

# CURRICULUM VITAE OF JASMINE CAVE

## PROFESSIONAL AFFILIATION AND CONTACT INFORMATION

### Present University Department or Unit:

Recreation Professions Program  
School of Human Sciences  
Southern Illinois University  
107 Davies Hall  
1075 South Normal Ave.  
Carbondale, Illinois 62901  
E-Mail: [jcave@siu.edu](mailto:jcave@siu.edu)

### Personal Contact Information:

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Makanda, Illinois 62958  
E-Mail: [jasminegcave@gmail.com](mailto:jasminegcave@gmail.com)

## EDUCATION

### Master of Public Administration

2017

*Southern Illinois University, Carbondale, IL*  
Emphasis: General Administration

### Master of Science in Education

2015

*Southern Illinois University, Carbondale, IL*  
Major: Therapeutic Recreation

### Bachelor of Arts

2013

*Southern Illinois University, Carbondale, IL*  
Major: Anthropology Minor: Equine Science

## CERTIFICATIONS & TRAININGS

### PROFESSIONAL CERTIFICATIONS

Certified Therapeutic Recreation Specialist #66166  
NPI number 1760112585

2016-2026

### CERTIFICATIONS- Animal-Assisted Interventions

Certified Horsemanship Association Level 3 English/Western  
Instructor

2017-2026

**CERTIFICATIONS- Fitness Interventions**

|  |           |
|--|-----------|
| Certified Adaptive & Inclusive Fitness Trainer | 2022-2025 |
| CrossFit Level 1 Certificate                   | 2009-2028 |
| CrossFit Movement & Mobility Certificate       | 2009      |
| CrossFit Nutrition Certificate                 | 2009      |
| CrossFit Olympic Weightlifting Certificate     | 2008      |

**CERTIFICATIONS- Mind-Body Interventions**

|   |             |
|---|-------------|
| 150hr Tai Chi Instructor Certification              | In progress |
| VA Calm MBSR  | 03/12/2025  |
| Mindfulness Certification                           | 03/07/2024  |
| Yin Yoga Teacher Certification                      | 02/27/2024  |
| 200ryt Yoga Teacher (Registered with Yoga Alliance) | 01/26/2024  |
| Chair Chi Certificate                               | 03/31/2023  |
| 5 Elements Qigong Instructor                        | 10/23/2022  |
| USA Archery Level 2 Coach                           | 2021-2027   |

**IN-SERVICE TRAININGS/CONTINUING EDUCATION**

|   |            |
|---|------------|
| Ready, Set, Go: Preventing Auditory Injury in Athletes  | 05/03/2025 |
| See You on the Mountain: Getting Veterans Engaged in Adaptive Skiing                          | 05/03/2025 |
| Starting a Team to Compete at the National Veterans Wheelchair Games                          | 05/03/2025 |
| The Great Outdoors: Engaging Veteran Nature-Engagement for Improved Quality of Life           | 05/03/2025 |
| Using Quality Improvement Projects in RT Programs   | 05/03/2025 |
| Where did my Ball Go? How to be a Golf Buddy  | 05/03/2025 |
| Facilitating Virtual Recreation Therapy Programs through Integrative Health                   | 03/26/2025 |
| Paddling Along- Incorporating Adaptive Kayaking Rehabilitation Program                        | 12/11/2024 |
| Out on a Limb! Adaptive Sports Recommendations for Athletes with a Prosthesis                 | 10/30/2024 |
| Hosting Local Competitive National Rehabilitation Events at your Facility                     | 10/23/2024 |
| Synchronous Telehealth into the Home  | 09/27/2024 |
| How to Engage the VA Adaptive Sports Grant Program in Your Practice                           | 07/24/2024 |
| Rolling Forward: Staying Ahead of the Game in Adaptive Sports- Most Current Literature Review | 07/26/2023 |
| National Adaptive Sports Medicine Consult Process   | 05/23/2023 |
| Fundamentals of Badminton   | 05/04/2023 |
| VA Western Colorado Health Care System- Veterans Hunt Program                                 | 01/25/2023 |
| Let's Get It Started: Starting a New Adaptive Sports or Therapeutic Arts Program              | 12/21/2022 |
| Advancing Professional Training in Adaptive Sports Medicine                                   | 10/26/2022 |
| Lessons Learned by Great Adaptive Sports Coaches Across VA                                    | 09/28/2022 |
| Yoga and Meditation for Veterans' Healing, Health, and Well-Being                             | 09/08/2022 |
| Risk Mitigation Planning with Local Adaptive Sport  | 09/07/2022 |
| TetraWatercraft: Control Everything with Anything   | 09/07/2022 |
| HeartMath: Building Resilience with the Intelligent Heart                                     | 09/06/2022 |

|  |            |
|--|------------|
| Rock Out, Work Out: RT & Music Therapy Co-Treatment Exercise Program                       | 09/06/2022 |
| Therapeutic Writing  | 09/06/2022 |
| Adaptive Curling: Sweeping Away Barriers   | 09/02/2022 |
| Recreation Therapy Recovery CrossFit Program Inclusive for All Abilities                   | 09/02/2022 |
| Putting Around the CLC: How Golf can be Dementia Friendly and Inclusive to All Populations | 08/31/2022 |
| Para-Badminton In Rehabilitation and Beyond  | 08/27/2022 |
| A Current Review of Equine Assisted Services for Veterans                                  | 08/24/2022 |
| FIT Clinic: Matching Complex Adaptive Equipment with Complex Clients                       | 08/18/2022 |
| Making your Virtual Adaptive Sports Opportunities Accessible to Veterans with Vision Loss  | 08/18/2022 |
| Pump It Up: With your Multi-disciplinary Team for Adaptive Fitness                         | 08/18/2022 |
| Sit Down and Stand Out! Adaptive Equipment Recommendations for Seated Athletes             | 08/18/2022 |
| Best Practices for Adaptive Fitness  | 08/11/2022 |
| National Adaptive Sports Medicine Consult Process  | 08/11/2022 |
| VHA Guided Imagery Foundations Course  | 07/28/2022 |
| Using Music to Manage Your Mood  | 07/27/2022 |
| Roll onto the Court: Intro to Wheelchair Pickleball  | 06/22/2022 |

## PROFESSIONAL EXPERIENCE

### **Veterans Administration- Marion VA Healthcare System** *Recreation Therapist, Whole Health*

December  
2021-present

- Plan and facilitate Whole Health Telehealth yoga, tai chi, qigong, meditation, fitness, guided imagery, and mindfulness for Veteran well-being.
- Co-facilitate behavioral health therapeutic outdoor recreation groups including teambuilding, archery, canoe/kayak/SUP, hiking, pickleball, disc golf.
- Complete assessments, electronic documentation, and consults for services.
- Provide recreation therapy assessment, treatment planning, implementation, and evaluation for Veterans with a wide range of conditions to include: PTSD, anxiety disorders, major depressive disorder, depression, bipolar disorder, schizophrenia, substance use disorder, general physical weakness, arthritis, TBI, spinal cord injury, and vision impairment.
- Conduct program evaluation and improvement
- Developing marketing materials for the Whole Health program.
- Provide education on Whole Health program to other clinicians within the medical center.

**Southern Illinois University, Carbondale, Illinois***Recreational Therapist, Touch of Nature*

2020-2021

- Provide outdoor therapeutic recreation for individuals with a variety of physical, cognitive, emotional, and developmental needs to include: autism, anxiety, ADHD, TBI, intellectual disabilities, and developmental disabilities.
- Provide assessments, planning, implementation, and evaluation for youth (6-17yo) and adult (18yo+) programs.
- Conduct program evaluation and improvement.
- Develop marketing materials for therapeutic outdoor program.
- Provide employee training on inclusive practices.

*Assistant Lecturer, Recreation Professions Program*

2017-present

- Supervise undergraduate and graduate recreation therapy interns
- Develop and implement recreation therapy coursework and curriculum guides

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**Cedar Creek Strength/CrossFit Carbondale, Makanda, Illinois***Recreational Therapist*

2016-2021

*CrossFit Trainer*

2008-2016

- Plan and facilitate fitness programming for older adults (50-85yo)
- Plan and develop fitness programming for individuals with range of motion restriction, arthritis, joint replacement, and stroke.

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**Computer Learning Centers, Southern Illinois****University, Carbondale, IL**

2016- 2017

*Administrative Graduate Assistant*

2013- 2015

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**Choate Mental Health Center, Anna, IL***Recreational Therapy Intern*May-August  
2015

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**RESEARCH AND CREATIVE ACTIVITY****Interests and Specialties:**

Adaptive fitness, animal-assisted interventions, mind-body interventions

**Grants Received:**

| <b>Grant Title</b>                          | <b>Funding Agency</b> | <b>Dates Funded</b> |
|---|-----------------------|---------------------|
| Specialized Equine Services<br>Helmet Grant | Rotary, Int.          | 2016-\$3000         |

**Papers and Presentations at Professional Meetings:**

| <b>Presentation Title</b>  | <b>Conference</b>   | <b>Date</b>                     |
|--|---|---------------------------------|
| The Art of Slowing Down: Mindfulness in Motion                                     | Midwest TR Symposium  | 2020- cancelled due to COVID-19 |
| Dive Hard: RT and Scuba Diving   | Midwest TR Symposium  | 2020- cancelled due to COVID-19 |
| Scuba Diving's Effects on Wellbeing of Veterans with Mental & Physical Impairments | American Therapeutic Recreation Association National Conference | 2019                            |

**PUBLICATIONS AND CREATIVE WORKS**

| <b>Title</b>  | <b>Publication</b>             | <b>Status</b>  |
|---|--------------------------------|----------------|
| An Exploratory Study of Adaptive Scuba Diving's Effects on Psychological Well-Being among Military Veterans | Therapeutic Recreation Journal | Published 2020 |
| A Case Study of Nature-based Video and Classical Music's Effects on Tranquility among Memory Care Residents | Journal of Dementia Care       | Published 2021 |

**TEACHING EXPERIENCE****Courses Taught:**

| <b>Course</b> | <b>Credit</b> | <b>Title</b>                                  | <b>Term</b>  | <b>Delivery</b>  |
|---------------|---------------|---|--|--|
| REC 301       | 3             | Leadership in Recreation                      | Spring 2019<br>Fall 2018<br>Fall 2017                                      | In-person  |
| REC 302       | 3             | Recreation Program Design                     | Spring 2018  | In-person  |
| REC 365       | 3             | Recreation Administration                     | Spring 2018  | In-person  |
| REC 375/467   | 3             | Commercial Recreation                         | Spring 2020<br>Spring 2019   | Online   |
| REC 404       | 3             | Foundations of Recreational Therapy           | Fall 2025<br>Fall 2024<br>Fall 2022<br>Fall 2019<br>Fall 2018<br>Fall 2017 | Online<br>Online<br>Online<br>Online<br>Online<br>Online |
| REC 405       | 3             | RT Implementation: ID/DD                      | Fall 2024<br>Fall 2023<br>Fall 2021<br>Fall 2020<br>Fall 2019              | Hybrid<br>Hybrid<br>In-person<br>In-person<br>In-person  |
| REC 406       | 3             | RT Implementation: PMR                        | Fall 2024<br>Fall 2021<br>Fall 2020<br>Fall 2019                           | Hybrid<br>In-person<br>In-person<br>In-person            |
| REC 407       | 3             | RT Implementation: Psych                      | Spring 2025<br>Summer 2024<br>Spring 2021<br>Spring 2020                   | In-person<br>Online<br>In-person<br>In-person            |
| REC 440C      | 3             | TR for Older Adults                           | Summer 2018  | In-person  |
| REC 440E      | 3             | TR for Individuals with Physical Disabilities | Summer 2019  | In-person  |
| REC 460       | 3             | RT Administration                             | Spring 2025<br>Spring 2024<br>Spring 2023<br>Spring 2022<br>Fall 2019      | Online<br>Online<br>Online<br>Online<br>In-person        |

|                |   |                                     |  |  |
|----------------|---|-------------------------------------|--|--|
|                |   |                                     | Fall 2018<br>Fall 2017   | In-person<br>Online  |
| REC 461        | 3 | RT Assessment<br>&<br>Documentation | Spring 2025<br>Spring 2024<br>Spring 2023<br>Spring 2020<br>Spring 2019<br>Spring 2018 | Online<br>Online<br>Online<br>In-person<br>In-person<br>Online |
| REC<br>462/405 | 3 | TR Facilitation Techniques          | Fall 2025<br>Spring 2019<br>Spring 2018  | In-person<br>In-person<br>In-person                            |
| REC 465        | 3 | Human Resources in<br>Recreation    | Spring 2020<br>Spring 2019<br>Spring 2018  | In-person<br>In-person<br>In-person                            |

#### Internship & Project Supervision:

| Course | Title         | Semester    | Number of<br>students |
|--------|---------------|-------------|-----------------------|
| REC    | Undergraduate | Summer 2025 | 3                     |
| 490C   | RT Internship | Spring 2025 | 2                     |
| 493    |               | Spring 2024 | 2                     |
|        |               | Summer 2024 | 1                     |
|        |               | Spring 2023 | 1                     |
|        |               | Summer 2023 | 2                     |
|        |               | Fall 2022   | 2                     |
|        |               | Spring 2022 | 1                     |
|        |               | Summer 2020 | 1                     |
|        |               | Spring 2020 | 6                     |
|        |               | Fall 2019   | 1                     |
|        |               | Summer 2019 | 5                     |
|        |               | Spring 2019 | 9                     |
|        |               | Fall 2018   | 5                     |
|        |               | Summer 2018 | 6                     |
|        |               | Spring 2018 | 5                     |

|                |                                  |             |   |
|----------------|----------------------------------|-------------|---|
| REC<br>596/597 | Graduate<br>Internship           | Spring 2024 | 1 |
|                |                                  | Summer 2023 | 6 |
|                |                                  | Fall 2023   | 1 |
|                |                                  | Fall 2021   | 2 |
|                |                                  | Summer 2020 | 2 |
|                |                                  | Fall 2019   | 1 |
|                |                                  | Summer 2018 | 3 |
|                |                                  | Fall 2018   | 1 |
| REC<br>580     | Graduate<br>Independent<br>Study | Spring 2022 | 5 |
|                |                                  | Spring 2021 | 6 |
|                |                                  | Spring 2020 | 2 |

## PROFESSIONAL SERVICE

### Membership in Professional Associations:

American Therapeutic Recreation Association

### Committees Served:

| Committee   | Organization            | Date      |
|---|-------------------------|-----------|
| Subject Matter expert for national committee on recertifying VA Directive 1178 Animal-Assisted therapies and Activities | Veterans Administration | 2023-2024 |

### Offices Held and Honors Awarded:

| Office/Award                           | Organization                              | Date |
|--|---|------|
| Faculty Award- NTT Teacher of the Year | SIU College of Education & Human Services | 2020 |

## COMMUNITY SERVICE

| Name of Agency     | Nature or Service  | Date(s) Served |
|--------------------|--|----------------|
| Giant City Stables | Volunteer Instructor for Therapeutic Riding and Equine Assisted Learning for children and adolescents aged 5-18yo with | 2016-2021      |



intellectual, developmental, and  
mental health conditions.