

CURRICULUM VITAE
ANDREA DOWNES SILVA, PH.D.

IDENTIFYING INFORMATION

Academic Rank

Lecturer in the School of Kinesiology
Graduate Faculty in the School of Kinesiology

Education

Degree	Institution	Date Degree Granted
B.A.	Millersville University Psychology (major) Athletic Coaching (minor)	May 1999, Cum Laude
M.Ed.	Temple University Kinesiology	January 2022
Ph.D.	University of Utah Exercise and Sport Science	August 2009

Positions / Employment

University of Minnesota, Twin Cities, School of Kinesiology Lecturer Graduate Faculty Adjunct Lecturer	January 2020 - Present August 2020 - Present May 2022 - Present January 2020 - May 2020
Independent Sport and Performance Consultant, Remotely	October 2017 – May 2022
Columbia International University, Columbia SC, College of Arts and Science Adjunct Faculty	August 2016 - December 2016, August 2014 - December 2014
Gwynedd-Mercy College, Gwynedd Valley, PA, School of Arts and Sciences Adjunct Lecturer	August 2011 – December 2011
Carroll University, Waukesha, WI, Division of Natural and Health Sciences Adjunct Faculty	July 2009 – March 2010
Carroll University, Waukesha, WI, Division of Natural and Health Sciences Visiting Assistant Professor	July 2008 – June 2009
University of Utah, Salt Lake City, College of Health; Exercise and Sport Sciences Department Instructor / Graduate Assistant	August 2003 – May 2008

Publications

Refereed Journal Articles

1. **Silva, A.**, Hannon, J.C., Shultz, B., & Podlog, L. (2013). Future intent to run and running performance of students exposed to a traditional versus an autonomy supportive motivational running program. *Psychiatry Journal*. doi: 10.1155/2013/471657
2. Williams, S. M., McGladrey, B., **Silva, A.**, & Hannon, J.C. (2013). Comparison of classroom instruction versus use of homework assignments on cognitive knowledge acquisition in physical education. *Physical Educator*, 70(2), 206-220.

Presentations

Invited Presentations

1. **Silva, A.** Goal Setting for Runners. Run Minnesota – webinar. March 2022
2. **Silva, A.** Psychology of Sport Psychology. Carroll University Athletic Training Program. Fall 2009
3. **Silva, A.** Sport Psychology – 20 Questions. Carroll University CHAMPS LifeSkills Program, Fall 2009
4. Lynn, A., & **Silva, A.** Municipal Employees' Usage of a Member Wellness Initiative: Current and Future Directions. Delaware Valley Health Insurance Trust Annual Retreat, Cambridge, MD. Spring 2006

Conference Presentations

1. **Silva, A.** Motivational Climate as a Determinant of Future Running Participation. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Tampa, FL, October 2009
2. Williams, S., McGladrey, B., & **Silva, A.** Comparison of Lecture Versus Homework on Student's Content Knowledge Acquisition. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention, Tampa, FL, October 2009
3. **Silva, A.** Motivational Climate as a Determinant of Future Running Participation. Celebrate Carroll – University Research Conference, Waukesha, WI, March 2009
4. **Silva, A.**, & Oh, H. Behavioral Management in Physical Education Classes. Utah Alliance for Health, Physical Education, Recreation, and Dance (UAHPERD) Regional Convention, Ogden, UT, March 2006

TEACHING

University of Minnesota

Courses Taught

EDHD 1525W First Year Experience

KIN 3001 Lifetime Health and Wellness
KIN 3136 Mental Skills Training for Sport
KIN 3131W History and Philosophy of Sport
KIN 5736 Sport Performance Psychology
KIN 5992 Readings in Kinesiology
PE 1720 Special Activities in Physical Education

Columbia International University

Courses Taught

PHE 2120 Health Science and Personal Wellness

Gwynedd-Mercy College

Courses Taught

PSY 100 General Psychology

Carroll University

Courses Taught

ESC 315 Exercise Science Practicum I
ESC 435 Exercise Science Practicum II
ESC 480 Capstone: Internship in Exercise Science
HSC 120 Fundamental Motor Development
PED 324 Physical Education Laboratory
PED 421 Psycho-Social Aspects of Physical Activity
PTH 521 Teaching Laboratory Practice I

University of Utah

Courses Taught

ESS 2500 Exploration of Movement Sciences
ESS 2600 Sport in American Society
ESS 3710 Elementary Methods for Physical Education
ESS 4900 Promoting Physical Activity in the Community
ESSF 1130 Walking for Fitness
ESSF 1140 Jogging for Fitness
ESSF 1150 Marathon Training
ESSF 1160 Weight Training: Elementary
ESSF 1161 Weight Training: Intermediate
ESSF 1190 Cycling: Elementary

Our Lady of Lourdes Catholic Elementary School

Courses Taught (through University of Utah)

Physical Education: Grade 3
Physical Education: Grade 5

Supervisory Roles

Student Teacher Supervisor - University of Utah, College of Health, Physical Education Teacher Education Program. Salt Lake City, UT. Spring 2005 – Spring 2008

Elementary School – Fall 2006 (7 student-teachers)

Junior High / Middle School – Spring 2005 (1 student-teacher), Spring 2007 (1 student-teacher)

High School – Spring 2007 (2 student-teachers), Spring 2008 (1 student-teacher)

SERVICE AND PUBLIC OUTREACH

Journal Reviewer, Women in Sport and Physical Activity Journal. Fall 2009 – Fall 2010

Grant Application Reviewer – NASPE/ING “Run for Something Better.” Summer 2009

Health and Wellness Consultant , Waukesha School District, Waukesha, WI. Fall 2009 – Spring 2010

Faculty Advisor for the Carol M. White Physical Education Promotion Grant. Carroll University, Waukesha, WI. Fall 2008 – Spring 2010

Advisory Board Member for the Waukesha YMCA Youth Fitness Initiative. Carroll University, Waukesha, WI. Fall 2008 – Spring 2010

Association for the Advancement of Applied Sport Psychology (AAASP) Continuing Education Student Representative. Salt Lake City, UT. January 2004 – May 2005

Service To The University/College/Department

University of Minnesota

Departmental Service

Member, Search Committee for Sport and Exercise Psychology (August 2022 - February 2023)

Member, Graduate Education Committee (August 2022 – Present)

Carroll University

Faculty Advisor, Health and Wellness Living Learning Community (LLC). Fall 2008 – Spring 2010

Member, General Education’s Cross Cultural Committee Team. Summer 2009

Search Committee Member, Nursing. Summer 2009

Freshman Advising Team Member. Spring 2009

Freshman Orientation University Representative . Fall 2008

University of Utah

Graduate Student Advisory Committee Member for Promotion, Retention and Tenure. Spring 2004, Spring 2008

Towson University (Masters Internship)

CHAMPS/Life Skills Program/Organizer. Fall 2001

P.A.W.S. (Proud Athletes Who Serve) Discussion Leader. Fall 2001

Sexual Assault Awareness Committee Member. Fall 2001

Temple University

Temple Teammates - CHAMPS/Life Skill Presenter. Spring 2001