

Ruri Famelia

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EDUCATIONAL BACKGROUND

- DOCTOR OF PHILOSOPHY:** The Ohio State University, Expected 2017
- Program: Kinesiology
Emphasis: Physical Education
Cognate: Motor Development
Cognate: Physical Activity
Minor: Research Methods
Co-Advisors: Dr. Jacqueline Goodway
- MASTER OF SCIENCE:** The Ohio State University, USA, May 2014
Andalas University, Indonesia, October 2007
- BACHELOR OF SCIENCE:** Andalas University, Indonesia, October 2004

PROFESSIONAL EXPERIENCE

- Graduate Research/Teaching Assistant** **January 2015-now**
The Ohio State University
College of Education and Human Ecology (EHE)
Kinesiology: Physical Education
- Directorate General of Higher Education of Indonesia**
Graduate Scholarship **2011-2014**
The Ohio State University
College of Education and Human Ecology (EHE)
Kinesiology: Physical Education

EMPLOYMENT

- Present Position:** Lecturer (On leaving)
Employee ID Number: 19820511 200501 2 002
Dates: From 1st January 2005 up to now
Name of employer: Padang State University (Universitas Negeri Padang)
Faculty Of Sport Sciences.
Work address: Fakultas Ilmu Keolahragaan, Universitas Negeri Padang
Jl. Hamka. Air Tawar. Padang Sumetara Barat. Indonesia. 25131

UNIVERSITY TEACHING EXPERIENCE

I have been a faculty member at State University of Padang (UNP), West Sumatera, Indonesia. I taught a variety of courses within the undergraduate programs in PETE and Exercise Science. In all of these courses I created syllabus and lesson plans, utilized instructional technology, such as mailing list on university's website platform, interactive teaching and learning process and case study in the real circumstances to promote student learning outcomes. As a result of these experiences I have instructional expertise and could contribute to courses within a PETE and Exercise Science curriculum.

Instructor of Record:

KNPE 2542	Lifespan Motor Development (Lab Practice), Spring 2015
KNPE 2542	Lifespan Motor Development (Lab Practice), Autumn 2014
FIK 036	Physiology of Exercise, 2009 – 2011 Lecture for in-service PE teachers in their Bachelor program.
FIK 039	Computer Application, 2009 - 2011 Lecture and lab for in-service PE teachers in their Bachelor program.
FIK 039	Computer Application, 2007 - 2011
KOR 209	Biochemistry of Exercise, 2005 - 2011
KOR 255	Chemistry of Exercise, 2005 - 2011
KOR 256	Physics of Sports, 2005 - 2011

SUPERVISION EXPERIENCE

I have a blend of supervision experiences with undergraduate students at different phases of the exercise sciences and physical education curriculum. I have been trained in a variety of systematic supervision techniques and received supervision mentoring from experienced university supervisors and colleagues. I am trained in the following systematic supervision instruments/variables:

- Systematic supervision for academic and research for undergraduate students
- Feedback
- Systematic supervision including, monitoring, pacing, positioning etc.

I served as a university supervisor for the following courses:

EDU PAES 2542.20 – Internship in Lifespan Motor Development Early Childhood Lab

- Supervised OSU PETE teacher candidates doing their lab at OSU Childcare center, 2013-2014

EDU PAES 5544 – Volunteer in Adapted Physical Activity Lab

- Supervised a group of OSU undergraduate students who worked with children with disabilities. This lab required the students to run physical activities in gym and pool for children with disabilities for 2 hours per week in one semester. 2012-2015

KOR 238 – Field Experience

- Supervised Exercise Sciences students at UNP in a field experience in some institutions, such as hospital, fitness center and rehabilitation center. This experience required the students to spend 8 hours per day for 6 months. 2008-2011

UNP 013 – Research and Scription (Thesis)

- Supervised Exercise Sciences students at UNP during their first research experience, including research proposal seminar, collecting data, and defense exam. 2007-2011.

PETE & EXERCISE SCIENCE PROGRAM EXPERIENCE

- Interviewed undergraduate applications into the PETE program at OSU, 2015
- Interviewed undergraduate applications into the PETE program at OSU, 2014
- Organized and conducted the Anthropometric assessment for candidate of UNP undergraduate students for three department of Faculty of Sports Science, UNP, 2006-2011.
- Interviewed undergraduate applications into the department of Physical Education, department of Exercise Sciences, and Department of Sport Coaching, UNP, 2006 - 2011
- Representative for Department of Exercise Science, UNP, in National Accreditation Evaluation by The Ministry Of National Education of Indonesia, 2011
- Assisted the Department of Exercise Sciences in preparation of National Accreditation Evaluation by The Ministry Of National Education of Indonesia, 2006

CURRICULUM & INSTRUCTIONAL MATERIAL DEVELOPMENT

I developed curriculum and instructional material for the courses that I taught in UNP. I was the first teacher who was accepted for those courses. I prepared courses' material of:

- FIK 039 Computer Application, 2007 - 2011
- KOR 209 Biochemistry of Exercise, 2005 - 2011
- KOR 255 Chemistry of Exercise, 2005 - 2011
- KOR 256 Physics of Sports, 2005 – 2011

For all courses where I was instructor of record I completed the following:

- Revised course syllabi

- Developed course materials
- Developed PowerPoint slides for lecture
- Utilized mailing list of courses on UNP website platform
- Arranged student's observation in some community organization, club and institution for courses' study case assignment

Community Experience:

Instructor Assistant for PE Teacher Promotion Training, The Department of Education, City of Padang Panjang, West Sumatera, Indonesia. 2010

- Assisted the instructor of PE teacher promotion training for in service elementary to high school PE teacher in city of Padang Panjang, West Sumatera, Indonesia.

Secretary, City Sports Competition, Padang, West Sumatera, Indonesia. 2006

- Local sports competition for junior and senior athletes in the capital city of Province of West Sumatera.

ADMINISTRATION AND EVENT ORGANIZING EXPERIENCE

Venue Coordinator, Indonesia Focus 6th Annual Conference, 2014.

- My responsible was organizing venue and schedule of sessions during 2 days of conference.

Moderator, The International Scientific Seminar on Sport and Sport Sciences, 2013.

- My responsible was being a moderator for three keynote presentation sessions who were from The Ohio State University-USA, Tübingen Universität – Germany, and Republic Polytechnics Singapore.

General Secretary and Translator, International Seminar of Developing Sports Science to Improve Sport Achievement, 2011

- Duties included all administrative job such as wrote program proposal to the Ministry of Youth and Sport of Indonesia, corresponded with keynote and guest speakers from countries abroad, designed event's leaflet, organized invitation distribution, filed documents and wrote the final report of activities. I was also a translator for Dr. Jacqueline Goodway from OSU, as she was the keynote speaker for this seminar.

Administrator and secretary, Workshop of Gymnastic for Elementary Students, 2011

- Duties included communicated with the Department of Education of West Sumatera, designed and organized invitation distribution to PE teachers around province of West Sumatera, organized and secured the participants who come from different cities in West Sumatera.

Administrator and Translator, Workshop of the Development of PETE Program, Faculty of Sports Science, UNP. 2011

- Duties included communicated with keynote speakers from OSU, translated materials from keynote speakers and provided materials for faculties who were participants for this workshop, being a translator during one day workshop, and wrote final report to the University.

Instructor Assistant, Professional Development Program for Physical Education Teachers, 2010

- Duties included assisted the head instructor in Professional Development Program, which was held at UNP, for in-service PE teachers around province of West Sumatera.

RESEARCH EXPERIENCE

As a graduate student in Kinesiology: Physical Education at OSU, my interest focus is more to fundamental motor skill (FMS) competence in young children due to the needs of the expert in this field in my country. Indonesia has begun to pay more attention to development of young children competence, including motor skills and physical activity. I did research internship and collaboration in the following study:

- Collaboration in the study “**Who is Sitting on the Playground? Examining the Underlying Mechanisms associated with being Physically Active during Free Play on the Playground (2015).**” This study is led by Emi Tsuda, a doctoral student in Kinesiology: Physical Education, OSU. The main purpose of this study is to examine the relationship between motor competence, perceived motor competence (PMC), and physical activity (PA) during free play on the playground and across the school day. Participants ($n=150$) are preschool and kindergarten students at OSU Childcare Center and G-Tyree Learning Center. Data of children’s motor competence, perceived motor competence and physical activity are collected. My role in this study is administer the test and run the data analysis.
- *Internship in the study “The Impact of The T-SKIP Project on the Object Control (OC) Skills of Young Children who are Disadvantaged (2013-2014).”* This study was a dissertation study of Ali Brian, a doctoral student, in Kinesiology: Physical Education, OSU. The purpose of this study is to ascertain the effects of the teacher-led SKIP (T-SKIP) project on the OC skills of 3-6 year old boys and girls enrolled in Head Start preschool centers. This study randomly assigned six Head Start teachers to an experimental condition and six to a comparison condition that is the standard of practice for Head Start (free play). Experimental teachers were trained on the T-SKIP curriculum and implemented the T-SKIP program for nine weeks, two times per week, for 30 minutes to their students ($n=120$). Experimental students were compared to comparison students ($n=120$). Three weeks after the posttest, all students ($n=240$) were retention tested to determine retention of learning. My role in this study was administered the test to students and coded the videos.
- *Internship in the study “The Effects of a Technology-Based Training Program on Early Childhood Teacher’s Ability to Deliver the SKIP Curriculum (Spring, 2013).”* This study was a pilot study of Ali Brian, a doctoral student, in Kinesiology: Physical Education, OSU. The purpose of this study was to pilot the training program for early

childhood teachers on the SKIP curriculum. Subjects included teachers ($n=2$) and their students ($n=72$) within a pretest/posttest, comparison group, quasi-experimental design. The results of this study informed her current dissertation project. My role in this study was prepared the gym for participants, recorded the session, administered the test and coded the videos.

As a faculty member in Faculty of Sports Science, I shifted my interest from Biology as my education background to exercise sciences and did a study as following:

- ***The Relationships of the Leg Strength and Explosive Power on Goal Kick of Soccer Athletes (2010)***. The purpose of this study is to examine the relationship of leg strength and explosive power on ability to perform goal kick of soccer athletes. The participants of this study were 40 soccer athletes from a registered soccer club. The result of this study was reported to coaches of the club to be considered in their future training program.

Having a background in Biology, I conducted two research related to this field.

- ***The Effect Of Amino Acids Supplement On Muscle Strength And Endurance Of Mice (Mus musculus L.) (2007)***. The purpose of this study is to examine the effect of amino acids supplement to muscles, heart, and kidney's tissues when it was consumed for 9 weeks right after aerobic and anaerobic training program. This study used 24 mice (*Mus musculus L.*) as subjects, grouped into control and intervention group. The intervention was aerobic and anaerobic swimming, 3 sessions per week for 45 minutes per session. After 9 weeks training program, target tissues were treated histologically to capture the effect of amino acids supplement to organ tissues. This research study was my thesis study to graduate in Master Program of Biology.
- ***The Effect Of Some Metals On Protease Enzyme Activity Which Produced By Bacillus brevis MB-6 In Soya Liquid Waste (2004)***. The purpose of this study is to examine the protease enzyme activity of a new bacterial strain resulted from mutation process called *Bacillus brevis* MB-6 when some metal added to the enzyme extracted from the strain. The intervention was 3 different metals x 3 different doses added to enzyme extraction to measure their activity. This research was a continuation of my advisor's study after he found a new *Bacillus brevis* strain that produced more protease enzyme than other strains and bacteriums. This study became my final project to graduate from Bachelor program in Department of Biology.

INTERNATIONAL RESEARCH EXPERIENCE

The Tsukuba University Summer Research Institute, Tsukuba, Japan, 2013

Tsukuba University, in collaboration with The Ohio State University, the University of Bedfordshire, UK and University of Queensland, Australia organized and conducted a summer research institute for undergraduate and graduate students in Sport, Physical Education Pedagogy, Exercise Science, and Coaching from around the world. This institute involved

faculty members and students from USA, UK, Australia, New Zealand, India, Taiwan, Chinese Taipei, Indonesia, Philippines, Canada and South Korea. I served as group leaders for multi-lingual, multi-disciplinary teams of graduate students. The task of these groups was to develop a research proposal over an 8-day period using a process approach to research. The culminating event was a presentation of the research proposal to the entire institute.

PUBLICATIONS

Peer Reviewed Articles:

- Goodway, J. D., **Famelia, R.**, & Bakhtiar, S. (2014). Future Directions in Physical Education & Sport: Developing Fundamental Motor Competence in the Early Years Is Paramount to Lifelong Physical Activity. *Asian Social Science*, 10(5), p44 - 54.
- Goodway, J.D., Brian, A., Chang, S.H., **Famelia, R.**, Tsuda, E., & Robinson, L. (October, 2013). Promoting Physical Literacy in the Early Years Through Project SKIP. *ICSSPE Bulletin - Journal of Sport Science and Physical Education*, 65. Retrieved from <https://www.icsspe.org/content/no-65-cd-rom>.
- Famelia, R.**, Abbas, N.A., and Herman, R. B. (2008). The Effect Of Amino Acids Supplement On Muscle Strength And Endurance Of Mice (*Mus musculus* L.). *Journal of Bionatura, Universitas of Padjajaran, Bandung, Indonesia*, 20(2), p43- 53
- Alamsjah, F., and **Famelia, R.** (2005). The Effect Of Some Metals On Protease Enzyme Activity Which Produced By *Bacillus Brevis* Mb6 In Soya Liquid Waste. *Journal of Biospectrum, Andalas University, Padang, Indonesia*. 1(1), p30 – 37.

Peer Reviewed Published Abstracts:

- Brian, A., Goodway, J. D., Sutherland, S., Logan, J., Tsuda, E., & **Famelia, R.** (Accepted for 2015). Early Childhood Girls SKIPing with Preschool Teachers to Motor Competence. Accepted for *Research Quarterly for Exercise and Sport*, (supplement).
- Brian, A., Goodway, J., Tsuda, E., & **Famelia, R.** (2014). SKIPing to an Active Future: Training Preschool Teachers to Promote Fundamental Motor Skills. *Journal of Sport and Exercise Psychology*, 36, (supplement) S61.
- Goodway, J. D., Stodden, D., Lomax, R., Brian, A., Chang, S. & **Famelia, R.** (2014). Relationships between Motor Competence and Physical Activity Change Across Childhood. *Research Quarterly for Exercise and Sport*, 85 (supplement). A14. DOI:10.1080/02701367.2014.948745
- Goodway, J., Stodden, D., Lomax, R., Brian, A., Chang, S. & **Famelia, R.** (Accepted for March, 2014). Relationships between Motor Competence and Physical Activity Change Across Childhood. *Research Quarterly for Exercise and Sport* (supplement).
- Goodway, J. D., Stodden, D., Lomax, R., Brian, A., Chang, S. & **Famelia, R.** "Relationships between Motor Competence and Physical Activity Change Across Childhood." *Research Quarterly for Exercise and Sport*. Supplement ed. Vol. 85, A14.
- Brian, A., Goodway, J., Tsuda, E., & **Famelia, R.** "SKIPing to an Active Future: Training Preschool Teachers to Promote Fundamental Motor Skills". *Journal of Sport and Exercise Psychology*. Vol. Supplement, S61.

PEER REVIEWED PRESENTATIONS

National Presentations in USA:

Goodway, J., Stodden, D., Lomax, R., Brian, A., Chang, S. & **Famelia, R.** (April, 2014). *Relationships between Motor Competence and Physical Activity Change Across Childhood*. Presented at American Association for Health, Physical Education, Recreation and Dance, St. Louis, MO.

National Presentation in Indonesia:

Goodway, J., **Famelia, R.**, Brian, A., Biancone, T., & Bakhtiar, S. (June, 2014). *Moving and Learning in the Early Childhood Years*. Presented at the workshop of the Development of Physical Activity for Young Children, The Ministry of Youth and Sport of Indonesia, Jakarta, Indonesia

Goodway, J., **Famelia, R.**, Dieringer, S., & Bakhtiar, S. (June, 2014). *Promoting Motor Competence in Children with Special Needs*. Presented at the workshop of the Development of Physical Activity for Children with Special Needs, The Ministry of Youth and Sport of Indonesia, Jakarta, Indonesia

Bakhtiar, S. & **Famelia, R.** (June, 2014). *Fundamental Motor Skills in the Early Childhood Years*. Presented at the Indonesia Preschool Teachers Professional Development Program: Inclusive Education in Preschools, The Ministry of National Education of Indonesia, Bandung, Indonesia.

Bakhtiar, S. & **Famelia, R.** (May, 2014). *Fundamental Motor Skill Assessments in the Early Childhood Years*. Presented at the Workshop of the Development of Early Childhood Physical Activity Instructors. The Ministry of Youth and Sport of Indonesia, Jakarta, Indonesia.

Local Presentations:

Famelia, R. & Goodway, J. (January, 2015). *The Influence of a Skip Intervention on The Motor Competence and Perceived Motor Competence of Indonesian Preschool Children*. Presented at the Education and Human Ecology Student Research Forum, The Ohio State University, Columbus, OH.

Famelia, R., Goodway, J., Brian, A., & Tsuda, E. (August, 2014). *The Relationships among Physical Activity, Motor Competence, and Physical Fitness of Preschool Girls*. Poster presented at the Crane Center for Early Childhood Research and Policy (CCEC) Symposium, The Ohio State University, Columbus, OH.

Tsuda, E., Goodway, J., Brian, A., & **Famelia, R.** (August, 2014). *Promoting an Active Start: The Relationships between Actual and Perceived Motor Skills Competence in Preschool Children Who are Disadvantaged*. Poster presented at the Crane Center for Early

Childhood Research and Policy (CCEC) Symposium, The Ohio State University, Columbus, OH.

Goodway, J. & **Famelia, R.** (May, 2014). *Future Directions for Physical Education, Exercise Science & Coaching*. Presented at the Faculty Workshop of the Development of Curriculum in PETE, Exercise Science and Coaching Department, UNP, Padang, Indonesia.

Famelia, R. & Goodway, J, (February, 2014). *Children's Motor Skill Description, Intervention, and Relationship with Other Factors*. Poster presented at the Education and Human Ecology Student Research Forum, The Ohio State University, Columbus, OH.

Goodway, J. & **Famelia, R.** (September, 2013). *Preparing the Next Generation of Physical Education, Exercise Science, and Sport Leaders: Implication to State University of Padang*. Presented at the Faculty Workshop of Quality Development of PETE, Exercise Science and Coaching Department, UNP, Padang, Indonesia.

Goodway, J. & **Famelia, R.** (September, 2013). *Promoting Motor Competence in Young Children: Teaching Fundamental Motor Skills*. Presented at the Preschool Teachers Workshop, UNP, Padang, Indonesia.

ASSOCIATED SERVICE ACTIVITIES

Mentoring: Metro High School Internship Program

- 2014 Mentor for Josee Jenkins, a high school student at Metro High School in Columbus, Ohio. I supervised Josee as she assisted in the data collection for a Kinesiology: Physical Education doctoral student's dissertation research. Josee completed a poster for her research project in which she presented about the description of fundamental motor skill of preschoolers. She presented this poster at the *Medical Pathways to the Future*, Student Exhibition of Research. Westerville, OH.
- 2015 Mentor for Emma Clark, a high school student at Metro High School in Columbus, Ohio. I supervised Emma as she practice teaching young children at The Ohio State University Child Care Center. I also train Emma about Test of Gross Motor Development-2 (TGMD-2) to prepare her collecting some data for her project. Emma will complete a final report and a poster for her research project in which she will present at Student Exhibition of Research. Westerville, OH.

HONORS

- The Ruth Jane Yauger Scholarship Fund, The Ohio State University, College of Education and Human Ecology, 2014-2015
- The Oberteuffer Fund, The Ohio State University, College of Education and Human Ecology, 2014-2015

- The Lucile and Roland KENNEDY Scholarship Fund in Home Economics, The Ohio State University, College of Education and Human Ecology, 2013-2014
- College of Education and Human Ecology Graduate Student Travel Grant. The Ohio State University, 2014
- Tsukuba University Summer Institute Fellowship Award. Tsukuba University & Japanese Ministry of Education, 2013

PROFESSIONAL AFFILIATIONS/MEMBERSHIP

- North American Society for the Psychology of Sport and Physical Activity
- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)