

University of Louisiana at Lafayette

College of Education Faculty Curriculum Vitae Information

Johan J. Adendorff M.Ed

Title Department Office Number Extension Email Address	Master Instructor School of Kinesiology Bourgeois 132A 337-482-6155 jadendorff@louisiana.edu
Education	-PhD Candidate University of Cape Town -M.Ed. University of Southwestern Louisiana -Bachelor of Science, University of Southwestern Louisiana -Teacher Diploma, Hewat Teacher's Training College (BA Eq)
Teaching Philosophy	<p>My personal teaching philosophy stems from my educational experience and cultural background and has developed from a blend of several interrelated philosophies.</p> <p>As an educator and mentor it is my belief that the students should feel valued and the nature of the first encounter should focus on establishing a relationship in which the student is alerted to his/her responsibility as well as their expectation from me.</p> <p>My goal is to develop an environment which is free from judgment, one in which student successes and accomplishments are affirmed and celebrated. Affirmation of all the positive actions and decisions students make is an essential skill I strive to develop and to foster the sense of value to be experienced by each student. Many students progress through life without positive affirmations from parents and or teachers and therefor, this trend is perpetuated and the negative behavior cycle is never broken. Teachers can play an instrumental role in preparing students to develop positive relationships with their peers before they enter the market place.</p> <p>My goal as an effective educator is to develop an adult who enters the work force able to make decisions, set challenging goals and develop a plan of action and achieve the levels of success desired.</p>
Bio	Johan Adendorff is currently teaching as a distance learning instructor in the School of Kinesiology at the

	<p>University of Louisiana. He is a Master instructor teaching an array of health related courses in the Health Promotion and Wellness degree concentration. His career started as a high school Biology teacher in South Africa in 1978. Prior to this he spent 3 years in elementary education as a science teacher. For the past twenty-five years he taught at the University of Louisiana at Lafayette where he is still employed today.</p> <p>For the past 15 years, Johan started traveling to developing nations and has taught and implemented summer programs in South Africa, Zimbabwe, Zambia, Honduras and India. He is also working with a group in Russia, transition women and orphaned children from a social home setting into society. His focus has always been on the social, physical and spiritual wellbeing of the people in the areas where he spends his time. In May 2015 he hopes to complete a fully functional medical clinic, fully equipped and staffed, as well as a 50 acre drip irrigation project in rural Zimbabwe.</p> <p>His bride of twenty five years and his two children ages 13 and 17 remains his first priority.</p>
Courses Taught	<p>HLTH 100 -First Aid and Safety HLTH 101-Cardio Pulmonary Resuscitation HLTH 300-Elementary Health Education HLTH 218-Drugs and Society HLTH 312-Personal and Community Health HLTH 313-Comprehensive School Health Education HLTH 320 Environmental Health HLTH 405 Nutrition for Fitness and Sports HLTH 410 World Health Issues HLTH 451 Stress and Stress Management</p>
Advising	Advise 75 students per semester
Research Interests	<p>-Public Health related to communicable diseases -Maintaining a “High Touch” culture in a “High Tech” environment as it relates to distance learning</p>
Teaching Experience	<p>25 Years Health Educator-University of Louisiana at Lafayette 1 Year Special Ed Middle School-N.P. Moss 7 Years- Biology Teacher High school-South Africa 3 Years Science Teacher Elementary-South Africa</p>
Publications	<p>Adendorff. J. Joshi P, Characteristics of morbid obesity among high school girls. 7th Annual Conference on Girls’ & women’s Health, Physical Activity, and Sport. LSU Shreveport, Feb 6, 2009.</p>

Adendorff J., Joshi P., Blair P. Technology: The Good, The Bad And The Hopeful. Annual Phi Beta Delta Conference, Columbus, Ohio, April 16-19, 2008.

Joshi P., and **Adendorff J.** Nutrition and Physical Activity Levels among African American Girls. National Conference on Girls' & women's Health, Physical Activity, and Sport. LSU Shreveport, Feb 2008

Clemons, J.M., Duncan, C.A., Blanchard, O.B., **Adendorff, J.J.** (2003). "Validity and Reliability of the Flexed Arm Hang Test of Arm and Shoulder Girdle Strength. Poster presentation at the annual convention of the National Association of Girl's and Women's Physical Activity and Sport, Shreveport, LA.

Gatch, W.H., Clemons, J. M., Blanchard, O., **Adendorff, Johan.** Correlation between a Bio-electrical Impedence Fat Analyzer and the Sum of Skin folds For Estimating Body Fat Percentage. AAHPERD National Convention, Baltimore MD, Feb. 2002

Gatch, W.H., Clemons, J.M., Blanchard, O.B, **Adendorff, J.J.** (Spring 2001). Comparison of Two Methods of Estimating Percentage Body Fat in Young Females. LAHPERD JOURNAL: The Official Publication of the Louisiana Association for Health, Physical Education, Recreation and Dance, 64 (2), 23.

Lavergne, C., Clemons, J., Gatch, W., Lyman, S., Blanchard, O., **Adendorff, J.** & Minniear, T., (2000, July). The Physical Benefits of a Lifetime of Judo. The Masters: Judo for Adults, 1 (2), 3.

Lavergne, C.H., Gatch, W.H., Lyman, S.A., Blanchard, O.B., Minniear, T. C., **Adendorff, J.J.**, Clemons, J.M. (Sept., 22, 1998). Physiological Profiles of 21 Active, Female Judo Athletes Ranging in Age from 32 to 82 Years, The International Judo Research Symposium, United States Judo Incorporate, Olympic Training Center, Colorado Springs, CO.

Gatch, W. H., Clemons, J. M., Lavergne, C.H., Lyman, S.A., Blanchard, O. E., Minniear, T. C. and **Adendorff, J.J.** The Effects of Chronic Training on the Physiological Profiles of Female Judo Players. AAHPERD National Convention, NC, March, 1999.

Susan Lyman, Jackie Benedik and **Johan Adendorff** (1998) A Practical Way to Combine Teaching Activity & A Mini Health Fair With Comprehensive School Health. LAHPERD JOURNAL.

Adendorff, Johan, Susan Lyman and Jackie Benedik, University of Southwestern Louisiana. "A Practical Way to Combine teaching activity and A Mini-Health Fair with Comprehensive School Health." LAHPERD Journal volume 59, Number 1. (1995)

Adendorff Johan, Blackwell Harold, and Gatch Wendell (1994). "The Physiological Effects of Various Types of Headphone Music on Total Work Output." Research Council Precedings, 25.

Gatch, W. H., Carlson, G.P., Charles, J. and **Adendorff, J.J.** (1994). "Cardiovascular Disease Risk Factors in a Selected Population of Socioeconomically Deprived Youth." Research Council Precedings, 54.

Adendorff Johan, Blackwell Harold, and Gatch Wendel (1994). The Physiological Effects of Various Types of Headphone Music on Total Work Output. LAHPERD Journal, 25.

Gatch, W. H., **Adendorff, J.J.** Carlson, G. P. and Charles, J. (1993). "Cardiovascular Disease Risk Factors in a Selected Population of Socioeconomically Deprived Youth."

Gatch, W. H., **Adendorff, J.J.** Carlson, G.P. and Harrison, L., (1991) "Health Awareness and Youth." Precedings of The National Conference on Cholesterol and High Blood Pressure Control, 204.

Carlson, G.P., Gatch, W. H., Charles, J. and **Adendorff, J.J.**, and Harrison, L. (1989). "Health Awareness and Physical Fitness Profiles of Low Motivated High School Students." LAHPERD Journal, 37.

Carlson, G.P., Gatch, W. H., Charles, J. and **Adendorff, J. J.**, and Harrison, L. (1989). "Health Awareness and Physical Fitness Profiles of Low Motivated High School Students." Research Council Precedings Southern District AAHPERD. 62.

	<p>Gatch, W. H., Adendorff, J. J. Carlson, G.P. and Clement, I. L., (1988). "Nutritional Knowledge and Practices of Louisiana High School Athletic Coaches." LAHPERD JOURNAL, 28.</p>
<p>Presentations</p>	<p>Adendorff, J. J. M.S., Elizabeth LaPointe, MPH, CHES, Adele Smith, M.S. (2014). "Improving and Facilitating Communication, While Maintaining Rigor in Online Health Classes". 2014 AAHPERD National Convention, April 1-5, 2014.</p> <p>Adendorff, Johan J. M.S., Elizabeth LaPointe, MPH, CHES, Adele Smith, M.S. (2014). "Collaboration and Communication in Online Health Classes". 2014 Southern District Convention, February 1-5, 2014.</p> <p>Adendorff J.J., Soileau, K. (2012) "The Importance of Health Education in a School Curriculum-A look at Risk Behaviors". Louisiana Association for Health, Physical Education, Recreation and Dance, Baton Rouge LA.</p> <p>Adendorff J.J., Lavergne B, Md., Hamontree M. A. (2010) "Attitude, the Difference Maker in Personal Development." Napoleon Hill International Convention, Adare, Ireland.</p> <p>Adendorff J.J, Joshi, P. Blaire P. (2010). "Obesity trends and related diseases in school aged children in Louisiana", A focus on Cultural Influences.. International Rotary Club of India. Presentation in the state of Andrah Pradesh, the city of Kakinanda.</p> <p>Adendorff J.J.. Lavergne B., Md. Hamontree M.A. (2009). "Smart Goal Setting", "Limited Capacity Thinking" and "Attitude is Everything". Pre-Paid Legal personal Development Seminar, Destin Florida.</p> <p>Joshi P, Adendorff. J. Characteristics of morbid obesity among high school girls. 7th Annual Conference on Girls' & women's Health, Physical Activity, and Sport. LSU Shreveport, Feb 6, 2009</p> <p>State /Regional Presentations</p> <p>Joshi P., Adendorff J., Tinsley S. Get Active: Fitness Gram Activities. Louisiana Alliance of Health, Physical Education,</p>

Recreation & Dance Convention. Baton Rouge, LA, November 5, 2009

Joshi P., **Adendorff J.**, Tinsley S. Get Active: Implementing Fitness Assessments in Louisiana Schools. Louisiana Alliance of Health, Physical Education, Recreation & Dance Convention. Baton Rouge, LA, November 5, 2009

Joshi P., and **Adendorff J.** Nutrition and Physical Activity Levels among African American Girls. National Conference on Girls' & Women's Health, Physical Activity, and Sport. LSU Shreveport, Feb 2008

International Presentations

Joshi P., **Adendorff J.**, Blair P. Technology: The Good, The Bad And The Hopeful. Annual Phi Beta Delta Conference, Columbus, Ohio, April 16-19, 2008

Adendorff J.J., Joshi, P. (2008). "World Health Issues." Phi Beta Delta Honor Society, University of Louisiana. A focus on epidemics across the Globe. Lafayette, Louisiana.

Adendorff J.J., Leger Shadd. (2007). "Revitalizing Kinesiology Professional Association." Oral Presentation at annual convention of the Louisiana Association for Health, Physical Education, Recreation and Dance. Baton Rouge, Louisiana

Adendorff J.J., Joshi, P. Blaire P. (2007). "Obesity trends in America and related diseases in school aged children in Louisiana." Phi Beta Delta National Convention, Columbus Ohio.

Clemons, J.M., Duncan, C.A., Blanchard, O.B., **Adendorff, J. J.** (2003). "Validity and Reliability of the Flexed Arm Hang Test of Arm and Shoulder Girdle Strength. Poster presentation at the annual convention of the National Association of Girl's and Women's Physical Activity and Sport, Shreveport, LA.

Adendorff, Johan, Gatch, W. H., Clemons, J. M., Blanchard, O. B (2002). Correlation between a Bio-electrical Impedence Fat Analyzer and the sum of Skin folds For Estimating Body Fat Percentage. AAHPERD National Convention, Baltimore MD, Feb.2002.

Gatch, W.H., Clemons, J.M., Blanchard, O.B., **Adendorff, J. J.** (2000). Comparison of Two Methods of Estimating

Percentage Body Fat in Young Females. Poster Session Presented at the Annual Meeting of the Louisiana Association of Health, Physical Education, Recreation and Dance (LAHPERD), New Orleans, LA.

Adendorff, Johan, Athy, Doug and Craig, Sister Jean Marie. Cardio Pulmonary Resuscitation Update. LAHPERD State Convention, New Orleans Louisiana, November 4, 1999

Adendorff J. J, Gatch, W. H., Clemons, J. M., Lavergne, C.H., Lyman, S.A., Blanchard, O. E., Minniear, T. C. (1999) The Effects of Chronic Training the Physiological Profiles of Female Judo Players

Gatch, W., Clemons, J.M., Lyman, S.A., Blanchard, O.B., Minniear, T.C. **and Adendorff, J.J.** (1999). The Effect of Chronic Training on the Physical on the Physiological Profiles of Female Judo Players. Poster session presented at the 1999 AAHPERD Southern District Convention, Greensboro, North Carolina.

Adendorff Johan, Susan Lyman, and Jackie Benedik (1998) A Practical Way to Combine Teaching Activity & A Mini Health Fair With Comprehensive School Health. LAHPERD JOURNAL

Adendorff Johan, University of Southwestern Louisiana, Harold E. Blackwell, Lamar University, and Wendel H. Gatch, University of Southwestern Louisiana. The Physiological Effects of Various Types of Headphone Music on Total Work Output. LAHPERD State Convention November 12, 1998.

Adendorff Johan and **Susan** Lyman. A Factual Update of Current Over-the-counter and Prescription Contraceptives. Southern District/AAHPERD, National Convention, New Orleans Louisiana, February 7, 1997

Adendorff Johan, Jackie Benedik, Gerald Thompson and Susan Lyman, University of Southwestern Louisiana. Creative Ideas For Teaching Substance Abuse. LAHPERD Convention, November 8, 1996

Johan Adendorff, Susan Lyman and Jackie Benedik, University of Southwestern Louisiana. How To Develop and Conduct a Health Fair. LAHPERD State Convention, November

	<p>12, 1996</p> <p>Adendorff Johan, Susan Lyman and Jackie Benedik, University of Southwestern Louisiana. Creative Methods to teach Comprehensive School Health. LAHPERD State Convention, Baton Rouge Louisiana, November 9, 1995</p> <p>Adendorff Johan, Jackie Benedik and Susan Lyman, University of Southwestern Louisiana. Mini-Health Fair: Is It For You? LAHPERD State Convention, Baton Rouge, Louisiana, Novemeber10, 1995</p>
Conferences Attended	<ul style="list-style-type: none"> -Louisiana Association of Health Physical Education Recreation and Dance -Southern District Association of Health and Physical Educators -Society of Health and Physical Educators (SHAPE)
Professional Memberships	<ul style="list-style-type: none"> -Louisiana Association of Health Physical Education Recreation and Dance -Southern District Association of Health and Physical Educators -Society of Health and Physical Educators (SHAPE) -Phi Beta Delta member -National Speakers Association
Awards	Outstanding advisor- 3 years
Additional Skills	<p>Certified Online teacher and Course designer since 2011</p> <p>Certified First Responder</p> <p>Departmental Safety Coordinator</p>
Dissertation	Candidate 2016
Other Professional Experience	Director for Medical and spiritual missions to India, Zimbabwe and Honduras since 2000.
Service	<ul style="list-style-type: none"> -Director for Medical and spiritual missions to India, Zimbabwe and Honduras since 2000. -Served on the board of directors for the United States Tennis Association as the University of Louisiana, Lafayette Representative -Departmental Safety Coordinator