

James D. Kamla

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Work Address:
USC Upstate
School of Education, Human
Performance, and Health
800 University Way
Spartanburg, SC 29303
864 503-5851

Education

- 2004 Doctor of Philosophy
University of New Mexico
Health, Physical Education, & Recreation
Received an Outstanding Academic Achievement Award
Dissertation Title: “Self-Regulated Learning in University Physical
Education Activity Classes”
- 1996 Certification
University of Wisconsin – La Crosse – La Crosse, Wisconsin
Wisconsin Certification for Adaptive Physical Education
- 1995 Masters of Science
University of Wisconsin – La Crosse – La Crosse, Wisconsin
Physical Education: Pedagogy – Emphasis on Adventure Education
- 1992 Bachelor of Arts
Luther College – Decorah, Iowa
Major: Physical Education (K-12)
Certification: Coaching (7-12)

Professional Experience

Present – 2022

Chair of the Department of Human Performance and Health (DoHPH)
University of South Carolina Upstate - Spartanburg, South Carolina
Department of Human Performance and Health

Present - 2022

Professor – Physical Education Teacher Education (PETE)
University of South Carolina Upstate - Spartanburg, South Carolina
Physical Education Teacher Education (PETE) Program

Undergraduate Courses:

- EDPH 312 (Teaching Physical Education)
- EDPH 405 (Teaching Elementary Physical Education)
- EDPH 460 (Issues and Trends in Physical Education)

2021 – 2015

Associate Professor – Physical Education Teacher Education (PETE)

University of South Carolina Upstate - Spartanburg, South Carolina
Physical Education Teacher Education (PETE) Program

Undergraduate Courses:

- EDPH 200 (Foundations of Physical Education)
- EDPH 235 (Dance and Gymnastics)
- EDPH 312 (Teaching of Physical Education)
- EDPH 320 (Team Sports I)
- EDPH 325 (Principles of Coaching)
- EDPH 405 (Teaching Elementary Physical Education)
- EDPH 415 (Individual Sports)
- EDPH 420 (Team Sports II)
- EDPH 450 (Clinical Experience)
- EDPH 453 (Administration and Organization of Physical Education)
- EDPH 460 (Issues and Trends in Physical Education)
- EDPH 462 (Physical Education for the Exceptional Child)
- EDHL 221 (Health and Wellness)

2019 - 2017

Program Coordinator

University of South Carolina Upstate – Spartanburg, South Carolina
Physical Education Teacher Education (PETE) Program

- Wrote the SPA report for CAEP accreditation
- Wrote USC Upstate PETE program Assessment Report
- Scheduled classes for the PETE program
- Hired qualified adjuncts to teach PETE courses
- Attended Leadership Committee meetings
- Answered to the Dean of the School of Education when needed
- Advised all PETE majors

2016 - 2009

Assistant Professor

University of South Carolina Upstate - Spartanburg, South Carolina
Physical Education Teacher Education (PETE) Program

Undergraduate Courses:

- EDPH 200 (Foundations of Physical Education)
- EDPH 312 (Teaching of Physical Education)

- EDPH 320 (Team Sports I)
- EDPH 405 (Teaching Elementary Physical Education)
- EDPH 415 (Individual Sports)
- EDPH 420 (Team Sports II)
- EDPH 450 (Clinical Experience)
- EDPH 453 (Administration and Organization of Physical Education)
- EDPH 460 (Issues and Trends in Physical Education)
- EDPH 462 (Physical Education for the Exceptional Child)
- EDHL 221 (Health and Wellness)

2009 - 2003

Assistant Professor

University of Southern Indiana - Evansville, Indiana
Department of Physical Education

Undergraduate Courses

- PED 293 (Games of Low Organization)
- PED 295 (Physical Education for the Classroom Teacher),
- PED 297 (Individual & Dual Sports)
- PED 298 (Foundations of Physical Education)
- PED 162 (Hiking and Outdoor Education)
- PED 186 (Wellness/Fitness Appraisal)

Other Notable Duties

- Served as an advisor for the Exercise Science and Physical Education (ESPE) Club

Summer 2003

Program Director: Youth Sport & Fitness Camp

University of New Mexico - Albuquerque, New Mexico
Physical Performance & Development Department

Notable Duties

- Hired a staff of eight physical education majors
- Developed & implemented staff training and camp activities
- Responsible for the daily schedules
- Worked closely with staff, campers, and parents

2003-2000

Graduate Teaching Assistant

University of New Mexico - Albuquerque, New Mexico
Physical Performance & Development Department

Undergraduate Courses

- PEP 245 (Professional Field Experience)

- Instructed physical education majors skills classes (soccer, basketball, flag football, team handball, badminton, and softball)
- Taught undergraduate activity classes (weight training, soccer, volleyball, fitness walking, and racquetball)
- Supervised student teachers (K-12)

2003-2000

Physical Education Consultant

Chicago City Day School - Chicago Illinois
Elementary (K-8) School

Notable Duties

- Consulted with the physical education department to develop and maintain a quality physical education curriculum
- Worked with the Head Mistress in the hiring of physical education personal
- Provided the physical education department with available resources to promote a quality physical education program

2000-1996

Physical Education Teacher

Chicago City Day School - Chicago Illinois
Elementary (K-8) School

Notable Duties

- Used various teaching methods for different physical education units. Introduced a variety of physical education activities to inner-city students
- Created lesson plans that stressed individual learning and development
- Designed lesson plans that utilized a high amount of time on task
- Taught students the importance of participating in a lifetime fitness activity

2000-1996

Athletic Director

Chicago City Day School - Chicago Illinois
Elementary (K-8) School

Notable Duties

- Scheduled inter-scholastic and intra-scholastic athletic activities
- Hired officials and coaches
- Worked with coaches to develop practices that were age-appropriate and emphasized skill development, fun, fitness, teamwork, self-confidence, and knowledge of the sport
- Developed programs to encourage younger students to participate in after-school athletics
- Ran summer sports camps

2000-1996

Basketball, Soccer, Baseball, and Softball Coach

Chicago City Day School - Chicago, Illinois
Elementary (K-8) School

Notable Duties

- Taught athletes the physical skills and cognitive knowledge needed to participate in these athletic activities
- Stressed the importance of skill development, teamwork, and sportsmanship
- Encouraged athletes to use critical thinking skills to achieve success

1996-1995

Adjunct Instructor

University of Wisconsin - La Crosse - La Crosse, Wisconsin
Department of Physical Education

Undergraduate Courses

- Backpacking/Hiking
- Fitness Walking
- Volleyball
- Bowling
- In-line Skating

1995-1994

Physical Education Teacher

Crucifixion Elementary School – La Crescent, Minnesota
Elementary (K-6) School

Notable Duties

- Developed unit plans that stressed the importance of lifetime fitness
- Planned lessons that included cognitive, social, and psychomotor skill development
- Encouraged students to utilize critical thinking skills to achieve goals

1995-1994

Graduate Assistant

University of Wisconsin - La Crosse - La Crosse, Wisconsin
Department of Physical Education

Notable Duties

- Supervised clinical physical education majors and co-taught a junior level physical education majors methods class
- Served as a master teacher model for clinical students
- Taught clinical students evaluation methods

PROFESSIONAL PUBLICATION AND OTHER SCHOLARLY ACTIVITIES

Peer-Reviewed Publications: Tier 1

- Kamla, J.** (2024). Specialized Professional Association (SPA) Program Review Report – National Association of Sport and Physical Education for the University of South Carolina Upstate. *Submitted to the Council for the Accreditation of Educator Preparation.*
- Kamla, J.** (2022). The Loss of a Giant. Submitted to the Journal of Health, Physical Education, Recreation, and Dance.
- Brisebois, M., Kramer, S., Lidsay, K., Chien-Tieng, W., & **Kamla, J.** (2022). Dietary Practices and Supplement Use Among CrossFit Participants. *Journal of International Society of Sports Nutrition*, 19 (1), 316-335.
- Kamla, J.** (2021). The Art of Transformational Teaching. *Journal of Physical Education, Recreation & Dance*, 92 (8), 5.
- Brisebois, M., **Kamla, J.**, Wu, C., & Goins, J. (2021) Strategies for Implementing High-Intensity Functional Training Into High School Physical Education. *Journal of Physical Education, Recreation & Dance*, 92(5), 35-52.
- Kamla, J.** (2018). Specialized Professional Association (SPA) Program Review Report – National Association of Sport and Physical Education for the University of South Carolina Upstate. *Submitted to the Council for the Accreditation of Educator Preparation.*
- Kamla, J.,** & Freeman, G. (2014). Fundamental motor skills and movement concepts: Cornerstone of physical education programs for ages 3 to 8. *The Global Journal of Health and Physical Education Pedagogy*, 3(2), 150-160.
- Kamla, J.** (2013). Minute to win it: A fun alternative to improve skill-related fitness. *Strategies: A Journal for Physical and Sport Educators*, 26(5), 25-29.
- Kamla, J.,** Snyder, B., Tanner, L. & Wash, P. (2013). Are physical education teachers models of fitness? *Southeastern Regional Association of Teacher Educators Journal*, 22(1), 16-22.
- Kamla, J.,** Senger, S., & Snyder, B. (2012). Creating active children one workout at a time. *Association for Childhood Education International: Focus on Infant and Toddlers*, 24(3)
- Kamla, J.,** Bennet, S., & Marcum, P. (2008). How do we get our majors more involved in IAHPERD. *Indiana Association of Health, Physical Education, Recreation, and Dance (AHPERD) Journal*, 37(2), 27.

- Kamla, J.**, Davis-Brezette, J., Leung, R. (2008). What no child left behind means to physical education. *Indiana AHPERD Journal*, 37(3), 4.
- Degere, B., Wright, J., Marcum, P., Bower, G., Nhu, N., **Kamla, J.**, Christenson, B., Barnd, S., & Lorenzi, D. (2008). Ideas exchange. *Strategies: A Journal for Physical and Sport Educators*, 22(1), 5.
- Leung, R., **Kamla, J.**, Fong, S., Ho, P., & Mak, J. (2007). Analysis of abdominal exercise: A historical evolutionary perspective. *International Journal of Fitness*, 3(1), 81-90.
- Kamla, J.**, Davis-Brezette, J., & Larson, K. (2006). The art of motivation: The social-cognitive approach to motivation in physical education. *Strategies: A Journal for Physical and Sport Educators*, 19(5), 17-20.
- Leung, R., Brezette, J, Bower, G., Huang, G., **Kamla, J.**, Larson, K., & Marcum, P. (2004). Fitness assessment of physical education and exercise science students: The University of Southern Indiana experience. *Indiana AHPERD*, 34, 12-15.
- Kamla, J.** & Lindauer, J. (2002). Integrating critical thinking skills in physical education. *Strategies: A Journal for Physical and Sport Educators*, 16, 27-29.
- Napper-Owen, G., Johnson, I., **Kamla, J.**, & Lindauer, J. (2001). Creating opportunities to learn. *Teaching Elementary Physical Education*, 72, 21-23.

Non Peer-Reviewed Publications

- Kelly, A., Scruggs, K., & **Kamla, J.** (2010). Capture the tail. *Great Activities*, 28(5), 18-19.
- Kamla, J.** (2002). Issues: Should HPERD professionals be involved in after-school programs? *Journal of Physical Education, Recreation, and Dance*, 73, 15-17.

Work Cited

- Leung, R.W., **Kamla, J.**, & Lee, M.C. (2007) cited in Sacli Uzuno, F, Erturan Ilker, G, & Yunus, Demirhan, G. (2018). The Effect of Different Teaching Styles on Critical Thinking and Achievement Goals of Prospective Teachers. *Research Gate*, pg. 82.

PAPERS PRESENTED AT PROFESSIONAL MEETINGS

Professional Peer Reviewed National Conference Presentations

Wu, C., Williams, B.C., & **Kamla, J.** (2019). The Relationship between Aerobic Fitness and the Attentional Blink in college students. Peer-reviewed poster presented at the South East Chapter of the American College of Sport Medicine (SEACSM) 2019 Annual Conference. Greenville, SC.

Kamla, J. (2013). Developing Skill Related Fitness Through *Minute to Win It* Challenges. Peer-reviewed activity presentation at the 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention & Expo, Charlotte, NC.

Kamla, J. (2012). PETE Majors as Role Models for Physical Fitness. Peer-reviewed round table presentation at the 2012 Physical Education Teacher Education (PETE) Conference, Las Vegas, NV.

Kamla, J., & Marcum, P. (2008). Guilty or Innocent? Getting Students Involved in Current Events. Peer-reviewed poster presentation at National American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Convention, Fort Worth, TX.

Kamla, J. (2008). What No Child Left Behind Means to Physical Education. Poster Presentation at National American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) Convention, Fort Worth, TX.

Kamla, J. (2006). Keynote Presentation: What No Child Left Behind Means to Physical Education. Presented at the Cal Poly Elementary Physical Education Workshop for Elementary Education Specialists and Classroom Teachers, San Luis Obispo, CA.

Kamla, J., & Marcum, P. (2006). Critical Thinking Games. Presented at the Cal Poly Elementary Physical Education Workshop for Elementary Education Specialists and Classroom Teachers, San Luis Obispo, CA.

Kamla, J. (2005). Critical Thinking in Physical Education. Presentation at the Cal Poly Elementary Physical Education Workshop for Elementary Physical Education Specialists and Classroom Teachers (Classroom Session), San Luis Obispo, CA.

Kamla, J. & Marcum, P. (2005). Applying Critical Thinking Skills in Physical Education. Presentation at the Cal Poly Elementary Physical Education Workshop for Elementary Physical Education Specialists and Classroom Teachers (Activity Session), San Luis Obispo, CA.

Johnson, I., **Kamla, J.**, Lindauer, J. & Zumdly, M. (2002). Choosing a graduate program in physical education. Peer-reviewed presentation at National American Alliance for Health Physical Education, Recreation, and Dance (AAHPERD) Convention, San Diego, California.

Professional Peer Reviewed Regional Conference Presentations

Wu, C.T., Williams, B.C., & **Kamla, J.** (2019). The Relationship Between Aerobic Fitness and The Attentional Blink in College Students. Peer-reviewed poster presentation at the Southeast American College of Sports Medicine annual meeting, Greenville, SC.

Wu, C.T., Williams, B.C., & **Kamla, J.** (2018). The Relationship Between Fitness and Academic Performance in College Students, Southwest Chapter American College of Sports Medicine 2018 Annual Meeting, Costa Mesa, CA.

Kamla, J., & Freeman, G. (2015). Creating Movers One Step at a Time. Peer-reviewed presentation at the Society of Health And Physical Education Southern District Georgia Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA.

Kamla, J., Herbert, M., & Wittenburg, D. (2003). Incorporating critical thinking strategies in physical education. Peer-reviewed presentation at the Southwest District Association for Health, Physical Education, Recreation, and Dance, Reno, Nevada.

Kamla, J. & Caiozzi, N. (2003). How to promote physical education outside of the classroom. Peer-reviewed presentation at the Southwest District Association for Health, Physical Education, Recreation, and Dance, Reno, Nevada.

Kamla, J. & Lindhauer, J. (2001). Cooperative activities: The new physical education? Peer-reviewed presentation at the Southwest District Association for Health, Physical Education, Recreation, and Dance, Park City, Utah.

Professional Peer Reviewed State Conference Presentations

Kamla, J. (2023). *Working Together to get More PETE Majors – Round Table Discussion*. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., (2021). *Skill-Based Games and Outcomes*. Keynote speaker at the South Carolina Alliance of Physical Education (SCAPES) PEAK Virtual Conference.

Kamla, J., (2020). Your Prospering PE Program Despite COVID 19: A Round Table Session. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., DeFreitas, M., & Long, L. (2019). Being a Transformational Physical Education Teacher. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J. (2018). Ready, Set, Go. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J. (2017). Playing to the Oldies. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J. (2016). Exercise – It Does a Brain Good. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., & Wise, C. (2014). Would You Like Noodles with that Session? Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., & Crowe, N. (2014). AAHPERD Speak Out! Day: What It Was Like To Be An Advocate. Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., Swanburg, S., & Swofford, C. (2013). Do You Omnikin? Peer-reviewed presentation at the South Carolina Alliance for Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., Howell, B., Nelson, A. (2012). Minute to Win It. Peer-reviewed presentation at the South Carolina Association of Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J. (2012). Get on Board the PE Train!!! Peer-reviewed presentation at the South Carolina Association of Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Snyder, B., **Kamla, J., & Tanner.** (2012). Physical Education Teacher Education Majors as Role Models for Physical Fitness. Peer-reviewed presentation at the University of South Carolina Upstate Research Symposium, Spartanburg, SC.

Kamla, J., Hood, K., & Lavendar, B. (2011). Up Up and Away!!! Peer-reviewed presentation at the South Carolina Association of Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., Brasil, K., Pearson, J., Swanger, D., & Willis, C. (2010). Let's Work Together! Peer-reviewed presentation at the South Carolina Association of Health, Physical Education, Recreation, and Dance Convention, Myrtle Beach, SC.

Kamla, J., Davis, A., Mesker, A., Richard, M., & Stading, C. (2008). Games that Make Kids Smile. Peer-reviewed presentation at Indiana Association for Health, Physical Education, Recreation, and Dance Convention, Indianapolis, IN.

Kamla, J., Meyers, J., Richards, M., & Stading, C. (2007). Games That Keep Kids Moving. Peer-reviewed presentation at Indiana Association for Health, Physical Education, Recreation, and Dance Convention, Indianapolis, IN.

Kamla, J. (2007). So What's Your Majors' Club Up To? Peer-reviewed presentation at Indiana Association for Health, Physical Education, Recreation, and Dance Convention, Indianapolis, IN.

Kamla, J. (2007). What No Child Left Behind Means to Physical Education. Peer-reviewed presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance Advocacy Event, Department of Education, Indianapolis, IN.

Kamla, J., Alise, A., Beck, E., Koch, E., & Smith, S. (2006). Critical Thinking Games. Peer-reviewed presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance, Convention, Indianapolis, IN.

Kamla, J., Barbauld, R., Beck, E., Bertram, L., Schneider, C., & Tyree, M. (2005). Cooperative Fitness Activities. Peer-reviewed presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance, Convention, Indianapolis, IN.

Kamla, J. Copeland, J., Schneider, C., Siwy, M., & Tyree, M. (November, 2004). Batter Up for Elementary School Softball. Peer-reviewed presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance, Indianapolis, IN.

Day, J., **Kamla, J.,** Barbauld, R., Meir, R., & Scott, B. (2004). The Power of the Lead Up Game. Presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance, Convention, Indianapolis, IN.

Kamla, J., Hicks, L, & Viskers, T. (2004). Value of a Majors' Club. Peer-reviewed presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance, Convention, Indianapolis, IN.

Kamla, J. (2003). Critical thinking in PE: A continuation of the school curriculum. Peer-reviewed presentation at the Indiana Association for Health, Physical Education, Recreation, and Dance, Convention, Indianapolis, IN.

Kamla, J. (2002). Critical thinking in physical education. Peer-reviewed presentation at New Mexico Association for Health, Physical Education, Recreation, and Dance, Convention, Albuquerque, New Mexico.

Kamla, J. & Valencia, C. (2002). Not the same old drills again. Peer-reviewed presentation at New Mexico Association for Health, Physical Education, Recreation, and Dance, Convention, Albuquerque, New Mexico.

Johnson, I. & **Kamla, J.** (2001). Physical education in the high school curriculum: Perceptions of college students. Peer-reviewed presentation at the Rocky Mountain Educational Research Association Conference, Las Cruces, New Mexico.

Kamla, J. (2001). Critical thinking in physical education. Peer-reviewed presentation at New Mexico Association for Health, Physical Education, Recreation, and Dance, Convention, Las Cruces, New Mexico.

Kamla, J., Johnson, I., & Flores, T. (2001). Cooperative activities for physical education. Peer-reviewed presentation at New Mexico Association for Health, Physical Education, Recreation, and Dance, Conference, Las Cruces, New Mexico.

Kamla, J. & Johnson, I. (2000). Gym show. Peer-reviewed presentation at the New Mexico Association for Health, Physical Education, Recreation, and Dance, Convention, Santa Fe, New Mexico.

Kamla, J., Steffen, J., & Freeman, A. (1995). A Wisconsin challenge course network? Peer-reviewed presentation at the Wisconsin Association for Health, Physical Education, Recreation, and Dance, Convention, Stevens Point, Wisconsin.

Seminars and Workshops Presented

Kamla, J. (2019). Irmo, SC PE Workshop. Workshop Leader at Irmo SC School District Physical Education Workshop, Irmo, SC.

Kamla, J. (2016). From Sparta to Spartanburg: The Importance of Physical Education in Forming the Mind. Presentation for the University of South Carolina Upstate English 101 Preface Series.

Kamla, J. (2007). Team Building Games. Presentation at Connect with Southern Indiana, Santa Claus, IN.

Kamla, J. (2002). Various presentations promoting physical education concepts in health education. Presentations at the School Health Education Institute, Albuquerque, New Mexico.

Johnson, I. & **Kamla, J.** (2001). Icebreakers: Cooperative activities for physical education. Two part presentation at the School Health Education Institute, Albuquerque, New Mexico.

CONFERENCES, WORKSHOPS, & SEMINARS ATTENDED

2023 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC

2022 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC

2021 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) PEAK Virtual Conference

- 2021 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Virtual Conference
- 2020 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2019 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2019 Irmo, South Carolina School District Physical Education Workshop, Irmo, SC
- 2018 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2017 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2016 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2015 Society of Health And Physical Education (SHAPE) Southern District Georgia Health, Physical Education, Recreation, and Dance Convention, Atlanta, GA
- 2014 American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) Speak Out! Day, Washington, D.C.
- 2014 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2013 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2013 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention & Expo, Charlotte, NC
- 2013 QEP Technology Symposium Stepping Up: Meeting the Challenges and Opportunities of the Digital Classroom, Spartanburg, SC
- 2012 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC
- 2012 Physical Education Teacher Education (PETE) Conference, Las Vegas, NV
- 2011 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC

- 2010 American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) Speak Out! Day, Washington, D.C.
- 2010 South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) Convention, Myrtle Beach, SC

GRANT APPLICATIONS

Internal Grants:

- Kamla, J. (2012). Teaching and Productive Scholarship (TAPS): PETE Majors as Role Models for Physical Fitness. (\$1,452.42 award). Round table presentation at the 2012 Physical Education Teacher Education (PETE) Conference, Las Vegas, NV.
- Kamla, J. (2012). Student Travel Grant: Adventure Education Workshop. (\$625 award). University of Wisconsin La Crosse, La Crosse WI.
- Kamla, J. (2011). Student Travel Grant: Chicago City Day School Trip. (\$3,500 award). Chicago, IL.
- Kamla, J., & Snyder, B. (2009). Teaching and Productive Scholarship (TAPS): PETE Majors as Role Models for Physical Fitness. (\$349 award). FitnessGram testing materials.
- Kamla, J., Huang, G., & Larson, K. (2003). Faculty Enhancement Fund Award: Establishing a Physical Education & Exercise Science Majors' Club at the University of Southern Indiana. (\$1,240 award).

PROFESSIONAL APPOINTMENTS AND COMMITTEE MEMBERSHIP

Service Activities

University

- | | |
|-----------------------------|------------------------------------------------------------|
| 2019 – 2022 | Faculty Senate, Human Performance and Health (HPH) Senator |
| 2016 - Present | Faculty Welfare Committee |
| 2017 – Spring 2021 | School of Nursing Peer Review Committee |
| 2017 - 2019,
2010 - 2016 | Faculty Senate, School of Education Senator |
| 2010 - 2018 | Honor Court |

2013 - 2016	General Education Committee
Spring 2013	Ad Hoc Career Services Committee
2011 - 2012	Faculty Advisory Committee
Unit	
Spring 2024	Education Foundations Instructor Search Committee
Spring 2022	Human Performance and Health Community Health Tenure Track Search Committee.
2011 - Present	School of Education, Human Performance, and Health (SOEPH) Appeals Committee, Chair
2014 - Present	Physical Education Teacher Education (PETE) Program Assessment Report, Author
2018 - Present	Teaching Fellows Advisory Board
2019 - Present	School of Education, Human Performance, & Health Advisory Board
Spring 2021	School of Education, Human Performance, & Health Director of Field Experiences Search Committee Chair
Spring 2020	Human Performance and Health Peer Review Committee
Spring 2019	School of Education (SOE) Exercise Science Tenure Track Search Committee Chair
Fall 2019	School of Education Peer Review Committee
Spring 2018 - Fall 2018	School of Education, Human Performance, & Health Peer Review Committee
Fall 2016 - Spring 2018	School of Education (SOE) Leadership Committee
Spring 2018	Assistant Director for Intramurals Search Committee
Fall 2016 - Fall 2018	Wrote Specialized Professional Association (SPA) Program Review Report – National Association of Sport and Physical Education (NASPE) for the University of South Carolina Upstate
Summer 2018	Ad Hoc School of Education Review Process Bylaws Committee

Fall 2017	School of Education (SOE) Exercise Sport and Science Tenure Track Search Committee
Spring 2016 – Fall 2017	Teacher Work Sample (TWS) Ad Hoc Committee
Spring 2016	Child Development and Family Studies Tenure Track Search Committee
Summer 2016	Ad Hoc School of Education Faculty Manuel Committee
Fall 2014	Chair Exercise Sport and Science Instructor Search Committee
Fall 2014	Exercise Sport and Science Tenure Track Search Committee
2012-2013	School of Education (SOE) Hiring Committee Early Childhood Non-Tenure Position
2012-2013	SOE Diversity Committee
2012	Arranged, Fund Raised, & Supervised a Trip to the University of Wisconsin La Crosse for 5 students and 1 other faculty member to attend an Adventure Education Workshop
2010-2011	School of Education (SOE) Appeals Committee
2011	Arranged, Fund Raised, & Supervised a Trip to Chicago for 6 Physical Education Students to Complete Their 30 Observation Hours at Chicago City Day School
2011	Arranged, Fund Raised, & Supervised a Trip to Myrtle Beach for 12 Physical Education Students to Attend South Carolina AHPERD Convention
2010-2011	School of Education (SOE) Search Committee Physical Education Position
2010-2011	Fund Raised Enough Money to Purchase \$2,500 worth of Physical Education Equipment
2009	Arranged, Fund Raised, & Supervised a Trip to Myrtle Beach for 10 Physical Education Students to Attend South Carolina AHPERD Convention

Community

2010 - Present	Partnership with McCarthy Teszler Physical Education Program
2021 - Present Spring 2024	Partnership with Cooley Springs/Fingerville Elementary School McCarthy Teszler Prom
Fall 2017 - Fall 2019	Real Men Read at Jesse Bobo Elementary School
2010 - 2019	Partnership with Lone Oak Elementary Physical Education Program
Spring 2018	Read Across America at McCarthy Teszler School
Fall 2017	Walk to School Day at Lone Oak Elementary
May 2016 - May 2017	Field Day at Hendrix Elementary
September 2015	Family/Student Field Day Spartanburg Christian School
May 2015	Field Day at Cooley Springs Elementary School
May 2015	Field Day at McCarthy Teszler School
April 2015	Field Day at Hendrix Elementary
May 2014	Field Day at Hendrix Elementary School
May 2014	Team Handball Clinic at USC Upstate for Spartanburg Christian Academy
May 2013	Disc Golf Day at USC Upstate for Spartanburg Christian Academy
May 2012	Field Day at USC Upstate for Spartanburg Christian Academy
Spring 2012	Charles Lea Instructor
May 2011	Activity Day at USC Upstate for Lone Oak Elementary School
April 2011	Field Day at Mayo Elementary School
May 2010	Field Day at Spartanburg Christian Academy
Professional 2023	SCAHPERD Higher Education Board
2023	Robert E Hampton Scholarship reviewer (SCAHPERD)

- 2021 Society of Health and Physical Educators (SHAPE) America 2021 Virtual Speak Out! Day
- 2021 Dissertation Ghost Reader for Nancy Crowe at the University of South Carolina
- 2018 State External Peer Review Team for Proposed PETE Program at North Greenville University
- 2018 Served as a Part of a Consortium of PETE Program Coordinators from South Carolina Colleges and Universities to Discuss How SCAHPERD Could Meet the Needs of Higher Education Faculty
- 2015 South Carolina Alliance for Physical Education and Sport (SCAPES) Higher Education Chair
- 2014 South Carolina Alliance for Physical Education and Sport (SCAPES) Higher Education Chair Elect
- 2014 American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) Speak Out! Day in Washington, D.C.
- 2013 Thesis Ghost Reader for Rafael Ramirez's at the University of Wisconsin La Crosse
- 2012 Thesis Committee Member for Kim Brasil at the University of Wisconsin La Crosse
- 2010-2012 South Carolina Alliance for Health Physical Education Recreation and Dance Higher Education Committee, Chair
- 2010 American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) Speak Out! Day in Washington D.C.
- 2007 - 2010 Strategies Editorial Board

Awards

- 2022 Excellence in Teaching and Advising Award
- 2010 - Present Honored Faculty/Staff Member representing many different athletes from multiple USC Upstate sport teams.
- 2015 Agoge Freshmen Advocate (Picked by an anonymous freshman student as a professor that had made a positive impact on their first year at USC Upstate)

- 2014 South Carolina Association for Physical Education and Sport University/College Level Teacher of the Year
- 2006 Midwest Association for Health, Physical Education, Recreation, and Dance Young Professional of the Year Award
- 2006 Indiana Association for Health, Physical Education, Recreation, and Dance Young Professional of the Year Award
- 2004 Outstanding Academic Achievement Award, University of New Mexico.

Professional Organizations

- 2016 - Present Society of Health and Physical Educators (SHAPE) formerly American Association for Health, Physical Education, Recreation, and Dance (AAHPERD)
- 2009 - Present South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD)
- 2000 - Present National Association for Sport and Physical Education (NASPE)
- 2000 - 2016 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)
- 2003 - 2010 Indiana Alliance for Health, Physical Education, Recreation, and Dance (Indiana AHPERD)
- 2000 -2003 New Mexico Alliance for Health, Physical Education, Recreation, and Dance (New Mexico AHPERD)
- 1998 – 2000 Illinois Alliance for Health, Physical Education, Recreation, and Dance (Illinois AHPERD)
- 1995-1994 Wisconsin Alliance for Health, Physical Education, Recreation, and Dance (Wisconsin AHPERD)