

*Sarah Sparrow Benes* received her Ed.D. in Curriculum and Teaching in 2010 and her Ed.M in Human Movement in 2006 from Boston University. She went to Boston University from the University of Connecticut where she earned her B.S. in Athletic Training. Sarah worked as a graduate assistant athletic trainer and an Assistant Athletic Trainer at Boston University before transitioning to teaching full time and running the Physical and Health Education Programs for 6 years. Dr. Benes is now at Merrimack College as Associate Clinical Professor in the School of Health Sciences. She has taught a range of courses from curriculum and teaching methods, student teaching practicums, health education for elementary educators to, more recently, health behavior theory and introduction to public health. Dr. Benes developed and lead the first short-term study abroad course in the School of Health Sciences taking students to Scotland as part of a course comparing public health in the US and abroad. Dr. Benes' research interests include skills-based health education, physical activity in the classroom, and enhancing school-based physical and health education programming. Dr. Benes is currently chairing SHAPE America's Health Education Council, and she has served as Council liaison to the task force that recently created the "Health Education is a Critical Component of a Well-Rounded Education", was chair of a committee that created an "Appropriate Practices" document for health education for SHAPE America published in 2015, is a Past-Vice President for Health Education in the Massachusetts Association for Health, Physical Education, Recreation and Dance, works closely with the Health and Wellness Department in Boston Public Schools and runs outreach programs in schools. She has done curriculum development with many districts in Massachusetts, has conducted skills-based health education professional development in multiple states across the country and internationally and has more than a dozen health education presentations and publications. She currently lives in Natick, MA with her husband, two daughters and a yellow lab! She enjoys reading, hiking and going on adventures with her family.