

KARL L. LARSON, PhD, MCHES

EDUCATION

2001 Doctor of Philosophy, Community Health Education. Southern Illinois University at Carbondale, Carbondale, IL.

1991 Master of Science in Education, Higher Education Administration. Southern Illinois University, Carbondale, IL.

1989 Bachelor of Science, Recreation Administration and Therapeutic Recreation. Minnesota State University-Mankato, Mankato, MN.

CERTIFICATION

Master Certified Health Education Specialist (MCHES®), #25865, National Commission for Health Education Credentialing. Certified through October 2030.

EMPLOYMENT EXPERIENCE

Professional Experience

Gustavus Adolphus College

Department of Athletic Training and Public Health

2025-2026 **Co-Chair, Athletic Training**

2018-Present **Program Director, Public Health**

2019-Present **Professor**

2016-2019 **Department Chair, Health and Exercise Science**

2010-2019 **Associate Professor**

2005-2010 **Assistant Professor**

Teaching

FTS100 First Term Seminar (3)

HES100 Conditioning

HES122 Stress Techniques

HES213 Youth, Sport, and Well-Being

HES223 Stress Management

HES226 Community Health

HES229 Coordinated School Health

PBH201 Introduction to Public Health

PBH225 Issues in Global Health

PBH236 Modalities in Alternative Health

PBH330 Health Behavior

PBH395 Senior Seminar

HES100 Aerobic Walking

HES121 Tai Chi

HES212 Lifespan Development

HES216 Human Disease Prevention

HES218 Sport and Coaching

HES230 Sexuality Education

HES397 Senior Seminar in HPE

PBH205 Personal Health

PBH305 Health Program Planning

PBH240 Epidemiology

Program Reviews

University of Northwestern

University of Northern Iowa

Recent External Professional Service

National Case Study Competition in Health Education-2006 to current
Executive Director
MN-Society for Public Health Education
President, 2016-2018
Past President, 2019
Society for Public Health Education
Member, Awards Committee 2014-2017
Affiliate program, NCSCHE, 2024-present

Past External Professional Service

Reviewer: *Health Education Teaching Techniques Journal* (2012-2013)
Reviewer: *International Journal of Health Education* (2004 to 2007)
Reviewer: *Journal of Health Education Teaching* (2012-2020)
Reviewer: *Journal of American College Health* (2006-2020)
Reviewer: *Journal of School Health* (2006-2020)
American School Health Association, School Health Index Mini-grants, 2006
Indiana Department of Education grants for implementation of Comprehensive School Health Education programs (2004-2005)
Mentor: Indiana Department of Education. Guide Evansville-Vanderburgh School Corporation in a 3-year process to implement CSHE.
American Association for Health Education
Chair, AAHE Awards and Scholarship Committee, 2011-2013
Member, AAHE Awards and Scholarship Committee, 2010-2011
Creator and Advisor, AAHE Undergraduate Case Study Competition
Chair, Student Involvement Committee 2004-2007
Member, AAHE Student Involvement Committee, 2002-2004
Central District AAHPERD
Chair, Community Health Section, 2006-2009
Minnesota-AHPERD
Chair, Higher Education Division, 2006-2009
Chair, Professional Development Projects Committee, 2007-2009
Indiana-AHPERD (2001-2005)
Coordinator, Region 1 Programming
Member, Health Education Council

Service to the College-Faculty Committee Work

Program Director, PH-IDP, 2018-present
Faculty Emergency Planning Committee (COVID), 2020-2022
Nobel Conference Co-Chair, Nobel 2021, Big Data
Department Chair, Health and Exercise Science, 2016-2019
Search Committee, Physical Plant Director, 2018
DCPDC, 2016-2022
Provost Office Workload Committee, 2016-2019
Diversity, Equity, and Inclusion Committee, 2015-2016
CAPSUB, 2013-2016

Program Assessment Liaison for HES, 2013-2016
Institutional Review Board, 2012-2016
Faculty Review Committee, 2011-2013
Faculty Athletic Representative to the MIAC, 2006-2010
Chair, Health and Wellness Strategic Planning Committee, 2008-2009
Chair, Faculty Committee on Student Life, 2009-2010, Member 2007-2009

General College Service

Tobacco Free Initiative, 2017-2018
Nobel Conference Donut Grant session, 2016
Campus Activities Office Search Committee, 2016
Epidemiology session, Scrubs Camp and Summer Nursing Institute, 2014, 2015
Stress Management for Finals, Minority Mentor Program, 2014
Qi Gong movement and relaxation, MUS-145 Performance Anxiety, 2013, 2016
Reading in Common Selection Committee, 2013
Tai Chi in the Arb, 2013, 2014, 2016
College Judicial Board, 2009-2012
Commencement Planning Committee, 2009-2010
Faculty Shop Talk presenter, 2009
Meet the Profs presenter, 2008
Partners in Education Program, 2007-Present
Co-Presenter, Authentic Sex Series, 2007

2001-2005 **Assistant Professor**
Department of Physical Education
University of Southern Indiana

Teaching

PED281	Personal Health Science	PED382—Community Health Ed.
PED186	Wellness and Fitness Appraisal	PED482—School Health Ed.
PED493/593	Emotional Wellness of Children in Sport (DE)	
PED602	Teaching Difficult Topics in Health (classroom and DE)	
PED286	Safety Education (classroom and DE)	

Administrative

Coordination of health coursework in the University Core Curriculum (UCC)
Assessment of students' views and achievement in UCC courses

Spring-Summer 2001 **Adjunct Instructor**

Department of Health Care Management
Southern Illinois University at Carbondale

Organizational Theory
Death Education

1999-2000 **Manager, Community Benefits**

Southern Illinois Healthcare Corporation
Provide direction in regional health program implementation

Programmatic emphases:
Comprehensive School Health Education, Youth Violence Prevention, Health Ministry, School Nursing, Youth Health, Domestic Violence, Diversity Programs
Staff supervision (5)
Budgetary (\$800,000-\$1.2 Million annually)

1998-1999 **Director, Health Education**

Jackson County Health Department
Countywide program development in:
Comprehensive School Health Education, Youth Violence Prevention, HIV education, prevention, counseling, and testing, Wellness programs

1998 **Consultant**, Illinois Minority Graduate Incentive Program
Illinois Board of Higher Education

1997 **Research Consultant**, Illinois LAN Project
Illinois State Board of Education

1991-1996 **Adjunct Instructor**
Department of Health and Safety
Southeast Missouri State University
Health and Safety
Introduction to Therapeutic Recreation

1995-1996 **Assistant to the Vice President for Student Affairs and
Coordinator of Enrollment Development**
Southeast Missouri State University

Coordinate Testing and Enrollment program
Select, hire, and supervise Orientation staff
Design and implement extended orientation programs

1994-1995 **Director (Interim)**, Bootheel Educational Talent Search
Southeast Missouri State University

Grant development
Staff supervision
Budget development
Institution of summer educational experience activities

1991-1994 **Learning Specialist**, Student Support Services
Southeast Missouri State University

Develop and implement Master Student Series
Coordinate services for students with disabilities
Organize and implement tutorial program

1989-1990 **Director**
Mankato High Rise Recreation Project
Mankato Senior Citizens Center, Mankato, MN

BOOKS, PUBLICATIONS, AND PAPERS

Books

Synovitz, L, & **Larson, K.** (2025). *Consumer Health and Integrative Medicine: Holistic View of Alternative Medicine Systems and Complementary Healthcare*, 3rd Ed. Boston: Jones and Bartlett.

Larson, K. (2020). *Case Studies in Public Health Education Practice*. New York: HEDIR Publishing.

Thygerson, A, & **Larson, K.** (2006). *Fit To Be Well*. Boston: Jones and Bartlett.

Larson, K., & McCay, W. (2005). *The Truth About Violence*. New York: BookBuilders.

Peer-Reviewed Publications

White, S., Cox, C., Visker, J., **Larson, K.**, Welker, K. (2024). Effect of a vocational rehabilitation summer program on students' transition-planning behavior and mentor attitudes towards people with disabilities. *J Dev Disabilities*, 29(1).

Banez, C, Rhodes, D., Visker, J., **Larson, K.** & Cox C. (2020). A month long job-readiness training program for school-work transition. *Int J Disability, Community & Rehabilitation*, 18(1).

Rhodes, D., Visker, J., **Larson, K.**, Cox, C., Sas, A. (2019). Rapid E-Learning for professional development in school-based diabetes management. *Nurse Education in Practice*. DOI: 10.1016/j.nepr.2019.06.009

White, S., Lambert, S., Visker, J., Lasser, B., Banez, C., Puett, E., **Larson, K.**, Cox, C. (2019). Public health and nursing students' perceptions of each other's professional roles. *Nursing Education Perspectives*. doi: 10.1097/01.NEP.0000000000000388

Rhodes, D., **Larson, K.**, Hebert, P., Cox, C., Sas, A., Cichon, T., Leong, M. (2018). Effect of a primary prevention intervention on resilience of elementary-aged students. *Journal of Elementary Education*, 28(1).

Larson, K., Mullaney, M., Mwangi, E., Xiong, D., Ziegler, F. (2017). Access to Healthy Foods in Rural Minnesota: A Pilot Analysis of Corner Stores. *American Journal of Health Studies*, 32(3).

Larson, K. (2015) Stages of Learning During a Self-Directed Stress Management Experience. *Journal of Health Education Teaching*, 6(1), 11-20.

Larson, K. (2008) Interpreting the causes of personal stress with 'Cheese'. *Journal of School Health*, 78(3).

Larson, K. (2007) Analyzing the impact of drugs, violence, and sex in the media. *American Journal of Health Education*, 38(3).

Larson, K., Bower, GB, & Kamla, J. (2006) Assessing the perceived development of skill and knowledge, value, and interest in continued participation after required physical activity courses with college students. *Indiana Health, Physical Education, Recreation, & Dance Journal*, 35(3), 31-35.

Kamla, J., Davis-Brezette, J., & **Larson, K.** (2006). The Art of Motivation: The Social-Cognitive Approach to Motivation in Physical Education. *Strategies*, 19(5).

Larson, K. & Kittleson, M. (2005). An Exploratory Study of Manufacturing Employee Interest in Health Promotion Activity in a Rural Region. *American Journal of Health Studies*, 20(2).

Larson, K. (2005). Spiritual Development in the University Setting. *Indiana-AHPERD Journal*, 34 (2).

Leung, R., Davis-Brezette, J., Bower, G., Enzler, D., Huang, G., Kamla, J., **Larson, K.**, Marcum, P. (2005) Fitness Assessment of Physical Education and Exercise Science Students: The University of Southern Indiana Experience. *Indiana-AHPERD Journal*, 34(1).

Larson, K. (2003). Physical educators teaching health. *Journal of School Health*, 73(8), 291-292.

Dordoni, G. & **Larson, K.** (2003). The campus tapestry: A non-threatening multicultural awareness program. *American Journal of Health Education*, 34(1).

Stockdale MS, Hangaduambo S, Duys D, **Larson K.**, & Sarvela PD (2002). Rural elementary schools students', parents', and teachers' perceptions of bullying. *American Journal of Health Behavior*, 26(4).

Monge, E, Massie, J, **Larson, K.**, & Sarvela, P. (2000). Predictors of fighting among rural elementary school students, *Journal of Health Education*, 31(2).

Adams, K., Banerjee, P., Battle, A., Dunegan, P., **Larson, K.**, & Shaner, W. (1998). Examining diversity, *International Electronic Journal of Health Education*, 1(3).

Funded Grants-External

Larson, K. Get Fruved, from the University of Tennessee, 2017-2018, \$3,000

Nesheim-Larson, K. & Larson K. Wellness For Life Program, from the MN Department of Health, PIPP Grant, 2014-2015, \$130,000.

Douglas, J, Eckhart, K, & Larson, K. NCAA Alcohol Awareness Grant, from the NCAA. 2007-2010. \$30,000.

Larson, K., NEEDS Parish Nursing Project, from the Baptist Foundation in Evansville, 2001-2004. \$60,000.

Larson, K., & Keith, N, SOUL Empowerment, from the Welborn Foundation, 2002-2004. \$157,000.

Larson, K., Safe To Learn-School Safety Program, from the Illinois Violence Prevention Authority, 2000. Funded three years, \$255,000.

Larson, K., Bullying Prevention Program, from the Illinois Violence Prevention Authority, 1999. Funded three years, \$95,000.

Larson, Karl L., Schuler Harry L., Educational Talent Search Program, Southeast Missouri State University, from the US Department of Education, 1993. Funded four years, \$965,000.

Schuler, H., Larson, K., Bernhardt, J., Student Support Services Program, Southeast Missouri State University, from the US Department of Education, 1992. Funded, four years, \$667,000.

PROFESSIONAL PRESENTATIONS

Why are all the adolescents depressed? 15th annual International Conference on Health Risks in Youth, Puerto Vallarta, Mexico, 2026.

The Impact of Source of News on Youth Understanding of News: A Literature Review, 14th annual International Conference on Health Risks in Youth, Puerto Vallarta, Mexico, 2025.

Invited Presentation: Influences on health choices. Nicollet County Community Health Assessment group. November 2024.

Post-concussion return to classroom protocol for adolescents. 13th Annual International Conference on the Health Risks in Youth, Cabo San Lucas, Mexico, 2024.

A pilot analysis of corner store food availability in Southern Minnesota. 10th Annual International Conference on the Health Risks in Youth, Cabo San Lucas, Mexico, 2019.

Invited Presentation: Stress and Functioning at Work. 1st Circuit Annual meeting, Apple Valley Minnesota, September 2018.

The analysis of two-year trends in non-communicable disease management in selected school districts in Missouri. American School Health Association, Indianapolis, IN, 2018.

Invited Presentation: Rules for Retaining Your Sanity at Work. 10th Circuit Annual Meeting, Ramsey, MN, March 2018.

Theoretical Conflicts in Moral Reasoning and Health Behavior. Ninth Annual International Conference on Health Risks in Youth, Clearwater, FL, 2018.

Invited Presentation: Stress and the Work-Life Balance. Annual Conference of the Minnesota Association of Court Managers. Mankato, MN, October 2017.

Mental Processes in Learning Stress Management Techniques, Eighth Annual International Conference on the Health Risks of Youth, Cancun, Mexico, 2017.

Senior Seminar in Health Education: A Capstone Course. AAHPERD Convention, Boston, MA 2012

Invited Presentation: Cultivating Wellness. Prairie Lutheran Church, Eden Prairie, 2011.

Invited Presentation: Basics of Stress Management. St. John's Lutheran Church, Mound, MN, 2009.

Use of digital storytelling within the undergraduate electronic portfolio, HEDIR Technology Seminar, AAHPERD National Convention, Tampa, FL, 2009.

Invited Presentation: Finding your spirit in a secular world. Association of Congregations Convention, 2008

Classroom management with Moodle, HEDIR Technology Seminar, AAHPERD National Convention, Ft. Worth, 2008

Hockbaum, Kohlberg, and college student health behavior. Central District AHPERD, April 2007.

Skill development, course value, continued participation after required activity course completion, AAHPERD, Salt Lake City, 2006

Assessing College Student Experiences in Mandatory Physical Education Classes, CDA-AHPERD, Broomfield, CO, 2006

Creating effective discussion boards in online coursework, AAHPERD, New Orleans, 2004.

Current physical educators' perception of preparedness to teach health, IAHPERD, Indianapolis, 2003.

Perception of need of health promotion activity in the manufacturing setting, IAHPERD, Indianapolis, 2001

Student, parent, and teacher knowledge, attitude and practice toward bullying: Example of seven southern Illinois rural county grade schools, APHA, Boston, 2000

An impact and process evaluation of the "Michigan Model" health education curriculum, APHA, Boston, 2000

Predictors of fighting among rural elementary school students, AAHPERD, Boston, MA, 1999

Rural and small town elementary school children health behavior: a *Healthy People 2000* status report from America's heartland. American Public Health Association, Washington, DC, November 1998.

Assessing the impact of length of e-mail surveys on return rate. American Public Health Association, Washington DC, November 1998.

The development of instruments to measure health behaviors, attitudes, and knowledge of children in kindergarten through sixth grade. Illinois Public Health Association, Springfield, IL, 1998.

Communicating about death: A content analysis of student journals. AAPEHRD, Reno, NV, 1998.

Multicultural Awareness and Communication Skills: Implications for Students and Professionals. Mo-Kan-Ne Chapter of MAEOPP Annual Conference, Kansas City, 1995.

Enhancing the College Experience through TRIO Program Participation. NASPA IV-W Regional, Tulsa, OK, 1992.

HONORS

W.E. Schaller Presidential Citation, Eta Sigma Gamma, 2021

New York Medical College Dean's Distinguished Lecture Series, 2020

Karen Denard Goldman Mentor Award, SOPHE, 2018

Carl Knutson School Health Education Award, MN-AHPERD, 2008

Indiana AHPERD Young Professional Award, 2005

Donald Boydston Graduate Scholarship Award, 1998

Robert and Avis McDaniel Phi Delta Kappa Scholarship Award, 1998

NASPA IV-E New Professionals Institute, 1992