2025)

Coach's Mind-Mapping Behavior and Personality in Coaching Styles
<https://uscoachexcellence.org/2025-north-american-coach-development-summit-2/>

Taylor, C., Shawver, S., Hinchman, T. (2024) *Redesigning Practice Regiments: The influence of temperaments and constraints on soccer performance.*

<https://www.cosmaweb.org/cosmaconference2024archive.html>

Taylor, C., Hinchman, T. (2023, February, 2-3) *Purposeful practice: Constraints and temperament impact on physical performance of Collegiate Division II Soccer Athletes.*

<https://www.cosmaweb.org/cosma2023-882960.html>

Taylor, C., & Shawver, S. (2022, April 27-30) *Strategies for Utilizing Flipgrid in PETE Curriculum* SHAPE Conference, New Orleans, LA
<https://convention.shapeamerica.org/>

Shawver, S., & Taylor, C. (2022, Feb. 16-18) *Utilizing Flipgrid Technology in Kinesiology and Sports Administration* ASMA Conference, Indianapolis, IN

Taylor, C., & Shawver, S. Utilizing Flipgrid Technology in Kinesiology and Sports Administration. Global Sport Business Association (did not present, approval for travel was too late)

Hinchman, T., & Taylor *Augmented Reality STEM Conference* Wichita Falls, Tx

Taylor, C., & Shawver, S. (2021, September 28) *Personality Traits and Leadership Styles* ilead Conference, Wichita Falls, Tx

King, B., & Taylor, C., (2020, November 10-11) *Counseling in Green Space: How to Manage Ethical Issues in Ecotherapy.* Annual TCA Profession Growth Conference

Taylor, C., & Shawver, S. (2020, March 13-22). *Flipgrid Technology: Engaging Students in Kinesiology & Sports Administration.* NASSM Virtual Conference, San Diego, CA

<http://www.nassm.org/NASSM2020/EventsSchedule/>

Shawver, S., & Taylor, C. (2020, February 6-7) *Flipgrid Technology: Engaging Students in Kinesiology & Sports Administration.* Presented at the Conference for Commission on Sport Management in Baton Rouge, LA, <https://www.cosmaweb.org/2020-presentation-slides.html>

Taylor, C (2019, November 5-8) *Flipgrid in Marketing Facilities & Event Management.* Sports Marketing Association Chicago IL. * Did not attend

Taylor, C., & Hinchman, T. (2019) *Know your Personality Strengths.* ilead Conference, Wichita Falls, Tx

Taylor, C., & Shawver, S. (2019 October 11-12) *Flipgrid Technology: Engaging Students in Higher Education*. Presented at the Conference at the American Society of Exercise Physiologists in Wichita Falls, TX.
<https://www.asep.org/resources/jeponline/>

Taylor, C. (February 8, 2019) *A Collaborative Effort: Upstate Cerebral Palsy and Utica College*. Presentation at the Conference for Commission on Sport Management in Atlanta, Georgia.

Taylor, D. C., Hinchman, T., & Gupta, D., (June 10, 2019). *Flipgrid: A student perception of the use of Flipgrid in online classes*. Presentation at the Conference for the Texas Association of Teacher Professionals in Austin, TX.

PUBLISHED WORKSHOP MANUALS AND CURRICULUMS

- 2013 Choctaw Nation Bullying and Healthy Living
- 2012 The Gift of Experiential Learning (Teachers Manual)
- 2011 Leadership (How the trainer exemplifies leadership)
- 2010 Leadership & Diabetes Education
- 2010 Healing Trails (Leadership and Communication)
- 2009 New Beginnings (Group Dynamics and Facilitation)
- 2007 Building for Tomorrow (Facilitation Skills for Trainers)
- 2005 Choices (Communication and Leadership in Diabetes Education)
- 2003 Spirit of Adventure (Leadership and Diabetes Education)

WORKSHOPS ATTENDED

- 2024 Embedding Undergraduate Research
- 2024 Exploring the Potential for AI in the Classroom
- 2024 Alternatives to Traditional Textbooks
- 2023 From Success to Significance
- 2023 Success to Significance Texas Tech System
- 2023 The AI Classroom Daniel Fitzpatrick
- 2023 Texas Tech Leader & Culture Development Challenging Growth
- 2023 COSMA Esport Management Summit
- 2022 Society of Health and Physical Educators (SHAPE)
- 2021 North American Society for Sport Management Conference (NASSM) Virtual Conference

- 2019 Commission on Sport Management Accreditation (COSMA)
- 2019 American Exercise Physiologist (ASEP)
- 2019 Texas Association of Health, Physical Education, Recreation
- 2019 Texas Association of Teachers Professionals
- 2016 Recertification Wilderness First Responder
- 2017 Recertification American College of Sports Medicine Sports Physiologist
- 2016 ABEE Universal Challenge Course Programming and Design Conference University of Wisconsin-La Crosse
- 2016 Older Adult and Exercise Workshop Cooper Institute Dallas Texas
- 2015 Presenter at the Association of Outdoor Recreation (AORE) and Education Conference Atlanta
- 2015 Presenter at American Therapeutic Recreation Association Conference Albuquerque
- 2015 Presenter at Professional Ropes Course Association Conference Cleveland
- 2014 Association for Challenge Course Technology International Conference Orlando

- 2013 Leave No Trace - National Outdoor Leadership Schools
- 2013 Risk Management – National Outdoor Leadership Schools
- 2013 Association for Challenge Course Technology International Conference Las Vegas
- 2013 Professional Ropes Course Association Conference Orlando
- 2012 Lessons for Facilitators from Appreciative Inquiry – Executive Edge, Inc.
- 2011 Hosted Professional Ropes Course Association Conference Oklahoma
- 2011 Emotional Intelligence and Appreciative Inquiry - Executive Edge, Inc.
- 2010 Experiential Games that Teach – Jennifer Stanchfield Experiential Tools, Inc.
- 2009 Facilitator Skills for Educators – Karl Rohnke
- 2008 Challenge Courses and the Disabled – Dr. Don Rogers
- 2007 Corporate Facilitation – Dr. Chris Cavert
- 2007 WEA/PRCA Conference Indiana
- 2006 Adventure Therapy Workshop (Raccoon Circles) – Dr. Tom Smith
- 2005 Expeditionary Learning Schools (Outward Bound Urban Schools)- Leadership Training
- 2004 Corporate Training Experientially – Sam Sikes
- 2003 Teamwork Workshop - Dr. Jim Cain
- 2002 Facilitation in Adventure Education – Workshop by Laurie Frank, Gold Consulting
- 2001 Alpine Towers – Advanced Skills workshop
- 2000 Corporate Training (Train the Trainer) – Dr. Paul Radcliffe
- 1998 Quicksilver day (games and facilitation) – Project Adventure Hosted in Tulsa, OK
- 1997 Quicksilver day (games and facilitation) – Project Adventure Arcadia, CA
- 1996 Advanced Challenge Course Skills – Project Adventure
- 1996 American College of Sport Medicine Certification Indianapolis Indiana
- 1995 Advanced Processing Workshops - Workshop by Laurie Frank, Gold Consulting
- 1994 Processing in Adventure Education – Workshop by Laurie Frank, Gold Consulting
- 1993 Games and Facilitation Skills – Karl Rohnke
- 1993 Personal Training Conference Dearborn, MI

- 1993 American Alliance for Physical Education Recreation and Dance conference, WASHINGTON DC
- 1992 Aerobics Workshop – Coopers -The Institute Aerobics Research Dallas, TX
- 1992 Ropes Course Management - Oklahoma State University
- 1991 Exercise Prescription & Hands-On Update - Focus on Fitness, Oklahoma City
- 1991 Mania Fitness Training –Cooper Institute- Dallas, TX
- 1990 The Total Well Being Workshop – Cooper Institute
- 1989 Aerobics Workshop – Cooper Institute
- 1986 Physical Education Award University of Missouri
- 1985 Outstanding Physical Education Major University of Missouri

Service to the larger community (memberships)

- Society of Health and Physical Educators (Shape America)
- American Alpine Club (AAC)
- Association of Education Leaders (AOEL)
- Association of Experiential Educators (AEE)
- American Association of Health Education (AAHE)
- American Association of Health, Physical Education, Recreation, and Dance (AAHPERD)
- Association of Challenge Course Technology (ACCT)
- Professional Ropes Course Association (PRCA)
- American Camping Association (ACA)
- American Canoe Association (ACA)
- Wilderness Education Association (WEA)
- Oklahoma Association of Health, Physical Education, Recreation, and Dance (OAHPERD)
- Adapted Chair- Oklahoma Association of Health, Physical Education, Recreation, and Dance (OAPHED)
- Board Member- Professional Ropes Course Association (PRCA)
- Accreditation Committee- Professional Ropes Course Association (PRCA)

SCHOLARSHIP (presentations)

- 2017 New York American Alliance for Physical Education Recreation and Dance (NYAPHERD) Using Experiential Education to Teach Health Lesson

- 2015 Association of Outdoor Recreation and Education (AORE) Conference: Ropes Challenge Course Installation, Operation, and Training Standards
- 2015 American Therapeutic Recreation Association (ATRA) Conference: Adventure Education Intervention for Diabetes Education and Management
- 2015 Professional Ropes Course Association (PRCA) Conference: Adult Learning Concepts and Best Practices
- 2013 Choctaw Nation: Bullying and Healthy Living WorkShop
- 2012 Girl Scouts of Eastern Oklahoma: Leadership & Communication
- 2011 Professional Ropes Course Association (PRCA): Leadership for Experiential Facilitators
- 2010 Professional Ropes Course Association (PRCA): Train the Trainer for Diabetes Educators
- 2010 Cheyenne Arapaho Tribal Council: How to be a Trainer and Leader
- 2010 Comanche Nation: Building a Team through Communication
- 2009 Indian Health Clinic Resource Center: Team Building and Diversity
- 2007 Indian Health Clinic Resource Center: Conflict Resolution and Leadership
- 2006 University of Tulsa: Every Child Matters Teacher Training on Inclusion
- 2005 Indian Health Clinic Resource Center: Train the Trainer Learn to be a Facilitator
- 2004 Oklahoma State Department of Health: The Trainer as a Leader
- 2003 Oklahoma State Department of Health: Experiential Education for Diabetes Educators
- 2002 Choctaw Nation: An Experiential Approach to Diabetes Education
- 2001 Southwest Missouri State University: Keynote Speaker (Healthy People Inclusion Training)
- 2001 Missouri Association of Health, Physical Education, Recreation, and Dance; Motor Development
- 1998 Oklahoma State Department of Education: Physical Education for “Every” body
- 1996 Oklahoma State Department of Education: Sensory Integration and Physical Education
- 1995 Oklahoma State Department of Education: Physical Education for “Every” body
- 1994 Rogers State College: Sensory Integration and Motor Development

Service to the larger community

Memberships

- Sport Marketing Association (SMA)
- North American Association of Sport Management (NASSM)
- Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD)
- Texas Association for Teacher Educator (TxATE)
- Texas Outdoor Education Association (TOEA)
- Commission on Sports Management (COSMA)
- Society of Health and Physical Educators (Shape America)
- American College of Sports Medicine (ACSM)
- American Alpine Club (AAC)
- Association of Education Leaders (AOEL)
- Association of Experiential Educators (AEE)
- American Association of Health Education (AAHE)
- American Association of Health, Physical Education, Recreation, and Dance (AAHPERD)
- Association of Challenge Course Technology (ACCT)
- Professional Ropes Course Association (PRCA)
- American Camping Association (ACA)
- American Canoe Association (ACA)
- Wilderness Education Association (WEA)
- Oklahoma Association of Health, Physical Education, Recreation, and Dance (OAHPERD)
- Adapted Chair- Oklahoma Association of Health, Physical Education, Recreation, and Dance (OAPHED)
- Board Member- Professional Ropes Course Association (PRCA)
- Accreditation Committee- Professional Ropes Course Association (PRCA)