

Rosemarie Tarara M.Ed.

Email: rtarara@highpoint.edu

Education: Springfield College Springfield MA
Master of Education; Health Education, May 1998
Bachelor of Science; Athletic Training, May 1996

Education Fellows Director Experience:

High Point University, High Point NC 8/17-Present
Director of Education Fellows Program
Developed application and screening process for student selection
Created programming for each year of the program
Developed handbook
Managed budget

Teaching Experience:

High Point University, High Point, NC 8/10-Present
Instructor, Health Education
Course taught:
DIS 1000 SL: Hunger in America
FYS 1000: Why Is America Hungry?
HED 1200: Nutrition and Healthy Living
HED 1200 SL: Nutrition and Healthy Living – Service Learning
HED 2100: Prevention and Substance Abuse
HED 2200: Human Sexuality & Relationships
HED 3100: Contemporary Health Issues
HED 3200: Women's Health Issues
HED 3300: Aging and Life Choices
PEC 2100: Motor Development & Motor Learning Across the Lifespan
PEC 2130: Healthy Living for the Elementary Child
PEC 2130: SL Healthy Living for the Elementary Child
EXS 1150: Health and Nutrition

High Point University, High Point, NC 9/07 – 7/10
Adjunct Instructor, Exercise Sport Science Department
Courses taught:
EXS 249: Personal Health
EXS 209: Introduction to Clinical Evaluation and Exercise Testing
PEC 106: Health, Nutrition and Physical Fitness

High Point University, High Point, NC 9/99-5/07
Assistant Professor, Exercise Sport Science Department 2002 -2007
Instructor, Exercise Sport Science Department 1999-2002

Courses taught:

ESS 249: Personal Health
ESS 209: Introduction to Clinical Evaluations and Exercise Testing
ESS 213: First Aid Responding to Emergencies
ESS 391: Clinical in Injury Prevention and Emergency Procedures
ESS 398: Field Experience in Athletic Training
ESS 499: Senior Seminar- Exercise Science Majors

Springfield College & Western New England College, Springfield MA 1/99-5/99
Adjunct Faculty: Courses Taught: Introduction to Health

Curriculum Development:

High Point University, High Point, NC 8/09-Present

Assisted in the development of the Health & Wellness major 2021-2022

- Assisted in the development of the proposal of program
- Created learning objectives for the major
- Assisted in the development of the rationale

Assisted in the transition of Health & Physical Education major

Developed Health Education courses for HE/PE major and Health Education Minor

EDU 1201: Seminar in Teaching
HED 1200: Nutrition and Healthy Living – adapted to a SL course
HED 2100: Prevention and Substance Abuse
HED 2200: Human Sexuality & Relationships
HED 3100: Contemporary Health Issues
HED 3200: Women’s Health Issue
HED 3300: Aging and Life Choices
HED 4275: Internship in Health Education
PEC 2130: Healthy Living for the Elementary Child –adapted to SL course

Developed courses for general education curriculum

DIS 1000 SL: Hunger in America
FYS 1000: Why Is America Hungry? – adapted to SL course

High Point University, High Point, NC 8/99-5/07

Assisted in the organization and development of clinical education proficiencies

Developed course description, syllabi, and course outlines for courses:

ESS 209 – Introduction to Clinical Evaluations and Exercise Testing
ESS 391 – Clinical in Injury Prevention and Emergency Procedures
ESS 398, 399, 400, 401 – Field Experience in Athletic Training

Academic Advising:

High Point University, High Point, NC

Advise students in the Health and Physical Education major 8/10 – Present

Advise students in Education Studies & Elementary Education Major 8/22 –Present

High Point University, High Point, NC 8/99-5/07

Advised students in the Exercise Science and Athletic Training Education program

University Services:

High Point University, High Point, NC 8/99-Present

Teacher Education Council (2010- Present)

Service-Learning Committee (2023-Present)

Fellows Program/Co-Curriculum Committee (2018-Present)

Harm Reduction Committee (2016- 2017, 2019 - 2025)

Presidential Interviewer (2010- 2025)

Health & Wellness Major Exploratory Ad Hoc Committee (2021-2022)

Childcare Committee (2020)

Discussion Leader - Orientation (2016 – 2019)

Advisor for Teachers of Tomorrow (2015-2018)

Judicial Affairs Committee (2011- 2019)

Advisor Bonner Spring Break Service Trip (2016)

United Way Campaign Faculty co-chair (2014)

Member of Wellness Committee (2014- 2016)

Global Health Exploratory Committee (2013-2014)

Student & Cooperating Teacher Award Selection Committee (2013-2014)

Wellness Steering Committee (2012-2013)

Member of Admission Committee (2006-2007)

Advisor for Sports Medicine Club (2002-2007)

Faculty mentor for Experimental Learning class (Presidential Seminar 2006)

Athletic Training Experience:

High Point University, High Point, NC 8/99-5/07: Athletic Trainer

Certified Athletic Trainer for Women's Soccer and Men's and Women's Tennis

Supervised athletic training students – Approved Clinical Instructor

American International College, Springfield, MA 8/98 – 7/99 Athletic Trainer

Evaluated injuries, administered daily treatments and rehabilitation programs.

Assisted Head Athletic Trainer with home football games.

Traveled with Men's and Women's teams.

Professional Affiliations, Boards and Awards

HPU Service-Learning Professor of the Year (2018-2019, 2023-2024, 2025-2026)

Reviewer: Syllabus submission for syllabusjournal.org (2014)

NC Conference of Professional Preparation in PE & Health Education

Executive Committee 2011- 2013

National Athletic Trainers' Association Member

NCAAHPERD-SM Member

GO FAR Executive Board Member (2021-Present)

Secretary – 2022-2026

Certified Athletic Trainer (#049702541)
Professional Rescuer Certified (9/25)