

**Dr. Thomas R. Holman**  
**Professor**

Department of Kinesiology, Nutrition and Recreation  
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**Education**

University of Minnesota	Ph.D. in Education; Major: Recreation Parks and Leisure Studies; Emphasis: Outdoor Ed/Rec	2004
Minnesota State University	Master of Science in Experiential Education	2000
Asbury College	Bachelor of Science, Biology Secondary Education	1992

**Professional Development**

Master Advisor Certification, Center for Academic Advising	May	2018
Level 1 Challenge Course Practitioner Certification	Nov	2013
Wilderness First Responder, WMI of NOLS	March	2011
Leave No Trace Master Educators Course	October	2010
NOLS Risk Managers Certification, 2 day training	October	2007
Enhancing Student Learning through Online Information Systems, 2 day workshop	Spring	2006
Leave-No-Trace Trainer Certification	Fall	2005
Attendance of CSTL Teaching the 21 <sup>st</sup> Century Learner Conference, 2 days	Spring	2005
New Faculty Advising Training, Southeast MO State University	Fall	2004
Teaching Enhancement Workshop, Southeast MO State, 5 days	Fall	2004
Preparing Future Faculty, University of Minnesota: Teaching in Higher Education	Fall	2001
National Outdoor Leadership School: NOLS Instructors Course	June	1999

**Teaching Experience**

*Recreation & Outdoor  
Education Courses*

**Professor**, Southeast Missouri State University, Department of Kinesiology, Nutrition and Recreation, Cape Girardeau, MO, Fall 2004-present.  
RC 680: Recreation in Community Development (graduate level)  
RC 630: Program Delivery in Leisure Services (graduate level)  
RC 450: Outdoor Adventure as Treatment  
RC 440: Facilitation of Group Development  
RC 405: Trends and Issues in Recreation and Leisure  
RC 380: Programming for Recreational Services  
RC 371: Challenge Course Administration & Facilitation  
RC 350: Outdoor Adventure Education (12 day workshop to Colorado)  
RC 311: Parks & Outdoor Resource Management  
RC 310: Outdoor Leadership  
RC/HL 303: Research Methods  
RC 250: Foundations of Outdoor Recreation  
RC 220: Leadership and Group Dynamics  
RC 210: Camp Counseling & Leadership  
RC 151: Outdoor Adventure Skills  
RC 150: Outdoor Living Skills  
RC 140: Intro to Recreational Services  
RC 100: Leisure in a Diverse Culture  
UI 459: Nature Literacy

*Recreation & Outdoor  
Education Courses*

**Assistant Professor**, St. Cloud State University, Department of Health, Physical Education, Recreation and Sport Science, St. Cloud, Minnesota, Fall 2003-Summer 2004  
Rec 233: Recreation Program Planning Leadership  
Rec 241: Recreation Leadership Techniques

Rec 320: Challenge Course Leadership  
Rec 333: Recreation Facility Design/Management  
Rec 441/541: Outdoor Education  
Rec 112: Outdoor Camping Skills  
Rec 412: Wilderness Expedition (21 day course)

<i>Outdoor &amp; Camp Leadership</i>	<b>Instructor</b> , University of Minnesota, Twin Cities Campus, Division of Recreation and Sports Studies, Minneapolis, Minnesota, Fall 2002
<i>Ropes Course</i>	<b>Instructor</b> , Minnesota State University, Mankato, Department of Educational Leadership, Mankato, Minnesota, Fall 1999-Summer 2000
<i>Introduction to Experiential Education</i>	<b>Instructor</b> , Minnesota State University, Mankato, Department of Educational Leadership, Mankato, Minnesota, Spring 2000
<i>8<sup>th</sup> Grade Science</i>	<b>Science Teacher</b> , Anderson County Middle School, Lawrenceburg, Kentucky, August 1997-May 1999
<i>Outdoor Leadership</i>	<b>Co-instructor</b> , Asbury University, Wilmore, Kentucky, Fall 1996
<i>9<sup>th</sup> Grade Biology</i>	<b>Biology Teacher</b> , Campbellsville High School, Campbellsville, Kentucky, August 1995-May 1996
<i>Youth Development</i>	<b>Guest Lecturer and Instructor</b> for outdoor education component, Eastern College, St. Davis, Pennsylvania, May 1994
<i>Youth Camp</i>	<b>Instructor</b> of teams (Teamleader) and wilderness aspect (Trailboss), New Horizons Youth Ministries, Marion, Indiana – Camp located in Missanabie Woods Academy, Missanabie, Ontario, Canada, summers 1991, 1992, 1993

### Publications

- McCole, D., Bobilya, A., **Holman, T.** & Lindley, B. (2019). Benefits of Summer Camp: What Do Parents Value? *Journal of Outdoor Recreation, Education, and Leadership*, Vol. 11, Issue 3.
- McCole, D., Bobilya, A., Lindley, B., & **Holman, T.** (2018). An Investigation of Parents' Perceptions of the Value of a Summer Camp Experience *Abstract from the Coalition for Education in the Outdoors 14<sup>th</sup> Biennial Research Symposium* January 12-14, 2018, Bradford Woods Campus of Indiana University in Martinsville, Indiana.
- Bobilya, A., Lindley, B., Faircloth, W.B., & **Holman, T.**, (2017). A Qualitative Analysis of Participant Learning and Growth Using a New Outward Bound Outcomes Instrument, *Journal of Outdoor Recreation, Education, and Leadership*, Vol. 9, No. 2, pp. 254–257.
- Gohn, A., & **Holman, T.** (2015). Ethics in Adventure Leadership; In R. Black, & K. Bricker (Eds.), *Adventure Programming and Travel for the 21st Century*, Venture Publishing: State College, PA, USA.
- Bobilya, A., **Holman, T.**, Lindley, B. & McAvoy, L. (2015). Changing Landscapes: Trends in North American Adventure Programming; In R. Black, & K. Bricker (Eds.), *Adventure Programming and Travel for the 21st Century*, Venture Publishing: State College, PA, USA.
- Williams, R., Barnes, J., **Holman, T.**, & Hunt, B. (2014). Substance Use Prevention among At-Risk Rural Youth: Piloting the Social Ecological *One Life* Program in *Journal of At-Risk Issues*.
- Bobilya, A., **Holman, T.**, Lindley, B. & McAvoy, L. (2010) Developing Trends and Issues in U.S. Outdoor and Adventure-Based Experiential Education, blind peer reviewed publication to the *Journal of Outdoor Recreation, Education and Leadership*, Vol. 2, No. 3, pp. 301-321.

Sinclair, A., **Holman, T.**, Elder, C., Easter, B., & Stenger-Ramsey T. (2010) Utilization of Emergency Action Plans by Collegiate Academic Recreation Programs, a blind peer reviewed publication to *Scholar: A Journal of Leisure Studies and Recreation Education*, Vol. 25, pp. 11-20.

**Holman, T.**, & Elder, C. (2009). Chapter 4: Rock Climbing Equipment; *Introduction to Rock Climbing*; Human Kinetics' Outdoor Adventure Series, Kidd, T.W. and Hazelrigs, J.M. Editors. (in press).

**Holman, T.**, Bobilya, A., & McAvoy, L. (2008) Trends and Issue in Outdoor Education Programs, publication to the Coalition for Education in the Outdoors *Taproot Journal*, 2008 Summer Issue V18#1.

McAvoy, L., **Holman, T.**, Goldenberg, M., & Klenosky, D. (2006). Wilderness and Persons with Disabilities: Transferring the benefits to everyday life. *International Journal of Wilderness*. 12/ (2), 23-31, 35.

**Holman, T.** & Jacobs, J (2006). An Integrated Wilderness Adventure Experience: What outcomes are most useful in Daily Life? *Abstracts from the Coalition for Education in the Outdoors Eighth Biennial Research Symposium* January 13-15, 2006 at the Bradford Woods Campus of Indiana University in Martinsville, Indiana. (blind-peer review)

**Holman, T.** & McAvoy, L. (2004). Transferring Benefits of Participation in an Integrated Wilderness Adventure Program to Daily Life, *Journal of Experiential Education*, 27(3), 322-325.

McAvoy, L., Rynders, J., Smith, J., Scholl, K., Newman, J., **Holman, T.**, Nikko, J. & Lais, G. (2003). Inclusive outdoor adventure programming: A training manual. Unpublished manuscript, University of Minnesota.

**Holman, T.**, Goldenberg, M., McAvoy, L., & Rynders, J. (2003). Outcomes-Consequences-Values of an Integrated Wilderness Adventure Program. *Journal of Experiential Education*, 25(3), 353.

Goldenberg, M.A., McAvoy, L. H., Klenosky, D. B., & **Holman, T.**, (2002). Using Means-End Theory to Understand the Outdoor Adventure Experience. *Coalition for education in the outdoors research symposium proceedings*. Cortland, NY: Coalition for Education in the Outdoors, State University of New York College at Cortland.

### Presentations

**Holman, T.**, Bobilya, A. & Lindley, B. (2018). "10<sup>th</sup> Annual Trends and Issues in Outdoor Experiential Education Programs" at the 46<sup>th</sup> Annual International Association of Experiential Education (AEE) Conference in Orlando, FL; Nov 8, 2018.

Bobilya, A., **Holman, T.** & Lindley, B. (2017). "9<sup>th</sup> Annual Trends and Issues in Outdoor Experiential Education Programs" at the 45<sup>th</sup> Annual International Association of Experiential Education (AEE) Conference in Montreal, Ontario, Canada; Nov 11, 2017.

Lindley, B., & **Holman, T.** (2016). "8<sup>th</sup> Annual Trends and Issues in Outdoor Experiential Education Programs" at the 44<sup>th</sup> Annual International Association of Experiential Education (AEE) Conference in Minneapolis, MN on Oct 27-30, 2016.

Bobilya, A., Lindley, B., & **Holman, T.**, (2015). "A Qualitative Analysis of Participant Learning and Growth Using a New Outward Bound Outcomes Instrument" presented at the 2015 AORE Conference Research Symposium in Atlanta, GA November 18-20, 2015.

**Holman, T.**, Bobilya, A. & Lindley, B. (2014). *7th Annual Trends and Issues in Outdoor Education Programs*, Peer reviewed oral presentation at the 42nd International Annual Conference for the Association for Experiential Education in Chattanooga, TN; October 23-26, 2014.

**Holman, T.**, Bobilya, A. & Lindley, B. (2013). *6<sup>th</sup> Annual Trends and Issues in Outdoor Education Programs*, Peer reviewed oral presentation at the 41<sup>st</sup> International Annual Conference for the Association for Experiential Education in Denver, CO, November 1<sup>st</sup>, 2013.

**Holman, T.,** Bobilya, A., & Lindley, B. (2012). *5<sup>th</sup> Annual Trends and Issues in Outdoor Education Programs*, Peer reviewed oral presentation at the 40<sup>th</sup> International Annual Conference for the Association for Experiential Education in Madison, WI, November 2<sup>nd</sup>, 2012.

Bobilya, A. & **Holman, T.,** & Lindley, B. (2011). *4<sup>th</sup> Annual Trends and Issues in Outdoor Education Programs*, Peer reviewed oral presentation at the 39<sup>th</sup> International Annual Conference for the Association for Experiential Education, November 3<sup>rd</sup>, 2011 in Jacksonville, FL.

Bobilya, A. & **Holman, T.,** , *3<sup>rd</sup> Annual Trends and Issues in Outdoor Education Programs*, Peer reviewed oral presentation at the 38<sup>th</sup> International Annual Conference for the Association for Experiential Education, November 6<sup>th</sup>, 2010 in Las Vegas, NA.

Bobilya, A. & **Holman, T.,** , *2<sup>nd</sup> Annual Trends and Issues in Outdoor Education Programs*, Peer reviewed oral presentation at the 37<sup>th</sup> International Annual Conference for the Association for Experiential Education, October 31<sup>st</sup>, 2009 in Montreal, Quebec, Canada.

Elder, C., Sinclair, A., **Holman, T.,** Stenger-Ramsey T., Easter, B. *Utilization of Emergency Action Plans by Collegiate Academic Recreation Programs*. Sport and Recreation Law Association Conference, March 5 -7, 2009 in San Antonio, TX.

**Holman, T.,** Bobilya, A. & Lindley, B. *Trends and Issues in Outdoor Education Programs*, Peer reviewed presentation at the 36<sup>th</sup> International Annual Conference for the Association for Experiential Education, November 8<sup>th</sup>, 2008 in Vancouver, WA.

**Holman, T.** & Bobilya, A., *Trends and Issue in Outdoor Education Programs*, Peer reviewed presentation at the 2007 Association of Outdoor Recreation and Education Conference, November 1, 2007 in Ashville, NC.

**Holman, T.,** Goldsberry, T., & Favre, C., *Exploration of Group Processing- Do's & Don'ts*. A peer reviewed professional presentation at the 16<sup>th</sup> Annual Heartland Regional Conference for the Association for Experiential Education, May 31, 2007, Camp Manitoqua, Frankfort, IL.

**Holman, T.,** O'Connell, T., & Jacobs, J., *Enhancing Participant Outcomes of Integrated Wilderness Adventure Programs*, Peer reviewed presentation at the 34<sup>th</sup> International Annual Conference for the Association for Experiential Education, November 4<sup>th</sup>, 2006, St. Paul, MN.

Russell, K., & **Holman, T.,** *Evidence Based Facilitation*, 15<sup>th</sup> Annual Heartland Regional Conference for the Association for Experiential Education, April 8<sup>th</sup>, 2006, University of Wisconsin, Madison, WI.

**Holman, T.** & Jacobs, J., *An Integrated Wilderness Adventure Experience: What outcomes are most useful in Daily Life?* A blind peer reviewed presentation for the Coalition for Education in the Outdoors Eighth Biennial Research Symposium January 13-15, 2006 at the Bradford Woods Campus of Indiana University in Martinsville, Indiana.

**Holman, T.,** & McAvoy, L., *Transferring benefits of participation in an integrated wilderness adventure program to daily life*, 32<sup>nd</sup> National Annual Conference for the Association for Experiential Education Symposium for Experiential Education Research, November 6<sup>th</sup>, 2004, Norfolk, Virginia.

**Holman, T.,** *Outcomes and Personal Values Associated with Participation in an Inclusive Adventure Program: Transferring the Benefits to Everyday Life*, Coalition for Education in the Outdoors seventh biennial Research Symposium, January 10<sup>th</sup>, 2004, Bradford Woods, Indiana.

**Holman, T.,** *Outcomes of an integrated wilderness adventure program*, Minnesota Recreation and Parks Administration Annual Conference, November 15<sup>th</sup>, 2002, Prior Lake, Minnesota

**Holman, T.,** "Outcomes-Consequences-Values of an Integrated Adventure Program", Association for Experiential Education International Conference, November 9<sup>th</sup>, 2002, St. Paul, Minnesota

Goldenberg, M., & **Holman, T.**, *Understanding the Outcomes of Outdoor Adventure Experiences using Means-End Analysis*, Coalition for Education in the Outdoors sixth biennial Research Symposium, January 2002, Bradford Woods, Indiana

### **Research/Grants**

Wilke, T., **Holman, T.**, Barnes, J., & Redinger, E., (2010). *Cape Whole Health: A Community Approach for Encouraging Sustainable Behaviors, Choices and Policy to Counter Obesity and Tobacco Use in a Non-Urban Setting*, Missouri Foundation for Health, \$1,585,092 (includes matching funds from community partners), Role as Project Director (Non-Funded).

Brooks, H., **Holman, T.**, & Williams, R., (2010). *Ride the City: Enhancing Active Living by Increasing Bikability in Cape Girardeau, MO.*, Missouri Foundation for Health, \$263,702, Role as Co-Author/Graduate Assistant Coordinator (Funded).

**Holman, T.**, (2006) External grant for Cape Area Family Resource Center, Cape Girardeau, MO to fund youth summer camp program \$6,000, Kerr Foundation, Inc. (funded)

**Holman, T.**, Elder, C., & Nicholson, B., (2005) Internal proposal for Grants and Research Funding Committee for Autistic Children's Utilization of a Low-Ropes Challenge Course \$4,950 Co-authored with Mr. Barry Nicholson and Dr. Craig Elder (Not funded)

Graduate Research Assistant, Means-End Analysis of an Integrated Wilderness Adventure Program, Institute on Community Integration, University of Minnesota, Minneapolis, Minnesota, Fall 2002- Spring 2003

Graduate Research Assistant, Understanding the Outcomes of Outward Bound Courses using Means-End Analysis, University of Minnesota, Minneapolis, Minnesota, Fall 2001-Spring 2002

Graduate Research Assistant, Development of Recreational Trails in Southwest Minnesota through the use of Focus Groups, Center for Urban and Regional Affairs, University of Minnesota, Minneapolis, Minnesota, Fall 2000-Spring 2001

Graduate Research Assistant, Principal Supervision of Teachers, Department of Educational Leadership, Minnesota State University, Mankato, Minnesota, Spring 1999.

### **Professional Experience/Service**

#### *Committee Chair/Member*

#### University Service

- KNR Department Tenure and Promotion Advisory Committee **Chair** (Fall 2018-present)
- Southeast Missouri State University Faculty Senate member (3 yrs.)
- HHS College Tenure and Promotion Advisory Committee member (3 yrs.)
- University Commencement Committee member (4 yrs.)
- KNR Department Student Affairs Committee **Chair**, (14 yrs.)
- Activities Committee, College of Health and Human Services **Chair**, Southeast MO State University (4 yrs.)

#### Professional Organizations/Community Service

- **President** for Prodigy Leadership Academy Parent Teacher Organization (2 yrs.)
- Board Member for Prodigy Leadership Academy Advisory Board (2 yrs.)
- **President** of Board of Directors for Heartland Adaptive Sports Program to provide recreational/leisure services for persons with disabilities in Cape Girardeau (2 yrs.)
- Girardot Center for Youth and Families Community Liaison Council member; MO Division of Youth Services (June 2011 to Present)
- **Chair** and Co-Conference Convener for the Council of Heartland Region of Association for Experiential Education (AEE); March 2009 to December 2011.  
Association for Experiential Education (AEE) Heartland Region Chair; April 2006 – March 2009.
- Action fundraiser for AEE Heartland Region Conf. (Spring 2004, 2005, 2006)

- Quarry Park and Nature Preserve Public Rock Climbing Citizen Advisory Committee Member, St. Cloud, MN, September 2003-August 2004.
- Faculty Advisor*
- Outdoor Adventure, Archery and Disk Golf Clubs at Southeast MO State University, September 2004 – present.
  - 25-30 Undergraduate Students within the recreation major, September 2004 – present.
  - Review committee member for graduate thesis projects for NES internship for 4 students.
- Professional Journals*
- **Associate Editor** for *Journal of Outdoor Recreation, Education and Leadership* (Aug 2016 to Present)
  - Current regular reviewer for refereed journal article submissions for *Journal of Experiential Education, Journal of Outdoor Recreation, Education and Leadership* and *Research in Outdoor Education*.
  - Reviewer for Workshop Proposals at the 45th Annual International Conference for the Association Experiential Education; Montreal, Ontario, Canada; Nov 9-12, 2017
  - Reviewer for Workshop Proposals at the 44th Annual International Conference for the Association Experiential Education; Minneapolis, MN on Oct 27-30, 2016.
  - Reviewer for Workshop Proposals at the 43rd Annual International Conference for the Association Experiential Education; Portland, OR; October 22-25, 2015.
  - Reviewer for Workshop Proposals at the 42nd Annual International Conference for the Association Experiential Education; Chattanooga, TN; October 23-26, 2014.
  - Reviewer for Workshop Proposals at the 41<sup>st</sup> Annual International Conference for the Association Experiential Education Oct 31-Nov 3, 2013.
  - Reviewer for Annual American Camping Association (ACA) Research Symposium for the National Conference for the ACA. (2009, 2010 & 2011)
  - Reviewer for Symposium for Experiential Education Research at 2006 International Conference for the Association of Experiential Education Nov. 2-5, 2006.
- Park Director*
- Resident **Manager** of Duck Lake Park, Blue Earth County Parks, Madison Lake, Minnesota, February 2000-October 2003.
- Outdoor Rec Leader*
- Planned and led outdoor trips for youth group, Wilmore United Methodist Church, Wilmore, Kentucky, Spring 1988-Spring 1994, Summer 1995-Summer 1999; First United Methodist Church, Big Spring, Texas, Spring 1994-Spring 1995.
- Dental Specialist/  
Sergeant(E-5)*
- Dental Lab Tech, United States Army Reserves, Lexington, Kentucky, December 1986-December 1994.

### **Awards/Honors**

- Teaching Awards*
- College of Health and Human Services **Outstanding Teacher Award**; Southeast Missouri State University, April 29, 2015. This award is focused on bringing recognition of exceptional community and professional service in teaching.
  - **Educator of the Year Award**; Cape Girardeau Chamber of Commerce, October 21, 2014.

## References

- Dr. Leo McAvoy Professor Emeritus, Division of Recreation and Sport Studies  
University of Minnesota, Twin Cities Campus  
224B Cooke Hall  
1900 University Ave. S.E.  
Minneapolis, MN 55455  
651-464-3565  
[mcavo001@umn.edu](mailto:mcavo001@umn.edu)
- Dr. Jasper Hunt Professor Emeritus, Department of Educational Leadership  
Minnesota State University, Mankato  
115 Armstrong Hall  
Mankato, MN 56001  
507-389-5433  
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- Dr. Joe Pujol Interim Dean,  
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