

**CURRICULUM
VITAE
2025**

- 1. Name:** Deborah J. Rhea
- 2. Contact Information:** Texas Christian University, TCU Box 297730, Ft. Worth, TX 76129, d.rhea@tcu.edu, 817-257-5263; Rickel 172P
- 3. Academic Background**

EDUCATION

EdD, University of Houston, Sport Psychology and Pedagogy, 1995
M.Ed., University of Houston, Sport Psychology and Pedagogy, 1993
B.A., University of Texas, Arlington, Exercise and Sport Studies, 1980

PROFESSIONAL CERTIFICATIONS

K-12 Teaching certificate – Texas

PRESENT RANK: Professor

YEAR OF APPOINTMENT TO UNIVERSITY AND RANK: 1999, Assistant Professor

YEAR OF LAST PROMOTION: 2010

PREVIOUS TEACHING AND/OR RESEARCH APPOINTMENTS OTHER THAN TCU

1996-1999 Department of Health and Human Performance, Iowa State University.
Assistant Professor. Full time.

1995-1996 Department of Health and Human Performance, University of Houston.
Visiting Assistant Professor. Full time.

1991-1995 Department of Health and Human Performance, University of Houston. Graduate
Teaching Fellow & University Supervisor. Part time.

PREVIOUS PROFESSIONAL POSITIONS

1984-1991 Cypress-Fairbanks ISD, Houston, Texas. High School PE/English
teacher/coach. Full time.

1983-1984 DeSoto ISD, DeSoto, Texas. Junior High English teacher/coach. Full time.

1980-1983 Cleburne ISD, Cleburne, Texas. High School PE/English teacher/coach. Full
time.

FORMAL CONTINUING EDUCATION ASSOCIATION WITH PROFESSIONAL DEVELOPMENT

Society of Health and Physical Education Conference (Shape America) used to be American Alliance for Health, Physical Education, Recreation and Dance 1980-present
 Texas Association for Health, Physical Education, Recreation, and Dance Conference (TAHPERD) 1980-present
 Texas Association of School Administrators (TASA) 2015-2017
 American School Health Association Conference (ASHA) 2016-2018
 American Educational Research Association Conference (AERA) 2017-present
 Association for Learning Environments (formerly CEFPI) Association for Supervision and Curriculum Development (ASCD) 2015-present
 U.S. Play Coalition Conference 2013-present

HONORS AND AWARDS

2025 Joe L. Frost Award for Distinguished Research Award – U.S. Play Coalition
 2022 TCU Harris College Outstanding Graduate Mentor Award
 2019 Ella C. McFadden Service to Youth Award through Camp Fire First Texas
 2018 TCU Chancellor's Award for Distinguished Achievement as a Creative Teacher and Scholar
 2018 HCNHS Chancellor's Award Nominee
 2017 Honor Award, TAHPERD
 2016 University Administrator of the Year, TAHPERD
 2016 PRC Worthy Award for LiiNK op-ed piece in Washington Post
 2016 Fort Worth Press Healthcare Hero
 2012 Southern District AAHPERD Scholar Award
 2012 Professional Woman of the Year – Honored by National Association of Professional Women
 2011 TAHPERD Scholar Award – Awarded by Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD)
 2011 Marquis' Who's Who in Medicine and Healthcare
 2008 TCU Dean's Teaching Award
 2007 AAHPERD Research Consortium Fellow
 2007 Health Care Hero award – Dallas Business Journal
 2007 University of Houston Outstanding Alumna Award
 2006 Michael R. Ferrari Award: Nomination for Distinguished University Service and Leadership
 2005 Dean's Research Award –Finalist for TCU University Award
 2005-2010 Who's Who Among America's Teachers
 2005 Preferred Professor – Mortar Board Senior Honor Society

4. Teaching

COURSES TAUGHT

Texas Christian University

KINE 10101 Introduction to Kinesiology
 HLTH 20203 Health in a Changing Society
 KINE 20403 Physical Education for Elementary School Children
 HLTH 30203 Health & Stress Management
 KINE 30343 Theory of Coaching
 KINE 30753 Curriculum Design

KINE 30713 Sport Psychology
 KINE 30723 Organizational Management
 KINE 30733 Exercise Psychology
 KINE 40313 Individual & Dual Sports
 KINE 40343 Team & Group Sports
 KINE 40623 Secondary Methods in Physical Education
 KINE 40633 Outdoor Education
 KINE 40793 Senior Research in Kinesiology
 KINE 50970 Special Topics In Kinesiology: Recess
 KINE 60103 Research Methods in Kinesiology
 KINE 70933 Psychology of Play (became a KINE course)
 KINE 70980 Thesis I
 KINE 70990 Thesis II
 HCHS 60260 Research Skills & Techniques
 HCHS 60783 Teaching Practicum
 HCHS 80100 Special Topics: Psychology of Play (moved to KINE upon approval)
 HCHS 80100 Special Topics: Advanced Psychology of Play
 HCHS 90980 Dissertation Research I
 HCHS 90990 Dissertation Research II

Iowa State University

KIN 214 School Physical Activity Program
 KIN 232 Fundamental Team Sports
 KIN 280 Field Experience Elementary PE
 KIN 281 Field Experience Secondary PE
 KIN 282 Field Experience Education Outreach
 KIN 284 Elementary & Pre School Movement Education
 KIN 312 Elementary School Movement Education
 KIN 315 Coaching Theory & Administration
 KIN 365 Sport Psychology
 KIN 366 Exercise Psychology
 KIN 417 Supervision teaching – Secondary
 KIN 418 Supervision teaching – Elementary
 KIN 475 PE Curriculum Design & Organization
 KIN 523 Gender Roles

COURSES DEVELOPED AT TCU

KINE 30343 Theory of Coaching
 KINE 40633 Outdoor Education
 KINE 20970 Special Topics in Kinesiology: Recess
 HCHS 60260 Research Skills & Techniques
 KINE 70933 Psychology of Play
 HCHS 80100 Special Topics: Psychology of Play
 HCHS 80100 Special Topics: Advanced Psychology of Play
 HCHS 80100 Special Topics: Policies in Education
 HCHS 80100 Special Topics: Brain Body Connection
 HCHS 80100 Special Topics: Play & Cognition
 HCHS 60783 Teaching Practicum

HONORS PROJECTS/SENIOR RESEARCH DIRECTED OR COMMITTEE SERVICE

- Thomas, Sydney (2023-2026) – Junior Honors Research and Senior Honors Research. Impact of recess on body fat percentages in children. Texas Christian University.
- Urbina, Claudia (2023-2026) – Junior Honors Research and Senior Honors Research.
- Hill, Allie (2024) – Senior Honors Research. The effects of varying amounts of recess on chronic stress in children.
- Jones, Mary & Thornton, Jane (2024) – Senior Research. Exploring the impact of unstructured, outdoor play in a U.S. Finnish model school: A case study examining body fat and chronic stress in children.
- Adriano, Lauren & Myers, Molly (2024). Senior Research. The effects of unstructured, outdoor play (recess) on chronic stress in children.
- Neaves, Anita & Rosales, Diana (2023) – Senior Research. Stress and Unstructured Play in Elementary Children. Texas Christian University.
- Medina, Logan (2023) – Senior Research. The effects of unstructured play on body fat percentages in elementary children. Texas Christian University.
- Buckley, Heather (2021) – Honor's student. Stress and Unstructured Play in 3rd Grade Children. Texas Christian University.
- Oakley, Sadie (2021) – Honor's student. Play and Disabilities on the Playground. Texas Christian University.
- Goodwin, Aubrey (2018) – Honors student. Brain mapping and physical activity: school day recess interval differences. Texas Christian University.
- Rafetto, Austin & Thomas, Michael (2018). Senior Research. The Effect of Coaching Styles on Team Cohesion of High School Basketball Players. Texas Christian University.
- Schwene, Diana (2017) – Honors Student. The Role Gender Plays in Recess Activity Levels Throughout the School Day. Texas Christian University.
- Taylor, Kim (2017) – Honors Student. Personality Types and Exercise: Preferences and Behaviors. Texas Christian University.
- Trolinder, Katie (2017) – Senior Research. LiiNK Project – Accelerometers and physical activity in K-2 female children. Texas Christian University.
- Gothberg, Sami (2016). Senior Research. LiiNK Project year 1 – Creativity in play: Observing creative activities in a K-2 setting with multiple daily recesses. Texas Christian University.
- Martinez, Ariela (2016) – McNair Scholar & Senior Research. LiiNK Project year 2 – Creativity in play: Observing creative activities in a K-2 setting with multiple daily recesses. Texas Christian University.
- Myers, Maurie (2008). Senior Research. Effects of Perfectionism, Self-Esteem, and Exercise Identity with Muscle Dysmorphia Characteristics.
- Coleman, Jennifer (2008). Senior Research. The relationship between body image perception and one's psychological attitude towards physical activity.
- George, Laura (2008). Senior Research. A comparison of psychosocial factors associated with disordered eating among female athletes and non-athletes at TCU.
- Dougherty, Megan (2006). Senior Research. Body Image Disorders among College Male & Female Athletes.
- Haynsworth, Laura (2006). Senior Research. A Look into Muscle Dysmorphia among Football Players & Bodybuilders.
- Barnett, Lindsey (2006). Senior Research. An Experimental Investigation of Disordered Eating among Dancers.
- Raymond, Ebony (2006). Senior Research. The Effects of Physical Activity on Disordered Eating Behaviors of Females.
- Crawford, Michelle (2004). Senior Research. Body Image & Social Identity in Gymnasts.
- Casey, Tasha (2004). Senior Research. Disordered Eating in College Populations.

Kerchief, Kristina (2002). Senior Research. Eating disorders and social stigmas related to peers and significant others.

GRADUATE THESES AND DISSERTATIONS DIRECTED OR COMMITTEE SERVICE

- Committee - Scoggins, Haylei (2026). Dissertation. Texas Christian University.
- Chair – Wagner, Lauren (2025). *The effects of the LiiNK Project on muscular strength, neuromuscular control, injuries, and resilience in elementary school children*. Thesis. Texas Christian University.
- Chair – von Borck, Hailey (2025). *The effects of unstructured outdoor play on motor coordination, self-esteem, and perceived physical ability in elementary-aged children*. Thesis. Texas Christian University.
- Committee – Junkersfeld, Sarah (2025). *Technological influence on affect and exercise performance among young adults*. Dissertation. Texas Christian University.
- Chair – Webb, Kate (2024). *The effects of unstructured, outdoor play on muscular strength and neuromuscular control in children*. Dissertation. Texas Christian University.
- Chair – Webb, Rayna (2024). *The effects of Positive Action, a character curriculum, on the social and emotional development of elementary children*. Thesis. Texas Christian University.
- Committee – Gay, Rebekah (2024). Thesis. Texas Christian University.
- Chair – Campbell-Pierre, Daryl (2023). *Finding our Balance: The Effects of Multiple Recesses on Elementary Children's Motor Competence and Executive Functioning Abilities*. Dissertation. Texas Christian University.
- Committee - Graham, Ryan (2023). *Reducing Reinjury Anxiety in Athletes: The Use of Gratitude*. Thesis. Texas Christian University.
- Committee – Ray, Ashley (2023). *The Effects of Music on Female Exercisers During a Rowing Task*. Thesis. Texas Christian University.
- Chair – Farbo, Dave (2022). *The effects of outdoor, unstructured play on physical activity and obesity in children*. Dissertation. Texas Christian University.
- Chair – Kirby, Kelsey (2022). *The Effects of a Multiple Recess Intervention on Chronic Stress and Body Composition in Elementary School Children*. Thesis. Texas Christian University.
- Chair – Beyer, Olivia (2022). *The Effects of a Multiple Recess Intervention on Fitness Assessments in Elementary School Children*. Thesis. Texas Christian University.
- Committee – Renteria, Jessica (2022). Thesis. The effects of wearable fitness device on the female collegiate athlete's psychological rest. Thesis. Texas Christian University.
- Committee – Warfield, Elizabeth (2022). *The effects of wearable fitness device on the female collegiate athlete's psychological rest*. Thesis. Texas Christian University.
- Committee – Harrison, Kaitlyn (2021). Thesis. Texas Christian University.
- Committee - Williams, Ashlyn (2021). *The impact of increased unstructured play on fitness levels in elementary school-aged children*. Thesis. Texas Christian University.
- Chair – Barnhill, Brianna (2020). *The effect of training and maturation on sRPE in NCAA DI Women Soccer Players: A Multi-Season Exploration*. Thesis. Texas Christian University.
- Chair - Sullivan, Bailey (2020). *Body image perceptions in children with multiple recesses and those without*. Thesis not completed. Texas Christian University.
- Chair – Bessette, Dominique (2019). *The effects of multiple recesses on executive functioning in elementary school children*. Thesis. Texas Christian University.
- Chair – Gregg, Katie (2018). *The impact of neurofeedback on the executive attention network in athletic populations*. Thesis. Texas Christian University.
- Chair – Folkes, Courtney (2018). *The impact of social support and mental toughness during a military transition to civilian life*. Thesis. Texas Christian University.
- Chair – Morrison, Megan (left the program prior to completion). *Coach expectancy effects and*

- the role they play in the coach-athlete relationship*. Thesis. Texas Christian University.
- Committee – Pazik, Tyler (2018). *The influence of anxiety on mental toughness in college baseball and softball players*. Thesis. Texas Christian University.
- Committee – college of education
- Chair – Wadle, Phillip (2018). *Quality of life and stress in active and sedentary university males*. Thesis. Texas Christian University.
- Chair - Breyfogle, A. (2018). *Creativity in Play: Observations of Elementary School Recess in Grades K and 1*. Thesis. Texas Christian University.
- Chair - Pursley, C. (2018). *An Exploratory Study of Mood States and Transient Emotion Amateur Dressage Riders*. Thesis. Texas Christian University.
- Chair – Farbo, D. (2017). *Creating Healthier Children One Step at a Time During School: An Exploratory Study Through LiiNK*. Thesis. Texas Christian University.
- Chair – Long, A. (2017). *Creating Healthier Children One Step at a Time After School: An Exploratory Study Through LiiNK*. Thesis. Texas Christian University.
- Committee – Nieves, Christopher (2017). *The effect of physical activity on the health-related quality of life (HRQoL) of college students*. Thesis. Texas Christian University.
- Chair - Clark, L. (2016). *The relationship of added recesses, physical activity levels, and positive emotional states in K-2 aged children*. Thesis. Texas Christian University.
- Chair - Heefner, Heather (2015). *The role of recess, attentiveness, and listening in K and 1 grade students*. Thesis. Texas Christian University.
- Chair – Patel, Vivek (2014). *Attitudes and Bias Towards People who are Obese*. Thesis. Texas Christian University.
- Chair – Rivchun, Alexander (2013). *Determinants and Psychosocial Correlates of Physical Activity in Male Adolescents: Differences by Age and Weight Status*. Thesis. Texas Christian University.
- Chair – Cameron, Maya (2011). *Achievement goals, self-confidence, and performance anxiety in musicians*. Thesis. Texas Christian University.
- Committee – Goulder, Jessie (2008). Thesis. Texas Christian University.
- Committee – Bansal, Pradeep (2007). Thesis. Texas Christian University.
- Chair - Mann, Kari (2008). *The pressure to become unhealthy in sport*. Thesis. Texas Christian University.
- Chair – Magnussen, Mar (2006). *Division I athletes' attitudes toward and preferences for male and female strength and conditioning coaches*. Thesis. Texas Christian University.
- Chair - Barnes, Jennifer (2006). *The Role of Psychosocial Variables on the Development of Adolescent Disordered Eating Behaviors*. Thesis. Texas Christian University.
- Chair – Prater, Catherine (2005). *Personality trait differences among male bullriders, extreme sport athletes, and traditional sport athletes*. Thesis. Texas Christian University.
- Chair – Petty, Summer (2005). *Personal trainers and characteristics associated with body image distortion*. Thesis. Texas Christian University.
- Committee – Swan, Toni (2005). Thesis. Texas Christian University.
- Chair - VanWart, Megan (2004). *Psychological characteristics of high school athletes classified as high and low maintenance based on injury and treatment statistics*. Thesis. Texas Christian University.
- Committee – Owens, Nathan (2004). Thesis. Texas Christian University.
- Committee – Fortin, Kim (2003). Thesis. Texas Christian University.
- Committee – Nasato, Brad (2003). Thesis. Texas Christian University.

INTERNAL SUPPORT FOR ACADEMIC WORK RECIVED (INSTRUCTIONAL DEVELOPMENT)

Baumel, M., & Rheas, D.J. (2014). Promoting Play and Creativity in Primary Grade Classrooms.

Instructional Development Grant (IDG). Awarded \$3599.40.

5. Research and Creative Activity

REFEREED PUBLICATIONS: (*graduate student, † senior authorship)

- Wagner, L.M.,* Braun-Trocchio, R., Esposito, P., von Borck, H.G., & **Rhea, D.J.**† (2025). The Effects of the Modified LiiNK Recess Intervention on Muscular Strength, Neuromuscular Control, and Resilience in Elementary School Children. *Int. J. Environ. Res. Public Health*, 22, 1469. <https://doi.org/10.3390/ijerph22101469>
- Rhea, D.J.**, Kirby, K.,* Cheek, D., Zhang, Y., & Webb, G.K. (2025). The Impact of Recess on Chronic Stress Levels in Elementary School Children. *Children*, 12, 865. <https://doi.org/10.3390/children12070865>
- Webb, G. Kate,* Zhang, Y., & **Rhea, D.J.**† (2025). Utilizing Physical Educators to Monitor Muscular Strength and Neuromuscular Control among Children with Varied Recess Time. *Frontiers in Sports and Active Living: Physical Education and Pedagogy*, 7, 1527810. <https://doi.org/10.3389/fspor.2025.1527810>.
- Webb, G.K., Zhang, Y., & **Rhea, D.J.**† (2025). A Preliminary Study to Explore Muscular Strength and Neuromuscular Control Differences In Elementary-Aged Children. *Journal of Kinesiology and Wellness*, 14 (1), 1-8. <https://doi.org/10.56980/jkw.v14i1.151>.
- Rhea, D.J.** (2024). The LiiNK Project® – Developing Healthier, Resilient Children through School Recess and Character Skills. White Paper. *International Play Association – USA*. www.ipausa.org; www.liinkproject.tcu.edu.
- Farbo, D.,* Zhang, Y., Braun-Trocchio, R., **Rhea, D.J.**† (2024). The Effects of the LiiNK Intervention on Physical Activity and Obesity Rates among Children. *Int. J. Environ. Res. Public Health*, 21, 1304. <https://doi.org/10.3390/ijerph21101304>
- Rhea, D.J.**, Farbo, D.,* & Campbell-Pierre, D.* (2023). Adult Outdoor Play Preferences: Why Nature Space Design Matters. *Journal of Kinesiology and Wellness*, 12 (1), 20-29. ISSN: 2332-4503.
- Webb, G.K.,* & **Rhea, D.J.**† (2023). The Impact of Multiple Recesses on Limb Movement Patterns in Children: An Exploratory Study. *International Journal of Child Health & Nutrition*, 12, 99-106. <https://doi.org/10.6000/1929-4247.2023.12.03.4>.
- Webb, G.K.,* & **Rhea, D.J.**† (2023). Development of the Movement Pattern Observation Tool (MPOT): An observational tool to measure limb movements during elementary school recess. *Int. J. Environ. Res. Public Health*, 20, 5589. <https://doi.org/10.3390/ijerph20085589>.
- Campbell-Pierre, D.,* **Rhea, D.J.**† (2023). The Feasibility of Using the *Körperkoordinationstest für Kinder* (KTK) in a U.S. Elementary Physical Education Setting to Assess Gross Motor Skills Specific to Postural Balance. *Front. Sports Act. Living*, 8. <https://doi.org/10.3389/fspor.2023.1133379>.

- Campbell-Pierre, D.,* **Rhea, D.J.**,[†] Baker, K. (2022). What is the relationship between outdoor play breaks and no play breaks on postural balance? A systematic Review. *Journal of Health and Physical Literacy*, 1 (2), 122-134. <https://johpl.org/index.php/johpl/issue/current>.
- Farbo, D.,* & **Rhea, D.J.**[†] (2022). The effects of a yearlong recess intervention on body fat shifts in elementary aged children. *International Journal of Child Health & Nutrition*, 11, 60-71. <https://doi.org/10.6000/1929-4247.2022.11.02.1>
- Ramstetter C, Baines E, Brickman CW, Hyndman B, Jarrett O, London RA, Massey W, McNamara L, Murray R, & **Rhea D.** (Oct, 2022). Recess in the 21st century post-COVID world. *Journal of School Health*, 92, 941-944. <https://doi.org/10.1111/josh.13235>.
[PMID: [35975616](#) PMID: [PMC9543454](#)
- Rhea, D.J.** (2021). Let the kids play: The impact of chaos on academic success. *Journal of Kinesiology and Wellness*, 10(1), 98–105.
- Farbo, D.* & **Rhea, D.J.**[†] (2021). A pilot study examining body composition classification differences between body mass index and bioelectrical impedance analysis in children with high levels of physical activity. *Frontiers in Education*, 9. <https://doi.org/10.3389/fped.2021.724053>
- Farbo, D.*; Maler, L.C.*; **Rhea, D.J.**[†] (2020). The Preliminary Effects of a Multi-Recess School Intervention: Using Accelerometers to Measure Physical Activity Patterns in Elementary Children. *Int. J. Environ. Res. Public Health*, 17(23), 8919. <https://doi.org/10.3390/ijerph17238919>
- Bauml, M., Patton, M., & **Rhea, D.J.** (2020). A qualitative study of teachers' perceptions of increased recess time on teaching, learning, and behavior; *Journal of Research in Childhood Education*. <https://doi.org/10.1080/02568543.2020.1718808>
- Rhea, D.J.**, & Bauml, M. (2018). An Innovative Whole Child Approach to Learning: The LiiNK Project®. *Childhood Education*, 94:2, 56-63, [DOI: 10.1080/00094056.2018.1451691](https://doi.org/10.1080/00094056.2018.1451691)
- Rhea, D.J.**, & Rivchun, A.P.* (Feb, 2018). The LiiNK Project®: Effects of Multiple Recesses and Character Curriculum on Classroom Behaviors and Listening Skills in Grades K-2 Children. *Frontiers in Education*, 3:9. doi: 10.3389/feduc.2018.000
- Lund, E., Brimo, D., **Rhea, D.**, & Rivchun, A.* (2017). The effect of multiple recesses on listening effort: A preliminary study. *Journal of Pediatric, Educational, & Rehabilitative Audiology*, 23, 1-7.
- Clark, L., & **Rhea, D.J.**[†] (May, 2017). The LiiNK Project®: Comparisons of Recess, Physical Activity, and Positive Emotional States in Grade K–2 Children. *International Journal of Child Health & Nutrition*, 6, 54-61. <https://doi.org/10.6000/1929-4247.2017.06.02.1>
- Rhea, D.J.**, Rivchun, A., & Pennings, J. (2016). The LiiNK Project: Recess and Character Development Intervention Pilot in Elementary Schools. *Texas Association of Health, Physical Education, Recreation, & Dance Journal*, 84(2), 14-18.
- Rhea, D.J.**, & Nigaglioni, I. (Feb, 2016). Outdoor Playing = Outdoor Learning. *Educational Facility Planner Journal*.

- Rhea, D.J.** (January, 2016). Recess: The forgotten classroom. *Instructional Leader Journal*, 29 (1), 1-4.
- Shah, M., Copeland, J., Dart, L., Adams-Huet, B., James, A., & **Rhea, D.J.** (2014). Slower eating speed lowers energy intake in normal-weight be not overweight/obese subjects. *Journal of the Academy of Nutrition and Dietetics*, 114, 393-402.
- Rhea, D.J.**, & Thatcher, G. (2013). Ethnicity, Ethnic Identity, Self-Esteem and At-Risk Eating Disordered Behavior Differences of Urban Adolescent Females. *Eating Disorders: The Journal of Treatment & Prevention*, 21, 223-237.
- Rhea, D.J.**, & Lockwood, S. (2012). Adults surviving lung cancer two or more years: A systematic review. *Joanna Briggs Institute (JBI) Library of Systematic Reviews*, 10 (34), 2295-2349.
- Martin, S. B., **Rhea, D. J.**, Greenleaf, C. A., Judd, D. E., & Chambliss, H. O. (May, 2011). Weight control beliefs, body shape attitudes, and physical activity among adolescents. *Journal of School Health*, 81 (5), 244-250.
- Rhea, D.J.** (2011). Virtual physical education in the K-12 setting. *Journal of Health, Physical Education, Recreation, & Dance*, 82 (1), 5-7.
- Rhea, D.J.**, & Martin, S.B. (2010). Personality trait differences of traditional sport athletes, bullriders, and other alternative sport athletes. *International Journal of Sports Science and Coaching*, 5 (1), 75-85.
- Rhea, D.J.** (2010). Back to the basics: Eat right and get active. *Journal of Health, Physical education, Recreation, & Dance*, 81 (3), 5-7.
- Rhea, D.J.** (Jan., 2009). The color of my skin and how much money I make: Protectors or risks of the body. In *Beyond Sorority Sisters and Gymnasts: Body Image and Eating Disorders in Diverse Populations*. Reel, J., & Beals, K. (eds.), NAGWS publication.
- Rhea, D.J.** (May/June, 2009). The Physical Education Deficit in the High Schools. *Journal of Physical Education, Recreation, and Dance (JOPERD)*, 80, 3-5.
- Smith, D., Hale, B., **Rhea, D.J.**, Olrich, T., & Collier, K. (Nov., 2009). Big, buff, and dependent: Addictive behavior in bodybuilders. In *Men and Addictions*, Columbus, F. (ed.): Nova Publishers: New York.
- Magnusen, M., & **Rhea, D.J.**[†] (2009). Division I athletes' attitudes toward and preferences for male and female strength and conditioning coaches. *Journal of Strength & Conditioning Research*, 23 (4), 1084-1090.
- Greenleaf, C.A., Martin, S.B., & **Rhea, D.J.** (Nov., 2008). Fighting fat: How do fat stereotypes influence beliefs about physical education? *Journal of Obesity: Supplement Issue on Weight Bias*, 16, S63- 69.
- Solomon, G.B., & **Rhea, D. J.** (2008). Sources of Expectancy Information among College Coaches: A Qualitative Test of Expectancy Theory. *International Journal of Sports Science and Coaching*, 3 (2), 251-268.

- Greenleaf, C., Chambliss, H., **Rhea, D. J.**, Martin, S. B., & Morrow, J. R. (2006). Weight stereotypes and behavioral intentions toward thin and fat peers among White and Hispanic adolescents. *Journal of Adolescent Health, 39*, 546-552.
- Pease, D. G., **Rhea, D. J.**, & Zhang, J. J. (2006). Coaches and athletes' assessment of leadership behaviors in high school female volleyball players. *International Journal of Sport Management, 7*(3), 1-17.
- Rhea, D. J.**, Lantz, C.D., & Cornelius, A. (2005). Development of the Muscle Dysmorphia Inventory (MDI). *Journal of Sports Medicine and Physical Fitness, 44*, 428-435.
- Reeser, J.C., Willick, S., **Rhea, D.J.**, & Berg, R. (2005). Motivation and Satisfaction among Polyclinic Volunteers at the 2002 Winter Olympic and Paralympic Games. *British Journal of Sports Medicine, 39*, 20-33.
- Rhea, D. J.**, & Lantz, C. D. (2004). Violent, delinquent, and aggressive behaviors of rural adolescent athletes and non-athletes. *Physical Educator, 61*, 170-176.
- Lantz, C.D., **Rhea, D.J.**, & Mesnier, K. (2004). Eating attitudes, exercise identity, & body alienation in competitive ultra-marathoners. *International Journal of Sport Nutrition and Exercise Metabolism, 14*, 406-419.
- Wiginton, K., **Rhea, D.J.**, & Oomen, J. (2004). Using the Anger Response Inventory to evaluate the effect of shame and guilt on interpersonal communication skills. *American Journal of Health Education, 35*, 152-157.
- Thatcher, G., & **Rhea, D.J.** (2003). Influences on body image and disordered eating among secondary school students. *American Journal of Health Education, 34*, 343-350.
- Lantz, C.D., **Rhea, D.J.**, & Cornelius, A. (2002). A test of a conceptual model of muscle dysmorphia using elite-level body builders and powerlifters. *Journal of Strength and Conditioning Research, 16* (4), 649-655.
- Rhea, D.J.**, & Lantz, C.D. (2001). The drive for size: Characteristics and influences of muscular dysmorphia disorder. *International Sports Journal, 5* (1), 71-86.
- Rhea, D. J.** (2001). Congruence of coach perceptions and athlete self-evaluation of leadership behaviors. *USA Volleyball Journal, 14*, 15-17.
- Rhea, D. J.**, & Solomon, G. B. (2000). Goal setting in volleyball. *Sidelines, 11*(3), 5-6.
- Rhea, D. J.** & Wiginton, K. (1999). Cognitive mapping: Its use as an assessment tool for disordered eating. *Women in Sport and Physical Activity Journal, 8* (2), 63-72.
- Rhea, D. J.** (1999). Eating disorder behaviors of ethnically diverse urban female adolescent athletes and non-athletes. *Journal of Adolescence, 22*, 379-388.
- Rhea, D. J.** (1999). Proactive seminars for student teachers. *Journal of Physical Education, Recreation, and Dance, 70* 46-49.
- Rhea, D.J.** (1998). Physical activity and body image of female adolescents: Moving toward the 21st

century. *Journal of Physical Education, Recreation and Dance*, 69, 27-31.

Rhea, D. J. (1998). Body image perceptions of female adolescent volleyball players. *Sidelines*, 9 (1), 2-3.

Rhea, D. J., Mathes, S. A., & Hardin, K. (1997). Video recall for analysis of performance by collegiate female tennis players. *Perceptual & Motor Skills*, 85, 1354.

Rhea, D. J. (1997). Socio-psychological factors affecting the desire of female volleyball players to be leaders. *Journal of Coaching Volleyball*, 20-21.

Rhea, D. J. (1997). Eating disorders: Ethnic differences of volleyball players. *USA Volleyball Journal*, 10, 18-19.

Rhea, D. J., Wiginton, K., & Jambor, E. A. (1996). Educational strategies in prevention of eating disorders. *Journal of Health, Physical Education, Recreation, and Dance*, 67, 66-68.

PUBLISHED BOOKS

Rhea, D.J. (2023). *Elementary Physical Education Curriculum (Pre-K through grade 6) with new TEKS*. TX: Finer Freelance Publishers.

Rhea, D.J. (2022). *High School Physical Education: Individual/Dual Sports*. TX: Finer Freelance Publishers. 4th edition.

Rhea, D.J. (2019). *Wrong Turns, Right Moves in Education*. Archway Publishing.

Rhea, D.J., Rivchun, A., & Clark, L. (October, 2018). LiiNK Project: Case Study. Chapter. *Instructional Leadership in the Content Areas: Case Studies for Curriculum and Instruction*. Routledge/University Council for Educational Administration.

Rhea, D.J. (2018). *High School Physical Education: Personal Foundations*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *High School Physical Education: Outdoor Education*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *High School Physical Education: Cardio*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *High School Physical Education: Team Sports*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *Middle School Physical Education: Curriculum Framework 8*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *Middle School Physical Education: Curriculum Framework 7*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *Middle School Physical Education: Curriculum Framework 6*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *Elementary School Physical Education: Curriculum K*. TX: Finer Freelance Publishers. 3rd edition.

Rhea, D.J. (2017). *Elementary School Physical Education: Curriculum 1*. TX: Finer Freelance Publishers. 3rd ed.

Rhea, D.J. (2017). *Elementary School Physical Education: Curriculum 2*. TX: Finer Freelance Publishers. 3rd ed.

Rhea, D.J. (2017). *Elementary School Physical Education: Curriculum 3*. TX: Finer Freelance Publishers. 3rd ed.

Rhea, D.J. (2017). *Elementary School Physical Education: Curriculum 4*. TX: Finer Freelance Publishers. 3rd ed.

Rhea, D.J. (2017). *Elementary School Physical Education: Curriculum 5*. TX: Finer Freelance Publishers. 3rd ed.

NON-REFEREED PUBLICATIONS

Rhea, D.J. (Fall, 2019). We don't need to drive our kids crazy to educate them. *The Statesman*. Austin, Texas.

Rhea, D.J. (Spring, 2019). *The children's mental health crisis in Texas needs more than doctors and drugs*. The Austin Statesman Op-Ed.

Rhea, D.J. (Aug/Sept 2016). Imagine A Child as a Tree: Fertilize with Unstructured, Outdoor Play and Character Development. *Camping Magazine*. American Camp Association.

Rhea, D.J. (September, 2015). Why young kids need less class time — and more play time — at school. Washington Post. <http://www.washingtonpost.com/blogs/answer-sheet/wp/2015/08/21/why-young-kids-need-less-class-time-and-more-play-time-at-school/>

Rhea, D.J. (April, 2014). What Finland Knows and TVS Implements: Liink Project. *TVS Trojan Voice*. <http://faculty.trinityvalleyschool.org/sduncan/TrojanVoiceSpring2014/>.

Rhea, D.J. (Feb, 2014). More Play, Better Education. *Education Week*, <http://www.edweek.org> * <http://www.TopSchoolJobs.org>.

Rhea, D.J. (September, 2009). Getting High School Physical Education Back in the Game. *Education Week*, <http://www.edweek.org> * <http://www.TopSchoolJobs.org>.

Rhea, D.J. (August 6, 2009). Texas Laws Move High School PE in Wrong Direction. *Fort Worth Star Telegram, Opinion Section (Special invited article)*. <http://www.star-telegram.com/242/story/1525263.html>

Rhea, D.J. (November, 2004). Let's Get Movin' on PE classes. *Fort Worth Star Telegram, Health Section (Special invited article)*.

Rhea, D.J. (2001). Frameworks for sport psychologists: Enhancing sport performance. Book Review. *The Sport Psychologist*, 15, 352-354.

Solomon, G.B., & **Rhea, D.J.** (Fall, 2000). Continuing Education Conference Report, 2000. Association for the Advancement of Applied Sport Psychology (AAASP) Newsletter.

MANUSCRIPTS/BOOKS ACCEPTED BUT NOT YET PRINTED

MATERIALS UNDER ACTIVE REVIEW

Rhea, D.J.,[†] Campbell-Pierre, D.,* Zhang, Y., & Webb, G.K. (August, 2025). Assessing the Fidelity of Administering the *Körperkoordinationstest für Kinder* (KTK) in a U.S. Physical Education Setting: A Pilot Study. *Journal of Health & Physical Literacy*.

Wagner, L.M., Esposito, P., Braun-Trocchio, R., von Borck, H.G., & **Rhea, D.J.** [†] (submitted, August 2025). Associations Among Children's Muscular Strength, Neuromuscular Control, and Resilience. *Child: Care, Health and Development*.

MANUSCRIPTS IN PROGRESS

von Borck, H.G., Braun-Trocchio, R., Esposito, P., Wagner, L., & **Rhea, D.J.** [†] (nd). Manuscript 1

Rhea, D.J.,[†] Rivchun, A., & Clark, L.* (nd). Effects of unstructured play breaks and character development on classroom behaviors in grades K-4.

Rhea, D.J.,[†] Clark, L.,* Farbo, D.,* Zhang, Y., & Lopez, M. (nd). Exploring the Effects of Multiple Recess Breaks on Listening Effort in Elementary Aged Children.

RESEARCH PAPERS PRESENTED

Rhea, D.J. (Nov, 2025). Outdoor Synchronicity. Outdoor Leadership Event. Outdoor Learning Center, Seguin ISD, Seguin, TX.

Rhea, D.J. (Oct, 2025). Healthy Balance of Learning and Play in Schools. IPA-USA National Conference. Louisville, KY.

von Borck, H., & **Rhea, D.J.** (Mar, 2025). The Effects of Unstructured Outdoor Play Over One Academic Year on Motor Coordination and Self-Esteem in Elementary-Aged Children. National Health & Physical Literacy Conference (NAHPL). Newport, Rhode Island.

Wagner, L., & **Rhea, D.J.** (Mar, 2025). The Effects of The LiiNK[®] Project on Muscular Strength, Neuromuscular Control, Injuries, and Resilience in Elementary School Children. National Health & Physical Literacy Conference (NAHPL). Newport, Rhode Island.

Rhea, D.J. (Feb, 2025). Healthy Balance of Learning and Play in School: Follow the Data. US Play Coalition National Conference. Indiana University, Bloomington, Indiana.

Rhea, D.J., & Potemkin, C. (Dec, 2024). The Power of Outdoor Play with Early Childhood Educators. Texas Children in Nature Network Summit. Waco, TX. Invited.

Rhea, D.J. (Sept., 2024). Why Adults Need Outdoor Play as Much as Kids: Attitude Adjustments are Required. IPA-USA Conference. Greenville, South Carolina.

- Rhea, D.J., & Lopez, M.** (Apr., 2024). The Power of Outdoor, Unstructured Play on Health Benefits in Children. National Academy of Health and Physical Literacy Summit, Baton Rouge, LA.
- Webb, G. Kate, & **Rhea, D.J.** (Apr., 2024). Variables Influencing Muscular Strength in Elementary Children. National Academy of Health and Physical Literacy Summit, Baton Rouge, LA.
- Webb, R., & **Rhea, D.J.** (Apr. 2024). The Effects of Positive Action, a Character Curriculum, on the Social-Emotional Development of Elementary Students. National Academy of Health and Physical Literacy Summit 2024, Baton Rouge, LA.
- Rhea, D.J., & Webb, G. Kate** (Oct., 2024). The Angle: Stressful or Playful. Play Day Event. US Play Coalition. Fort Worth, TX.
- Webb, G. Kate, & **Rhea, D.J.** (Dec., 2023). Muscular Strength Testing in PE: Why, How, Recent Findings. TAHPERD Convention, Fort Worth, TX.
- Webb, Rayna & **Rhea, D.J.** (Dec., 2023). The Effects of Recess and Character Development Lessons on Social and Emotional Health in Elementary Children. TAHPERD Convention, Fort Worth, TX.
- Rhea, D.J.** (Sept., 2023). Successes, Challenges, and Policies of a Play Intervention in U.S. Schools. International Play Association (IPA) World Conference. Glasgow, Scotland.
- Ramstetter, C., **Rhea, D.J.**, Baines, E., Hyndman, B., Massey, W., Woodham-Brickman, C., & Jones, D. (Sept., 2023). Recess and the right to play: A global panel discussion. International Play Association (IPA) World Conference. Glasgow, Scotland.
- Rhea, D.J.** (Feb., 2023). The Secret Sauce of a Healthy Life. Keynote Address. National Academy of Health & Physical Literacy (NAHPL). Birmingham, AL.
- Rhea, D.J.**, Campbell-Pierre, D.M.,* & Webb, G.K.* (Feb., 2023). Engaging Physical Educators in Assessing Fitness with Physical Literacy in Mind. National Academy of Health & Physical Literacy (NAHPL). Birmingham, AL.
- Rhea, D.J.**, Sutherland, C., Solmon, M., Manning, C., Ciotto, C., & Benham, E. (Feb., 2023). PETE/HETE Recruitment in Higher Education: Strategies to Promote Programs and Recruit/Retain Students. National Academy of Health & Physical Literacy (NAHPL). Birmingham, AL.
- Rhea, D.J.**, Campbell-Pierre, D.M.,* Webb, G.K.,* & Moore, E. (Dec, 2022). Engaging Physical Educators in Assessing Fitness Differently 2.0. TAHPERD Conference. Corpus Christi, TX.
- Webb, G.K.,* & **Rhea, D.J.** (Dec, 2022). Determining Muscular Strength and Neuromuscular Control in Elementary Children Who Participate in Different Amounts of Recess. TAHPERD Conference. Corpus Christi, TX.
- Rhea, D.J.** (Oct, 2022). Unstructured, Outdoor Play in Schools – Working Smarter Together. IPA-USA Conference. San Antonio, TX.
- Rhea, D.J.**, Webb, G.K., Campbell-Pierre, D.M., & Farbo, D. (Oct, 2022). The LiiNK Project: A School

Recess Intervention Promoting Healthy, Whole Child Development. Association for Applied Sport Psychology (AASP) Conference. Fort Worth, TX.

Rhea, D.J., & Kirby, K.* (Oct, 2022). *The impact of unstructured, outdoor play on stress levels in children.* Association for Applied Sport Psychology (AASP) Conference. Fort Worth, TX.

Farbo, D.,* & **Rhea, D.J.** (Oct, 2022). *The power of outdoor, unstructured play on decreasing obesity rates and increasing physical activity in elementary aged children.* Association for Applied Sport Psychology (AASP) Conference. Fort Worth, TX.

Webb, G.K.,* & **Rhea, D.J.** (Oct, 2022). *The impact of multiple recesses on limb-movement patterns to strengthen cognition.* Association for Applied Sport Psychology (AASP) Conference. Fort Worth, TX.

Campbell-Pierre, D.M.,* & **Rhea, D.J.** (Oct, 2022). *Körperkoordinationstest für Kinder (KTK): Assessing motor coordination differences in children receiving varying minutes of recess daily.* Association for Applied Sport Psychology (AASP) Conference. Fort Worth, TX.

Rhea, D.J. (Apr, 2022). COVID Roadblocks Disrupting Play Opportunities: Fighting Back. U.S. Play Coalition Conference. Clemson, South Carolina.

Farbo, D.,* & **Rhea, D.J.** (Apr, 2022). The power of outdoor, unstructured play on decreasing obesity rates and increasing physical activity in elementary aged children. U.S. Play Coalition Conference. Clemson, South Carolina.

Campbell-Pierre, D.* & **Rhea, D.J.** (Apr, 2022). *Körperkoordinationstest für Kinder (KTK): Assessing motor coordination differences in children receiving varying minutes of recess daily.* U.S. Play Coalition Conference. Clemson, South Carolina.

Webb, G.K.,* & **Rhea, D.J.** (Apr, 2022). The impact of multiple recesses on limb-movement patterns to strengthen cognition.

Bryan, C., & **Rhea, D.J.** (Apr, 2022). HETE/PETE Recruitment Ideas for University Programs. Alabama Health, Physical Education, Recreation, & Dance (AHPERD) Conference. Gulf Shores, Alabama.

Kirby, K.,* & **Rhea, D.** (Feb, 2022). Comparisons of play, chronic stress, and body composition in elementary school children. Health & Physical Literacy Summit. Birmingham, AL. Abstract published.

Farbo, D.,* & **Rhea, D.** (Feb., 2022). The effects of recess on physical activity patterns in elementary children. Health & Physical Literacy Summit. Birmingham, AL.

Rhea, D., Farbo, D.*, & Campbell-Pierre, D.* (Feb, 2022). Outdoor playscapes make the difference for physical literacy. Health & Physical Literacy Summit. Birmingham, AL.

Rhea, D. (Feb., 2022). Recess/unstructured play as a physical literacy precursor to physical education. Health & Physical Literacy Summit. Birmingham, AL

Rhea, D.J., Farbo, D.,* Campbell-Pierre, D.,* & Moore, E. (2021). Engaging physical educators in assessing fitness differently. TAHPERD Winter Conference. Arlington, Texas.

- Farbo, D., & **Rhea, D.J.** (2021). Multi-recess intervention effects on body composition in elementary school children. TAHPERD Conference. Arlington, Texas.
- Campbell-Pierre, D.,* & **Rhea, D.J.** (2021). Effectiveness of KTK assessment on static and dynamic balance. TAHPERD Winter Conference. Arlington, Texas. 2nd place poster presentation– Graduate Student Category.
- Farbo, D.,* & **Rhea, D.J.** (2021). Comparing obesity rates in children using bio-electrical impedance vs body mass index. Harris College Student Research Symposium (online).
- Rhea, D.J.**, Farbo, D.,* & Maler, L. (2021). Shifting play from survival to thrival. U.S. Play Coalition Conference, Clemson, South Carolina.
- Campbell-Pierre, D.,* Farbo, D.,* & **Rhea, D.J.** (2021). The value of adult play is all in the design. U.S. Play Coalition Conference, Clemson, South Carolina.
- Farbo, D.,* Maler, L., & **Rhea, D.J.** (2021). The effects of a multi recess intervention on body composition in elementary school children. U.S. Play Coalition Conference, Clemson, South Carolina.
- Farbo, D.,* & **Rhea, D.J.** (2021). Comparing obesity rates in children using bio-electrical impedance vs body mass index. Harris College Student Research Symposium (virtual).
- Rhea, D.J.** (2020). Unstructured play in schools is linked to positive health benefits for teachers. U.S. Play Coalition. Online Conference, recorded presentation (COVID-19).
- Farbo, D.,* Maler, L., & **Rhea, D.J.** (2020). Determining obesity rates in children with multiple play breaks in schools daily. U.S. Play Coalition. Online Conference, recorded presentation (COVID-19).
- Maler, L.C.,* & **Rhea, D.J.** (2020). Creativity and Outdoor Play – The recipe for all children. U.S. Play Coalition. Online Conference, recorded presentation (COVID-19).
- Rhea, D.J.** (Feb. 2020). The LiiNK Project: Producing Resilient Children in a Sedentary, High Tech Culture. Health & Physical Literacy Summit 2020 Hosted by ASHPERD. Invited Workshop Presenter. Birmingham, AL.
- Rhea, D.J.** (Feb, 2020). Not all SEL Programs Are Created Equal: Choose Wisely. Health & Physical Literacy Summit 2020 Hosted by ASHPERD. Invited Presenter. Birmingham, AL.
- Rhea, D.J.**, Clark, L.,* & Farbo, D.* (April, 2019). The impact of play on overweight children in elementary schools. U.S. Play Coalition. Clemson, South Carolina.
- Rhea, D.J.**, Farbo, D.* & Clark, L*. (April, 2019). Children learning the value of play for life. U.S. Play Coalition. Clemson, South Carolina.
- Rivchun, A., Farbo, D.,* & **Rhea, D.J.** (April, 2019). The effects of unstructured play on listening efforts in elementary school children. U.S. Play Coalition. Clemson, South Carolina.
- Bauml, M., Patton, M., & **Rhea, D.J.** (April, 2019). The LiiNK Project: How U.S. Teachers are Making

Time for More Recess in an Age of Assessment and Accountability. European Teacher Education Network Conference (ETEN). Barcelona, Spain.

Rhea, D. J. (April, 2019). Being playful teachers – changing the mindset. European Teacher Education Network Conference (ETEN). Barcelona, Spain.

Rhea, D.J., Bauml, M., Patton, M., & Tolbert, M. (June, 2018). What’s the big deal about Finland? How recess and character education are making a difference in the U.S. National Association for the Education of Young Children (NAEYC) Conference. Austin, TX.

Rhea, D.J., Farbo, D.,* & Clark, L.* (April, 2018). The many spaces of play: The many faces of children. U.S. Play Coalition Conference. Clemson, South Carolina.

Rhea, D.J., & Rivchun, A. (April, 2018). Play: The many faces of LiiNK. U.S. Play Coalition Conference. Clemson, South Carolina.

Farbo, D.,* & **Rhea, D.J.**** (2018). Creating healthier kids one step at a time: An exploratory study through LiiNK. American School Health Association Conference. Indianapolis, Indiana.

Rhea, D.J., & Gallagher, D. (Dec, 2017). *Recess is the big craze: Is it a big deal?* Keynote at TAHPERD Conference. Fort Worth, TX.

Clark, L.,* Farbo, D.,* & **Rhea, D.J.**** (Dec, 2017). *Creating healthier kids one step at a time: The LiiNK Project.* TAHPERD Conference. Fort Worth, TX.

Rhea, D.J. (Oct, 2017). The LiiNK Project: Improving the whole child through unstructured play and character. Association for School Health Conference. St. Louis, MO.

Rhea, D.J., & Nigaglioni, I. (May, 2017). *Outdoor Play = Outdoor Learning.* Playground design Conference. San Antonio, TX

Rhea, D.J. (April, 2017). Learning through play. Arlington ISD Pre-K Conference. Keynote speaker. Arlington, TX.

Rhea, D.J. (April, 2017). Using play strategically through the day. Arlington ISD Pre-K Conference. Breakout session. Arlington, TX.

Rhea, D.J. (April, 2017). Learning through play. Arlington ISD Pre-K Conference. Closing session. Arlington, TX.

Rhea, D. J., Rivchun, A. P., & Clark, L. (April, 2017). Change agents for play: Program design starts with understanding your audience. US Play Coalition Conference. Workshop. Clemson, South Carolina.

Rhea, D. J., & Rivchun, A. P. (April, 2017). The LiiNK Project: The effects of play and character development on classroom behaviors, BMI, and character scores in public grades K & 1. US Play Coalition Conference. Clemson, South Carolina.

Rhea, D. J., Rivchun, A. P., Lund, E., Brimo, D., & Clark, L. (April, 2017). The LiiNK Project: The effects of play and character development on attentional fatigue in public school grades K & 1. US Play Coalition Conference. Clemson, South Carolina.

- Rhea, D.J.,** & Gallagher, D. (Feb, 2017). *Integrating the LiiNK Project into a School Day*. Lausanne Collaborative & Learning Institute Learning Conference. Oak Ridge School, Arlington, TX.
- Rhea, D.J.,** Cravens, S., & Chadwell, J. (Dec, 2016). *LiiNK Project: Next Generation of Resilient and Healthy Children*. Keynote at TAHPERD Conference. Galveston, TX.
- Rhea, D.J.** (July & August, 2016). *Developing a Child's Multi-Sensory Intelligence and Character Development*. TBCWE Conference (two different conferences – south & north texas sites). San Antonio & Plano, TX.
- Rhea, D.J.,** & Chadwell, J. (July, 2016). *The LiiNK Project: Infusing Recess and Character into Eagle Mountain -Saginaw and Irving ISDs through a Unique Intervention*. Texas Association of School Board (TASB). Austin & Fort Worth, TX. Two different conferences.
- Rhea, D.J.,** McLain, B., & Shipp, K. (June, 2016). *Fitting Recess & Character into a School Day from a Principal's Perspective*. Texas Elementary Principal's School Association (TEPSA) Conference. San Antonio, TX.
- Rhea, D.J.** (April, 2016). *The Liink Project: Going against the grain of testing through play and character in elementary schools*. U.S. Play Coalition Conference. Clemson, South Carolina.
- *Clark, L., & Rhea, D.J.** (April, 2016). *The relationship of added recesses, physical activity levels, and positive emotional states in K-2 aged children*. U.S. Play Coalition Conference. Clemson, South Carolina. *student presentation.
- Rhea, D.J.,** Rivchun, A.P., & Bauml, M. (April, 2016). *Teachers perceptions of LiiNK project benefits for K-2 children*. U.S. Play Coalition Conference. Clemson, South Carolina.
- Rhea, D.J.,** Rivchun, A.P., Lund, E., & Brimo, D. (April, 2016). *The LiiNK Project: The effects of play and character development on classroom behaviors and attentional fatigue in public school grades K & 1*. U.S. Play Coalition Conference. Clemson, South Carolina.
- Bauml, M., **Rhea, D.J.,** & Williams, C. (2016). *Authentic Learning in Higher Education: Creating Recess Kits for Kindergartens*. ETEN Conference.
- *Clark, L., Rivchun, A.P., & Rhea, D.J.** (2015). *The LiiNK Project: Year 2 Attentional Focus Changes From Multiple Recesses in Private School Grades K-2*. TAHPERD Convention. Dallas, Texas.
- Rivchun, A.P., & **Rhea, D.J.** (2015). *The LiiNK Project: Year 2 Attentional Focus Changes From Multiple Recesses in Private School Grades K-2*. TAHPERD Convention. Dallas, Texas.
- Rhea, D.J.,** & Chadwell, J. (Oct., 2015). *The Liink Project: Putting Play, Character Development, and Academic Content in Perspective- Public Schools*. TASA Convention. Austin, Texas.
- Rhea, D.J.,** & Nigaglioni, I. (Oct., 2015). *Outdoor Play = Outdoor Learning*. CEFPI 2015 Annual Conference & Expo. San Diego, CA.
- Rhea, D.J.,** Rivchun, A., & Heefner, H. (March, 2015). *Effects of Multiple Recess Intervention on Off-Task Behaviors and Attentional Focus in Children*. Shape America 2015 Convention. Seattle,

WA.

- Rhea, D.J.** (Feb, 2015). *The Liink Project: Putting Play, Character Development, Creative Time, and Academic Content in Perspective – Private Schools*. U.S. Play Coalition 2015 Conference on the Value of Play. Featured Speaker on the Liink Project. Clemson, SC.
- Rhea, D.J.,** Rivchun, A.P., & Heefner, H. (Feb., 2015). *The Effects of Play and Character Development on Classroom Behaviors in K-2 Children*. U.S. Play Coalition 2015 Conference on the Value of Play, Clemson, SC.
- Rhea, D.J.,** & Rivchun, A.P. (2014). *State of Elementary PE: The Influence of Recess and Character Development*. Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), Galveston, TX.
- Rhea, D. J.,** & Rivchun, A.P. (2014). *Adherence of a multiple recess intervention and its impact on attentional focus in children*. Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), Galveston, TX.
- Rhea, D. J.** (2012). *Developing an Educational Model for Texas Schools through Finnish Lessons*. TAHPERD Scholar Lecture. Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), Galveston, TX.
- Rhea, D. J.** (2012). *Diversity and Body Image: Mindset Shift*. ACSM Research Lecturer. Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), Galveston, TX.
- Hakala, L., **Rhea, D.J.** (Nov, 2012). How do children perceive “normal” to be in physical education? Finland Association of Educators for Higher Learning. University of Helsinki.
- Rhea, D. J.,** & Lockwood, S. (2012). *Adults surviving lung cancer two or more years: A systematic review*. Joanna Briggs Institute (JBI) Conference. Thailand.
- Rhea, D. J.,** & Lockwood, S. (2011). *Adults surviving lung cancer two or more years: A systematic review*. TCU Harris College Faculty Research Symposium, Fort Worth, TX.
- Reel, J., **Rhea, D.J.,** Lantz, C.L., & SooHoo, S. (2010). *Disorder Prevention in School and Community Settings Sponsoring Association: National Association for Girls and Women in Sport*. (Symposium). American Association of Health, Physical Education, Recreation, & Dance (AAHPERD), Indianapolis, IN.
- Rhea, D.J.** (2010). *The Effects of Perfectionism, Self-Esteem, and Athletic Identity on Muscle Dysmorphia Characteristics*. Association of Applied Sport Psychology (AASP), Providence, Rhode Island.
- Grimes, R., & **Rhea, D.J.** (2010). *Giving Students Choices & Responsibility in High School Physical Education*. Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), Galveston, TX.
- Reel, J., **Rhea, D.J.,** Bucciere, R.A., Galli, N., & SooHoo, S. (2009). *Breaking Body Image and Eating Disorder Stereotypes: Educate Diverse Groups*. (Symposium). American Association of Health, Physical Education, Recreation, & Dance (AAHPERD), Tampa, FL.

- Rhea, D.J.** (2009). *Creating Policy Change in Your Community*. Invited Speaker. TAHPERD Administrator's Instructional and Motivational (AIM) Conference, Austin, TX.
- Martin, S.B., Greenleaf, C.A., **Rhea, D.J.**, & Jackson, A.W. (2008). *Variables associated with the perceived importance of weight and role of physical educators on improved health*. Paper presented at the Association of Applied Sport Psychology (AASP) Conference, St. Louis, MO.
- Rhea, D.J.**, & Senne, T. (2008). 7 Habits of Highly Effective Professionals. Invited Presentation for Texas Association for Health, Physical Education, Recreation, & Dance Conference. Corpus Christi, TX.
- Rhea, D.J.** (2008). *Psyching up or psyching out: How to motivate kids to be physically active*. TAHPERD Administrator's Instructional and Motivational (AIM) Conference, San Antonio, TX.
- Greenleaf, C., **Rhea, D.**, & Martin, S. B. (2007, February). *Weight Stigmatization among Middle and High School Physical Educators*. Paper presented at the Action on Obesity Summit, Mayo Clinic, Rochester, MN.
- Rhea, D. J.**, & Petta, L. M. (2006). *Does a Bodybuilding Competition Influence Characteristics Associated with Muscle Dysmorphia?* (Symposium). Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Miami, Florida.
- Barnes, J., & **Rhea, D.J.** (2006). *The Role of Psychosocial Variables on the Development of Adolescent Disordered Eating Behaviors*. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Miami, Florida.
- Rhea, D.J.**, & Prater, C. (2005). *Personality trait differences among male bullriders, extreme sport athletes, and traditional sport athletes*. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Vancouver, Canada.
- Rhea, D.J.**, Petty, S., & Lantz, C.D. (2005). *Personal trainers and characteristics associated with body image distortion*. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Vancouver, Canada.
- Greenleaf, C., Chambliss, H., Martin, S., **Rhea, D.**, & Morrow, J. (2005). *Project BODY (Beliefs about Obesity among Developing Youth): Reducing Weight Bias and Promoting Physical Activity*. Paper presented at the Action on Obesity Summit, Rochester, MN.
- Chambliss, H. O., Greenleaf, C. A., **Rhea, D. J.**, Martin, S. B., & Morrow, J. R., Jr. (2005). *Middle school students' fat stereotypes, body image attitudes, and behavioral Intentions toward thin and fat peers*. Paper presented at the 52th Annual Meeting of the American College of Sports Medicine, Nashville, TN.
- Rhea, D.J.**, Buza, R.A., Lantz, C.J., & Russell, W.R. (September, 2004). *The Effect of Ethnic Identity among Perceived Exercise Behavior and Various Exercise Associated Psychological Factors*. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Minneapolis, MN.
- Buza, R.A., **Rhea, D.J.**, Lantz, C.J., & Russell, W.R. (September, 2004). *The Relationship of Ethnicity,*

Gender, and Self-Perceptions Related to Exercise Behavior. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Minneapolis, MN.

- Wiginton, K., **Rhea, D.J.**, & Oomen, J. (June, 2004). The Relationship between Shame and Guilt and College Students' Interpersonal Communication Skills. American College Health Association's Annual Meeting, New Orleans, LA.
- Buza, R.A., Lantz, C. D., **Rhea, D.J.**, Russell, W.R., Mayhew, J.L. (June, 2004). The Influence of Race on the Relationship among Perceived Exercise Behavior and Various Exercise Associated Psychological Factors. American College of Science and Medicine Annual Conference, Indianapolis, Indiana.
- Rhea, D.J.** (October, 2003). Psychometric Analysis of the Solomon Expectancy Sources Scale (SESS). Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Philadelphia, PA.
- Reeser, J.C., Willick, S., **Rhea, D.J.**, & Berg, R. (June, 2003). Motivation and Satisfaction among Polyclinic Volunteers at the 2002 Winter Olympic and Paralympic Games. American College of Sports Medicine Annual Conference.
- Rhea, D.J.** (April, 2003). *NASPE All-Academy Symposium: Psychological Interventions to Increase Physical Activity.* Invited Speaker. American Association of Health, Physical Education, Recreation, and Dance Conference (AAHPERD). Philadelphia, PA.
- Rhea, D.J.** (March, 2002). *History of obesity: Past to Present.* Invited Speaker. American Association of Health, Physical Education, Recreation, and Dance Conference (AAHPERD). San Diego, CA.
- Lantz, C. D. & **Rhea, D. J.** (October, 2002). Exercise identity, eating attitudes, & body alienation differences in competitive ultra-marathoners. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Tucson, AZ.
- Rhea, D.J.** (November, 2002). Thinking outside the box: Research ideas in pedagogy. Invited speaker. Missouri Association of Health, Physical Education, Recreation, and Dance Conference (MOAHPERD), Lake of the Ozarks, MO.
- Rhea, D.J.** (November, 2002). Impact of a multi-activity model on the fitness levels of middle school students. Missouri Association of Health, Physical Education, Recreation, and Dance Conference (MOAHPERD), Lake of the Ozarks, MO.
- Rhea, D.J.**, Stringfield, P., Webb, B., & Mason, C. (December, 2002). Collaborative ideas worth discussing between school districts and universities. Texas Association of Health, Physical Education, Recreation, and Dance Conference (TAHPERD), Fort Worth, TX.
- Rhea, D. J.**, & Lantz, C. D. (2001). Conceptualization and measurement of muscle dysmorphia. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Orlando, Florida.
- Lantz, C. D., Koch, A., & **Rhea, D. J.** (2001). Muscle dysmorphia indices among competitive body builders, Olympic lifters, and powerlifters. National Strength and Conditioning Association Conference, Spokane, Washington.

Rhea, D.J. (2001). Comparison of the multi-activity model and sport education model in determining fitness of 8th grade students. American Association of Health, Physical Education, Recreation, and Dance Conference (AAHPERD), Cincinnati, Ohio.

Rhea, D.J., & Lantz, C.D. (2000). Development of the Muscle Dysmorphia Inventory. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Nashville, Tennessee. Published in *Journal of Applied Sport Psychology Supplement*, 12, S48.

Lantz, C.D., **Rhea, D.J.**, & Cornelius, A. (2000). A test of a conceptual model of muscle dysmorphia using elite-level body builders and powerlifters. Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Nashville, Tennessee. Published in *Journal of Applied Sport Psychology Supplement*, 12, S74.

Due to space (32 other research presentations dating from 1993 to 2000) not included.

EDITORSHIPS, CONSULTANTSHIPS

Editorial Board, *Journal of Health & Physical Literacy*, 2021-present

Associate Editor, *Journal of Physical Education, Recreation, & Dance*, 2008-2011

Associate Editor, *Journal of Health Promotion*, 2009-2012

Editorial Board, *Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD) Journal*, 2010-2013

Consultant/Educator with several school districts: 1999-present

Consultant with numerous TCU athletes: volleyball, golf, tennis, swimming, etc. 2002-2021

Chair - United States American Volleyball Psychosocial Resource Advisory Team

Journal Reviewer: Ongoing *2025

Frontiers in Education*

Children*

Frontiers in Pediatric Obesity*

International Journal of Health & Nutrition*

Journal of Teaching in Physical Education*

Journal of Health & Physical Literacy*

Journal of Elementary Physical Education*

Research Quarterly*

Journal of School Health*

Journal of Adolescence

Journal of Strength & Conditioning

Many others over the years

External reviewer - for different professors going up for tenure and promotion or promotion to full professor. 2004-present

EXTERNAL GRANTS/CONTRACTS FUNDED/SUBMITTED

Total LiiNK funds since 2013: \$2,197,417.00; Federal PE Grants funded \$1,673,362.00

2025	Rhea, Deborah (PI): LiiNK Project Research Funds. Individual Gifts. \$45,150.00 (Funds Received).
2024	Rhea, Deborah (PI): Let's inspire innovation 'N Kids (LiiNK) Project. Blue Cross Blue Shield TX Blue Impact Grant. \$25,000. (Funded).
2024	Rhea, Deborah (PI): LiiNK Project Research Funds. Individual Gifts. \$36,484.96 (Funds

Received).

2023	Rhea, Deborah (PI): TCU LiiNK, Research fees for LiiNK training & program research. \$53,500.00. (Funded).
2023	Rhea, Deborah (PI): TCU LiiNK Individual Gift Funds for LiiNK research. \$19,667.03. (Funded).
2022	Rhea, Deborah (PI): TCU LiiNK, Research fees for LiiNK training & program research. \$131,550.00. (Funded).
2022	Webb, G.K., & Rhea, D.J. (Co-PI). Shape America: Thomas L. McKenzie Research Grant. \$2,000.00 (Not funded).
2022	Campbell-Pierre, D.M.* & Rhea, D.J. (Co-PI). Shape America: Thomas L. McKenzie Research Grant. The Effects of Multiple Recesses Daily on Children's Motor Coordination. \$2,000.00 (Funded).
2022	Rhea, Deborah (PI): TCU LiiNK Individual Gift Funds for LiiNK research. \$37,800.00 (Funded).
2021	Rhea, Deborah (PI): Alan Fox Foundation. LiiNK Project®: Let's inspire innovation 'N Kids. To make new LiiNK Video. \$5,000 (funded).
2021	Rhea, Deborah (PI): TCU LiiNK, School district fees for LiiNK training & program research. \$180,000.00. (Funded).
2021	Rhea, Deborah (PI): Paul E. Andrews Foundation. Last year of three years \$70,000.00 (Funded).
2020	Rhea, Deborah (PI): TCU LiiNK, School district fees for LiiNK training & program research. \$220,400.00. (Funded).
2020	Rhea, Deborah (PI): Sid Richardson Foundation. LiiNK Implementation Grant for DFW School Districts. \$120,000.00. (Funded).
2020	Rhea, Deborah (PI): Paul E. Andrews Foundation. LiiNK Project®: Let's inspire innovation 'N Kids. 2018-2019: \$70,000; 2019-2020: \$70,000; 2020-2021: \$70,000 = \$210,000.00 for three years (Funded).
2019	Rhea, Deborah (PI): TCU LiiNK, Research fees for LiiNK training & program research. \$274,400.00. (Funded).
2019	Rhea, Deborah (PI): Sid Richardson Foundation. LiiNK Expansion Planning Grant. \$50,000.00. (Funded).
2018-2019	Rhea, Deborah (PI): TCU LiiNK, Reserch fees for LiiNK training & program research. \$301,900.00. (Funded).
2017-2018	Rhea, Deborah (PI): Rankin Foundation. LiiNK Project®: Let's inspire innovation 'N Kids. \$10,000.00.

2016-2019	Rhea, Deborah (PI): Alan Fox Foundation. LiiNK Project®: Let's inspire innovation 'N Kids. \$175,000.00. \$50,000 2018-2019 (Funded).
2016-2017	Rhea, Deborah (PI): U.S. Play Coalition Research Grant. LiiNK Project®: Let's inspire innovation 'N Kids. \$3,000.00.
2015-2018	Rhea, Deborah (PI): Paul E. Andrews Foundation. LiiNK Project®: Let's inspire innovation 'N Kids. \$100,000.00.
2015-2017	Rhea, Deborah (PI): Miles Foundation. LiiNK Project®: Let's inspire innovation 'N kids. \$125,000.00.
2015-2016	Rhea, Deborah (PI): Walsh Foundation. LiiNK Project®: Let's inspire innovation 'N kids. \$100,000.00.
2014-2015	Rhea, Deborah (PI): Penrose Group. LiiNK Project®: Let's inspire innovation 'N kids. \$25,000.00.
2014-2015	Rhea, Deborah (PI): Herztein Foundation. LiiNK Project: Let's inspire innovation 'N kids. \$25,000.00.
2013-2018	Rhea, Deborah (PI): Texas Christian University. LiiNK Project: Let's inspire innovation 'N kids. \$317,000.00.
2004-2007	Rhea, Deborah (Co-PI with FWISD): Carol M. White Physical Education for Progress Grant. Shape the Future (Grades 9-12). \$873,970.00.
2003-2004	Rhea, Deborah (Co-PI with FWISD): Carol M. White Physical Education for Progress Federal Grant. Project MOVE (Grades 6-8). \$350,472.00
2002-2003	Rhea, Deborah (Co-PI with FWISD): Carol M. White Physical Education for Progress Federal Grant. Project Move Early and For Life (K-6). \$448,920.00.

EXTERNAL GRANTS SUBMITTED, BUT NOT FUNDED

2022	Rhea, D.J. (Co-I with UTA). National Institute of Mental Health & Disparities - RO1 Clinical Trial (MD018207-01). Reducing Disparities through Promoting Physical Activity and Tailored Health (RedPATH) in Underserved Minority Community. NIH-R01. Requested: \$1.5 million 2022-2027. Subaward: \$73,107.84.
2022	Rhea, D.J. (Co-I with UTA). National Institute of Health (R15) - Grants.gov Tracking # GRANT13561328. Empowering Physical Activity and Tailored Healthy Development (ePATH) in Underserved Young Children. NIH-R15. Requested: \$300,000 (2023-2025). Subaward: \$30,000.
2021	Farbo, D.,* & Rhea, D.J. (Co-PI). Shape America: Thomas L. Mckenzie Research Grant. Body composition of children with multiple recess daily. \$2,000.00.
2021	Rhea, Deborah (PI): BCBS-OK Healthy Kids- Healthy Families Grant. LiiNK Project: Let's inspire innovation 'N kids. \$347,000.00.

- 2020** **Rhea, Deborah (PI)**, Johnson, A., Zhang, Y., Cheek, D.: Spencer Foundation. The Connection between Cortisol Stress Response and Cognitive, Social-Emotional, and Physical Health in Children and Teachers. Not funded. \$493,380.21.
- 2018-2022** **Rhea, Deborah (PI)**: 84-305A2018-1 Institute Education Sciences (IES): Education Research Grant. Title: “An Innovative Whole Child Approach to Learning: The LiiNK Project®” \$3,400,000.00. Scored.
- 2018-2020** **Rhea, Deborah (PI)**: Paul E. Andrews Foundation. LiiNK Project®: Let’s inspire innovation ‘N Kids. \$200,000.00.
- 2016-2018** **Rhea, Deborah (PI)**: BCBSTX Healthy Kids- Healthy Families Grant. LiiNK Project: Let’s inspire innovation ‘N kids. \$250,000.00.
- 2016-2018** **Rhea, Deborah (PI)**: 84.411C Office of Innovation and Improvement (OII): Investing in Innovation (i3) Grant Title: The LiiNK Project: An exploratory study to change the culture for learning through play \$2,783,448.00.
- 2014-2015** **Rhea, Deborah (PI)**: Spencer Foundation. LiiNK Project®: Let’s inspire innovation ‘N kids. \$498,545.00.
- 2013-2014** **Rhea, Deborah (PI)**: RKG Foundation. LiiNK Project: Let’s inspire innovation ‘N kids. \$100,000.00.
- 2012-2015** **Rhea, Deborah (Co-PI with EMS-ISD)**: Carol M. White Physical Education for Progress Grant. Mission Possible (Grades 6-12). \$499,472.00.
- 2011-2012** **Rhea, Deborah (Co-PI)**: National Science Foundation.
Title: Heads in the Cloud: 21st century tools transforming teaching and learning.
\$549,681.00. Co-PI with Weinberg, M., Reynolds, S., Crawford, L., & Weber, K.
Scored.

INTERNAL GRANTS FUNDED

Webb, G.K., & **Rhea, D.J.** (2023). *TCU Open Access Fund award*. \$3,000.00.

Webb, G.K., & **Rhea D.J.** (2023). *TCU Open Access Fund award*. \$2,500.00

Campbell-Pierre, D.M., & **Rhea, D.J.** (2022). *TCU Open Access Fund award*. \$2,080.00.

Webb, G.K. & **Rhea, D.J.** (2022). *TCU Open Access Fund award*. \$2,500.00.

As mentor: HCNHS Research, Graduate Studies, and Ranhoff Travel & Research Grants

2023: Kate Webb, Daryl Campbell-Pierre, Rayna Webb

2022: Kate Webb, Daryl Campbell-Pierre, Dave Farbo, Rayna Webb, Kelsey Kirby, Olivia Beyer

2021: Kate Webb, Daryl Campbell-Pierre, Dave Farbo, Kelsey Kirby, Olivia Beyer

2020: Dave Farbo, Daryl Campbell-Pierre

Rhea, D. J. (Aug. 2012). Exploration of the Finland K-12 Schools: Developing a Model for Educational Transformation in Texas. *TCU Invests in Scholarship Grant*. Awarded \$4,000.00.

- Rhea, D.,** & Solomon, G. (2010). International Collaborations: TCU & the Deutsche Sporthochschule Koln (German Sport University, SPOHO). Faculty Development Program for International Studies. Awarded: \$5,000.00.
- Rhea, D.J.** (2009). Breaking body image and eating disorder stereotypes: Educate diverse groups. TCU Institute on Women and Gender Grant. Awarded - \$2,500.00.
- Barbee, J.J., Mitchell, J., **Rhea, D.J.**, Upton, D., & Cheek, D. (2008). The effects of a single bout of aerobic exercise on measures of endothelial function. *AAFP Research Stimulation Grant*. Awarded - \$5,000.00.
- Rhea, D.J.** (2000). Validating the use of heart rate monitors in the middle school setting. James H. Davis Foundation Grant. Awarded - \$3,400.00.
- Rhea, D. J.** (1997). Exercise promotion in physical education: Equipment to meet individual needs at the middle school setting. Des Moines Consolidated School District Grant. Awarded - \$15,000.
- Goodway, J. D., & **Rhea, D. J.** (1994). Validation of instructional materials for an integrated math, science, and movement education intervention. University of Houston Limited Grant-in-Aid Program. Awarded - \$2,000.00.
- Goodway, J. D., **Rhea, D. J.** (1994). A needs assessment of the motor development and cardiovascular fitness of preschool children who are at-risk of a developmental delay. University of Houston Research Initiation Grant Program. Awarded - \$6,000.00.
- Rudisill, M. E., **Rhea, D. J.** (1994). Planning macroscopic aspects of manual control: A preliminary developmental investigation. University of Houston Limited Grant-in-Aid Program. Awarded - \$1,920.00

OTHER RESEARCH AND CREATIVE ACTIVITIES

- Associate Dean Research & Health Sciences: 2005-2020
Director of PhD in Health Sciences program
Directed the committee that designed the new college wide PhD in Health Sciences degree for Harris College of Nursing & Health Sciences – first cohort was August, 2018.
Faculty Research Symposium Events 2009 to 2020
Student Research Symposium Event yearly 2008 - 2020
3 Minute Thesis Event yearly 2016 - 2020
Boller undergraduate presentations 2014 - 2020
Achievement Banquet coordination for research awards 2010 – 2020
- Local, State, National, & International Media Coverage of LiiNK – interviews related to LiiNK research

Podcasts with Rhea interviewed about LiiNK or related topics

October, 2025 Edumyseat Podcast with Josh Newman.

March, 2024 Adults need outdoor time as much as children. IPA-USA Porch Play Chat Interview (Podcast).

2016 Fox 4 News (Noon)

2016 Fox 4 News (afternoon news – 4:30 pm)

2016 Fox 4 10:00 News (Live interview)

2016 CBS Wichita, Kansas Video shoot & airing

2016 NBC 5 – news story

Social Networks highlighting recess & TCU LiiNK

NAHPL Webinar (September 19, 2023). The secret sauce of a healthy life. [Webinars – NAHPL](#)

TBRI Podcast recorded (January, 2022). Will air in April 2022. Interview with Dr. Rhea about unstructured play through the lifespan.

ATTN - <https://www.facebook.com/attn/posts/1488901531145301> LiiNK exposure - 1,269,235 Views (video posted 27 times – 475,269 views from this post & 793,966 views from 26 other posts)

HCNHS Facebook exposure for stories – over 1 million views each time

2019 Radio live interviews with LiiNK:

Noggin Educational Foundation with LiiNK – Fishbowl Radio Network.
<https://www.facebook.com/NogginFoundation/videos/2068098249979858/>

2017 Radio live interviews and TCU LiiNK stories:

Global PhysEd Voxcast - #87 The LiiNK Project with Dr. Debbie Rhea
(https://www.podomatic.com/podcasts/voxcast/episodes/2017-01-22T12_20_51-08_00)

Faster than normal podcast with Peter Shankman out of NY – FTN 064 More Play = Less Problems with Dr. Debbie Rhea #59 (<https://itunes.apple.com/us/podcast/the-faster-than-normal-podcast-add-adhd-health/id1087851721?mt=2#>)

NPR – Wow in the world podcast – LiiNK is the focus for a children's one hour show

2016 Radio Interviews:

Calgary CHQR 770AM Radio Interview (Live)
WFAA live interview

San Antonio, Austin, & Jacksonville radio stations – live interview

KERA/NPR *Turns Out Monkey Bars And Kickball Might Be Good For The Brain* Story.

Print TCU LiiNK stories:

2024

DFW Child Magazine article won Silver at the Parenting Media Associations annual conference

2023

DFW Child Magazine (March, 2023). By Erin Hayes Burt. The power of unstructured playtime: Why letting them play is vital to raising healthy kids. Interview with several statements in the article from Dr. Rhea. <https://dfwchild.com/the-power-of-unstructured-playtime/#:~:text=Play%20is%20equally%20crucial%20for,develop%20fine%20motor%20skills%20too.>

2022

The Hechinger Report (Nov 14, 2022). By Jackie Mader. Teachers often cancel recess as a punishment. A growing number of states want to change that. [Teachers often cancel recess as a punishment. A growing number of states want to change that. \(nbcnews.com\)](https://www.nbcnews.com/education/teachers-cancel-recess-punishment-growing-number-states-want-change-ncna1234567)

U.S. News (Oct 14, 2022). How much recess should kids get? By Kate Rix. [How Much Recess Should Kids Get? | K-12 Schools | U.S. News \(usnews.com\)](https://www.usnews.com/education/k12/schools/articles/2022/10/14/how-much-recess-should-kids-get)

Fatherly Magazine (Sept 7, 2022). What recess looks like around the world. By Mike Diago. [How Much Recess Should Kids Get? | K-12 Schools | U.S. News \(usnews.com\)](https://www.usnews.com/education/k12/schools/articles/2022/09/07/what-recess-looks-like-around-the-world)

2019

Noggin Educational Foundation (2019). LiiNK interview with Dave Farbo and Debbie Rhea. [The One About The Power of Play | Noggin Educational Foundation was live. | By Noggin Educational Foundation | Facebook](https://www.facebook.com/noggineducationalfoundation/posts/1015812345678901)

U.S. Play Coalition Position Paper (2019). A research-based case for recess: Position paper. US Play Coalition in collaboration with American Association for the Child's Right to Play and the Alliance for Childhood. <http://liinkproject.tcu.edu/wp-content/uploads/2019/11/Jarrett-2019-Research-Based-Case-for-Recess-LiiNK-is-cited-in-this-position-statement.pdf>

New York Post – Sept 2019 “Education beat: More Recess for Better Test Scores.” <https://nypost.com/2019/07/17/joe-bidens-fall-to-earth-and-other-commentary/>

U.S. Play Coalition Blog – September 15, 2019 “Wrong Turns, Right Moves in Education” by Laura Maler. <https://usplaycoalition.org/rhea-book>

D Magazine – July 10, 2019 “This researcher thinks recess is the key to better test scores.” By Jake Whitney. <https://www.dmagazine.com/frontburner/2019/07/more-recess-better-test-scores-liink-tcu/>

Dallas Innovates - March 15, 2019 “Why Dr. Rhea is a big deal.” <https://dallasinnovates.com/breakthroughs-ones-to-watch/>

Aleteia – Feb 25, 2019 “Having a hard time getting your kids to do homework?” by Calah Alexander. <https://aleteia.org/2019/02/25/having-a-hard-time-getting-your-kids-to-do-homework/>

2017

The Wall Street Journal – June 13, 2017 “A Favorite Subject Returns to Schools: Recess” by Tawnell Hobbs. <https://www.wsj.com/articles/a-favorite-subject-returns-to-schools-recess-1497358800>

Time Magazine – September 6, 2017 “A Secret Power of Play” by Siobhan O'Connor.

<http://time.com/4928925/secret-power-play/>

NPR Oklahoma – October 19, 2017 “What do monkey bars and test scores have in common? More than you might think”

<https://stateimpact.npr.org/oklahoma/2017/10/19/what-do-monkey-bars-and-test-scores-have-in-common-more-than-you-might-think/>

The Little Elm Journal – July 14, 2017 “Little Elm ISD implements program designed to find balance” by Audrey Henvey http://starlocalmedia.com/littleelmjournal/news/little-elm-isd-implements-program-designed-to-find-balance/article_bc2c72e4-68d7-11e7-8582-5b23b434df17.html

Little Elm ISD – posted Oct 18, 2017

website <http://mylittleelmnews.com/CivicAlerts.aspx?AID=184>

2016

Helsinki, Finland news story comparing LiiNK to the Finnish Education System

Texas Monthly Article

Op-Ed piece (Washington Post)

Texas Aft – Austin local newspaper story

15 other print stories around the country in different journals/magazines

6. Service

DEPARTMENTAL SERVICE

Curriculum Committee – Chair

Department Advisory Committee - Chair

Graduate faculty committee

Chair Search committee - Chair – 2022-2023 (1999-present)

Faculty Search committee – member Fall 2024

COLLEGE SERVICE

2008-2021 Associate Dean of Health Sciences

2008-2020 Associate Dean of Research

PhD in Health Sciences Director 2017-2020

Executive Council 2008-2021

Administrative Council 2008-2021

Asst/Assoc Dean Council

Curriculum Committee 2008-2021

Research Committee 2008-2020

2007–2010 Curriculum Committee - Chair

2007-2009 Tenure & Promotion Committee

2019-present College Advisory Committee – Chair (2020)

2019-present Starpoint School Advisory Committee

UNIVERSITY SERVICE

Graduate Council - Associate Dean role - 2008-2021

Intellectual Property Review Committee – 2020-ongoing

Institutional Review Board Committee (2018-ongoing)
 University Discipline Panel 2010-2018
 Council of Mental Health & Suicide 2010-2015
 Intercollegiate Athletics Committee 2004-2006

PROFESSIONAL SERVICE

- Texas Children in Nature Network (TCiNN) – Co-Chair Recess Committee 2022-ongoing
- TAHPERD Advocacy Committee – Member Fall 2024-ongoing
- International Play Association – IPA USA – Chair Recess Committee 2022-ongoing
- NAHPL – Southern District Scholar Committee Chair 2015-2020, 2024; Committee member 2021-2023
- Research Committee. TAHPERD. 2021-2024.
- Finance Committee, TAHPERD. 2022-2025.
- Global Recess Alliance – Founding Member and Task Force for Recess consultant 2020-present
- Fort Worth Botanical Gardens - Family Garden Planning Committee 2022-2025
- Journal for Health & Physical Literacy – Editorial Board 2021-present
- Journal for Health & Physical Literacy – PETE/HETE Recruitment Task Force Committee Chair 2021-2024
- Fort Worth Botanical Gardens (FWBG)/Botanical Research Institute of Texas (BRIT) Education Advisory Council 2019-present
- President, Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), 2013-2016
- Chair, Shape America Steering Committee: Write a position statement about recess for the country. 2014-2015.
- National Association of Sport and Physical Education (NASPE) Steering Committee: College/university physical activity representative. 2011-2015.
- Social Psychology Committee – Association for Applied Sport Psychology (AASP) 2012-2014
- Vice President of the College Division –TAHPERD. 2004-2007.
- Finance Committee – TAHPERD. 2004-2007.
- Chair - United States American Volleyball Psychosocial Resource Advisory Team. 2002-2015.
- Chair – NASPE Sport Psychology Academy (2002-2004)
- Measurement and Evaluation Chair –TAHPERD. 2002-2004.
- Continuing Education Committee – Association for the Advancement of Applied Sport Psychology (AASP). 2002-2010.

COMMUNITY ACTIVITIES RELATED TO PROFESSIONAL SKILLS (some examples of my work)

Rhea, D.J. (Nov, 2024). Why are we afraid of playing outdoors? Early Childhood Impact Series session – Invite Speaker. Botanical Research Institute of Texas Group. Fort Worth, TX.

Rhea, D.J. (Nov, 2023). Weathering the storm: Play on! Early Childhood Impact Series session – Invite Speaker. Botanical Research Institute of Texas Group. Fort Worth, TX.

U.S. Play Coalition Play Day Event – Oct 9, 2023 Rhea and the LiiNK Center hosted the event at the Fort Worth Botanical Garden

- Rhea, D.J.** & Kate Webb (August, 2023). Invited Speaker/Facilitator for Trinity Valley School Inservice for Physical Educators and Coaches.
- Rhea, D.J.** (Oct 15, 2022). The healing properties of unstructured, outdoor play. Texas Children in Nature Network Workshop – Invited Speaker (2 hours). Online.
- Rhea, D.J.** (Oct 13, 2022). Live Smart Texas (Obesity Coalition) Webinar (online).
- Rhea, D.J.** (2022). Creating healthier, more resilient kids through recess (outdoor play). Michael & Susan Dell Center for Healthy Living Webinar. Online.
- Rhea, D.J.** (Oct, 2022). Early childhood: Roadmap to healthy play. Early Childhood Impact Series session – Invited Speaker. Botanical Research Institute of Texas Group. Fort Worth, TX.
- Rhea, D.J.** (Sept, 2022). 17th Hancock Symposium at Westminster College: “The Changing Nature of Work and Play”, Invited Speaker: *The Secret Sauce of a Healthy Life*. Fulton, MO.
- Rhea, D.J.** (Nov 14, 2020). How recess heals during COVID 19 Learning. Early Childhood Impact Series session – Invited Speaker. Botanical Research Institute of Texas Group. Fort Worth, TX.
- Rhea, D.J.** (Feb, 2020). Physical & Health Literacy Conference, Invited Speaker. Birmingham, Alabama.
- Rhea, D.J.** (Jan. 2020). El Paso Health Summit, Invited Speaker. El Paso, TX.
- Rhea, D.J.** (Jan. 2020). Ronald Reagan Institute (RISE) Collaborators. Invited Speaker. Columbus, OH.
- Rhea, D.J.** Consultant & Motivational Speaker for Health Sciences & Educational Groups. (2012-present).
- Rhea, D.J.** (2018). Keynote speaker – 3rd General Session. Texas Association of Health, Physical Education, Recreation, & Dance Convention, Galveston, Texas. *Live, Learn, Lead: Plan for a Healthy Life*.
- Rhea, D.J.** (2018). Keynote speaker. TACLP 2nd Annual Regional Child Life Conference at Cook Children’s Hospital, Fort Worth, Texas. *Imagine a Child as a Tree*.
- Rhea, D. J.** (2018). Keynote and two breakout sessions. KAHPERD (Kansas Association of Health, Physical Education, Recreation, and Dance) Conference. Session 1: Developing a child and teacher's multi-sensory intelligence: Unstructured, outdoor play and social/emotional learning. Session 2: Recess + Character: The Whole Equals More than the Parts.
- Rhea, D.J., & Skenazy, L.** (2018). Collaborating between LiiNK and Let Grow Foundation in schools.
- Rhea, D.J.** (2014 - present). Invited Speaker for LiiNK Project. Several venues throughout the year presenting on stress, ethics, recess/play.
- Rhea, D.J., Weinburgh, M., Campfire, BRIT, & Fit Worth, FWZoo** collaboration (2013-present)–teaching science through the outdoor experience: exploration & creativity.

Rhea, D.J. (2013). Why physical educators are important in the 21st Century. Invited speaker for teachers and principals in the Fort Worth area. Sponsored by Fort Worth Association of Health, Physical Education, Recreation, and Dance Meeting.

Rhea, D.J. (2002-present). Invited instructor for numerous classes each semester (Nursing on eating disorders; Play & Creativity EDUC – how to work in a physical activity setting as a classroom teacher; Education graduate class – teach on research and the LiINK Project).

Rhea, D.J. (2002-2014). Invited Speaker/Facilitator for over 15 School District In-services every year

Rhea, D.J. (2002-present). Interviewed by many in different news media about obesity, physical education, sport appropriate activities, eating disorders

Examples:

Interviewed by John Pendolino, WBAP, for *Obesity in Texas* segment.

Participant in KERA sponsored conference at TCU: *Speaking of Women's Health-Fort Worth*.

ACADEMIC ADVISING

Associate Dean – TCU HCNHS – student grades

Physical Education Coordinator – TCU Kinesiology Department

Physical Education Coordinator – ISU Kinesiology Department