

Jeremy Jostad

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EDUCATION

Ph.D., Parks, Recreation, and Tourism **2015**

University of Utah

Master of Arts in Recreation Administration **2009**

California State University, Chico

Bachelor of Arts in Physical Education **2003**

Minor in Recreation Administration

Certificate in Outdoor Education

California State University, Chico

UNIVERSITY TEACHING EXPERIENCE

Assistant Professor / Outdoor Recreation Program Director (Fall 2015 – Present)

Department of Physical Education, Health, and Recreation

Eastern Washington University, Cheney, Washington

- RCLS 125: Whitewater Rafting
 - Spring 2016, 2017, 2018
- RCLS 206: Outdoor Living Skills
 - Fall 2015, 2016, 2017
- RCLS 230: Whitewater Kayaking
 - Fall 2015, 2016, 2017
- RCLS 305: Winter Camping
 - Winter 2016, 2017, 2018
- RCLS 307: Mountaineering
 - Spring 2016, 2017, 2018
- RCLS 325: Outdoor Adventure Programming
 - Fall 2015, 2016
 - Spring 2016
- RCLS 375: Intermediate Whitewater Rafting Techniques
 - Spring 2016, 2017, 2018
- RCLS 385: Programming in Recreation and Leisure Services
 - Winter 2016, 2017, 2018
- RCLS 400: Legal Foundations in Recreation and Leisure Services
 - Winter 2016, 2017, 2018
- RCLS 410: Outdoor Leadership
 - Fall 2015, 2016, 2017
- RCLS 490: Senior Capstone in Recreation
 - Winter 2016, 2017, 2018

- RCLS 494: Internship in RCLS
 - Summer 2016, 2017, 2018
- RCLS 496: Expedition Planning
 - Spring 2017, 2018

Graduate Student Committees

Bryan Anderson, Committee Chair

Graduation: Spring 2017

Clayton Purvis, Committee Member

Graduation: Spring 2018

Justin Hall, Committee Chair

Expected Graduation: Spring 2019

Josh Crowe, Committee Chair

Expected Graduation: Spring 2019

Graduate Assistant and Adjunct Faculty (Fall 2010 – Summer 2015)

Department of Parks, Recreation, and Tourism

University of Utah, Salt Lake City, Utah

Instructor of record

- Integrated Core (Teaching team) (Fall 2013 & 2014)
 - PRT 3100: Foundations of Parks, Recreation, and Tourism
 - PRT 3101: Professional Preparation in Parks, Recreation, and Tourism
 - PRT 3310: Leisure Behavior and Human Diversity
 - PRT 3320: Recreation Programming and Leadership
 - PRT 3780: Program and Service Evaluation in Parks, Recreation, and Tourism
- PRT 3207: Management in Parks, Recreation, and Tourism
 - Summer 2012, 2014
- PRT 3310: Leisure Behavior and Human Diversity
 - Spring 2015 – Online
 - Summer 2015 - Online
- PRT 3800 & 4828: Internship Supervision
 - Summer 2014
- PRT 5395: Financial Management
 - Fall 2014
- PRT 5720: Techniques of Adventure and Outdoor Programs
 - Spring 2012, 2014; 2015
- PRT 5710: Foundations of Adventure and Outdoor Programs
 - Spring 2013
- PRT 2005: River Running Instruction
 - Fall 2014

Teaching Assistant

- PRT 3100: Foundations of Parks, Recreation, and Tourism
 - Fall 2010
- PRT 3320: Recreation Programming and Leadership
 - Spring 2011
- Integrated Core (Teaching Team) (Fall 2011)
 - PRT 3100: Foundations of Parks, Recreation, and Tourism
 - PRT 3101: Professional Preparation in Parks, Recreation, and Tourism
 - PRT 3310: Leisure Behavior and Human Diversity
 - PRT 3320: Recreation Programming and Leadership

- PRT 3780: Program and Service Evaluation in Parks, Recreation, and Tourism
- PRT 5740: Leadership in Adventure and Outdoor Programs
 - Spring 2012 & 2013; field section only

Adjunct Faculty (Fall 2014)

*Department of Health Promotion and Human Performance
Weber State University, Ogden, Utah*

Instructor of record

- REC 3610: Introduction to Outdoor Living Skills
- REC 4810: Adventure Programming

Adjunct Faculty (Spring 2011)

*Wilderness Leadership and Experiential Education Program
Mt. Hood Community College, Gresham, Oregon*

Instructor of record

- Whitewater Rafting (Immersion Semester)

Graduate Teaching Assistant and Part-Time Faculty (Fall 2007 – Spring 2010)

*Departments of Kinesiology and Recreation Administration
California State University, Chico, California*

Instructor of record

- KINE 121: Beginning Backpacking
 - Spring 2008
- KINE 123: Beginning Rock Climbing
 - Fall 2007 & 2008, Spring 2008
- KINE 126: Beginning Whitewater Kayaking
 - Fall 2008 & 2009, Spring 2009 & 2010
- KINE 353: Advanced Whitewater Kayaking
 - Spring 2008, 2009, 2010
- RECR 180: Leisure and Life
 - Spring 2010

Assistant Instructor

- KINE 228: Winter and the Mountain (Immersion Semester)
 - Spring 2009
- KINE 226: Methods of Teaching Canoeing and Kayaking
 - Spring 2010

PROFESSIONAL EXPERIENCE

Assistant Professor, Outdoor Recreation Program Director

Eastern Washington University, Cheney, WA *Fall 2015 – Present*

- Teach PEHR core curriculum and Outdoor Recreation Major courses.
- Advise more than 20 undergraduate students.
- Oversee and advise two graduate students who assist the OR program.

Ph.D. Student, Research Assistant, Adjunct Faculty*University of Utah, Salt Lake City, UT**Fall 2010 – Summer 2015*

- Work with graduate faculty with research projects and publications.
- Worked as the National Outdoor Leadership School (NOLS) research assistant.
- Teach undergraduate core courses for the department.

Wilderness Field Instructor*The National Outdoor Leadership School**Summers 2008 - Present*

- Lead multi-day wilderness courses (mountain and river based) with a focus on technical skill development, environmental science, wilderness living skills, and leadership.
- Provided mentorship and guidance to newer staff in lesson development, teaching techniques, skill progression, working with challenging students, etc.

Adjunct Faculty*Weber State University, Ogden, UT**Fall 2014*

- Developed and taught two new classes in the Recreation Program.
- Collaborated with other faculty to develop an adventure program targeted to serve lower income high school students from the area.

Adjunct Faculty*California State University, Chico**August 2007- May 2010**(Kinesiology and Recreation Departments)*

- Developed and implemented the whitewater kayak program and lead field days (single and multi-day trips) for a variety of technical skill based classes.
- Taught introductory Recreation classes

Land and Water Coordinator/ Trip Leader*Adventure Outings**August 2008 - May 2009**California State University, Chico*

- Assisted with staff development and interviewing new staff members. Oversaw trip logistics before going into the field and lead trips with other staff members.
- Designed and implemented a leadership curriculum to be taught to all staff.

Senior Wilderness Field Instructor*Aspen Achievement Academy, Loa, UT**January 2006 - August 2007*

- Wilderness therapy program: lead teenage students through the Utah desert using the experience and natural environment as a metaphor for change and growth. Worked extensively with multiple therapists and mentored junior staff.
- Taught natural science lessons as well as primitive skills, low impact camping and metaphorical initiatives.

Program Coordinator/ Instructor*Naturalists-At-Large, Ventura, CA**2004 & 2005*

- Taught and oversaw outdoor education programs for youth ranging from 2nd to 11th grade at different sites throughout California.
- Lessons were developed and taught about the natural environment, geology, biology, astronomy, natural history, team building, and skills of certain outdoor activities (canoeing, backpacking, ropes course, sea kayaking, and snorkeling).

Wilderness Leader/ Instructor*Adventures Cross-Country, Mill Valley, CA**Summers 2004 & 2005*

- Lead multi-week international wilderness trips (Canada & Costa Rica).
- Provided instruction in backpacking, rock climbing, whitewater kayaking, snowboarding, mountain biking, environmental conservation, and outdoor living skills.

Ski & Snowboard Instructor*Northstar Ski Resort, Lake Tahoe, CA**November 2003 - April 2004*

- Taught beginner and intermediate ski and snowboard lessons to students of all ages. Recognized as “Instructor of the Year” within the ski school.
- Obtained a Level 1 PSIA snowboard instructor certification.

Camp Counselor/ Waterski and Wakeboard Instructor*River Way Ranch Camp, Sanger, CA**Summer 2002*

- Oversaw a cabin of young campers and led multiple types of programs and activities throughout the summer.
- Taught waterskiing and wakeboarding to campers of all ages and abilities.

PROFESSIONAL CERTIFICATIONS

- Wilderness First Responder Certification (current since 2004)
- Adult CPR and Airway Management (current since 1999)
- ACA Level 4 Kayak Instructor Certification (current since 2008)
- ACA Level 4 Swiftwater Rescue Instructor Certification (current since 2017)
- LNT Master Educator (current since 2008)
- AIARE Level I Avalanche Certification (2009, 2016)
- Utah River Guide/Captain License
- Idaho River Guide License
- PSIA Level I Professional Snowboard Instructor Certification
- WEA National Certificate of Wilderness Stewardship
- Advanced Open Water Diver Certification

PEER-REVIEWED PUBLICATIONS AND BOOK CHAPTERS

- Jostad, J.**, Sibthorp, J., Butner, J.E., Rochelle, S., Gookin, J. (2017). Using dynamical systems theory in outdoor adventure education research. *Research in Outdoor Education*.
- Jostad, J.**, Schultz, J., & Chase, M. (2017). State of Washington 2017 Outdoor Recreation Demand Report. Part of *2018 Washington State Comprehensive Outdoor Recreation Plan*.
- Richmond, D., Sibthorp, J., **Jostad, J.**, & Gookin, J. (2016). Factors determining peer status in outdoor adventure groups. *Journal of Outdoor Recreation, Education, and Leadership*, 8(1), 41-56.
- Jostad, J.**, Sibthorp, J., Pohja, M., & Gookin, J. (2015). The adolescent social group in outdoor adventure education: Social connections that matter. *Research in Outdoor Education*, 13(1), 16-37.
- Jostad, J.**, & Rose, J. (2015). Making adventures work: Balancing group dynamics, communication, and group management processes for successful experiences. In R. Black and K. Bricker (Eds.) *Adventure programming and travel for the 21st century*. State College, PA: Venture Publishing.
- Paisley, K., **Jostad, J.**, Sibthorp, J., Pohja, M., Gookin, J., & Rajagopal-Durbin, A. (2014). Considering students' experience in diverse groups: Case studies from NOLS. *Journal of Leisure Research*, 46(3), 329-341.
- Sibthorp, J., & **Jostad, J.** (2014). The social system in outdoor adventure education programs. *Journal of Experiential Education*, 37(1), 60-74.
- Jostad, J.**, Sibthorp, J., & Paisley, K. (2013). Understanding groups in outdoor adventure education through social network analysis. *Australian Journal of Outdoor Education*, 17(1), 17-31.
- Spencer, C., & **Jostad, J.** (2013). Facebook's "status" in the lives of generation Y: Exploring power structures in an online leisure space. In K. Schwab and D. Dustin (Eds.) *Just leisure: Things that we believe in*. Urbana, IL: Sagamore Publishing.
- Jostad, J.**, Paisley, K., & Gookin, J. (2012). Wilderness-based semester learning: Understanding the NOLS experience. *Journal of Outdoor Recreation, Education, and Leadership*, 4(1), 16-26.
- Dustin, D., Collins, R., Schultz, J., Browne, L., Schwab, K., Rose, J., Timmerman, D., Altschuler, B., **Jostad, J.**, Spencer, C., Newman, J., & Bricker, K. (2012). The future of leisure studies in research universities: Administrator's perspectives. *Schole*, 27(1), 12-24.

PEER-REVIEWED PRESENTATIONS

- Chase, M., **Jostad, J.**, & Schultz, J. (2017, November). *SCORP in Washington State: Results of the 2017 resident survey*. Presentation conducted at the Resort and Commercial Recreation Association National Conference, Bend, OR.
- Jostad, J.**, Chase, M., Schultz, J., & Connelly, L. (2017, May). *SCORP in Washington State: Results of the 2017 resident survey*. Presentation conducted at the Washington State Recreation and Parks Association Conference, Spokane, WA.
- Jostad, J.**, Sibthorp, J., Rochelle, S., & Gookin, J. (2016, November). *The dynamical nature of social connections for adolescents in outdoor recreation programs*. Presentation conducted at the research symposium of the Association of Outdoor Recreation and Education, Minneapolis, MN.
- Anderson, B. & **Jostad, J.** (2016, November). *Developing a wilderness orientation program*. Presentation conducted at the national conference for the Association of Outdoor Recreation and Education, Minneapolis, MN.
- Anderson, B. & **Jostad, J.** (2016, May) *The social and academic benefits of wilderness based orientation programming*. 19th Annual EWU Student Research and Creative Works Symposium.
- Jostad, J.**, Sibthorp, J., Butner, J.E., Rochelle, S., & Gookin, J. (2015, October). *Using dynamical systems theory in outdoor experiential education*. Presentation conducted at the Symposium on Experiential Education Research, Portland, OR.
- Sibthorp, J., **Jostad, J.**, Richmond, D., Gookin, J., & Collins, R. (2015, May). *NOLS/ University of Utah research update: Results and implications for practice*. Presentation conducted at the NOLS Faculty Summit, Lander, WY.
- Richmond, D., Sibthorp, J., **Jostad, J.**, Pohja, M., & Gookin, J. (2014, November). *Social dynamics in outdoor adventure groups*. Presentation conducted at the research symposium of the Association of Outdoor Recreation and Education, Portland, OR.
- Jostad, J.**, Sibthorp, J., Pohja, M., & Gookin, J. (2014, October). *Social connections among adolescents in outdoor adventure education*. Presentation conducted at the Symposium on Experiential Education Research, Chattanooga, TN.
- Jostad, J.**, Sibthorp, Pohja, & Gookin. (2014, February). *Student perceptions of group cohesion and satisfaction: The effect of time and student composition*. Presentation conducted at the Outdoor Leadership Research Symposium, Salt Lake City, UT.
- Jostad, J.**, & Sibthorp, J. (2014, January). *Group cohesion in outdoor adventure education: The roles of leadership consideration, goal conflict, and time*. Presentation conducted at the Coalition for Education in the Outdoors Research Symposium, Bradford Woods, IN.

- Paisley, K., **Jostad, J.**, Sibthorp, J., Pohja, M., Gookin, J., & Rajagopal-Durbin, A. (2013, October). *Considering students' experience in diverse groups: Case studies from NOLS*. Presentation conducted at the meeting of the Leisure Research Symposium, Houston, TX.
- Jostad, J.**, & Rajagopal-Durbin, A. (2013, May). *Achieving positive outcomes with a socioeconomically diverse student group*. Presentation conducted at the meeting of the NOLS Faculty Summit, Lander, WY.
- Jostad, J.** (2013, February). *Group identification and group homogeneity: A case study of NOLS courses*. Presentation conducted at the Outdoor Leadership Research Symposium, Blue Mountain, NC.
- Jostad, J.**, & Gochenaur, R. (2013, February). *Redesigning the delivery of your curriculum: The opportunities and drawbacks of blocked scheduling*. Presentation conducted at the meeting of the International Conference on Outdoor Leadership, Blue Mountain, NC.
- Jostad, J.**, Paisley, K., Sibthorp, J., & Gookin, J. (2012, November). *The multi-dimensionality of group cohesion: A social network analysis of NOLS courses*. Presentation conducted at the research symposium of the Association of Outdoor Recreation and Education, Snowbird, UT.
- Jostad, J.**, Paisley, K. & Gookin, J. (2011, February). *Student learning on semester courses: Perspectives from NOLS*. Presentation conducted at the Outdoor Leadership Research Symposium, Estes Park, CO.
- NON PEER-REVIEWED PUBLICATIONS AND PRESENTATIONS**
- Jostad, J.**, & Paisley, K. (2013, April). *The NOLS group dynamics project*. Presentation conducted for the NOLS Internal Research Advisory Committee. Lander, WY.
- Jostad, J.** (2012, March). Moving beyond the individual: The use of systems theory to understand the social group in outdoor adventure education. *Graduate Research Symposium*. Salt Lake City, UT.
- Jostad, J.**, Paisley, K., Sibthorp, J. & Gookin, J. Meeting the needs of your students with fun. (2010, November). NOLS Staff Newsletter.
- Jostad, J.**, Paisley, K., & Gookin, J. (2010, October). Meeting the needs of your students with fun. Presentation conducted at the annual State of the School (National Outdoor Leadership School) meeting. Lander, WY.

SERVICE

Eastern Washington University (Fall 2015 – Present)

Faculty Senate Member	(Fall 2016 – Present)
PEHR Graduate Faculty Committee	(Fall 2015 – Present)
RCLS Undergraduate Faculty Committee	(Fall 2015 – Present)
PEHR Safety and Risk Management Committee Member	(Fall 2015 – Present)
PEHR Faculty Hiring Search Committee Chair	(Fall 2017 – Spring 2018)
PEHR Faculty Hiring Search Committee Member	(Summer 2018)
Washington Recreation Parks Association Conference Social Planning Committee	(2016)
EPIC Program Hiring Committee Member	(Summer 2016, 2017)
RED Mentor	(2017 – 2018)

EWU Community Service

Kewul Camp Administrator	(Summer 2018)
KEWUL Camp Facilitator	(Summer 2016, 2017)
Cheney Parks and Recreation Program	(Winter 2016)
Spokane Nordic	(Winter 2017)
Outdoor Skills Program (with EPIC)	(Fall 2017)

Invited Article Reviews:

- Reviewer: Journal of Outdoor Recreation, Education, and Leadership (Summer 2018)
- Reviewer: Journal of Leisure Research (Summer 2018)
- Reviewer: Leisure Sciences (Fall 2016)
- Reviewer: Journal of Outdoor Recreation, Education, and Leadership (Summer 2016)
- Reviewer: Leisure Sciences (Summer 2016)
- Reviewer: Journal of Outdoor Recreation, Education, and Leadership (Fall 2015)
- Reviewer: Journal of Outdoor Recreation, Education, and Leadership (Summer 2014)
- Reviewer: Journal of Leisure Research (Summer 2012)
- Reviewer: Research in Outdoor Education (Spring 2012)
- Reviewer of abstracts for Coalition for Education in the Outdoors (CEO) (Fall 2011)

University of Utah (2010 – 2015)

Graduate Student Advisory Committee (SAC)

Department of Parks, Recreation, and Tourism, University of Utah (2010 – 2015)

- Retention, Promotion, and Tenure Committee Member (2010 – 2015)
- Retention, Promotion, and Tenure Committee Chair (2012 - 2014)
- SAC Co-Chair (2012 – 2014)

Research Committee

Wilderness Education Association (2014 – 2015)

Association of Outdoor Recreation and Education (2016 – Present)

Academic Appeals Committee

College of Health, University of Utah (2014)

Research Symposium Moderations

- Outdoor Leadership Research Symposium (OLRS), Salt Lake City, UT (February 2014)

Memberships to Professional Organizations

- Member of the Association of Outdoor Recreation and Education
- Member of the American Canoe Association
- Member of Leave No Trace
- Member of American Whitewater

GRANTS AND AWARDS

- Kalispel Eastern Washington University Leadership Camp Grant, *Kalispel Tribe*, Summer 2018
- State Comprehensive Outdoor Recreation Plan (SCORP) for Washington State, *State of Washington*, Summer 2016
- No Child Left Inside Grant, *State of Washington*, Spring 2016
- Outstanding Ph.D. Student Award, *Department of Parks, Recreation, and Tourism*, University of Utah, Spring 2015
- Dr. Gary D. Ellis Endowed Scholarship, *Department of Parks, Recreation, and Tourism*, University of Utah, Spring 2015
- Graduate Travel Award, *University of Utah Graduate School*, Fall 2014
- Most Inspirational Student Award, *Department of Parks, Recreation, and Tourism*, University of Utah, Spring 2014
- Dr. Lin R. Rockwood Endowed Scholarship, *Department of Parks, Recreation, and Tourism*, University of Utah, Spring 2014
- Coalition for Education in the Outdoors Student Research Scholarship, *Coalition for Education in the Outdoors*, Fall 2013
- Graduate Travel Award, *University of Utah Graduate School*, Fall 2013
- Joseph and Holly Arave Endowed Scholarship in Outdoor Recreation Ethics, *Department of Parks, Recreation, and Tourism*, University of Utah, Spring 2013
- Graduate Travel Award, *University of Utah Graduate School*, Spring 2013
- Graduate Travel Award, *University of Utah Graduate School*, Spring 2011

CONTINUING EDUCATION

Conferences and Trainings Attended

- Developing transparent assignments Workshop (2018)
- ACA Swiftwater Instructor Certification Course (2017); Dotsero Landing, CO
- Washington State Recreation and Parks Association Conference (2017); Spokane, WA
- Association of Outdoor Recreation and Education Conference (2016); Minneapolis, MN
- Getting to know EWU and its students using NSSE Data Workshop (2016)
- AAIRE Level I Avalanche Course (2016); Leavenworth, WA
- “Got your Six” Seminar (2015); Eastern Washington University, WA
- Association of Experiential Education Conference (2015); Portland, OR

- National Outdoor Leadership School Faculty Summit (2015); Lander, WY
- Association of Experiential Education Conference (2014) Chattanooga, TN
- National Outdoor Leadership School Faculty Summit (2014); Lander, WY
- Wilderness Education Association Conference (2014); Salt Lake City, UT
- Coalition for Education in the Outdoors Conference (2014); Bradford Woods, IN
- National Recreation and Parks Association Conference (2013); Houston, TX
- Wilderness Education Association Conference (2013); Black Mountain, NC
- Association of Outdoor Recreation and Education Conference (2012); Snowbird, UT
- National Outdoor Leadership School Faculty Summit (2012); Lander, WY
- 1st International Symposium on Speak Up and Speaking Out: Working for Social and Environmental Justice through Parks, Recreation, Tourism, and Leisure (2012); Salt Lake City, UT
- Wilderness Education Association Conference (2011); Estes Park, CO
- Association of Outdoor Recreation and Education Conference (2009); San Diego, CA

Center for Teaching and Learning Excellence Workshops

- October 2014: *Developing Effective Syllabi*
- November 2013: *Maximizing the Effectiveness of Student Course Feedback*
- September 2013: *Active Learning in your Classroom*
- August (2010-2014): *Instructor and Teaching Assistant Workshops*