

Eliza Frechette, MS (She/Her/Hers)

Kinesiology Department: School of Public Health and Health Sciences
University of Massachusetts Amherst
efrechet@kin.umass.edu

EDUCATION

Smith College , Northampton, MA Master of Science in Exercise and Sports Studies	2008-2010
Tufts University School of Veterinary Medicine , Grafton, MA	2001-2002
Mount Holyoke College , South Hadley, Massachusetts Bachelor of Arts in Psychology, Cum Laude	1996-2000

UMASS TEACHING

F = Fall, S = Spring, Su = Summer

Senior Lecturer, University of Massachusetts Amherst, Amherst, MA

Writing Seminar in Kinesiology (KIN 355)

F,S,Su 2018-Present, F,S, 2011-Present

- Focus on process of scientific writing within field of kinesiology
- Development of following skills: Effective self and peer editing, find and critically read professional journal articles, effective scientific writing, professional development and communication skills

Introduction to Exercise Psychology (KIN201)

S 2012, F 2018-2019, Su 2013-2016, 2018-2019

- Examine psychological theories and research related to sport and exercise behavior
- Objectives include increase understanding of how psychological factors influence involvement and performance in sport and exercise settings, expand comprehension on how participation in sport and exercise influence individual psychological factors, and acquire and apply psychological skills to range of professional and personal situations

Introduction to Research Methods (KIN297H/KIN297Q)

2020-Present

- Introduce students to basic research methods including: scientific method, types of research, steps of research process, validity, reading and critiquing peer reviewed sources, basic statistical analysis, communication of research, ethics of research, and diversity and inclusion in research
- Students are exposed to research labs in Kinesiology Department

Anatomy and Physiology 1 (KIN270)

Su 2018-2020

- Study of structure and function of cell, skeletal, muscular, and nervous systems in human body
- Integration and regulations of system function from applied perspective through clinical applications

Applying Kinesiology Concepts (KIN394AI)

S, 2012-2014, 2017-2019, F, 2012-2014, 2017-20

- Designed to bridge Gen-education and introductory kinesiology courses with upper-division classes with a more focused study, provide opportunities for students to apply knowledge to real-world situations, cultivate career development skillset to aid transition to successful careers in field of kinesiology

Principles of Personal Training (KIN297 A&B) Lab Instructor

S, 2011

- Devised to prepare students to work in fitness industry as personal trainers and to proficiently create exercise prescriptions by teaching: effective and safe stretching routines, accurate fitness testing, guidelines, and measurement; proper technique and purpose of cardiovascular, free weight, and CAM equipment

TEACHING AWARDS, FELLOWSHIPS, & GRANTS

University Mutual Mentoring Micro Grant: Awarded	2019-2020
University Distinguished Teaching Award: Nominee	2017-2018
SPHHS College Outstanding Teaching Award: Awarded	2016-2017
University Distinguished Teaching Award: Nominee	2016-2017
SPHHS College Outstanding Teaching Award: Nominee	2015-2016
University Distinguished Teaching Award: Nominee	2012-2013
SPHHS College Outstanding Teaching Award: Nominee	2012-2013
MSP Flex Grants	Unknown

UMASS SERVICE

UWW Guidelines Committee (Department)	2020-Present
Undergraduate Awards Committee (Department, Chair)	2020-Present
University Writing Committee (University)	2019-Present
Curriculum Committee (School)	2015-Present
Curriculum Committee (Department, Chair)	2015-Present
Curriculum Committee (Department, Member)	2012-Present
Ad Hoc Curriculum Committee for Graduate Program (Department, Chair)	2019-2020
Ad Hoc School Personnel Committee (School, Chair)	2017-2019
Search Committees: 3 Lecturer Positions, 2 Academic Advisor Positions (Department)	2012-2017
AQUAD Review (Department)	2016
Undergraduate Awards Committee (Department, Member)	2015-2016
Department Personnel Committee (Department)	2011-2016
University Advising Committee (School)	2015-2016
Freshman and Senior Seminar (Department)	2015-2016
Undergraduate Program Director (Department)	2015-2016
Undergraduate Awards Committee (Department, Member)	2011-2013

DIVERSITY & INCLUSION IN THE CLASSROOM

Instruction	2017-Present
Incorporated new sections to KIN201 on diversity & inclusion	
<ul style="list-style-type: none">• Reading from textbooks, TED talk videos, and classroom discussion• Increasing racial competency	
Included new sections to KIN297H & KIN297Q on diversity & inclusion in research	
<ul style="list-style-type: none">• Skloot, R. (2010). The immortal life of Henrietta Lacks• Ethical research is thread throughout semester	
Integrated policies to support our students of color and ESL students in KIN355	
<ul style="list-style-type: none">• 1:1 weekly help session available to all, with early outreach• Increase revisions to allow students to have time to grow and progress writing• Increase thoughtfulness around diversity and inclusion from entire teaching team• Encourage a diverse group of students to apply for undergraduate teaching practicum• Students select topics of interest, including topics around race, diversity, and inclusion	

DIVERSITY & INCLUSION IN THE CLASS CONTINUED

Independent Learning	2018-2020
<ul style="list-style-type: none">• Read at least 1 book/semester on diversity and inclusion	
Graduate Seminar (KIN891): Semester focused on racism (attending)	2020
<ul style="list-style-type: none">• Readings, documentaries, discussion, and guest speakers	
Facilitating difficult classroom conversations during divisive times (CTL)	2020
Women of Color Health Equity Collective for a discussion on cultural humility (SPHHS)	2020

PROFESSIONAL DEVELOPMENT

Office of Faculty Development	2020-Present
<ul style="list-style-type: none">• Leadership Essential for All Faculty (LEAF): Difficult Conversations	
Center for Teaching and Learning	2011-Present
<ul style="list-style-type: none">• Team Based Learning (TBL) Certified Instructor• Syllabus review (1:1 Session)• English as a second language: Teaching writing effectively (1:1 Session)• Effective teaching during COVID: Evaluation of success (1:1 Session)	
Office of Information & Technology	2011-Present
<ul style="list-style-type: none">• Spark, Moodle, & Blackboard training (1:1 Session)• iclicker training (1:1 Session)• Workshops for teaching team (KIN355 & KIN394AI)• Using technology effectively for teaching (1:1 Session)• Piloted Echo 360 Closed Captioning (Attended workshop and several 1:1 sessions)	
Junior Year Writing Committee: Biannual Writing Workshops	2011-2019
<ul style="list-style-type: none">• Attended 7+ workshops on topics including: effective feedback, teaching ESL, how to work with writing team, how to teach writing process, and using technology to teach writing• Presented at 1 workshop: Effectively working with undergraduate and graduate teaching assistants	
Integrative Experience Committee: Biannual Integrated Experience Workshops	2013-2017
<ul style="list-style-type: none">• Attended 3 on topics including: effectively designing team-based course, how to assign and assess group work, and how to encourage individual thought	
WellCoaches School of Coaching: Certified Health & Wellness	2017-2019
Critical Thinking and Assessment Project	2017-2018
New England Chapter of the American College of Sports Medicine (NEACSM)	
<ul style="list-style-type: none">• NEACSM Annual Conference (Remote)• NEACSM Annual Conference• NEACSM Annual Conference• NEACSM Annual Conference• NEACSM Annual Conference• NEACSM Annual Conference• NEACSM Annual Conference	2020 2018 2017 2016 2015 2014 2013

PROFESSIONAL PRESENTATIONS

North American Society for the Sociology of Sport

2009

- Boucher, K., & Frechette, E. (November, 2009). How sport-types contribute to the demise of women coaches. Unpublished manuscript.

COACHING EXPERIENCE

Smith College, Northampton, MA

2008-2012

Rugby Assistant Coach, Back Coach, Contact Coach

- Taught wide spectrum of skill level during coaching sessions that range from 1:40 to 1:1
- Technical & Tactical: Specialized in back line work and back row forwards
- Facilitated integration of new players through formal recruitment, training and retention
- Showed analytical and innovative thinking to maximize player potential and game strategy

U.K. Sport Women and Leadership Development Program Seminar

2009

Guest Coach with Saracens Women's Rugby Team

2009

Planned & implemented guest coaching clinic with England Elite Head Coach

2009

Queensland Rugby Union: Advanced Coaching Seminar

2009

Guest Coach: Defensive Training with Defense Specialist Coach for USA Rugby

2008

USA Rugby Coaching Certified

2008

Rugby ELV Coaching Clinic

2008