

TAMMY S. WYNARD
 Department of Kinesiology
 School of Education & Health Sciences
 North Central College

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Education

Indiana University, Bloomington, Indiana	December 2001
M.S. Applied Health Sciences - School & College Health Education	
Thesis: Efficacy of Normative Education in the Health Classroom	
Teaching Certificate: Health Education	May 2002
Illinois State University, Normal, Illinois	May 1997
B.S. Major - Community Health Education	
Minor - Speech Communications	
Concentration Area - Drug Education	

Employment

Institution/Organization	Position	Dates
North Central College	Department Chair and Assistant Professor of Kinesiology	July 2016-Present
	Program Coordinator of Teaching Physical Physical and Health Education	Sept 2014-June 2018
	Visiting Instructor of Health & Physical Education, Full-time	Sept 2011-June 2016
Northern Illinois University	Graduate and Undergraduate Adjunct, Public Health & Health Education	June 2005-August 2016
Benedictine University	Online Adjunct, Masters in Public Health Program	June 2008-August 2011
Aurora University	Undergraduate Adjunct, Health Education	January 2006-December 2010
Waubensee Community College	Adjunct, Personal Wellness	August 2004-December 2005
Roselle Middle School	Health Education Teacher, Part-time	June 2005-May 2007
Edward Hospital	Well at Work Coordinator, Part-time	December 2004-May 2005
West Aurora High School	Health Education Teacher, Full-time	August 2002-June 2004
DuPage County Health Department	Sexual Health Educator, Full-time	January 1998-August 2002
DuPage County Health Department	Tobacco Prevention Health Educator, Part-time	June 1997-December 1997

 Consulting

Health & Education Consultant

Tammy Wynard Consulting

August 2017–Present

My research agenda focuses on the professional preparation of knowledge and skills related to Adverse Childhood Experiences and Trauma Informed Practices with those planning on working in the education and health fields or already employed there. Consultation includes key notes, workshops, webinar presentations and curriculum guidance.

Health Education Consultant & Presenter

Illinois Emergency Management Agency – Illinois State University

January 2009

Authored and co-presented a six hour continuing education program for 80+ home inspectors for their annual Radon Education mandatory training. Created materials and presentations including topics such as a Social Marketing Approach to Radon Education, Finding Common Ground with Your Potential Radon Customer, Presentation and Teaching Techniques, SMOG Readability, and Navigating Your Radon Business Website.

Author

Illinois State University – Illinois Department of Public Health

August 2004–December 2004

Contractual position through ISU and IDPH to author a substance abuse unit for a nine session women’s health program. The lesson focused on substance use representing a major health issue in our society, and participants understanding they have the ability to control the use of substances and talk to others who are experiencing negative health effects due to substance use.

Smoking Cessation Facilitator

Rush Copley Hospital

August 2004– December 2004

Facilitated the American Lung Association’s seven-session “Freedom from Smoking” class.

 Selected Professional Presentations

Wynard, T. (2015, October). *All about TED: Ideas worth connecting to your curriculum*. Session presented at the annual meeting of the American School Health Association, Orlando, FL.

Wynard, T. (2014, November). *New sexuality education requirements in Illinois: What it means for you and your students*. Invited session presented at the annual meeting of the Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL

Wynard, T. (2014, October). *Class readiness assessment: Motivating students to come prepared by flipping the lesson expectations*. Session presented at the annual meeting of the American School Health Association, Portland, OR.

Wynard, T. (2014, April). *New sexuality education requirements in Illinois: What it means for you and your students*. Invited session presented at the annual meeting of the Illinois School Health Association, Lisle, IL.

Wynard, T., Kerr, C. & Walters, A. (2014, February). *Scary stories vs storytelling: Effectively using real life stories to connect health & wellness to decision-making and goal setting*. Invited session presented at the annual Phil Lawler DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL.

Wynard, T., Kerr, C. & Walters, A. (2013, November). *Scary stories vs storytelling: Effectively using real*

life stories to connect health & wellness to decision-making and goal setting. Session presented at the annual meeting of the Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.

- Wynard, T.** (2013, October). *A buffet of teaching techniques for the higher education school health professional.* Session presented at the annual meeting of the American School Health Association, Myrtle Beach, SC.
- Wynard, T.** (2013, March). *Best approaches in using the newly released national sexuality education standards.* Invited session presented at the annual Phil Lawler DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL.
- Wynard, T.** (2012, October). *Inoculating your mental-emotional health unit with happiness.* Session presented at the annual meeting of the American School Health Association, San Antonio, TX.
- Wynard, T.** (2012, October). *Google maps as an avenue of mapping and identifying connections for future school-community collaborations.* Round table session presented at the annual meeting of the American School Health Association, San Antonio, TX.
- Wynard, T., & Tannura, T.** (2012, March). *More practice, less lecture; Skills based health education.* Invited session presented at the annual Phil Lawler DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL.
- Wynard, T.** (2012, January). *You are a key player in public health.* Invited session presented at the Blue Key Honor Society National Conference, Naperville, IL.
- Wynard, T., & Tannura, T.** (2011, November). *More practice, less lecture; Skills based health education.* Session presented at the annual meeting of the Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Wynard, T.** (2009, April). *Happiness: A lesson for your mental-emotional health unit.* Session presented at the annual meeting of the Illinois School Health Association, Lisle, IL.
- Wynard, T.** (2008, November). *Social-Emotional learning – Connections for the early childhood learner.* Session presented at the monthly educator in-service training of the Little Blessings Preschool, Naperville, IL.
- Wynard, T.** (2008, January). *Incorporating health education into a preschool curriculum.* Session presented at the monthly educator in-service training of the Little Blessings Preschool, Naperville, IL.
- Wynard, T., & Reynolds, T.** (2007, November). *Teaching sex ed? We can help.* Session presented at the annual meeting of the Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Wynard, T.** (2002, November). *Following imaginary peers: How norm misperceptions influence behavior - Examples of classroom applications.* Session presented at the annual meeting of the Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Birch, D.A., & Wynard, T.** (2001, November). *Making health history come alive in the classroom: Preparing students to be consumers of health education.* Round table session presented at the annual meeting of the American School Health Association, Albuquerque, NM.

Wynard, T. (2000, April). *Multiple intelligences: What it is and how to use it, a programming example.*

Session presented at the annual meeting of the Illinois School Health Association, St. Charles, IL.

Wynard, T. (2000, March). *Teaching sex education? How to become more comfortable with it.* Session presented at the annual DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL

Wynard, T. (1999, October). *AWARE: Adolescents with awareness, resources, and education.* Poster session presented at the annual meeting of the American School Health Association, Kansas City, MO.

Wynard, T. (1999, October). *A collaborative approach to abstinence-based education.* Session presented at the annual meeting of the Illinois Public Health Association, Oak Brook, IL

Wynard, T. (1999, April). *AWARE: Adolescents with awareness, resources, and education.* Poster session presented at the National Maternal and Child Health Leadership Conference, Chicago, IL.

Publications

Wynard, T. (December, 2005). Guidelines for using a community health educator in a health classroom, article for the Illinois School Health Association's newsletter, "Healthlines."

Birch, D.A., & **Wynard, T.S.** (2004). Preparing students to be consumers of health education. *American Journal of Health Education, 35, 110-112.*

Bailey W.J., Jones, E.L., **Wynard, T.**, Jun, M., Jackson, S., Lay, M.A., Bennett, G., Alter, J., Boas, J., Petty, S., & Kelly, M. Alcohol, Tobacco, and Other Drug Use By Indiana Children and Adolescents: The Indiana Prevention Resource Center Survey – 2001. Bloomington, IN: Indiana Prevention Resource Center, 2001.

Research

Research Assistant	January 2001–December 2001
Indiana Prevention Resource Center Bloomington, IN	
Assisted with the coordination and execution of the annual Indiana Alcohol, Tobacco, and Other Drug Use Survey of 90,000 middle and high school students. Provided direct support to school liaisons on survey administration. Collected and assisted with survey data compilation reports.	

Professional Service

Robert Crown Center for Health Education	September 2016–Present
<ul style="list-style-type: none"> • Key Informant for Strategic Planning • Sexuality Education K-12 Advisory Board 	
Indian Prairie School District #204	August 2017
<ul style="list-style-type: none"> • Invited presentation at school wide meeting to all middle-high school health education teachers on Adverse Childhood Experiences (ACES). 	
Hinsdale Middle School	April 2017
<ul style="list-style-type: none"> • Health Education Curriculum Reviewer 	
Journal of Health Education Teaching Techniques	2014-2016

- Peer Reviewer
American School Health Association 2014-2016
- Professional Development Committee
Aurora-Naperville Substance Use and Abuse Prevention Coalition 2013-2015
- Invited member of a grassroots effort to design and implement environmental strategies to prevent substance use and abuse to the areas serving school districts 203-204.
Oswego School District #308 March 2013
- Provided consultation with the district junior high Health and Physical Education teaching team in establishing priorities of how to best align their curricula to support the Common Core literacy and mathematics expectations.
Eta Sigma Gamma, Indiana University Nu Chapter 2000-2001
- Provided technical assistance to undergraduate students on the executive board regarding health education programming.
Illinois State Board of Education 2002
- Health Education Passing Score Review Panel Member
Illinois School Health Association Board Member 2002-
- Healthlines Newsletter Co-Editor Illinois
State University Health Education 1998-
- Alumni Board Representative

Professional Memberships & Awards

- Society for Public Health Education
American School Health Association
- 2001 Health Education Student Scholarship Recipient
- Illinois School Health Association-
- 2008 & 2011 Honor Award Recipient
- Who's Who Among American Teachers
- 2004 Honoree
- Eta Sigma Gamma, Professional Health Science Honorary
- 1995/96 Omega Chapter Member of the Year

Certifications

- Certified Health Education Specialist 1997-2006
American Lung Association
- Smoke Free That's Me Instructor
 - Freedom from Smoking Facilitator