

## PAUL D. HEFTY

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### EDUCATION:

M.S. Recreation Administration <b>University of Wisconsin-LaCrosse</b> , LaCrosse, WI	<b>December 1990</b>
Graduate Studies <b>Northern Illinois University</b> , DeKalb, IL	<b>1987-1988</b>
B.A. Physical Education <b>Luther College</b> , Decorah, IA	<b>May 1986</b>
Iowa Teaching and Coaching Certification K-12	<b>December 1986</b>

### TEACHING:

The Pennsylvania State University, University Park, PA <b>Instructor, Department of Kinesiology</b> <b>Principles and Ethics of Coaching</b> Kinesiology 493W (25 students) <ul style="list-style-type: none"><li>• Planned, designed and taught writing-intensive course – Senior Level</li><li>• Used instructional technology to enhance pedagogical technique</li><li>• Used experiential and activity-based learning-teaching methods</li><li>• Taught student leadership design of coaching portfolio along with NFHS coaching certifications</li><li>• Used hybrid course format – asynchronous and live class instruction combined</li><li>• Taught WEB asynchronous class instruction for online summer sessions</li></ul>	<b>July 2011-present</b>
<b>Programming for Business and Agencies</b> Kinesiology 492W (25 students) <ul style="list-style-type: none"><li>• Planned, designed and taught writing-intensive course – Senior Level</li><li>• Used instructional technology to enhance pedagogical technique</li><li>• Used experiential and activity-based learning-teaching methods</li><li>• Taught student entrepreneur design of small business within the health / fitness industry</li><li>• Used hybrid course format – asynchronous and live class instruction combined</li><li>• Taught WEB asynchronous class instruction for Penn State Main and Branch campuses</li></ul>	<b>July 2011-present</b>
<b>Coaching Consultant and Clinician</b> Kinesiology Outreach Education (5 High School Program Clients) <ul style="list-style-type: none"><li>• Planned, designed and taught Outreach Education &amp; Engagement</li><li>• Taught Triangle-O Football RPO System clinics using zoom meetings</li><li>• Designed and Directed high school football private staff and player clinics-camps</li><li>• Taught Program Structure-Development of team leadership and successful team culture</li><li>• Taught Offensive-Defensive-Special Teams Systems development and installation</li><li>• Taught Practice teaching methodology Instruction</li><li>• Taught Game day management structure</li><li>• Taught Sports Performance and practice methodology</li><li>• Designed Football Consulting website</li><li>• <a href="http://sites.psu.edu/hefcoach14/">http://sites.psu.edu/hefcoach14/</a></li><li>• Designed YouTube channel coaching clinic series</li><li>• @paulhefty3828</li></ul>	<b>July 2011-present</b>

Luther College, Decorah, IA

**Instructor, Department of Physical Education**

**2002-2007**

**Coaching of Football Theory** (20 students)

- Planned, designed and taught writing-intensive course
- Used active learning teaching methods
- Student design of football coaching portfolio along with coaching certifications

**Mountain biking recreation activity course** (20 students)

**River kayaking recreation activity course** (20 students)

**Sand volleyball activity course** (20 students)

- Planned, designed and taught skill development
- Used active learning teaching methods
- Student field experiences

Aurora University, Aurora, IL

**Instructor, Department of Physical Education**

**July 1997–December 2001**

**Coaching Principles and First Aid course for State of Illinois Certification** (20 students)

- Planned and taught writing-intensive course – Senior Level
- Used instructional technology to enhance pedagogical technique
- Used experiential and active based learning-teaching methods

**Sand volleyball recreation activity course** (20 students)

**Weight training activity course** (20 students)

**Racquetball activity course** (20 students)

- Planned, designed and taught skill development
- Used active learning teaching methods
- Student field experiences

**SERVICE:**

The Pennsylvania State University, University Park, PA

**Kinesiology Scholarship Committee**

**2023-present**

- Committee member for selection of scholarships

**Sports Science Master's Program Design**

**2022-present**

- Researched current University Sports Science Master's Programs
- Assisted in designing Sports Science curriculum

**Sports Performance and Kinesiology Partnership**

**2020-present**

- Assisted in establishing Sports Performance and Kinesiology Department partnership

**Internship facilitator for Sports Programs – Kinesiology 495B**

**2013-present**

- Developed partnership with local high school and sports centers for student internships
- Developed partnership with Penn State Sports Performance for student internships
- Developed partnership with Penn State Strength and Conditioning for student internships

**Kinesiology Undergraduate Scholarship Awards Committee**

**2019-2020**

- Committee Chair for selection and awards ceremony

**Kinesiology Undergraduate Scholarship Awards Committee**

**2017-2019**

- Committee member for selection and awards ceremony

**Search Committee for Instructor Hiring**

**August 2015–November 2015**

- Committee member in the interview and recommendation for Activity program Instructor

**Exercise is Medicine Program**

**2013-2015**

- Assisted in supervising activity and program for Exercise is Medicine week

**COACHING:**

State College High School, State College, PA

**Assistant Football Coach, 9<sup>th</sup> Grade**

**August 2011-2020**

- Implemented and Coordinated No Huddle Multiple Spread Offense and all practice plans
- Implemented practice teaching methodologies and Coordinated Offensive Special Teams
- Coached QB's, Running backs, Defensive backs

Luther College, Decorah, IA

**Head Football Coach, Offensive Coordinator, Quarterbacks**

**2002-2007**

- Managed complete football operations within the program at Luther College
- Three consecutive winning seasons 2003-2004-2005 (*only time in last 35 years @ Luther College*)
- Coordinated Offense and instructed Quarterback position (*established new Quarterback records*)
- Established 15 new Luther College Offensive records (*team and individual*)
- Recruited and coached, only 4-time, 1<sup>st</sup> team all-conference player, Jon Stavast, Olineman (2007)
- Recruited and coached #1 NCAA D3 all-purpose offense, Tyler Sherden, Running Back (2007)
- Recruited and coached #5 NCAA D3 total offense, Zach Sweers, Quarterback (2006)
- Recruited and coached #3 NCAA D3 receptions per game, Kyle Pearson, Receiver (2006)
- 2006 NCAA Division III #5-Total Offense (445 yards per game), #1-Total plays (*84 per game*)
- Recruited and coached three Aztec Bowl participants 05-06-07, Db-Rec-Rback (*1st at Luther*)
- Increased team roster from 80 to 115 total (*110 average over last four years*)
- Overall team G.P.A. of 2.92 (4.0 scale) in fall of 2006 (*112 student-athlete's*)
- Graduated 31 seniors in spring of 2008

Aurora University, Aurora, IL

**Assistant Football Coach**

**Offensive Coordinator, Quarterbacks and Receivers**

**August 1997-2001**

- Developed and coordinated No Huddle, Multiple-Pro Offense (2000 NCAA Play-off qualifier)
- '98-'99-'00-'01 Illini-Badger Football Conference Champs and '99 AFCA team ranking of #24
- 2001 Division III Offensive rankings: #17-scoring (38.7 points)
- 2001 Division III Offensive rankings: #30-rushing (216.4 yards)
- Established new Aurora University Offensive passing, receiving, rushing and scoring records
- Coordinated off-season strength-conditioning program and recruited Northern Illinois area

Luther College, Decorah, IA

**Interim Head Football Coach**

**December 1995-March 1996**

- Developed recruitment-retention structure and managed recruiting process for '96 season
- Supervised student-athlete out-of-season athletic development and academic progress

Luther College, Decorah, IA

**Assistant Football Coach**

**Offensive Coordinator, Quarterbacks and Running Backs**

**July 1991-May 1997**

- Developed and coordinated No huddle, Flex-bone Offense and game day play selection
- Coordinated off-season strength program structure and assisted with recruiting

Luther College, Decorah, IA

**Assistant Women's and Men's Track Coach**

**January 1991-June 1991**

- Taught and trained sprinters and throwers

**Assistant football Coach, Quarterbacks and Receivers**

**July 1989-1990**

- Instructed the Quarterback and Receiver positions and coordinated passing game

Aurora University, Aurora, IL

**Assistant Football Coach, Quarterbacks and Receivers**

**August 1987-1988**

- Instructed the Quarterback and Receiver positions

**EDUCATIONAL TRAVEL:**

University of Maryland, College Park, MD

**Outdoor Recreation Program****Instructor for Study Abroad Field Program - Norway****June 2011**

- Adventure Leadership development
- 8-day backcountry backpacking using experiential learning methods in leadership
- 8-day kayaking using experiential learning methods in leadership

Global Football / Global Sports Group, Inc., Granbury, TX

**Tour Director, Midwest All-Star Football Tour of Ireland****January 2008-June 2008**

- Develop, market, coordinate staff for All-Star Midwest team tour of Ireland

Luther College, Decorah, IA

**Tour Director, Luther College Football Tour of Europe****January 2007-June 2007**

- Managed Europe Tour for 55 players / 6 coaches / 25 family members (86 total)
- Developed and coordinated Team tour practice installation and football clinic
- Integrated educational components into team tour of Switzerland / Austria / Germany

Luther College, Decorah, IA

**Offensive Coordinator, Luther College Football Tour of Europe****May 1993**

- Assisted in managing Europe Tour for 40 players
- Developed and coordinated Team tour practice and football clinic
- Integrated educational components into team tour of Norway

Luther College, Decorah, IA

**Student-Athlete, Luther-Cornell College Football Tour of Europe****May 1985**

- Assisted in football clinics tour of Holland
- Participated in game versus European club team Holland - QB

Northwest Illinois High School Coaches, Orangeville, IL

**Student-Athlete, High School All-Star Basketball Tour of Europe****July 1982**

- Assisted in basketball clinics tour of Germany and Belgium
- Participated in games versus European professional and club teams Germany and Belgium

**CONSULTING – EDUCATIONAL OUTREACH:**

Bishop Dunne High School, Dallas TX

**Consulting Clinics and Camp (grades 9-12)****2021-present**

- Taught fundamental skill development to coaches and players & Triangle-O Football System
- Zoom Staff Clinics and Site Visit Install and Teaching outreach education
- 2022 Private School State Playoff Qualifier

Chatfield High School, Chatfield, MN

**Consulting Clinics and Camp (grades 9-12)****2020-present**

- Taught fundamental skill development to coaches and players & Triangle-O Football System
- Zoom Staff Clinics and Site Visit Install and Teaching outreach education
- 2022 State Runner-Up
- 2021 State Champion

Montgomery High School, Santa Rosa, CA

**Consulting Clinics and Camp (grades 9-12)**

**2019-present**

- Taught fundamental skill development to coaches and players & Triangle-O Football System
- Zoom staff Clinics and site visit install and teaching outreach education
- 2022 State Playoff Qualifier
- 2021 State Playoff Qualifier

Yorkville High School, Yorkville, IL

**Consulting Clinics and Camp (grades 7-12)**

**2018-present**

- Taught fundamental skill development to coaches and players & Triangle-O Football System
- Zoom staff Clinics and site visit install and teaching outreach education
- 2022 State Playoffs - Quarterfinalist
- 2019-2021 State Playoffs – 2<sup>nd</sup> Round

Perry High School, Perry, IA

**Consulting Clinics and Camp (grades 5-12)**

**2011-2019**

- Taught fundamental skill development to coaches and players - Triangle-O Football System
- Clinic-Camp site visit install and teaching outreach education

**CAMP DIRECTOR:**

State College 9<sup>th</sup> Grade Football, State College, PA \*

**Camp Director (9<sup>th</sup> grade)**

**2014-2018**

- Taught fundamental skill development to coaches and players – Triangle-O Football System
- Player Assessment and fundamental technique development Camp
- Concept teaching and Varsity program introduction – outreach education
- 2014-2015 Record of 19 wins & 1 loss
- 40-point offensive average per game 2014-2015

University of Maryland, College Park, MD

**Camp Assistant Director, Terp Quest Day Camp (100 campers) July 2008**

- Directed all daily operational phases of recreation youth Day camp for grades K-5
- Promoted academic and recreational awareness through experiential learning
- Management of a five-week program with 500 participants and 15 counselors

Luther College, Decorah, IA

**Camp Director, Luther College Football Day Camp (200 campers) 2002-2007**

- Developed and coordinated grades 1-6 flag football Skills and Team Day camp
- Marketed Luther College game participation with “blue crew club”

Milledgeville High School, Milledgeville, IL

**Camp Director, Hefty-Hartje Football Camp (150 campers)**

**1995-2007**

- Developed and coordinated grades 3-12 Football and Life Skills Team camp
- Teach parents cooperation and supportive program values

Northwest Illinois, Sauk Valley Region, Sterling, IL

**Camp Director, HEFF'S Football Camp (250 campers)**

**1998-2006**

- Developed and coordinated grades 3-12 Football and Life Skills camp

**ADMINISTRATION:**

University of Maryland, College Park, MD

**Campus Recreation Department****2008-2011****Coordinator for Outdoor Recreation Programs**

- Coordinated Outdoor Recreation rental staff and all rental desk services
- Instructor with Outdoor Recreation Adventure Leadership Classes and Trips programming
- Managed Outdoor Recreation First Year Scholar orientation programs
- Outward Bound Leadership Model using experiential learning and leadership development

Aurora University, Aurora, IL

**Recreation and Intramural Program Coordinator****August 1997-2001**

- Directed Recreation facility student work staff and budget
- Developed, coordinated, budgeted Intramural program
- Administrated student staff training, officiating, CPR certification, student manager development
- Developed Recreation and Intramural needs assessment, research and activity evaluation
- Developed individualized staff and activity model using an experience-based training technique
- Developed new student management model (NIRSA member)

Luther College, Decorah, IA

**Area Coordinator - Residence Life****August 1992-June 1997**

- Managed, budgeted and supervised 3 coed residence halls, 3 Hall Managers, 18 Res-assistants
- Administered educational and social programs for all Residence Life staff
- Presented and taught student organization workshops and staff development programs
- Administered and counseled student discipline of 3 coed residence halls (810 residents)

**Hall Director - Residence Life****August 1991-June 1992**

- Directed and budgeted a 720-bed coed hall and 16 Resident Assistants
- Administered educational and social programs and advised hall government
- Assisted with selection / training of hall staff and counseled and disciplined hall residents

**Athletic Recruiting Assistant****January 1991-July 1991**

- Contacted, Hosted and assisted in coordination of student-athlete campus visits for recruits
- Assisted with recruitment process for all Women's and Men's programs

**HONORS AND AWARDS:**

The Pennsylvania State University

The College of Health and Human Development

**Teaching Excellence Award****2012-2019**

Luther College Athletic Hall of Fame

**2001**

State of Iowa Rugby Champions - College Side Luther

**1987**

Iowa Conference Football MVP

**1986**

Small College All-American - Quarterback

**1986**

International Football Tour - Iowa College Team

**1985**

International Basketball Tour Northwest Illinois All-Star Team

**1982**

Illinois High School All-State – Football Quarterback

**1982**

Illinois High School All-State - Basketball Point Guard

**1982**