



Cynthia J. Tanis
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Education

2008 Capella University, PhD in Sport Psychology
1986 Azusa Pacific University Masters of Education, emphasizing in Physical Education,
1982 Azusa Pacific University Bachelors of Science in Athletic Training and Physical Education

Professional Experience

Director and Associate professor of Graduate Physical Education, Azusa Pacific University
2010-current
Director and Instructor in Undergraduate Physical Education/Athletic Training, Azusa Pacific
University 1988-1997
Head Clinical Athletic Trainer, Azusa Pacific University, Azusa CA 1986-1997

Sports Massage Therapist Scripps Institute, Pasadena
Orthopedic Physical Therapy, Covina
Dr. Jim Gustin, Chiropractor, Glendora
Long Beach Sports Medicine, Long Beach
West Covina Physical Therapy

Teaching/Student Supervision

Courses Taught in Graduate Physical Education

- i) PE 580 Wellness and Fitness for Life
- ii) PE 560 Sports Medicine
- iii) PE 565 Advanced Principles of Physical Conditioning
- iv) PE 582 Seminar in Professional Literature in Physical Education and Athletics
- v) PE 578 Sport Psychology
- vi) PE 584: Assessment and Evaluation in Physical Education and Exercise Science

vii)PE 589: Capstone in Physical Education and Exercise Science

Courses Taught in Undergraduate Physical Education

AT 101 Introduction to Athletic Training

AT 160 Acute Care of Injury and Illness

PE 366 Care and Prevention of Athletic Injuries

Supervision of Clinical/ Fieldwork

Supervision of undergraduate student trainers working towards NATA certification. 1986-1994

Licenses and Certification

a) National Athletic Trainers Association: Certified Athletic Trainer 1986-current

b) Sports Massage Therapist: Sports Massage Training Institute: Costa Mesa, CA

Service

Community Service:

a) Church Deacon: Bethany Christian Reformed Church: Currently

b) Church/choir accompanist: Bethany Christian Reformed Church: Currently

c) Coach youth volleyball and basketball for city league, Middle School and High school levels
2001-2007

d) Board of Directors, Valley Christian High School 2008-2012

e) Co-authored the Adapted Physical Education Added Authorization Curriculum. Received
CCTC accreditation March, 2012.

Professional organizations

a) National Athletic Trainers Association

b) California Association for Health, Physical Education, Recreation, & Dance.

Honors

a) Azusa Pacific University Athletic Hall of Fame: 2001

b) Azusa Pacific University Academic Hall of Fame/School of Education and Behavioral
Studies: 2000

c) Azusa Pacific University Teaching Excellence Award/ School of Education 2010

d) Azusa Pacific University Teaching and Leadership nomination/ BAS 2016 and 2017

Presentations

Hebel, S. & Tanis, C. (2012, May). Faith integration strategies for undergraduate and graduate
physical education. Paper presented at the meeting of the International Christian Community for
Teacher Education Conference, Azusa CA.

Tanis, C. (2010, June). Intentional Spiritual Formation with Students of Diverse Faith.
Paper presented at the CSKLS conference, Grand Rapids, MI.

Tanis, C. & Hebel, S. (2010, March) Emergency Action Plans for Physical Education. Are you Prepared? Paper presented at the CAHPERD convention, Ontario, CA.

Tanis, C (2010, October). Guest Lecturer: Valley Christian High School's women's basketball team. The topic of the presentation was "Mental skills training."

Tanis, C. (2009, April). Implementing heart rhythm variability biofeedback and emotional regulation with injured athletes. Paper presented at the meeting of the Far West Trainers' Association, San Diego, CA.

Tanis, C. (2009, November). Promoting Wellness for the Head of Schools, Faculty, and Board of Directors. Paper presented at the ACSI convention, Anaheim, CA.

Tanis, C. (2009, October). Guest Lecturer: Valley Christian High School's Women's Tennis team. The topic of the presentation was "Mental skills training: How do you prepare for your match?"

Tanis, C. (2009, March). Performance enhancement and stress reduction with heart rhythm variability biofeedback. Paper presented at the California Association for Health, Physical Education, Recreation and Dance Conference, Santa Clara, CA.

Publications

Tanis, C. J. (2020). The seven principles of online learning: Feedback from faculty and alumni on its importance for teaching and learning. *Research in Learning Technology*, 28. <https://doi.org/10.25304/rlt.v28.2319>

Tanis, C. & Hebel, S. (2014). Emergency action plans in physical education. *Strategies: A Journal for Physical and Sport Educators*, 29(4), 3-7. doi.org/10.1080/08924562.2016.1181589

Tanis, C. (2012, Summer). Performance enhancement and stress reduction using heart rhythm variability biofeedback with women collegiate volleyball players. *Athletic Insight*, 12(4).

Tanis, C. (2011). Be well and thrive. *Christian School Education*, 14(3), 20-22.

Tanis, C. & Hebel, S. (2010, Summer). Developing an emergency action plan for the physical education class. *CAHPERD*, 73(1), 28-30.

Tanis, C. (2008). The effects of heart rhythm variability biofeedback with emotional regulation on the athletic performance of women collegiate volleyball players. Retrieved from Digital Dissertation Database. (AAT 3307294)

Tanis, C. (2008). Women's volleyball team serves up court lock-in. *The Institute of HeartMath*, 7(3).