**PERSONAL INFORMATION**

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**EDUCATION**

**Doctor of Medicine**, West Visayas State University, Iloilo City, Philippines, **1987**, 4th in academic rank in a class of 71.

**M.Ed. Health Education**, University of the Philippines, Diliman, Quezon City, **1997,** GPA 1.0 (equivalent to 4.0 USA grade)

**A.B. Science**, West Visayas State University, Iloilo City, Philippines, **1983**, *Magna Cum Laude.*

High School Diploma, St. Elizabeth Academy, Janiuay, Iloilo, Philippines, **1979**, *Valedictorian.*

Elementary School Diploma, Janiuay Pilot Elementary School, Janiuay, Iloilo, Philippines, **1975***, Valedictorian.*

**Post Graduate Training:**

Department Head Certification Training, National Association for Kinesiology in Higher Education, January 2016 to January 2018

Residency Training in Anesthesiology, University of the Philippines-Philippine General Hospital Medical Center, January 1989 to February 1990.

Post Graduate Training in Medicine, Iloilo Doctors Hospital, May 1987 to April 1988 *Most Outstanding Intern*.

Clinical Clerkship, West Visayas State University Hospital, April 1986 to March 1987 *Most Outstanding Intern in Obstetrics and Gynecology.*

**ADMINISTRATIVE EXPERIENCE**

**Chair, Department of Exercise Science, Health Studies, Physical Education and Sport Management,** Ruth S. Ammon School of Education, Adelphi University, Garden City, New York, **September 2013 to present**

*Responsibilities:* Provides leadership in achieving excellence in teaching, scholarship and service activities of the department, ensuring the growth of the five academic programs in the department (Community Health Promotion, Exercise Science, Health Education, Physical Education, Sport Management), enforcing academic policies, procedures and operations, communicating with students, making recommendations in the recruitment, selection, retention and promotion of faculty and staff, marketing the programs, managing the department budget of $4M, maintaining equipment, supplies and physical space, establishing schedule of course offerings, overseeing departmental records and reports, supervising administrative staff, graduate assistants and student workers.

**Associate Dean for Academic Affairs** Ruth S. Ammon School of Education (SOE), Adelphi University, Garden City, New York, **January 2010 to August 2013**

*Responsibilities:* Provided leadership and supervision to develop new programs and ensure the quality of academic programs of the 3 Departments of the School: Curriculum and Instruction, Exercise Science, Health Studies, Physical Education and Sport Management, Communication Sciences and Disorders, Coordinated oversight of all accreditation activities (NCATE and ASHA), Collaborated with the SOE Technology Committee in the planning, implementation and evaluation of technology integration in academic programs and administrative functioning, Supervised the operation of key SOE Offices: Office of School and Community Partnerships, Office of Certification and Student Records, Office of Scheduling and Academic Support, Ex-Officio member of the SOE Academic Affairs Committee and the SOE Technology Committee.

**Assistant Director, Excellence in Health and Education Project,** Southeastern Louisiana University, Hammond, Louisiana. **January 2000 to July 2001**

*Responsibilities:* Coordinated collaborative activities between Southeastern Louisiana University and the Louisiana State Department of Education, State Office of Public Health, professional organizations and agencies to provide in-service and pre-service professional development opportunities that address the health prevention and promotion needs of children and youth, assessing needs of Louisiana professionals practicing health and education in a variety of settings, program monitoring and evaluation, writing technical reports.

**Officer-in-Charge, College Secretary’s Office**, School of Education, University of the Philippines, Diliman, Quezon City, Philippines, **October 1996**

*Responsibilities:* Attended to the daily academic workload of the office consisting of reviewing admission applications, change of grades and academic petitions, resolving advising issues, and other work assigned by the Dean of the School of Education

**Chair, Department of Health Education**, School of Education, University of the Philippines, Diliman Quezon City, Philippines, **June 1994 to May 1995**

*Responsibilities:* Managed the daily operations of the Department of Health Education office, provided leadership in curriculum and program implementation (scheduling, monitoring enrolment, clearing for graduation, etc), monitored student performance and progress, represented the department in college and university meetings, supported faculty and department projects.

**Public Relations and Staff Development Officer**, Center for Assistance of Displaced Persons, Inc., (CADP) Manila, Philippines, **March to July 1992**

*Responsibilities:* Served as liaison officer for the CADP in United Nations High Commissioner for Refugees (UNHCR) meetings and other refugee concerns related meetings and workshops; Coordinated the scholarship program for children of displaced persons in the Philippines; Developed staff development programs for computer use and other personnel related skills.

**ACADEMIC EXPERIENCE**

**Associate Professor in Health Education/Promotion (September 2005 to present) and Assistant Professor (August 2001 to August 2005)** Department of Exercise Science, Health Studies, Physical Education and Sport Management at Adelphi University, Garden City, New York.**,** Department of Health Studies, Physical Education and Human Performance Science at Adelphi University, Garden City, New York.

*Responsibilities:* Taught health education content and methods courses for School and Community Health Education graduate programs; Developed new courses (*Research and Technology in Health Education in traditional and full online formats & School Health Program and Policies*); Directed the Community Health Education graduate program; Coordinated and supervised the Community Health Education Fieldwork Internship Program.

**Assistant Professor in Health Education,** Department of Kinesiology and Health Studies at Southeastern Louisiana University, Hammond, Louisiana. **January 2000 to July 2001.**

*Responsibilities:* Taught health education content and methods courses for teacher preparation and kinesiology related professions;

**Assistant Professor in Health Education,** Department of Health Education at the University of the Philippines, Diliman, Quezon City, Philippines. **August 1992 to December 1999 (7.5 years)**

*Responsibilities:* Taught health education content courses for teacher preparation program in undergraduate and graduate levels; Directed master’s level thesis.

**Visiting Professor,** Department of Health, Physical Education, Recreation and Dance, University of Idaho, Moscow, Idaho, **July to** **August 1998**

*Responsibilities:* Taught a Wellness Lifestyles course with Dr. Randy Page at the Division of Health, Physical Education, Recreation and Dance.

**CLINICAL EXPERIENCE**

**Resident Anesthesiologist,** University of the Philippines-Philippine General Hospital Medical Center, Manila, Philippines. **January 1989 to February 1990.**

*Responsibilities:*Administered local and general anesthesia to surgical, medical and dental patients; Responded to intubation requests (securing airway) for all hospital departments; Conducted experimental research; Presented cases at morbidity and mortality conferences; Served as anesthesiologist for medical and surgical mission in Guimaras, Iloilo.

**Post Graduate Intern**, Iloilo Doctors Hospital, Molo, Iloilo City, Philippines. **May 1987 to April 1988**

*Responsibilities:*Provided assistance to the resident physician and the attending physician in the diagnosis and treatment of patients in all hospital departments, monitored and maintained patient records, participated in weekly case conferences, presented cases in morbidity and mortality conferences, participated in medical and surgical missions.

**PUBLICATIONS**

**Refereed Conference Proceedings Article:**

**Zarco, E.P.** & Vaughn-Shavuo, F. (2013), Integrating Interactive Whiteboard Technology on Pre-Service Teacher Preparation: Process and Outcomes. *2013 Asian Conference on Technology in the Classroom Official Conference Proceedings,* 300-312.

**Refereed Journal Articles:**

Bliss, K., **Zarco, E**. **P.**, & Trovato, M. (under review) Social Media Use among Health Education Specialists: Implications for Professional Developmentin *Health Promotion Practice.*

Hung, A. Y. H., **Zarco, E**. **P.**, Yang, M. Dembicki, D. Kase, M. (2017). Gamification in the wild: Student and Faculty Perspectives on Gamifying Higher Education Online and Hybrid Courses. *Issues and Trends in Educational Technology.* 5(2).

Battaglia, D., Curinga, M., Minicozzi, L., Vaughn-Shavuo, F., McCarthy, M., & **Zarco, E.** (2015). From Laptop to Tablet: Faculty use of iPads for instruction to prepare education professionals. *Excelsior: Leadership in Teaching and Learning*. 9(2), 21-38

Rees R., **Zarco, E.,** & Lewis, D. (2008). The Steroids/Sports Supplements Connection: Pragmatism and Sensation-Seeking in the Attitudes and Behavior of JHS and HS Students on Long Island. *Journal of Drug Education*. 38:4.

Page, R., **Zarco, E.,** Ihasz, F., Suwanteerangkul, J. & others. (2008). Cigarette Smoking and Indicators of Psychosocial Distress in Southeast Asian and Central-Eastern European Adolescents. Journal of Drug Education. 38:4.

Harris, J.L. & **Zarco, E.P**. (2007) Regional conference planning: A roadmap to success. *California Journal of Health Promotion,* 5(3), 37-50.

Ewing, B., Ryan, M. & **Zarco, E.P.** (2007). A campus wellness program: accepting the challenge. *Journal of the New York State Nurses Association (NYSNA),* 38(1):13-6.

Page, R.M., **Zarco, E.P.,** Suwanteerangkul, J., Lee, C.M., & Miao, N.F. (2006). Reduced levels of physical activity and sports participation among Taiwanese, Filipino, and Thai adolescent girls compared to boys: Increasing evidence of a global and worldwide health concern. *International Journal of Fitness*, 2(2), 49-56.

Page, R.M., Yanagishita, J., Suwanteerangkul, J., **Zarco, E.P.,** Lee, C.M., Miao, N.F., (2006). Hopelessness and loneliness among suicide attempters in school-based samples of Taiwanese, Philippine and Thai Adolescents[*.*](http://libir.tmu.edu.tw/bitstream/987654321/12825/3/hopelessness.pdf) *School Psychology International Journal*, 27(5) 583-598.

Page, R.M., **Zarco, E.P.,** Suwanteerangkul, J., Lee, C.M., Miao, N.F., & Taylor, J. (2005). Perceptions of the prevalence of cigarette smoking by peers: A study of Taiwanese, Filipino, and Thai high school students[*.*](http://www.ncbi.nlm.nih.gov/pubmed/16438169) *The* *Southeast Asian Journal of Tropical Medicine and Public Health*, 36(5), 1-5.

Page, R.M. & **Zarco, E.P.** (2001). Physical activity and television viewing linked to body mass index among Philippine high school students: Signaling of an emerging epidemic of obesity? *International Quarterly of Community Health Education.* 20(2), 143-154.

Page, R.M. & **Zarco, E.P.**  (2001). Shyness, physical activity, and sports team participation among Philippine high school students. *Child Study Journal* 31(3),193-203.

Page, R.M. & **Zarco, E.P.** (2001). Relationship between television viewing frequency and shyness among Philippine high school students[.](http://www.ncbi.nlm.nih.gov/pubmed/11783564) *Psychological Reports*, 89, 366-388.

**Zarco, E. P.** (1998). Responsible Parenthood and Population Education: Concepts and Considerations Across Cultures. *Philippine Health Education Journal*, 16(1), 39-43

**Zarco, E.P.** (1997). Dating, Courtship and Marriage: Health Concerns for Filipino Adolescents. *Philippine Health Education Journal*, 15(1), 1-11.

**Zarco, E.P.** (1996). The Health and Nutrition “Pahiyas”: an Ethnography. *Philippine Health Education Journal,* 14(1), 38-48.

**Zarco, E.P.** (1995). Health Education as a Major Subject in Schools: a Necessity or a Luxury? *Philippine Health Education Journal,* 13(1), 1-8.

**Zarco, E.P.** (1994). Content Areas in Health Education, *DDM (Doctor of Dental Medicine) Journal*, 7(2), 86-89.

Ramos, R. & **Zarco, E.P**. (1994). A Practicum Experience in Community Organization for Health Education, *Philippine Health Education Journal,* 12(1), 25-29.

**Non-Refereed Journal Articles:**

**Zarco, E.P.** (1999). Life Skills Training for Substance Abuse Prevention. *ASEAN TCPDE (Training Center for Preventive Drug Education) Bulletin*, 4(1).

**Zarco, E.P.** (1999). Childbirth Education: What Health Professionals Should Know. *Council for Health Associations in the Philippines (CHAP) Bulletin,* October, 1999.

**Zarco, E.P.** (1998). Factors Associated with Drug Abuse Among College Students. *ASEAN TCPDE (Training Center for Preventive Drug Education) Bulletin*, 3(4).

Garcia, F., Sanchez, M.F., & **Zarco, E.P.** (1997). Public Opinions and Perceptions on Drug Abuse Prevention Programs: Bases for Policy and Decision-Making. *ASEAN TCPDE Bulletin*, 2(1), 2 & 11.

**Zarco, E.P.** (1997). Trends in Preventive Drug Education: the Fruits of Research. *ASEAN TCPDE (Training Center for Preventive Drug Education) Bulletin*, 2(2).

**Zarco, E.P.** (1997). Women and Substance Abuse: A Growing Concern. *ASEAN TCPDE Bulletin*, 2(1), 6.

**Zarco, E.P.** (1996). Doctors and Drug Dependence. *ASEAN TCPDE Bulletin*, 1(2), 1 & 10.

**Zarco. E.P.** (1996). Parental Presence in the Prevention of Drug Abuse Among Teenagers is Deemed Significant. *ASEAN TCPDE Bulletin*, 1(1), 11.

**Other Creative Projects**

**Online Modules**

Letter, G. & **Zarco, E.P.** (2014) Student Orientation Course for the MS Sport Management Program Full Online Program <https://moodle.sportmgt.adelphi.edu/course/view.php?id=6> with the support of Embanet-Pearson.

O’Riley, S. & **Zarco, E.P.** (2013) Student Orientation Course for the MS Health Informatics Full Online Program <https://moodle.informatics.adelphi.edu/course/view.php?id=13> with the support of Embanet-Pearson.

**Training Manuals/Modules**

Rohr, E. & **Zarco, E. P**. (2007).Technology Training Modules for the Real Estate Professionals Technology Center submitted for Continuing Education Credits for Realtors in NYS.

.

1. Market Valuation, Appraisal and the Realtor’s CMA
2. Getting Tech Ready for your Real Estate Career
3. Digital Imaging for Real Estate
4. Tools to Create a Direct Mail Campaign
5. Vista and Office 2007 for Realtors

**Zarco, E. P.** (1999) Four modules in the Training Package: *ASEAN Training Center for Preventive Drug Education. (1999). Training Manual for Effective Management of Drug Abuse Prevention Education Programs.* UP Press: Quezon City Philippines.

1. Introduction to Management
2. Crisis Management
3. Financial Accountability
4. Writing Technical Reports

**Zarco, E. P.** (2000) Two modules in the training package: *ASEAN Training Center for Preventive Drug Education (2000). Training Manual for Drug Abuse Prevention for Parents, Teacher and Counselors.* UP Press: Quezon City, Philippines.

1. Introduction to Life Skills
2. Effective Communication

**Technical Reports**

**Zarco, E. P. (2017).** *Strategic Plan Report: Department of Exercise Science, Health Studies, Physical Education and Sport Management*, submitted to Adelphi University.

**Zarco, E. P.** (2007). *Follow-up Evaluation of the High School Breast Health Program: AY 2006-2007,* submitted to the Maurer Foundation for Breast Health Education.

**Zarco, E. P.** (2007). *Report:* *Long Island K-12 School Utilization of “Breaking the Silence” Teaching the Next Generation About Mental Illness Curriculum,* submitted to the National Alliance for the Mentally Ill Queens-Nassau.

**Zarco, E. P.** (2007). *Report:* *Follow-up Evaluation of the High School Breast Health Program: a two year evaluation (AY 2004-2005 and AY 2005-2006),* submitted to the Maurer Foundation for Breast Health Education.

Rees, C.R., **Zarco E. P.** & Lewis, D. (2007). *Report:* *Attitudes and Behaviors Towards Steroid and Supplement Use Among Intermediate and High School Students,* submitted to WADA -World Anti Doping Agency for a social science grant.

**Zarco, E.P.** (2004)*Report:* *Evaluation of the Breaking the Silence Tool Kit,*submitted to the National Alliance for the Mentally Ill Queens-Nassau for a nationwide evaluation project funded by the American Psychiatric Association.

**Zarco, E.P.** & Callender, E.(2004). *Report:* *Teaching About Mental Illness in Long Island Schools*submitted tothe National Alliance for the Mentally Ill Queens-Nassau.

**Zarco, E. P.** (2003). *Report,* *Health Education Curriculum Assessment of the Hauppauge School District***,** submitted to theHauppauge’s School District.

**Zarco, E. P.** & Dukes, T. (2003) *Report,* *Evaluation of the Young Women’s Breast Health Program*, submitted to the Maurer Foundation for Breast Health Education.

**Zarco, E. P.** (2002). *Report,* *Youth Risk Behavior Survey 2002, State of Louisiana,* submitted to the Louisiana State Department of Education.

**Zarco, E. P.** (2001). *Report,* *Summer Institute 2001*, the 4th in a series of Annual Professional Development Training Sessions conducted by the Excellence in Health and Education Project at Southeastern Louisiana University. (SI 2001 conducted 11 training programs in the areas of HIV/AIDS Prevention Education, Nutrition Education, Media Literacy, American Red Cross CPR Program, Life Skills Development, Strengthening Families and Suicide Intervention).

**Zarco, E. P.** (2000). *Report,* *Follow-up Survey of Summer Institute 2000,* a report that describes participant utilization of knowledge and skills learned from Summer Institute 2000 six months after training; a project funded by the Louisiana Office of Public Health through the Excellence in Health and Education Project (EHEP) at Southeastern Louisiana University.

**Zarco, E. P.** (2000). *Report:* *Media Literacy at Summer Institute 2000*, a project funded by the Louisiana Office of Public Health through the Excellence in Health and Education Project (EHEP) at Southeastern Louisiana University, April 1, 2000 to March 31, 2001.

**Zarco, E. P.** (2000). *Report: Tobacco Training Tracks at Summer Institute 2000*, a project funded by the Louisiana Office of Public Health through the Excellence in Health and Education Project (EHEP) at Southeastern Louisiana University.

### Zarco, E. P. (2000). *Evaluation Report,* *Summer Institute 2000*, the Annual Professional Development Training Sessions conducted by the Excellence in Health and Education Project at Southeastern Louisiana University that conducted 13 training programs in the areas of HIV/AIDS Prevention, Coordinated School Health Programs, Nutrition, Media Literacy, Tobacco, Alcohol and Substance Abuse Prevention, Life Skills Development for over 200 health and education professionals in the state of Louisiana.

Report: *Preventive Education Against HIV/AIDS in the School Setting – UNESCO Regional Training Workshop* held at Quezon City, Philippines, (chairperson of the Secretariat that prepared the report), October 18-23, 1999.

Report: *3rd ASEAN Training Workshop: Development and Validation of Evaluation Instruments in Preventive Drug Education*, Quezon City, Philippines, (member of the Secretariat that prepared the report), July 1-5, 1996.

Report: National *Training Workshop: Development and Validation of Evaluation Instruments in Preventive Drug Education*, Quezon City, Philippines, (member of the Secretariat that prepared the report), November 20-24, 1995.

Report: *UP-DECS National Short Term Training for PEHM (Physical Education, Health and Music) Teachers*, held at the University of the Philippines, Diliman, Quezon City, Philippines. (member of the organizing committee that prepared the report), May 1997.

Report: *Short Term Training on Population Education for Iranian Educators*, held at the University of the Philippines, Diliman, Quezon City, Philippines. (member of the organizing committee that prepared the report), January 1996.

**Unpublished research:**

**Zarco, E.P.** (1993) Sources of Information about the Common Cold Among Mothers in Metro Manila.

**PRESENTATIONS**

**Referred Papers and Presentations**

**International**

**Zarco, E.P.** & Vaughn-Shavuo, F. (2013). *Integrating Interactive Whiteboard Technology on Pre-Service Teacher Preparation: Process and Outcomes*. Presentation at the *2013 Asian Conference on Technology in the Classroom*. Osaka, Japan. April 25-28, 2013.

**Zarco, E.P**. (2012) *Transforming Teacher Education Through Clinical Practice*. Presentation at the 7th International Conference for Teacher Education, Quezon City, Philippines, July 18-20, 2008.

**Zarco, E.P**. & Rasa-Bizik, K. (2008) *Improving Prevention Strategies: Evaluating A High School Breast Health Program.* Accepted for presentation at the 9th Milan Breast Cancer Conference (European Institute of Oncology), Milan, Italy, June 18-20, 2008.

Rees, C. R. & **Zarco**. **E. P.** (2006) "*Journal writing, self-reflection and evaluation: The case of the SALT program.*” Presentation at the AIESEP World Congress, Jyvaskyla, Finland, July 6, 2006.

**Zarco, E. P,** Page R. (2001) *The Health and Education Connection*, presented via video-conferencing at the International Conference on Teacher Education, University of the Philippines, Quezon City, Philippines, July 3-5, 2001.

**Zarco, E. P,** Page R. (2001) *A Health Risk Behavior Profile of Philippine High School Students* , presented via video-conferencing at the International Conference on Teacher Education, University of the Philippines, Quezon City, Philippines July 3-5, 2001.

**National**

**Zarco, E. P.** & Bliss, K. (2018). *Social Media in Health Promotion: Applications for Enhancing Collaboration* presented in a concurrent session at the National Association for Kinesiology in Higher Education 2018 Annual Conference, Phoenix, AZ January 3-6, 2018.

**Zarco, E. P.** & Bliss, K. (2017). *Online Discussion in a Social and Interconnected Space* presented in a concurrent session at the Society of Public Health Educators 2017 Annual Conference, Denver, CO March 30- April 1, 2017.

Bliss, K., Miller, A. & **Zarco, E. P.** & (2017). *Are Health Educators Using Social Media Effectively* presented in a poster session at the Society of Public Health Educators 2017 Annual Conference, Denver, CO March 30- April 1, 2017.

**Zarco, E. P.** & Hung, A.C. (2017). *Transitioning to Online Learning: Challenges and Strategies* presented at a concurrent session at the 2017 SHAPE America National Convention and Expo, Boston, MA March 14-18, 2017.

**Zarco, E. P.** & Bliss.,& Trovato, M. (2015). *Getting Smart with Social Media* presented in a roundtable session at the Society of Public Health Educators 67th Annual Meeting, Portland, Oregon April 24th, 2015.

Harris, J.& **Zarco, E. P.** (2008). *A Collaboration Model for Professional Development* presented in a roundtable session at the ASHA Annual School Health Conference, Tampa, FL, November 15, 2008.

Snegroff, S. & **Zarco, E.P.** (2008). *Implementing and/or Defending a School Sexuality Education Program* presented at theASHA Annual School Health Conference, Tampa, FL, November 14, 2008.

Snegroff, S. & **Zarco, E.P.** (2008). *Experiential and Creative Methods to Help Students Examine the Affective and Behavioral Domains of their Sexuality* presented at theASHA Annual School Health Conference, Tampa, FL, November 13, 2008.

**Zarco, E.P.** & Rasa-Bizik, K. (2008) Tools in Action: Evaluating a Breast Health Education Program presented atthe 2008 Society for Public Health Education (SOPHE) Midyear Scientific Conference, Chicago, Illinois, May 22, 2008.

Rees, C.R., **Zarco, E.P.,** & Lewis, D., (2007). *Clique identity and students’ attitudes toward steroids and sports supplements* presented at theNorth American Society for the Sociology of Sport, Pittsburg, PA, October 31, 2007.

Lewis, D., Rees, C.R.,& **Zarco, E.P.** (2007). *Intermediate and High School Students’ Attitudes and Behaviors Regarding Steroids and Sports Supplements Use: Are Sports Supplements A “Gateway” to Steroid Use?, presented at the* Association for Applied Sport Psychology (AASP) Annual Conference, Louisville, KY, October 25, 2007.

Harris, J.& **Zarco, E. P.** (2007). “*HealthNets: A Public-Private Partnership for Professional Development”*, presented in a concurrent session at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Baltimore, MD, March 14, 2007.

Snegroff, S. & **Zarco, E. P.** (2007). “*Mind-Body Health Theory and Methods for Reducing Performance Anxiety”*presented in a health strategies poster presentation at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Baltimore, MD, March 14, 2007.

Ryan, M, Ewing B, & **Zarco, E.**  (2006). *An Evidence-Based Intervention to Reduce Alcohol Consumption* on Campus in a poster presentation at the 10th Annual Conference: Institute for Health Care Education and Connecticut Nursing Alliance, Hartford, Connecticut, October 3, 2006.

**Zarco, E. P.,** Matatyaho, H.(2006). *Making Online Discussion Boards Work!*

in a HEDIR Technology presentation at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Salt Lake, Utah, March 31, 2006.

**Zarco, E. P.,** Beihoff, J.(2006). *Skipping Meals and Snacking Behavior Among Elementary Students* at a Private School in a poster presentation at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Salt Lake, Utah, March 31, 2006.

**Zarco, E. P.** (2006). *Hybrid Courses for Health Education: Benefits and Challenges* in a poster presentation at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Salt Lake, Utah, March 31, 2006.

Snegroff, S. & **Zarco, E. P.** (2006). *Death, Dying and Bereavement Education* presented in an independent session at the Eastern District Association of the American Alliance for Health, Physical Education, Recreation and Dance 85th Annual Convention, Springfield, MA, March 3, 2006.

Whalen, S. & **Zarco, E.P**. (2005).*Assessment Techniques for Health Education* presented in a concurrent session at the American Alliance for Health Physical Education, Recreation and Dance 2005 National Convention, Chicago, Illinois, April 15, 2005.

Snegroff, S. & **Zarco, E. P.** (2005). *Mind Body Theory and and Methods for Reducing Performance Anxiety for Better Health* presented in an independent session at the Eastern District Association of the American Alliance for Health Physical Education, Recreation and Dance 84th Annual Convention, Springfield, MA, February 11, 2005.

**Zarco, E. P**., Dukes, T. Rozzi, K. & Bizik, K. (2004). *Reaching out to Schools to Prevent Breast Cancer: The Young Women’s Breast Health Program*, presented in a roundtable discussion at the American Public Health Association 132nd Annual Meeting and Exposition, Washington D. C., November 9, 2004

**Zarco, E. P**. & Tasman, J. (2004). *Assessing a Health Education Curriculum Using the HECAT: The Hauppauge School District Experience* presented in an independent session at the 78th Annual American School Health Conference, Pittsburgh, Pennsylvania, October 15, 2004.

**Zarco, E. P**. & Naquin, M. (2004). *Grant Seeking and Grant Writing for Healthy School Environments*presented in an independent session at the 78th Annual American School Health Conference, Pittsburgh, Pennsylvania, October 15, 2004.

Whalen, S., **Zarco, E. P**. & Snegroff, S. (2004). *Death, Dying and Bereavement Education: The Practical Application of Relevant Concepts in a K - 12 Health Education Curriculum* presented in a teaching technique forum at the 78th Annual American School Health Conference, Pittsburgh, Pennsylvania, October 15, 2004.

**Zarco, E. P**. & Cole, D. (2004) *Cultural Competence Through Multicultural Education* in an AAHE program session at the 2004 Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, New Orleans, LA, March 31, 2004.

Page, R. M., **Zarco, E. P.** & Ching, M.L. (2004) Low Rate of Substance Use Among Asian Adolescents: Reflection of Actual Use or Hesitancy to Disclose? in a poster presentation at the 2004 Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, New Orleans, LA, March 31, 2004.

**Zarco. E.P**. & Cole,D. (2003) *Non Teaching Skills for Substance Abuse Prevention in Schools*  in an independent session at the 77th Annual School Health Conference of the American School Health Association, El Paso, Texas, October 15-18, 2003.

Cole,D. & **Zarco. E.P**. (2003) *Strategies and Resources for Integrating Cultural Diversity in Health Education* in an independent session at the 77th Annual School Health Conference of the American School Health Association, El Paso, Texas, October 15-18, 2003.

**Zarco. E.P**.& Cole,D. (2003) *Enhancing Cultural Competence of Pre-Service Health Educators for a K-12 Setting*  in a poster presentation at the Society for Public Health Education 2003 Midyear Scientific Conference, Las Cruces, New Mexico June 18-20, 2003.

**Zarco. E.P**.& Page, R. (2003) *Loneliness, Hopelessness and Suicide Ideation among Philippine High School Youth* in a poster presentation at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Philadelphia, PA, April 1, 2003

Snegroff, S, **Zarco. E.P**.& Whalen S (2003) *Death and Dying: Teaching an Important Topic in Class* in a concurrent presentation at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation and Dance, Philadelphia, PA, April 3, 2003.

**Zarco, E. P.,** Gillan, W. (2002) *Diffusion of Health Education Programs Throughout a State: Follow-up Survey of Summer Institute*, in a poster presentation at the CDC National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs, Washington D.C., February 11, 2002.

Gillan, W., Naquin, M., **Zarco E.P.** (2002) *Collaboration among School, Community, Faith and University Based Health Professionals to Improve Youth Health,* in a poster presentation at the CDC National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs, Washington D.C., February 11, 2002.

Cole, D., **Zarco, E. P. (2002)** *Innovative Strategies in Teaching the Health Education Program to Future Teachers,* in a poster presentation at the CDC National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs, Washington D.C., February 11, 2002.

Page, R., **Zarco, E. P.,** Roland, M. (2001). *Physical* *Activity and Television Viewing Habits of Philippine Adolescent: Signaling of an Emerging Epidemic of Obesity?* in a poster presentation at the 129th Annual Meeting of the American Public Health Association, Atlanta, Georgia, October 22, 2001.

**Zarco, E. P.**, Gillan, W, Cole, D, Burns, L. & Davis-Taylor, S. (2001) *Summer Institute at the Excellence in Health Education Project,* in a roundtable presentation at the CDC National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs, Washington D.C., January 23, 2001.

Cole, D., **Zarco, E.P.,** Gillan, W., Burns, L., Davis-Taylor, S., (2001) *HIV/AIDS Prevention Education Program Through a Cadre of Trainers,* in a concurrent session at the CDC National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs, Washington D.C. *,* January 24, 2001.

**Regional/State**

Eichenholtz, S. & **Zarco, E**. (2009) “*Teacher Mentors Using Technology in their Supervising Work: A Case Study*” presented at the Northeastern Educational Research Association (NERA) Annual Conference, Rocky Hill, Ct. October 22, 2009.

Bedard, D., **Zarco. E. P.** & Rees, R.(2004) *“Reviewing Athletes Helping Athletes”,* in a full-session presentation at the annual meeting of the New York State Association of Health. Physical Education, Recreation and Dance, Buffalo, NY, November 4, 2004.

Manson, M.,& **Zarco. E. P.** (2004) *“Teaching Candidates’ Health Practices and How It Impacts Teaching Motivation”,* in a full-session presentation at the annual meeting of the New York State Association of Health. Physical Education, Recreation and Dance, Buffalo, NY, November 5, 2004.

**Zarco. E. P.** (2003) *“Drugs in Sports: Concerns and Challenges”,* in a full-session presentation at the annual meeting of the New York State Association of Health. Physical Education, Recreation and Dance, Buffalo, NY, November 21, 2003.

Whalen S. & **Zarco E. P.** ( 2002) *“You want me to do what: Utilizing Cooperative Learning in the Classroom”*, in a full session presentation at the annual meeting of the New York State Association of Health. Physical Education, Recreation and Dance, Callicoon, NY, November 16, 2002.

**Zarco E. P.** ( 2002) *Strategies and Resources to Teach Diseases* in a full session presentation at the annual meeting of the New York State Association of Health. Physical Education , Recreation and Dance, Callicoon, NY, November 15, 2002.

**Local and Community**

Ryan, M., Ewing B., & **Zarco, E.**  (2006). *An Evidence-Based Intervention to Reduce Alcohol Consumption* on Campus in a poster presentation at the 3rd Annual Research Conference: Expanding the Boundaries of Learning Through Research, Adelphi University, March 24, 2006.

Kathryn, E. & **Zarco, E.P.** (2006) *Pilot Study: The role of a perinatal behavior modification nutrition education program on the prevention and reduction of neonatal and infant obesity* in a poster presentation at the 5th Annual Partnerships in Health Conference: Campuses, Communities and Schools Working Together to Improve the Health of Youth, Adelphi University, March 24, 2006.

Ryan, M., Ewing, B., & **Zarco, E.**  (2006). *An Evidence-Based Intervention to Reduce Alcohol Consumption* on Campus in a poster presentation at the 5th Annual Partnerships in Health Conference: Campuses, Communities and Schools Working Together to Improve the Health of Youth, Adelphi University, March 24, 2006.

**Zarco, E.P.** (2005)*Making Health Education Programs Work: A Look at the Young Women’s Breast Health Education* at the Maurer Foundation’s 7th Annual Breast Health Conference: Breast Health Connections at Huntington, NY, March 24, 2005.

**Zarco, E.P.** (2004)*PowerPoint is for More than Presentations* at the Third Annual Partnerships in Health Conference, Adelphi University, Garden City, NY, March 26, 2004.

**Zarco, E. P.** (2003) *Finding and Getting Grants Using the Internet at the Suffolk Zone Conference,* Expanding Horizons in an independent session at St. John’s University, Oakdale, New York, October 22, 2003.

**Zarco, E.P.** (2002)*Grant Seeking and Grant Writing* at the Second Annual Partnerships in Health Conference, Adelphi University, Garden City, NY, March 26, 2003.

**Zarco, E. P**. (2001). *Cooperative Learning: How to Make it Work in your Classroom.* presented at the First Annual Partnerships in Health Conference, Adelphi University, Garden City, NY, October 26, 2002.

**Non-Refereed (Non-Peer Reviewed) Papers and Presentations**

**International**

**Zarco, E.P.** (1996). *Responsible Parenthood* in a full session presentation at the Short Term Training on Population Education for Iranian Educators, University of the Philippines, Diliman, Quezon City, Philippines, January 1996.

**Zarco, E.P.** (1996). *AIDS and other Sexually Transmitted Diseases* at the Short Term Training on Population Education for Iranian Educators, University of the Philippines, Diliman, Quezon City, Philippines, January 1996.

**Zarco, E.P.** (1993). *Sexually Transmitted Diseases* in a full session presentation at the Training-Workshop on Puberty Education for Chinese Educators, University of the Philippines, Diliman, Quezon City, Philippines July 1993.

**National**

**Zarco, E. P.** (1999) *Wellness for the Professional Teacher*, *A* *Continuing Professional Education Program*, in a one-day (8-hour series of sessions) offered by Prime, Inc. to teachers in the Philippines nationwide, Quezon City and Manila, Philippines, June – August 1999.

**Zarco, E.P.** (1997). *Dating, Courtship and Marriage: Implications for Sex Education* in a full session presentation at the UP-DECS National Short Term Training for PEHM(Physical Education, Health and Music) Teachers, University of the Philippines, Diliman, Quezon City, Philippines, May 1997.

**Zarco, E.P.** (1997). *Mental and Emotional Health* in a full session presentation at the UP-DECS National Short Term Training for PEHM Teachers, University of the Philippines, Diliman, Quezon City, Philippines, May 1997.

**Zarco, E.P.** (1997). *Disease Control and Prevention* in a full session presentation at the UP-DECS National Short Term Training for PEHM (Physical Education, Health and Music) Teachers, University of the Philippines, Diliman, Quezon City, Philippines, May 1997.

**Zarco, E.P.** (1996). *A Practicum Experience in Community Organization for Health Education* in a full session presentation at the 42nd Convention and Scientific Conference of the Health Education Association of the Philippines, University of the Philippines, Diliman, Quezon City, Philippines, October 1994.

**Zarco, E.P.** (1994). *Content Areas in Health Education* in a full session presentation at the 3rd National Seminar-Workshop in Community Dentistry: Health Education , Epidemiology and Biostatistics, University of the Philippines, Diliman, Quezon City, Philippines, May 1994.

**Zarco, E.P.** (1993). *Principles of Adult Learning and Non-Conventional Teaching Methods*, in a full session presentation at the National Trainors Training for Herbal Medicine, Cebu City, Philippines, March 1993.

**Local and Community**

SOE Technology Committee, as co-chair of the committee (2017) *Integrating an Electronic Platform to Improve Students’ Writing* presented as a concurrent session in the Teaching and Learning Conference, April 12, 2017, Adelphi University.

Hung, A., Dembicke, D., Yang, M. Kase, M and **Zarco, E. P.** (2016). *Gamification of Online and Blended Learning Environments* in a full session presentation at Adelphi University Teaching, Learning, and Technology Unconference, April 18, 2016, Adelphi University.

**Zarco, E. P.** (2012) *Health Literacy* presented at the North Shore-Long Island Jewish Health System/Adelphi University Ambulatory Care Fellows Program, June 28, 2012, Adelphi University.

**Zarco, E. P.** (2009) *Grant Seeking and Grant Writing* presented at the Parish Health Ministry of the Greater Allen Cathedral of New York, May 16, 2009, Jamaica, NY.

**Zarco, E. P.** (2009) *Use of Google Docs and Groups* presented at the Technology Fair*,* April 20, 2009, Adelphi University.

**Zarco, E. P.** (2009) *Podcasting for Health Education* presented at the HealthNets Conference*,* March 27, 2009, Adelphi University.

**Zarco, E.P.** (2007) one of the speakers to the *Nassau Summit on Safe Schools* co-sponsored by Adelphi University and Grassroots Environmental Education, November 14, 2007, Adelphi University*.*

**Zarco, E. P.** (2007) “*Spring and Allergies: Tips to Remember*”, presented to the Adelphi Community as part of the Wellness Lecture Series, April 10, 2007, Adelphi University.

**Zarco, E. P.** (2006) “Managing Online Discussions,” presented at Adelphi University Faculty Day, October 25, 2006, Adelphi University.

(lecture can be accessed as a streaming video at [*http://gaia.adelphi.edu/index.php?movdir,Administration/Faculty\_Day*](http://gaia.adelphi.edu/index.php?movdir,Administration/Faculty_Day))

**Zarco, E. P.** as member of the Panel to the Symposium, *"Our Children at Risk: Are Schools Making Our Children Sick?" co-sponsored by Adelphi University and Grassroots Environmental Education, October 27, 2006, Adelphi University.*

**Zarco, E.** P. (2004) *Health and Academic Achievement* at the Professional Development Workshops for Roosevelt Free Union District, a Dwight D. Eisenhower Grant to Anne Mungai, March 18, 2004

**Zarco, E. P.** & Jablon, B.(2004) *Childhood Obesity: A Growing Concern*, at the Kiwanis Club Meeting: Long Island North Region, Port Washington, NY, January 5, 2004

**Zarco, E. P.** & Jablon, B.(2003) *Childhood Obesity: A Growing Concern,* at the Kiwanis Club Meeting: Suffolk and Nassau Region, Lindenhurst, NY, December 4, 2003.

Manson. M., **Zarco, E**. & Kowalski, E. (2003). *“Teacher Candidates’ Health Practices and How It Impacts Teaching Motivation and Whether or Not They Are Perceived as Positive Role Models For Their Students”* at the School of Education Research Seminar Series, Adelphi University, NY, November 19, 2003.

**Zarco, E. P.** (2003). *The Health and Academic Connection*, a presentation of the School of Education Research Forum, Adelphi University, April 5, 2003.

**Zarco, E.P.** (1998). *Planning for Children’s Health: Health and Feeding Program* in a full session presentation at the Regional Seminar-Workshop on “A Continuing Education Program for Early Childhood Educators”, Roosevelt College, Cainta, Rizal, Philippines February 28, 1998.

**Zarco, E.P.** (1998). *Sexuality Education for Students with Disabilities: Issues and Concerns of Families and Teachers,* in *a symposium* organized by the EDSP 128 class: Programs and Strategies for Adolescents and Young Adults with Special Learning Needs, Benitez Theater, UP College of Education Diliman Q.C. Philippines, October 2, 1998.

**Zarco, E. P.** (1999) *The Basics of Computer Literacy for Teachers*, in a one-day Training Workshop funded by the Philippine Business for Social Progress, San Juan, Metro Manila, September 1999.

**GRANTS**

**Funded Grants/Research Released Time**

**Co-investigator,** (with Aaron Hung, Diane Dembicke, Monica Yang, Mitchell Kase and Daniel Bedard), **Gamifying Moodle** funded by Adelphi University’s High Impact Practices Grant, $7,8000, AY 2015-2016.

**Grantwriter, The iPad Initiative Project** funded by AU Information Technology in coordination with the SOE Technology Committee, that provided 35 iPads to faculty August 2012.

**Grantwriter, *The Video Analysis/Reflection for Student Teaching Project*** funded by AU Information Technology in coordination with the SOE Technology Committee, ($10,000) August 2010.

**Co-investigator,** [**The AU Wellness Profile**](http://ecampus.adelphi.edu/wellness.profile/)**,** co-funded by SOE Released Time and AU Office of Student Affairs to identify the most common risks to students academic performance and retention using ACHA-NCHA, Fall 2008.

**Grantwriter, *The Laptop Initiative grant for the School of Education Supervising Teachers*** funded by Dell (for 5 laptops) in coordination with the SOE Technology Committee and Office of Information Technology and Resources, September 2008.

**Co-investigator, *Intermediate and high school students' attitudes toward and behavior regarding steroids and sports supplements use: The mediation of clique identity*** funded by the World Anti Doping Agency (WADA - $13,500), January 2006.

**Evaluation Consultant, *Adelphi University Alcohol Prevention Program*** funded by the Smithers Foundation ($400,000), September 2005.

**Co-investigator, *Pilot Study: The role of a perinatal behavior modification nutrition education program on the prevention and reduction of neonatal and infant obesity*** funded by the Adelphi University Presidents Faculty Development Award ($4, 500) with Erica Kathryn, October 2004.

**Principal Investigator, *Assessing a Health Education Curriculum Using the HE-CAT,*** funded bySOE Released Time. Spring 2004

**Principal-Investigator, *Developing and Testing a Hybrid Course for Health Education*** funded by Adelphi University Technology Grant ($2,500). Spring 2005.

**Evaluation Consultant, Breaking the Silence Tool Kit: A School Outreach Program funded by the American Psychiatric Association** applied by the National Alliance for the Mentally Ill Nassau/Queens (NAMI N/Q), ($40,000), January 2004.

**Content Consultant,** **Comprehensive Breast Health Education Program funded by the Department of Health, NY state grant** applied by Maurer Foundation in collaboration with Adelphi University, ($75,000), September 2003.

**Co-investigator, Louisiana State Department of Education HIV/AIDS Grant** that funded the following track programs: Personal and Social Skills, Focus on Kids and Applied Suicide Intervention Skills, Summer Institute 2001, ($60,000) September 2000 to August 2001.

**Co-investigator, Louisiana State Department of Education Team Nutrition Grants** that funded the following track programs: Nutrition Across the Curriculum and Dietary Guidelines and the School Health Index, Summer Institute 2001, ($100,000) September 2000 to August 2001.

**Co-investigator, New Orleans Public Schools HIV/AIDS Grant** that funded the following track programs: Becoming a Responsible Teen and Reducing the Risk, Summer Institute 2001, ($10,000) September 2000 to August 2001.

**Co-investigator, Office of Public Health Media Literacy Work Grant** that funded the Media Literacy Track Program, Summer Institute 2001, ($25,000) September 2000 to August 2001.

**Co-investigator, Southeast Comprehensive Assistance Center Summer Institute Grant** that funded the following track programs: Postponing Sexual Involvement and Strengthening Families Program, Summer Institute 2001, (15,000) September 2000 to August 2001.

**Co-investigator, Frost Foundation Grant** that funded the Youth Peer Education and Training, the American Red Cross CPR Instructor’s Training Program for Summer Institute 2000 and 2001, September 2000 to August 2001.

**Final Report Writer, Office of Public Health Chronic Disease Control Grant** that funded two track programs: Project Toward no Tobacco Use and the Youth Tobacco Cessation, Summer Institute 2000, ($15,000) September 2000 to August 2001.

**Final Report Writer, Office of Public Health Media Literacy Work Grant** that funded the Media Literacy track program, Summer Institute 2000. ( $10,000) September 2000 to August 2001.

**Principal Investigator,** **Preventive Education Against HIV /AIDS in the School Setting,** funded by the United Nations Educational, Scientific and Cultural Organization (UNESCO) for a Regional Training-Workshop in Asia. ($6,000) October, 1999.

**Principal Investigator, Philippine Adolescent Risk Behaviors and Psychosocial Characteristics,** A Congressional Spouses Professorial Chair Award, (30,000 Philippine Pesos),1999.

**Principal Investigator, Factors Associated with Drug Abuse Among College Students** A Congressional Spouses Professorial Chair Award, (30,000 Philippine Pesos),1998.

**Co-investigator** with Sanchez, M.F., Garcia, F. **Perceptions and Public Opinions on Drug Abuse,** funded by the Dangerous Drugs Board, Philippines, 1996.

**Co-investigator** with Sanchez, M.F., Garcia, F., & Fontanilla, M.A. **A Study on Preventive Drug Education Programs in the Asian Region,** funded by United Nations Educational Scientific and Cultural Organization- International Center for Drug Abuse Prevention in Schools (UNESCO-ICDAPS), 1996.

**Co-investigator,** ASEAN Training Center for Preventive Drug Education. **Development of a Training Manual for Effective Management of Drug Abuse Prevention Education Programs,** (400,000 Philippine Pesos), funded by Dangerous Drugs Board, Philippines, 1996.

**Co-investigator** ASEAN Training Center for Preventive Drug Education. **Development of Training Manual for Drug Abuse Prevention for Parents, Teacher and Counselors,** (100,000 Philippine Pesos) funded by Metrobank, 1997.

**Consultant - Clinical Correctness,** **Development of Instructional Modules in Sex Education for College Students,** funded by National Research Foundation of the Philippines,March 1997.

**Consultant - Clinical Correctness,** **AIDS Preventive Education: A Model for Adolescents***,* funded by the National Research Foundation of the Philippines, March 1996.

**Co-investigator** ASEAN Training Center for Preventive Drug Education. **Development and Validation of Evaluation Instruments in Preventive Drug Education,** 1993 to 1995 .

**Unfunded Grants:**

**Co-investigator,** (with SOE Technology Committee)**, Improving Academic Writing Using an Electronic Platform** applied to Adelphi University’s High Impact Practices Grant, $18,000 not funded, Fall 2014.

**Co-investigator, Development of a Wellness Project at Adelphi University** applied to the Adelphi University Presidents Faculty Development Award with Bonnie Ewing and Marybeth Ryan, October 2004.

**Evaluation Consultant, Tobacco Cessation Program for Nursing Students,** applied by Dr. Bonnie Ewing, Asst. Professor, School of Nursing to the Legacy Foundation Circle of Friends Grant. June 30, 2004.

**Evaluation Consultant, *Long Island TACTICS – Teaching Achievement and Citizenship Through Integrated Communities and Schools,*** applied by Adelphi University’s Sports Leadership Institute in collaboration with 5 Long Island school districts to the Safe Schools, Healthy Schools Initiative, a federal grant, July 30, 2004.

**Consultant, *Integrating Character Education with Physical Education****,* applied by Jim Stewart, East Hampton High School, March 2004.

**Project Co-Director,** ***Sustaining and Supporting the Success of Learn to Be Tobacco Free (LTBTF) Program* ($350,000)** –A Program Evaluation Proposal submitted by Adelphi University to the Suffolk County Department of Health Services, November 2003.

**Co-investigator,** ***Teacher Candidates’ Health Practices and How It Impacts Teaching Motivation and Whether or Not They Are Perceived as Positive Role Models For Their Students* ($2500)**, a research proposal submitted to the Adelphi University Faculty Development Grant, October 2003.

**Co-investigator,** ***Transdisciplinary Project for Health Research and Interventions,*** a grant applied to the State of Lousiana Board of Regents grant, $250,000.

**SERVICE**

**Professional Service**

**International**

**Chair**, Conference Organizing Committee, 2019 AIESEP (International Association for Physical Education in Higher Education) International Conference, June 2019.

**Co-Leader with Sidney Boquiren (2014),** [**Philippine Relief Fund**](http://music.adelphi.edu/newsevent/philippine-relief-fund/), fund raising project for Super Typhoon Haiyan (Yolanda) affected town/people that raised $5,578.65 for the repair of the Alejo Posadas Memorial Elementary School in Ajuy, Iloilo Philippines in collaboration with the Department of Social Welfare and Development, Province of Iloilo, Philippines.

**Committee Member, ASEAN Training Center for Preventive Drug Education Programs** that planned, implemented and evaluated preventive drug education training programs in the national and ASEAN region; conducted researches in Drug Abuse Prevention Programs; developed educational materials for use in the Parent-Youth Movement Against Drug Abuse and Effective Management Training for Drug Abuse Prevention Education Programs, August 1992 to December 1999.

**Project Co-Director, UNESCO Regional Training-Workshop: Preventive Education Against HIV /AIDS in the School Setting** held in Quezon City, Philippines attended by twenty participants from seven countries including China, India, Indonesia, Lao PDR, Sri Lanka, Thailand and the Philippines, October 18-23, 1999.

**Member, Organizing Committee and Chair, First Aid Committee for the International Conference on Teacher Education** held at the University of the Philippines, Quezon City Philippines, attended by 200 teachers, University Professors from the Philippines, Japan, Thailand, Canada and the USA, July 3-5, 1999.

**Candidate for Teacher Certification** of the International Childbirth Education Association, 1997-1998.

**National**

**Chair,** National Association for Kinesiology in Higher Education, 2017 Leadership Development Workshop, Atlanta, Georgia, July 6-8, 2017

**Member,** Society for Public Health Educators 2015 Annual Conference Planning Committee, Charlotte, North Carolina, Fall 2014 to Spring 2015.

**Member, American Association for Health Education Awards Committee,** September 2005 to Spring 2008

**Editorial Consultant, Journal of Drug Education**, September 2004 to December 2010.

**Professional Reviewer and Field-Test Volunteer**, Health Education Curriculum Assessment Tool (HECAT), developed by the Centers for Disease Control and Prevention – Division of Adolescent and School Health, September to December 2003.

**Professional Reviewer, 29th Annual Third World Conference** held in Chicago, Illinois, sponsored by the Third World Conference Foundation (TWCF), a non-profit, independent, educational organization, which provides interdisciplinary and intercultural perspectives bridging ideas, cultures and people on all aspects of development and Diaspora issues, March 2003.

**Professional Reviewer, Eagle Design and Management Inc.**, Web resource content review on *Diagnosing Cancer*, September 2002.

**Professional Reviewer, McGraw-Hill Higher Education**, Web resources survey for the *Comprehensive Stress Management* website, 7th ed by Jerrold S. Greenberg, August 2000.

**Professional Reviewer, McGraw-Hill Higher Education** Full textbook review of *Comprehensive Stress Management* 6th ed by Jerrold S. Greenberg , September 2000.

**Professional Reviewer, Jones and Bartlett Publishing Company**, Survey completion of the different personal health textbooks available in the market, October 1999.

**Professional Reviewer, Jones and Bartlett Publishing Company**, Chapter review of the following: Gender Dimensions, Body Image and Unexpected Pregnancy Outcomes in the book, *Exploring the Dimensions of Human Sexuality* by Greenberg, Bruess and Haffner, October 1999.

**Member, Editorial Board,** Health Education Association of the Philippines Journal, August 1992 to December 1999.

**Resource Speaker, Wellness for the Professional Teacher,** a Continuing Professional Education Program offered for teachers nationwide in the Philippines by Prime, Incorporation, June to October 1999.

**State**

**Asst. Director, Excellence in Health and Education Project**, a collaboration between Southeastern Louisiana University, Louisiana State Department of Education, Louisiana Office of Public Health, Local Education, Health Agencies and Professional Organizations that engages in providing in-service and pre-service professional development opportunities that address the health prevention and promotion needs of children and youth, assessing needs of Louisiana professionals practicing health education in a variety of settings and providing opportunities for research and health program evaluation. My duties primarily focused on program monitoring and evaluation, writing all the grants and other projects’ technical reports and assisting in the planning and implementation of training programs, January 2000 to July 2001.

**Local and Community**

**Member, Advisory Board, “Evaluation of a middle school mental health education program”,** NAMI Project, funded by a federal grant, Fall 2007 – Summer 2009

**Board Member (2009 to 2012) and Secretary (2012 onward),** [Janiuay Association of North America](http://www.janiuay.net/), hometown association with a website: www.janiuay.net

**Program and Curriculum Consultant, Real Estate Professionals Technology Center (RepTechCenter LLC),** September 2006 onward. **Granted License as New York State Real Estate Approved Instructor,** January 2007 onward.

**Member and ListServe Administrator, Long Island Obesity Coalition** spearheaded by Cornell Cooperative Extension, January 2007 and onward

**Mentor** to Valley Stream High School Student Eliza Damasco, in the research project “The effect of music types on test performance”, January 2007.

**Mentor** to a Valley Stream High School Student, Brittany Uslaner, in the research project “Visual Spatial Learners vs Auditory Sequential Learners”, September 2005.

**Member, The Maurer Foundation’s Education Advisory Council,** November 2004 onward.

**Consultant, National Alliance for Mentally Ill Queens/Nassau (NAMI Q/N)** on several grant and educational projects**,** January 2004 onward

**ListServe Administrator, HealthNets,** an organization of Health Educators in Long Island based at Adelphi University, November 2004.

**Member**, Executive Planning Committee, NYSPHA – Nassau and Suffolk Region, April 2003 onward.

**Consultant, Hauppauge School District K-12 Health Education Curriculum Audit,** February 2003 to June 2004.

**Consultant, Garden City Community Council on Substance Abuse and Violence Prevention,** February 2003 to August 2005.

**Member,** Health Nets, an organization of Health Educators in Long Island, September 2001 onward.

**Coordinator, School-Community Health Education Program**, Culiat High School, Quezon City, Coordinated and supervised the Pilot Program initiated by the Department of Health Education of the University of the Philippines; Provided Health Educational consultation to the school and the community, August 1992 to March 1995.

**Volunteer Physician** in Various Free Medical Clinics and Free Health Appraisal Services sponsored by the Community Organization classes and various University Student Organizations Philippines,1992 to 1999.

**Lecturer and Workshop Facilitator** on the following topics in short term training programs: Stress Management, Sexually Transmitted Diseases, Content Areas in Health Education, Responsible Parenthood, Disease Control and Prevention, Mental and Emotional Health, Dating, Courtship and Marriage, The Gender Issue and the Role of Women, Health Education and Nutrition for Pre-School Teachers, Computers in Education, First Aid in the School Setting, 1992-1999.

**Childbirth Educator and Co-Founder, Birthright Philippines**, a private organization that provides childbirth education programs and services to Quezon City, Philippines areas, 1998-1999.

**Participant,** International Childbirth Education Association Annual Convention, August 14-18, 1997, Chicago, Illinois, USA.

**University Service**

**Adelphi University, Garden City, New York**

**Department of Health Studies, Physical Education and Human Performance Science**

HS, PE and HPS Department **Website Liason**, facilitated the completion of the Physical Education and Human Performance Science website, March 2007 to 2009

Chair, Department Socials Committee AY 2004-2005.

**Coordinator and Supervisor**, Fieldwork Internship in Community Health Education, Spring 2002 onwards.

**Program Adviser,** all Community Health Education majors and a third of the School Health Education majors.

Assisted in the preparation and writing of the Health Studies NCATE Report, May 2003 to April 2004.

**School of Education**

**Chair,** Search Committee for Sport Management Tenure Faculty, AY 2016-2017.

**Member,** Search Committee for Exercise Science Tenure Faculty, AY 2016-2017.

**Chair,** Fall 2013 to present,Spring 2008 to August 2011, **Ex-Officio Member**, September 2011 onward, School of Education Technology Committee

**Ex-Officio Member,** Accreditation Core Team and Continuous Improvement Advisory Team, January 2010 onward

**Ex-Officio Member,** School of Education Academic Affairs Committee, January 2010 onward

**Chair,** Search Committee for Educational Technology Faculty, Spring 2010

**Chair,** Search Committee for Director for Research and Assessment, Spring 2010

**Member,** School of Education Pedagogy Search Committee**,** September 2006 to March 2007

**Member,** SOEPeer Review Committee September 2005 to August 2008.

**Member,** SOE Technology Committee, September 2004 onward.

Live Text **Liaison** for Health Studies, September 2002 onward

**Member,** Electronic Portfolio Subcommittee for NCATE,), November 2003 to Spring 2005.

**Member,** Conceptual Framework Committee for NCATE, September 2002 to August 2015

**Member,** Search Committee for Bilingual and TESOL tenured positions, Spring 2002.

**University**

**Member,** Campus Technology, Fall 2016 onwards.

**Member,** Moodle Review Group, Fall 2015 and onwards

**Member,** UniversitySenate Committee on Academics and Information Technology (SCAIT) Subcommittee for Online Learning, Fall 2014 to Spring 2015

**Member,** University Academic Computing Committee, Fall 2013 and onwards.

**Member,** Eduventures Committee, Fall 2012 to Spring 2013

**Member,** University Committee on Public Health Program Development, January 2010

**Member,** University Committee on Health and Information Technology Program Development January 2010

**Member,** University Task Force on Health for the AU 2015 Strategic Plan, Fall 2009.

**Member,** University Committee on Cardiac Rehab Project, September 2005.

**Member,** University Committee on Wellness**,** February 2006 to Spring 2012.

**Member,** University Task Force on Health Sciences, March 2006

**Member,** Advisory Board to the Vital Signs Projectan Adelphi University Presidential Initiative to provide Long Island with Social Health Indicators database service, March 2004

**Member**, University Committee conceptualizing the University Certificate Offering on Emergency Preparedness, November 2003.

**Doctoral Dissertation** **Reader/External Reviewer,** “The relationship of Sense of Belonging and Personal Hardiness to level of Caring Behaviors among Female Nurse Aides Working in a Long-Term Care Setting”, Bridgette Zeilinski, School of Nursing, December 2002.

**Doctoral Dissertation** **Reader/External Reviewer,** “Critical Care Nurses’ Lived Experience when the Technology Used in Critical Care of Critically Ill Patients Malfunctions”, Karen Toby Haghenbeck, School of Nursing, March 2002.

**Doctoral Dissertation Reader/External Reviewer,** "The Experience of Adolescents who have Lived in a Group Home during Pregnancy" Mary Ellen LaSala, College of Nursing and Public Health, April 2017.

**Doctoral Dissertation Reader/External Reviewer,** Breastfeeding Intention and its Relationship to Eating Attitudes and Body Image", Karen Mancini, April 5, 2016.

**Invited Faculty** to the President’s Advisory Committee Meeting, March 2002.

**Member,** International Initiatives Committee, October 2001 to 2006

**Member,** University Committee on Individuals with Disability, October 2001 to 2006.

**Southeastern Louisiana University, Hammond, LA**

**Member**, Department Committee for University Faculty Awards

**Member**, University Committee for the Multicultural Affair: "Let's Get Acquainted" Program September 21, 2000

**Member**, KHS Brochure Development Committee, September 2000 onwards

**Member**, Graduate Faculty Committee, August 2000 onward

**Program Adviser**, Health Studies Division, Kinesiology and Health Studies

**University of the Philippines, Diliman, Quezon City, Philippines**

##### **Member,**College of Education Academic Personnel Committee, June 1998 to December 1999.

**Officer-in-Charge**, Office of the College Secretary, College of Education, September 22 to October 12, 1997

**Freshmen Faculty Adviser,** College of Education, June 1997 to December 1999

**Member**, Division of Curriculum and Instruction Academic Personnel Committee, October 1996 to May 1998

**Member**, College of Education Scholarship Committee, October 1996 to December 1999

**Member**, College of Education Faculty Welfare and Development Committee – October 1995 to May 1998

**Chair**, College of Education Search Committee for Student Leadership Award, 1994, 1995, 1997

**Faculty-in-charge**, Health Education, June 1994 to May 1995

**Member**, College Committee for the Orientation of Freshmen, Transferees and Shiftees, 1993, 1994, 1995

**Member**, Committee for the College Recognition Program, 1993, 1994, 1996

**Program Adviser,** Bachelor of Secondary Education major in Health Education, November 1992 to December 1999

**Secretary**, Department of Health Education, August 1992 to May 1994

**Member**, University Committee for Student Admissions, Progress and Welfare Committee, 1998 to December 1999.

**Member**, University Socials Committee, 1994-1996

**Faculty Adviser**, Sanlahi Alliance, June 1994 to May 1995

**Faculty Adviser**, Alpha Phi Omega Fraternity, June 1993 to May 1995

**Faculty Adviser**, UP Red Cross Youth, August 1992 to May 1993

**ACADEMIC AND PROFESSIONAL SOCIETIES**

**International**

**Member**, International Childbirth Education Association. (ICEA), 1996-1998.

**National**

**Member,** National Association for Kinesiology in Higher Education (NAKHE), 2015 and onwards

**Member,** American Kinesiology Association (AKA) 2013 and onwards, and member of the AKA Diversity Committee

**Member**, Society for Public Health Education (SOPHE), 2003 to 2009, 2014 and onwards

**Member**, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) 2001 to 2010. 2014 and onwards.

**Member**, American Association for Health Education (AAHE), 2001 to 2010.

**Member**, American School Health Association (ASHA), 2001 onward, 2000 to 2012.

**Member**, Health Education Association of the Philippines (HEAP), 1992-1999.

**State**

**Member**, New York State Public Health Association (NYSPHA), 2003 to 2006

**Member**, New York State Association for Health, Physical Education, Recreation and Dance (NYSAHPERD), 2001 to 2006, 2013 and onwards

**MEDIA APPEARANCES**

Member of the Panel, *Exploring Critical Issues: Social Health Indicators and Public Health with a Focus on Concussions*, hosted by AU President Robert Scott, Telecare TV, April 2015

Member of the Panel: [*Your Health Matters: National Public Health Week*](http://thedailyblu.com/video/your-health-matters-healthiest-nation-in-one-generation) hosted by Tracy Trypuc, on the dailyblu.com, April 2015

Quoted in the article: [*Giving the Public a Heads-up about Concussion Awareness*](http://www.longislandweekly.com/giving-the-public-a-heads-up-about-concussion-awareness/) by Victoria Chiesa, published in Long Island Weekly, April 19th, 2015

Adelphi University Faculty Profile, [Emilia P. Zarco, M.D. M.Ed.: Taking the Reins](http://education.adelphi.edu/profile/emilia-p-zarco-m-d-m-ed-taking-the-reins/)

Member of the Panel, *Exploring Critical Issues: US Healthcare System* hosted by AU President Robert Scott, Telecare TV, March, 2008.

**HONORS:**

New York State American Association for Health Physical Education Recreation and Dance -Nassau Zone Higher Education Teacher Recognition Award, 2017.

Name appears on the List of Experts: United Nations Educational, Scientific, Cultural Organization- Principal Regional Office in Asia and the Pacific (UNESCO-PROAP).

Congressional Spouses in the Philippines Professorial Chair Award twice, 1997 and 1998

Most Outstanding Intern, Post-Graduate Internship, Iloilo Doctors’ Hospital, April 1988

Most Outstanding Intern in Obstetrics and Gynecology, West Visayas State University Clerkship, April 1987

##### Student Leadership Award, West Visayas State University, 1983

One of the Ten Most Outstanding Pupils of Iloilo Province, Governor’s Award, 1975

**TEACHING WORKLOAD**

**Courses Taught at Adelphi University**

PED 100 Principles of Health and Physical Education

HED 373 Essentials of Healthful Living

HED 501 Dynamics of Substance Abuse

HED 520 School Health Programs

HED 571 Health Issues for Elementary Educators

HED 601 Contemporary Health Issues

HED 650 Health and Cultural Diversity

HED 701 Substance Abuse Prevention

HED 702 Intervention Techniques for Health Education

HED 750 Community Health Education: Planning and Implementation

HED 751 Fieldwork Internship: Community Health

HED 790 Special Topic: Anatomy and Physiology

Courses developed for Adelphi University

HED 602 Research and Technology in Health Education

HED 627 School Health Program and Policies

**Courses Taught at Southeastern Louisiana University**

##### HS132 Personal Health

HS 251 Health and Human Sexuality

HS 252 Stress and Health

HS 332 The Health Education Program in the Elementary School

HS 461 School Health Program

# Courses Taught at the University of the Philippines

EDH 100 Fundamentals of Healthful Living

EDH 110 Microbiology and Epidemiology for Health Education

EDH 115 School Health Education

EDH 120 Nutrition for Health Education

EDH 125 Safety Education and First Aid

EDH 140 Maternal and Child Health

EDH 170 School Health Supervision

EDH 173 Sex Education

EDH 174 Population Education

EDH 203 School Health Program

EDH 210 Safety Education

EDUC 190 Computers in Education