

Collin M. Fehr

1524 Eastview Ct., Lewiston, ID, 83501 / 208-792-2389 / cmfehr@lcsc.edu

EDUCATION

Doctorate of Education, Counselor Education May 2017
University of Montana
Dissertation: The Coach-Athlete Relationship as a Predictor of Student-Athlete Satisfaction

Master of Science, Health & Human Performance May 2013
University of Montana
Thesis: Intercollegiate Tennis Coaches' Perceptions of and Preferences for Continuing Education

Bachelor of Science with Honors, Health & Human Performance May 2011
University of Montana

TEACHING EXPERIENCE

Assistant Professor August 2017 - present
Movement & Sport Sciences Division, Lewis-Clark State College

Courses Taught:

KIN 260 – Introduction to Kinesiology
KIN 261 – Skill/Analysis: Court Sports
KIN 262 – Skill/Analysis: Field Sports
KIN 267 – Skill/Analysis: Strength Development
KIN 272 – Fitness and Wellness
KIN 361 – Biomechanics Lab
KIN 363/364 – Physiology of Exercise with Lab
KIN 410 – Sport Psychology
KIN 411 – Exercise Psychology
HLTH 253 – Nutrition
HLTH 354 – Addiction & Performance
HLTH 454 – Wellness Coaching

Adjunct Instructor Fall 2011 – Spring 2017
Health & Human Performance Department, University of Montana

Courses Taught:

COA 405 – Advanced Concepts in Coaching
HLTH 465 – Leadership/Management in Health & Human Performance Organizations
KIN 369 – Anatomy & Kinesiology Lab
ACT 160 – Fundamentals of Weight Training
ACT 163 – 5k/10k Race Training
ACT 169 – Fundamentals of Tennis

Communicative Sciences and Disorders Department, University of Montana

Course Taught:

BIOH 330 - Anatomy & Physiology for Speech & Language

Graduate Instructor Spring 2014-Spring 2017
Counselor Education Department, University of Montana

Course Taught:

COUN 242 – Intimate Relationships

Graduate Assistant August 2011 – Fall 2016
Health & Human Performance Department, University of Montana

Courses Taught:

KIN 440 – Sport Psychology
KIN 363 – Exercise Physiology

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KIN 369 – Anatomy and Kinesiology
HHP 483 – Exercise, Disease, and Aging
HLTH 220 – Nutrition

Undergraduate Assistant

August 2010 – May 2011

Health & Human Performance Department, University of Montana

Courses Taught:

HHP 226 – Basic Exercise Prescription
HHP 369 – Anatomy and Kinesiology
HHP 188 – Pediatric First Aid

RESEARCH EXPERIENCE

Original Research

2019-2020

- *Study 1: Is the type of conditioning or body composition a greater influence on resting and exercise macronutrient fuel mix?*
- *Study 2: The Effects of “Physical BEMER Vascular Therapy” on Work Performed During Repeated Wingate Tests*

Pilot Study

Spring 2018

Movement & Sport Sciences Division, Lewis-Clark State College

- Quantitative pilot study examining possible links between time spent playing Pickleball and quality of life indicators

Doctoral Dissertation

Completed May 2017

Counselor Education Department, University of Montana

- Quantitative study examining the coach-athlete relationship and athlete satisfaction

EDLD 625 – Quantitative Research

Spring 2016

College of Education & Human Sciences, University of Montana

- Conducted a quantitative study on self-efficacy in students participating in a coaching class at the University of Montana. Results will be presented at a future conference.

EDLD 620 – Qualitative Research

Fall 2014

College of Education & Human Sciences, University of Montana

- Designed and carried out a phenomenological research study to describe the lived experiences of terminal-degree seeking students with relation to school-life balance. All five dissertation chapters were addressed in this preliminary study.

Master’s Thesis

Fall 2011 - May 2013

Health & Human Performance Department, University of Montana

- Designed a novel study to examine intercollegiate tennis coaches’ perceptions of and preferences for continuing education. Surveyed 200 coaches from across the United States and conducted statistical analyses of variables to interpret the results

Volunteer Research Assistant

Fall 2011

Health & Human Performance Department, University of Montana

- Assisted fellow graduate students with data collection and subject supervision
 - Some duties included: assessing urine specific gravity, pipetting hemoglobin assays, recording skin and core temperature, delivering ice slurries, collecting ratings of perceived exertion, and cleaning lab equipment

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PROFESSIONAL PRESENTATIONS

- American College of Sports Medicine Northwest Annual Conference** February 2020
Title: The Effects of Physical Vascular BEMER Therapy on Work Performed During Repeated Wingate Tests
- Keynote Presentation: WSKW Conference** October 2019
Title: The Active Couch Potato
- Research Presentation: WSKW Conference** October 2019
Title: Is the type of conditioning or body composition a greater influence on resting and exercise macronutrient fuel mix?
- LC Presents – Lapwai High School, Lapwai, ID** May 2019
Title: The Active Couch Potato
- Lewis-Clark State College Leadership Development Workshop** April 2019
Title: Effective Communication with Difficult People
- NWATA Student Symposium** March 2019
Title: The ‘C.A.R.’ Every Injured Athlete Needs
- Lewis-Clark State College Research Symposium** May 2018
Faculty Showcase Panel – Oral Presentation
Title: What’s the Big Dill? Pickleball: America’s Fastest Growing Sport
- SHAPE Idaho** October 2017
Oral Presentation at Idaho chapter of national organization
Title: Pickleball: A look Inside America’s Fastest Growing Sport
- University of Montana GradCon** April 2016
Poster Presentation at annual Graduate Student Research Conference
Title: Intercollegiate Tennis Coaches’ Perceptions of and Preferences for Continuing Education
- AASP- Northwest Regional Conference** April 2016
Oral Presentation at Northwest Sport & Exercise Psychology Symposium
Title: Solution-Focused Counseling: Applications in Sport
- City of Missoula Wellness Program** March 2015
Oral Presentation at monthly “Fit City” wellness meeting
Title: Get Up and Move!
- Mountain West Youth Track Club** February 2014
Oral Presentation at annual meeting to kick-off season
Title: Mental Training for Peak Performance

PUBLICATIONS and GRANTS

- AASP Regional Conference Grant**
Secured external funding from the Association for Applied Sport Psychology to host the 2020 Northwest Student Sport and Exercise Psychology Symposium at Lewis-Clark State College
- Higher Education Research Council - Research Collaborative Award**
Secured funding for collaborative study titled: “*The Effects of Physical BEMER Vascular Therapy on Work Performed During Repeated Wingate Tests.*”
- American College of Sports Medicine Northwest Research Grant Program**
Faculty advisor for student research project awarded grant funding for work on “*The Effects of Physical BEMER Vascular Therapy on Work Performed During Repeated Wingate Tests.*”

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Higher Education Research Council – Student Research Award

Faculty advisor for student research project awarded grant funding for work on “*The Effects of Physical BEMER Vascular Therapy on Work Performed During Repeated Wingate Tests.*”

Faculty Development Grant – Lewis-Clark State College

Secured internal funding for travel to 2019 Western Society for Kinesiology and Wellness Annual Conference in Reno, NV, to deliver Keynote Address and Research Presentation

Faculty Development Grant – Lewis-Clark State College

Secured institutional funding for research project at 2018 US Open Pickleball Championships

Forthcoming Journal Submissions

- *The Effects of Physical BEMER Vascular Therapy on Work Performed During Repeated Wingate Tests*
- *The Coach-Athlete Relationship as a Predictor of NCAA Student-Athlete Satisfaction*
- *The Systematic Development of a Sport Psychology Consulting Philosophy*
- *Intercollegiate Tennis Coaches’ Perceptions of and Preferences for Continuing Education*

SERVICE

Mental Performance Consulting

Fall 2017 – present

Lewis-Clark State College Athletics

- Provide mental coaching to student-athletes and coaches

Internship Supervisor

2019-2020

Recruited and supervised two student coordinators to plan the Northwest Student Sport and Exercise Psychology Symposium hosted by Lewis-Clark State College in April 2020.

Abstract Reviewer – SHAPE America Conference

Summer 2020

The Society of Health and Physical Educators

Presentation Reviewer – WSKW Conference

October 2019

Western Society for Kinesiology and Wellness

Lewis-Clark State College Committees

2018-present

Curriculum and Instruction (2019-2020)

Budget, Planning, and Finance (2018-2019)

Reviewer – WSKW Faculty Proposals

Summer 2019

Western Society of Kinesiology and Wellness

Presentation Reviewer – ACSM Northwest Conference

Spring 2019

American College of Sports Medicine Northwest

Lewis-Clark State College Leadership Development Workshop

Spring 2019

Planning Committee

Mentor – Lewiston High School Senior Project

Spring 2019

Provided 15 hours of mentorship for a senior high school student interested in Exercise Science.

Text Proposal Reviewer

Fall 2018

Jones and Bartlett Publishing

Volunteer (Planning and Implementation)

Fall 2018

National Walk to School Day, National Stress Awareness Day

Abstract Reviewer – AASP Annual Conference

2018-2020

Association for Applied Sport Psychology

Pilot Tester - HK Springboard Platform

Spring 2018

Human Kinetics

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Reviewer - WSKW Young Scholar Award 2017, 2018
Western Society of Kinesiology and Wellness

Graduate Advisory Council Fall 2014 – Spring 2015
College of Education & Human Sciences, University of Montana

- Served as liaison to the Dean for graduate students in the Counselor Education Department

Staff Advisor – Grizzly Running Club Spring 2015-Spring 2017

- Served as point of contact for University of Montana club.

Student Evaluation Committee Fall 2010, 2012, 2016
Health & Human Performance Department, University of Montana

- Served as committee Chair as graduate student
- Responsible for reviewing and synthesizing student evaluations of faculty
- Conducted meetings and mentored undergraduate members on written assessments
- Submitted and signed formal evaluations to be presented to faculty, dean, and provost

HONORS/AWARDS

Faculty/Staff of the Year 2019-2020
Warrior Athletic Association

- Voted on by athletic department coaches for faculty/staff member who shows exemplary service to coaches and athletes

Faculty Member of the Year 2018-2019
Lewis-Clark State College

- Voted on by student-athletes at annual LCSPYS event

Honorary Coach January 2019
Lewis-Clark State College Women's Basketball

Bertha Morton Scholarship 2015-2016
University of Montana Graduate Council

- Awarded to graduate students in recognition of their academic performance, research and creative activities. Recipients are among the top 5% of graduate students at Montana.

Julie & Maryl Baldrige Healthy Relationships Scholarship 2014-2017
Counselor Education Department, University of Montana

- Awarded to a doctoral candidate devoted to promoting healthy relationships through education. The honor serves as funding for a teaching assistantship.

Brian Sharkey Award April 2013
Health & Human Performance Department, University of Montana

- Awarded to an outstanding graduate student for his commitment to applied research

Teaching Assistantship August 2011 – May 2013
Health & Human Performance Department, University of Montana

- A half tuition waiver and stipend awarded to deserving applicants who demonstrate competence and abilities in teaching

Outstanding Major of the Year Award April 2011
National Association of Sports & Physical Education (NASPE)

- Awarded to an exemplary undergraduate student in the field of physical education

Charles F. Hertler Award April 2011
Health & Human Performance Department, University of Montana

- In recognition of an outstanding male student who is a senior in the HHP department

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President's Award for Academic Excellence (Mortar Board) April 2010
Health & Human Performance Department, University of Montana

- Awarded to outstanding students who have demonstrated excellence in the pursuit of their degrees

Scholar-Athlete 2008 - 2011
University of Montana Athletics

- Grizzly athletics honors student-athletes who maintain a 3.0 GPA or above

Eagle Scout Award November 2005
Troop 1999, Montana Council, Boy Scouts of America

- Eagle Scout is the highest rank attainable in the Boy Scouts of America
- Completed a leadership service project to improve emergency medical response in a rural Montana town consisting of over 200 hours of volunteer assistance

INTERNSHIP EXPERIENCE

Coaching Intern January 2010 – May 2010
University of Montana Track & Field, Missoula, MT

- Worked collaboratively with coaching staff in developing training plans, travel itineraries, budgets, and recruiting lists
- Created and implemented a research-based nutrition guideline for athletes in each event
- Attempted all events to better understand the technical and tactical requirements

PROFESSIONAL EXPERIENCE

Head Tennis/Pickleball Professional May 2017 - present
Sun Valley Elkhorn Association, Sun Valley, ID

- Designed, implemented, and evaluated programming
- Hired/managed staff

Head Tennis Professional June 2016 – August 2016
Sun Valley Resort, Sun Valley, ID

- Lead instructor at world-class resort, teaching lessons, clinics, and socials

Assistant Track & Cross-Country Coach August 2013 – June 2016
University of Montana, Missoula, MT

- Mentor student-athletes and demonstrate positive character
- Develop training plans for physical and mental conditioning
- Recruit diverse students to enrich the program and community
- Counsel student-athletes to overcome obstacles and achieve potential

Tennis Program Coordinator April 2010 – August 2014
Missoula Parks & Recreation, Missoula, MT

- Direct and coordinate all tennis programs for the city of Missoula
- Duties include: program planning, staff hiring/training/supervising/scheduling, record-keeping, equipment purchasing and inventory, fundraising, marketing, risk management
- Continually using personal relations skills and seeking to improve programs

Tennis Professional & Personal Trainer January 2007 – present
AdVantage Tennis, Missoula, MT

- Serve as a private instructor/coach for area youth and adult athletes (tennis and running)
- Teach beginner to advanced technical skills and conditioning as well as design training plans

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Assistant Tennis Coach

August 2011 – May 2013

University of Montana Men's Tennis, Missoula, MT

- Coached and developed athletes with on-court instruction and off-court conditioning
- Transported players to competitions and gave assessments pre-, mid-, and post-match
- Discussed recruiting, budgeting, and administrative issues with head coach

Assistant Tennis Coach

March 2010 – May 2013

Sentinel High School, Missoula, MT

- Designed practice plans and supervised junior varsity practices as well as coached high-performance varsity players
- Communicated with other coaches regarding travel competitions and in-town events
- Directed an invitational tournament with over 200 participants

Tennis Professional & Pro Shop Attendant

May 2007 – August 2007

Sea Pines Racquet Club, Hilton Head Island, SC

- Responsible for teaching tennis lessons, conducting clinics, round robins, and socials
- Pro shop duties included: Answering phone calls, money handling and bank deposits, scheduling, racquet stringing, inventory and customer service

CERTIFICATIONS

- Certified Strength and Conditioning Specialist (**CSCS**) – National Strength & Conditioning Association
- Certified Mental Performance Consultant (**CMPC**) – Association for Applied Sport Psychology
- Certified Tennis Professional & Workshop Clinician, Professional Tennis Registry
- Certified Pickleball Teaching Professional, International Pickleball Teaching Professionals Association
- Certified Pickleball Professional, Professional Pickleball Registry
- Defensive Driver Certification, National Safety Council
- CPR Certified, American Heart Association
- First Responder Trained, American Academy of Orthopaedic Surgeons

ADDITIONAL EXPERIENCE

3-Sport Collegiate Athlete

May 2006 – May 2011

Montana Tech (basketball) and the University of Montana (tennis, cross-country, track & field)

- Gained valuable life skills through sport: time management, teamwork, overcoming adversity, setting goals, peak performance, communication, injury prevention, and others
- Served as team captain of the cross-country team during fall 2010

AASP Annual Conference

October 2019

Association for Applied Sport Psychology, Portland, OR

International Tennis Symposium

February 2015

Professional Tennis Registry, Hilton Head Island, SC

- Attended international conference for professional development and outreach

Community Tennis Development Workshop

January 2012

United States Tennis Association, New Orleans, LA

- Attend national conference for continuing education and networking
- Received full scholarship to attend

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Competitive Marathon Runner

- Champion, Governor's Cup Marathon June 2014
- Two-time Champion, Governor's Cup Half Marathon June 2012 and June 2015
- Two-time Champion, Missoula Marathon July 2012 & July 2015