

Curriculum Vitae

STEPHEN C. GOODWIN

Current Research Projects

Impact of positive affect on health behaviors

Education

- Ph.D. Health Education, The Pennsylvania State University, 1991
- M.S. Athletic Training, Ohio University, 1980
- B.S. Health and physical education/athletic training, East Stroudsburg State College, 1979

Professional Experience

University of Delaware
Associate Professor, 1998-present
Assistant Professor, 1993-1998

Bloomsburg University
Assistant Professor, 1988-1993
Instructor, 1984-1988
Head men's soccer coach, 1984-1993

Grants

Orsega-Smith, E., Goodwin, S. (2017 – not funded). "Evaluating the "Art of Happiness" Program through a Randomized Clinical Control Trial" The Retirement Research Foundation. (\$100,000)

Publications

Orsega-Smith, E., Goodwin, S., Zeigler, M., Greenawalt, K., Turner, J., Rathie, E. (in review). "Aging and the Art of Happiness: Time effects of a positive psychology intervention". Journal of Happiness Studies.

Turner, J., Greenawalt, K., Goodwin, S., Rathie, E., & Orsega-Smith, E. (2017). "The development and implementation of the Art of Happiness intervention for community-dwelling older adults". Educational Gerontology. 43(12)

- Bibik, J, Goodwin, S, Orsega-Smith, E. (2007). High school students' attitudes towards physical education in Delaware. The Physical Educator.
- Peterson, M., Goodwin, S., Ellenberg, D. (2004). "Analysis of the American Cancer Society's Generation Fit Program". American Journal of Health Education. 35.(3).
- Goodwin, S. (2003). "Health Conundrums". American Journal of Health Education. 34(1).
- Jenkins, A. & Goodwin, S. (1999). "Teaching Cultural Pluralism Through Home Remedies". Pennsylvania Journal of Health, Physical Education, Recreation & Dance. 69(2).
- Goodwin, S. (1999). "Aesop Was A Health Educator". Journal of Health Education. 30(2).
- Goodwin, S. (1999). "Developing Self-Esteem in Physical Education". The Physical Educator. 56(4).
- Goodwin, S. (1998) "Bringing Urban Legends into the Classroom". Journal of School Health. 68(3).
- Goodwin, S., Jenkins, (1997). A. "Teaching Through Stories". Journal of School Health. 67(6).
- Goodwin, S. (1997). "The Benefits of Homogeneous Grouping in Physical Education". The Physical Educator. 54(3).
- Goodwin, S. (1993). "Health and Physical Education: Agonists Or Antagonists?". JOPERD. 64(7).

Presentations

- Weingert, D., Cox, C., Goodwin, S. C., & Olsen, L. (2020). Culturally Appropriate and Diverse Teaching Strategies that Engage All Students. American School Health Association.
- Cox, C., Goodwin, S. C., & Olsen, L. (2018). Standard, Activity, Assessment: A Cornucopia of Teacher-tested Strategies. American School Health Association.
- Goodwin, S. C., Orsega-Smith, E., & Rathie, E. (2018). Impact of a Happiness Intervention on one's well-being. American School Health Association.
- Goodwin, S., Olsen, L., Cox, C. (2017). "A Cornucopia of Creative Teaching Ideas". AHS. St. Louis, MO.
- Goodwin, S. Olsen, L., Edwards, K., & Fopeano, R. (2014). "Interactive, Integrative, and Imaginative Instructional Initiatives for Health Class". AAHPERD, St. Louis, MO

- Goodwin, S. (2013). "Interdisciplinary Use of QR Codes in Health Class". ASHA. Myrtle Beach, SC
- Fopeano, D., Olsen, L., & Goodwin, S. (2013). "Meaning, Relevant, and Fun Classroom Activities to Meet the National Health Education Standards". ASHA. Myrtle Beach, SC
- Goodwin, S. & Kirkpatrick, K. (2013). "The Happiness of Teaching Health". EDA-AAHPERD. Valley Forge, PA
- Goodwin, S., Olsen, L., & Edwards, K. (2013). "Interactive learning activities for K-12 students". International Conference on the Health Risks of Youth. Puntarenas, Costa Rica
- Goodwin, S. (2012). "The Happiness of Teaching Health". ASHA. San Antonio
- Goodwin, S. (2011). "Bringing Happiness into the Health Classroom". EDA-AAHPERD. Long Beach, NJ
- Olsen, L. & Goodwin, S. (2011). "4 M's for Teaching Health: Music, Magic, Movement, and Motivation". International Conference on the Health Risks of Youth, Cancun, Mexico
- Goodwin, S. (2010). "Tactical Approach to Teaching Physical Education". DAHPERD. Dover, DE
- Goodwin, S. (2010). "Effective and Dynamic Health Education Teaching Strategies". Maine Department of Education Comprehensive School Health Education Spring Conference. Hinkley, ME. (Invited)
- Olsen, L, Osman, J., Agley, D., & Goodwin, S. (2009). Post conference workshop. The Art, Theory, and Practice of Teaching Health. ASHA, Denver, CO
- Goodwin, S. (2009). The Bucket List. ASHA, Denver, CO
- Chopak, J. & Goodwin, S. (2008). The Challenge and Rewards of Teaching Adolescents About Health. ASHA, Tampa, FL
- Olsen, L, Osman, J., Agley, D., & Goodwin, S. (2008). Putting Pizzaz Into Your Health Curriculum. SDA-AAHPERD. Waikoloa, HI
- Goodwin, S. (2008). The Health Education Hall of Shame. EDA-AAHPERD. Newport, RI
- Olsen, L, Osman, J., Agley, D, Goodwin, S. (2007), "Health lessons that work" Honolulu, HI - accepted for conference workshop.
- White, G., Conroy, J., Goodwin, S., Caseboldt, K. Fenner, J., Liberman, L., Kowalski, E.,

- Grenier, M., Yeaton, P, Davis, T., Craft, D. Bonnette, T., Lorenzi, D. (2007). Full day workshop on Adapted Physical Education. AAHPERD, Baltimore, MD
- Goodwin, S. (2006). "The Health Education Hall of Shame" ASHA, St Louis, MO
- Goodwin, S. (2005) "Inclusion activities for students with disabilities", DAHPERD
- White, G., Goodwin, S. & Spacht, R. (2004). "Adventure Activities for People with Disabilities" AAHPERD, New Orleans, LA.
- White, G., Goodwin, S. (2003). "Bringing Challenge Activities to People with Disabilities" PSAHPERD, Lancaster, PA
- Goodwin, S. (2003). "Health Scattegories". ASHA. El Paso, TX.
- Goodwin, S. & Abraham, A. (2002) "Teaching Health Through Case Studies" ASHA, Charlotte, NC
- Goodwin, S. & Abraham, A. (2002) "Teaching Wellness: A Case Study Approach" EDA/SDA, Baltimore, MD
- Goodwin, S., Woledge, D. , Wilson, D., & Betts, M.D. (2002) "The Development of Delaware's Physical Education Standards". EDA/SDA, Baltimore, MD
- Mack, J. & Goodwin, S. (2001). "The impact of exercise on a previously sedentary deaf/blind individual" EDA, Newport, RI
- Goodwin, S. (2001) "Health Conundrums", EDA, Newport, RI
- Goodwin, S.(2001). "Goalball: More than a game for the blind", PSAHPERD, EDA, Newport, RI
- Goodwin, S. (2000). "Puzzled about health", Lancaster, PA
- Goodwin, S. (2000). "Goalball: More than a game for the blind", PSAHPERD, Lancaster, PA
- Goodwin, S., Abraham, A. and J.J.O'Neill(2000). "Community Involvement in developing a Health Fitness Curriculum", PSAHPERD, Lancaster, PA
- Goodwin, S., Abraham, A. and J.J.O'Neill (2000)"Community Involvement in developing a Health Fitness Curriculum" School Health Conference, New Orleans
- Goodwin, S. (1999) "Aesop was a Health Educator". ASHA, Kansas City, MO
- Goodwin, S. (1998). "Bringing Urban Legends into the Classroom".ASHA. Colorado Springs, CO

Goodwin, S. Jenkins, A. (1997) "Stories as a Health Teaching Technique". AAHPERD. Portland, OR

Edwards. K. & Goodwin, S. (1996). "Contraceptive Clinic". AAHPERD. Boston, MA

Peters, F. & Goodwin, S. (1993). "Using writing to assist student athlete's development". Regional Writing Across the Curriculum Workshop, Lancaster, PA

Goodwin, S. (1992). "An analysis of the Pennsylvania Department of Education's fourth grade health knowledge test" ASHA, Orlando, FL

Peters, F. & Goodwin, S. (1992) "How to improve writing skills through the health curriculum" Regional Writing Across the Curriculum Workshop, Bloomsburg, PA

Peters, F. & Goodwin, S.(1991). "The use of music and comics to develop the writing skills of students in health education" Regional Writing Across the Curriculum Workshop, Clarion, PA

Service

Leadership and Recognition Committee, American School Health Association, 2020-present

Board of Directors, American School Health Association, 2016-2019

Professional Development Committee, American School Health Association, 2010-2019, Chair 2018-2019

Coordinate Teaching and Learning section of American School Health Association conference, 2006-2017

Committee on Undergraduate Records and Certification committee, University of Delaware, 2007-present

University Committee on Teacher Effectiveness, University of Delaware, 2006-2008

Secondary Education Committee, University of Delaware, 2006- 2008

Chair's Council, Departmental committee, 2006-2008

College committee on governance, University of Delaware, 2005-2007

Departmental P&T committee, 2003-2005

College P & T committee, 2007-present

Grant coordinator for Walk-To-School Day for the state of Delaware, 2002-2006.

College committee on Technology, 2000-2001

Departmental Awards Chair, 1999-2001

Advise approximately 20 students

Directed Student Senior Thesis for Jen Mack, 2000

Have conducted numerous in-service workshops throughout the state

Sports/Activity Day for Blind and Visually Impaired. Annual event since 2000.

Co-Chair for the development of PE standards for state of Delaware. 1999-2001.

DAHPERD board member. 1995-2001. Served as VP Health and President.

EDA VP-Health. 1997-1999 (3 year duty as VP-elect, VP, and Past VP)