

# Collin M. Fehr, EdD, CMPC, CSCS

500 8<sup>th</sup> Ave., Lewiston, ID, 83501 / 208-792-2389 / cmfehr@lcsc.edu

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## **EDUCATION AND CERTIFICATIONS**

### **Doctorate of Education, Counselor Education (Performance Psychology)**

*University of Montana (2017)*

### **Master of Science, Health & Human Performance**

*University of Montana (2013)*

### **Bachelor of Science with Honors, Health & Human Performance**

*University of Montana (2011)*

### **Certified Mental Performance Consultant (CMPC)**

*Association for Applied Sport Psychology*

### **Certified Strength and Conditioning Specialist (CSCS)**

*National Strength & Conditioning Association*

### **Certified Tennis/Pickleball Professional**

*Professional Tennis/Pickleball Registry*

*International Pickleball Teaching Professionals Association*

## **TEACHING EXPERIENCE**

### **Lewis-Clark State College**

*Assistant Professor (2017 – present)*

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
- KIN 510 – Applied Sport Psychology
- KIN 563 – Applied Sport Physiology
- HLTH 253 – Nutrition
- HLTH 352 – Technology for Health & Wellness Professionals
- HLTH 354 – Addiction & Performance
- HLTH 454 – Wellness Coaching

### **Grand Canyon University**

*Adjunct Instructor (2021 – present)*

Courses Taught:

- PSY 366 – Introduction to Sport & Exercise Psychology
- PSY 368 – Psychosocial Aspects of Sport
- PSY 410 – Psychology of Coaching

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## University of Montana

*Adjunct Instructor (2011 – 2017)*

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  
BIOH 330 - Anatomy & Physiology for Speech & Language

*Graduate Instructor (2014 – 2017)*

Course Taught:

COUN 242 – Intimate Relationships

*Graduate Teaching Assistant (2011 – 2016)*

Courses Taught:

KIN 440 – Sport Psychology  
KIN 363 – Exercise Physiology  
KIN 369 – Anatomy and Kinesiology  
HHP 483 – Exercise, Disease, and Aging  
HLTH 220 – Nutrition

*Undergraduate Teaching Assistant (2010 – 2011)*

Courses Taught:

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

## **PUBLICATIONS**

Fehr, C., McEwen, G., & Robinson, C. (2022). The Effects of “Physical BEMER Vascular Therapy” on Work Performed During Repeated Wingate Tests. *Research Quarterly for Exercise and Sport*.

Fehr, C. (2021). Coaching a Growth Mindset. *Sport Coach America*.

Fehr, C. (2021). Nurturing the Coach-Athlete Relationship. *Physical and Health Education America*.

Fehr, C. (2020). Team Cohesion: Strategies for Success. *Physical and Health Education America*.

Fehr, C. M. (2017). Examining the coach-athlete relationship as a predictor of NCAA student-athlete satisfaction. *ProQuest*.

Fehr, C. M. (2013). Intercollegiate Tennis Coaches' Perceptions of and Preferences for Continuing Education. *ScholarWorks*.

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## **BOOK CONTRIBUTIONS**

Johnson, V., Polanchek, S., & Parrow, K. (2021). *Intimate Relationships: Strategies for Satisfying Relationships*. Cognella Publishing.

Oglesby, C. A., Henige, K., McLaughlin, D., & Stillwell, B. (2020). *Foundations of Kinesiology*. Jones & Bartlett Learning.

## **PRESENTATIONS**

### **Cascade Athletic Conference – Student Athlete Advisory Committee**

*Title: Effective Performance and Mental Health (2021)*

### **Molnlycke Medical Solutions**

*Title: 1-2% - A Process of Effectiveness (September 2021)*

*Title: Growth Mindset for Teams (April 2021)*

### **Northwest Student Sport & Exercise Psychology Symposium**

*Title: History of NWSSEPS (2021)*

*Title: Solution-Focused Counseling: Applications in Sport (2016)*

### **Eastern Washington University Athletics**

*Title: How to Deal with Competition Anxiety (2021)*

### **American College of Sports Medicine Northwest 2020 Annual Conference**

*Title: McEwen, G., Fehr, C., & Robinson, C. The Effects of Physical Vascular BEMER Therapy on Work Performed During Repeated Wingate Tests*

*Title: Weishaar, J., Olsen C., Robinson, C., Fehr, C., Austin, M., & Rives, M. The Effects of Body Composition, Fuel Mix, and Training Type on Resting Metabolic Rate.*

### **Western Society for Kinesiology & Wellness 2019 Annual Conference**

*Keynote Presentation Title: The Active Couch Potato*

*Panel Presentation Title: Robinson, C., Fehr, C., Austin, M., & Rives, M. 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**

*Title: The Active Couch Potato (2019)*

### **Lewis-Clark State College Leadership Development Workshop**

*Title: Effective Communication with Difficult People (2019)*

### **Northwest Athletic Training Association Student Symposium**

*Title: The 'C.A.R.' Every Injured Athlete Needs (2019)*

### **Lewis-Clark State College Research Symposium**

*Title: What's the Big Dill? Pickleball: America's Fastest Growing Sport (2018)*

### **Society for Health & Physical Education – Idaho**

*Title: Pickleball: A look Inside America's Fastest Growing Sport (2017)*

### **University of Montana 2016 GradCon**

*Title: Intercollegiate Tennis Coaches' Perceptions of and Preferences for Continuing Education*

### **City of Missoula Wellness Program**

*Title: Get Up and Move! (2015)*

### **Mountain West Youth Track Club**

*Title: Mental Training for Peak Performance (2014)*

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## GRANTS

**Faculty Development Grant (\$834)** – Lewis-Clark State College

Internal funding to attend 2022 ACSM Annual Meeting and NSCA Annual Conference

**Team Faculty Development Grant (\$795)** – Lewis-Clark State college

Internal funding to purchase research equipment for the Human Performance Laboratory

**DeAtley Family Foundation (\$50,000)**

External funding for the LC Valley Pickleball Club (2021)

**Avista Foundation (\$5,000)**

External funding for the LC Valley Pickleball Club (2021)

**AASP Regional Conference Grant (\$500)**

External funding from the Association for Applied Sport Psychology to host the 2021 Northwest Student Sport and Exercise Psychology Symposium at Lewis-Clark State College

**Higher Education Research Council - Research Collaborative Award (\$5,990)**

Internal 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 (\$600)**

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

**Higher Education Research Council – Student Research Award (\$1,000)**

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

**Faculty Development Grant (\$607)** – Lewis-Clark State College

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 (\$500)** – Lewis-Clark State College

Internal funding for research project at 2018 US Open Pickleball Championships

## RESEARCH

- *Does BEMER therapy affect ventilatory threshold and lactate levels? (2021) – \*student project*
- *The Effects of “Physical BEMER Vascular Therapy” on Work Performed During Repeated Wingate Tests (2020)*
- *Is the type of conditioning or body composition a greater influence on resting and exercise macronutrient fuel mix? (2020)*
- *What is the relationship between Pickleball participation and quality of life indicators? (2018)*
- *Doctoral Dissertation: Examining the coach-athlete relationship and athlete satisfaction (2017)*
- *What effect does a university sports coaching class have on coaches’ self-efficacy? (2016)*
- *Research Assistant: Effects of a University Intimate Relationships course on students’ knowledge, beliefs, and attitudes (2016)*
- *What are the lived experiences of terminal-degree seeking students with relation to school-life balance? (2014)*
- *Research Assistant: Ice slurry and cold drink reduces exercise induced physiological strain in the heat. (2014)*
- *Research Assistant: Seasonal heat acclimatization in wildland firefighters (2014).*
- *Master’s Thesis: Intercollegiate tennis coaches’ perceptions of and preferences for continuing education (2013)*

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## SERVICE

### **Reviewer**

Sport Coach America – Coaching Through Life Changes (2022)

### **Associate Editor**

Sport Coach America (2022 – present)

### **Grant Writer**

Lewis-Clark Valley Pickleball Club Fundraising Committee (2021 – present)

### **Editorial Board**

Sport Coach America & PHE America (2021 – present)

### **Mental Performance Consultant**

Lewis-Clark State College Athletics (2017 – present)

### **Graduate Program Development Committee**

Lewis-Clark State College (2020 – present)

### **Abstract Reviewer – AASP Annual Conference**

Association for Applied Sport Psychology (2018 – 2021)

### **Lewis-Clark State College Committees**

Higher Education Research Council (HERC; 2021-2022)

Curriculum and Instruction (2019-2021)

Budget, Planning, and Finance (2018-2019)

### **Internship Supervisor**

Lewis-Clark State College (2019 – 2020)

### **Abstract Reviewer – SHAPE America Conference**

The Society of Health and Physical Educators (2020)

### **Presentation Reviewer – WSKW Conference**

Western Society for Kinesiology and Wellness (2019)

### **Reviewer – WSKW Faculty Proposals**

Western Society of Kinesiology and Wellness (2019)

### **Presentation Reviewer – ACSM Northwest Conference**

American College of Sports Medicine Northwest (2019)

### **Planning Committee - Leadership Development Workshop**

Lewis-Clark State College (2019)

### **Mentor –Senior Project**

Lewiston High School (2019)

### **Master's Thesis Committee**

University of Montana HHP Graduate Student (2018 – 2019)

### **Text Proposal Reviewer**

Jones and Bartlett Publishing (2018)

### **Volunteer (Planning and Implementation)**

National Walk to School Day, National Stress Awareness Day (2018)

### **Pilot Tester - HK Springboard Platform**

Human Kinetics (2018)

### **Reviewer - WSKW Young Scholar Award**

Western Society of Kinesiology and Wellness (2017, 2018)

### **Graduate Advisory Council**

College of Education & Human Sciences, University of Montana (2014-2015)

### **Staff Advisor – Grizzly Running Club**

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University of Montana (2015 – 2017)

## **Student Evaluation Committee**

Health & Human Performance Department, University of Montana (2010, 2012, 2016)

## **HONORS/AWARDS**

### **Faculty/Staff of the Year**

Warrior Athletic Association (2019 – 2020)

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

### **Faculty Member of the Year**

Lewis-Clark State College Athletics (2018 – 2019)

- Voted on by student-athletes at annual LCSPYS event

### **Honorary Coach**

Lewis-Clark State College Women's Basketball (January 2019)

### **Bertha Morton Scholarship**

University of Montana Graduate Council (2015 – 2016)

- 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**

Counselor Education Department, University of Montana (2014 – 2017)

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

### **Brian Sharkey Award**

Health & Human Performance Department, University of Montana (2013)

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

### **Teaching Assistantship**

Health & Human Performance Department, University of Montana (2011 – 2013)

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

### **Outstanding Major of the Year Award**

National Association of Sports & Physical Education (NASPE) (2011)

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

### **Charles F. Hertler Award**

Health & Human Performance Department, University of Montana (2011)

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

### **President's Award for Academic Excellence (Mortar Board)**

Health & Human Performance Department, University of Montana (2010)

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

### **Scholar-Athlete**

University of Montana Athletics (2008 – 2011)

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

### **Eagle Scout Award**

Troop 1999, Montana Council, Boy Scouts of America (2005)

- Eagle Scout is the highest rank attainable in the Boy Scouts of America



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- Completed a leadership service project to improve emergency medical response in a rural Montana town consisting of over 200 hours of volunteer assistance

## **PROFESSIONAL EXPERIENCE**

### **Executive Consulting for Performance Based Business**

*Molnlycke Medical Solutions (2021 – present)*

- Consulting sales organizations on adapting to change & overcoming adversity in the marketplace through building self-discipline, courage, and resilience
- Maintained collaboration and relationships with multiple business divisions within U.S. salesforce
- Leveraged current best practice/data to prioritize sales fields focus and activity

### **Head Tennis/Pickleball Professional**

*Sun Valley Elkhorn Association, Sun Valley, ID (Seasonally, 2017 – 2020)*

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

### **Head Tennis Professional**

*Sun Valley Resort, Sun Valley, ID (Seasonal, 2016)*

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

### **Assistant Track & Cross-Country Coach**

*University of Montana, Missoula, MT (2013 – 2016)*

- 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**

*Missoula Parks & Recreation, Missoula, MT (Seasonally, 2010 – 2014)*

- 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

### **Assistant Tennis Coach**

*University of Montana Men's Tennis, Missoula, MT (2011 – 2013)*

- 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**

*Sentinel High School, Missoula, MT (2010 – 2013)*

- 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**

*Sea Pines Racquet Club, Hilton Head Island, SC (Seasonal, 2007)*

- 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

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## CONFERENCES

### **American College of Sports Medicine and Gatorade Sports Science Institute**

*Go the Distance: Nutrition and Hydration Recommendations for Endurance Athletes (2021)*

### **Annual Exercise Science Conference**

*Salt Lake Community College (2021)*

### **NWSSEPS Annual Conference**

*Northwest Student Sport and Exercise Psychology Symposium (2016, 2021)*

### **ACSM Northwest Annual Conference**

*American College of Sports Medicine Northwest (2019, 2020, 2021)*

### **ICUR Annual Conference**

*Idaho Conference of Undergraduate Research (2020)*

### **AASP Annual Conference**

*Association for Applied Sport Psychology (2019, 2021)*

### **WSKW Annual Conference**

*Western Society for Kinesiology and Wellness (2019, 2021)*

### **International Tennis Symposium**

*Professional Tennis Registry, Hilton Head Island, SC (2015, 2021)*

### **International Pickleball Symposium**

*Professional Pickleball Registry (2021)*

### **SHAPE Idaho Conference**

*Society of Health and Physical Educators (2017)*

### **University of Montana GradCon**

*Annual Graduate Conference at University of Montana (2016)*

### **Community Tennis Development Workshop**

*United States Tennis Association (2012)*

## AFFILIATIONS

- American College of Sports Medicine
- Association for Applied Sport Psychology
- National Strength and Conditioning Association
- Professional Tennis and Pickleball Registry
- International Pickleball Teaching Professionals Association
- United States Tennis Association
- USA Pickleball Association

## ADDITIONAL EXPERIENCE

### **3-Sport Collegiate Athlete**

Montana Tech, basketball (2006-2008)

University of Montana (tennis, cross-country, track & field) (2008-2011)

### **Coaching Intern**

University of Montana Track & Field (2010)

### **Former Competitive Marathon Runner**

- Champion, Governor's Cup Marathon (2014)
- Two-time Champion, Missoula Marathon (2012, 2015)
- Two-time Champion, Governor's Cup Half-Marathon (2012, 2015)