

Deborah J. Rhea

Professor and Director LiiNK Project at Texas Christian University

Fort Worth, TX, US

Deborah J. Rhea, Ph.D. is a full professor in Kinesiology and associate dean of Research and Health Sciences at Texas Christian University.

Biography

Debbie Rhea, Ed.D. is Professor and Director LiiNK Project at Texas Christian University. She has been an educator for the past 39 years, starting her career in K-12 physical education and for the past 27 years has been training physical education teachers at the university level and consulting children and adults in sport and physical activity mental performance. Rhea has published more than 50 peer-reviewed articles and 14 books on physical activity, eating disorders and adolescents, with a primary emphasis on diversity, behavior change and motivation; presented at more than 250 different local, regional, national and international conferences on various topics; been an invited speaker on behavior change, motivation and eating disorders on numerous occasions; and developed and trained physical education teachers at in-service trainings on developmentally appropriate curriculum at all levels across the country. The mission of Rhea's newest research project, LiiNK, is to bridge the gap between academics and the social, emotional and healthy well-being of children through increased recess and character development. She launched this research project successfully in two Fort Worth private schools almost six years ago and has now expanded to 28 public schools in eight different school districts from Texas and Oklahoma. Rhea is motivating school administrators to think differently about creating a learning environment that promotes rigor through the combination of four 15-minute recesses throughout the day and character development curriculum taught daily. She emphasizes the need for a more active school environment through outdoor, unstructured play, and structured physical education in order to stimulate the brain for learning. Her newest book, "Wrong turns, Right moves in Education," reflects why the policies and procedures representing LiiNK are needed in schools today.

Areas of Expertise

Children and Physical Activity, School Recess, Unstructured Play, Childhood Obesity, Eating Disorders, Body image issues, Social Emotional Learning

Affiliations

Southern District Scholar Committee Chair, Shape America, 2015-2020, Chair, Shape America Steering Committee: Write a position statement about recess for the country. 2014-2015., President, Texas Association of Health, Physical Education, Recreation, & Dance (TAHPERD), 2013- 2016, Social Psychology Committee ? Association for Applied Sport Psychology (AASP) 2012-2014, National Association of Sport and Physical Education (NASPE) Steering Committee: College/university physical activity representative, 2011-2015, Vice President of the College Division ?TAHPERD. 2004-2007, Finance Committee ? TAHPERD, 2004-2007, Chair - United States American Volleyball Psychosocial Resource Advisory Team. 2002-2015, Continuing Education Committee ? Association for the Advancement of Applied Sport Psychology (AASP), 2002-2010, Chair, NASPE Sport Psychology Academy, 2002-2004, Measurement and Evaluation Chair, TAHPERD, 2002-2004

Education

University of Houston

Ed.D. Physical Education (emphases Sport Psychology & Pedagogy)

University of Houston

M.Ed. Physical Education (emphases Sport Psychology & Pedagogy)

University of Texas - Arlington

B.A. Exercise & Sport Studies

Accomplishments

Ella C. McFadden Service to Youth Award

2019 Camp Fire First Texas

Distinguished Achievement as a Creative Teacher and Scholar

2018 TCU Chancellor?s Award Recipient

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