

Curriculum Vitae

Sam Biver, MPH

Contact Information

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Saint Louis University
College for Public Health and Social Justice
Department of Behavioral Science and Health Equity

Education

Enrolled in **Doctor of Philosophy**, *Saint Louis University* Anticipated May 2027
Behavioral Science and Health Education

Post-Master's Certificate *Brown School Washington University* April 2021
Data Visualization and Communication

Master of Public Health, *Saint Louis University* May 2016
Behavioral Science and Health Education

Bachelor of Science, *Southern Illinois University Carbondale* December 2010
Physical Education Teacher Education
Health Education Endorsement

Professional Experience

Saint Louis University

College for Public Health and Social Justice

Non-Tenure Track Instructor

Adjunct Instructor

July 2023 – Present

August 2022 – December 2022

- Advisor for Behavioral Science and Health Equity graduate students
- Mentor for undergraduate Public Health students
- Course Instructor
- Advisor for PUBH 5960: Capstone in Public Health Practice (Spring 2023)

Maryville University

Exercise Science Department

Adjunct Instructor

August 2021 – May 2023

- Mentor for the Health Coaching Apprenticeship
- Instructor of Health and Exercise Psychology, EXSC 260, On Ground and Online
- Developed Health and Exercise Psychology course to be offered online

Parkway West High School

Freshman Boys Basketball Coach

June 2022 – February 2023

Washington University School of Medicine

Master of Science in Applied Health Behavior Research Program

Adjunct Instructor

January 2022 – March 2022

- Developed and taught AHBR 502: Basics of Data Visualization and Presentation

Healthy Work Center

Senior Public Health Research Coordinator

September 2019 – August 2022

- Lead coordinator on project to develop [construction industry guidelines](#) to reduce opioid misuse and abuse
- Planned, implemented, and analyzed an evaluation of a large workplace [mental health and wellness program](#) provided by a large construction general contractor on a build site

Health Program Counselor

February 2017 – September 2019

- Provided health coaching to over 125 participants, over 285 hours, using motivational interviewing techniques as part of the [Working for You Intervention](#)
- Facilitated and trained participatory teams comprised of front-line workers across multiple departments at BJC and Washington University to create healthier work environments using participatory approaches
- Adapted evidence-based process measurement tools for use in the evaluation of participatory intervention

CHADS Coalition for Mental Health

Bullying Prevention Program Manager

June 2016 – February 2017

Mentor

June 2015 – June 2016

- Ensure all OBPP programs are implemented to fidelity and meet highest quality standards

Saint Louis University

College for Public Health and Social Justice

Graduate Assistant

August 2014 – May 2016

- Lead Coordinator of the 4th Annual National Public Health Scholar Bowl
- Facilitated focus groups to generate information to improve recruitment strategies

MediFit/EXOS

Intern

July 2015 – March 2016

- Developed a logic model, theoretical framework, and evidence base for an employee weight loss program
- Developed and implemented a curriculum for weight loss support groups
- Evaluated employee wellness programs to improve future implementation and program development
- Coached employees who enrolled in a weight loss program in one-on-one and group settings to help develop goals, action plans, and monitor progress

Heyworth High School, IL

Physical Education and Health Education Teacher

August 2011 – May 2014

- Developed, implemented, and evaluated curriculum for health and physical education courses
- Obtained grant funding from IAHPERD and Heyworth Education Foundation to implement a personalized fitness based physical education curriculum
- Assessed student, faculty, and community health metrics to guide the development of programs and evaluate targeted outcomes
- Coached high school basketball and middle school track and field
- Assistant coach boys' basketball Class 1A Runner-up 2024 Illinois State Tournament
- Inducted into the Heyworth High School Athletic Hall of Fame

Publications/Presentations

Biver, S., & Shacham, E., 2026, August. *Every minute counts: Why PE and health teachers matter more than ever*. Saint Louis Public Schools Physical Education and Health Teachers.

Biver, S., Kern, B. D., van der Mars, H., & Shacham, E., 2026. The association between school physical education practices and school-level socioeconomic status. *Journal of School Health*, 96(9), e70217. <https://doi.org/10.1111/josh.70217>

Biver, S., Loux, T., & Shacham, E., 2025. Association between high school physical education and physical activity in Missouri students. *Physical Education and Sport Pedagogy*, 1–16. <https://doi.org/10.1080/17408989.2025.2607506>

Walsh, R. J., Strickland, J. R., Kinghorn, A. M., Biver, S. F., Colvin, R., Tabak, R. G., Dale, A. M., & Evanoff, B. A., 2025. Evaluating the Implementation of a Workplace Weight Loss Program Using a Modified Process Evaluation Rating Sheet. *Journal of occupational and environmental medicine*, 10.1097/JOM.0000000000003626. Advance online publication. <https://doi.org/10.1097/JOM.0000000000003626>

Biver, S., 2025, November. Missouri PE policies, publicly available data, and the association between high school PE and physical activity. In MO SHAPE Convention: Keeping it 100.

Biver, S. and Shacham, E., 2025, January. The role of physical education in schooling in Missouri. In PRiME Center Research Symposium: Policy Issues in Missouri Schools. PRiME Center.

Biver, S., Shacham, E., 2024. Physical Education: Policies and Practices in Missouri K–12 Schools. PRiME Center. Saint Louis University. <https://www.primecenter.org/education-reports-database/physical-education>

Dale, A.M., Biver, S., Kurtz, S., Chang, D., 2022. Workplace Guidelines to Prevent Opioid and Substance Abuse for the Construction Trades. Healthier Workforce Center of the Midwest. <https://hwc.public-health.uiowa.edu/opioid-management-guidelines-for-the-construction-trades/>

Dale, A.M., Biver, S., Gaal, J., Evanoff, B., 2022, May. Prescription Opioid Use and Stigmatized Attitudes Among Apprentice Construction Workers. National Occupational Injury Research Symposium. NIOSH.

Aung, W.Y., Evanoff, B.A., Strickland, J.R., Colvin, R., Kirk, B.H., Biver, S., Nicol, G. and Dale, A.M., 2020, October. Participant engagement and outcomes in a SMS-text based workplace health behavior change intervention: The working for you study. In *APHA's 2020 VIRTUAL Annual Meeting and Expo (Oct. 24-28)*. APHA.

Evanoff, B., & Biver, S., 2019, December. *Working For You study and human-centered design approach to worksite wellness*. Washington University Wellness Connection. [Dr Bradley Evanoff Sam Biver Human Centered Design - YouTube](#)

Strickland, J.R., Kinghorn, A.M., Biver, S., Colvin, R., Dale, A.M. and Evanoff, B.A., 2020, October. Tools for evaluating workplace participatory program implementation. In *APHA's 2020 VIRTUAL Annual Meeting and Expo (Oct. 24-28)*. APHA.

Courses Taught

Spring 2026

PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University

PUBH 2100: Introduction to Global Health, St. Louis University

PUBH 4960: Capstone in Public Health, St. Louis University

Fall 2025

PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University

PUBH 2100: Introduction to Global Health, St. Louis University

PUBH 5010: Online: Mission and Practice of Global Public Health, St. Louis University

Summer 2025

PUBH 5010: Online: Mission and Practice of Global Public Health, St. Louis University

Spring 2025

PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University

PUBH 2100: Introduction to Global Health, St. Louis University

PUBH 5010: Mission and Practice of Global Public Health, St. Louis University

PUBH 4960: Capstone in Public Health, St. Louis University

Fall 2024

PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University

PUBH 2100: Introduction to Global Health, St. Louis University

PUBH 5010: Online: Mission and Practice of Global Public Health, St. Louis University

Spring 2024

PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University
PUBH 2100: Introduction to Global Health, St. Louis University
PUBH 4960: Capstone in Public Health, St. Louis University
BSH 5450: Introduction to Qualitative Methods, St. Louis University

Fall 2023

PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University
PUBH 2100: Introduction to Global Health, St. Louis University
PUBH 4960: Capstone in Public Health, St. Louis University

Spring 2023

EXSC 260 Online: Health & Exercise Psychology, Maryville University
AHBR 501: Basics of Data Visualization and Presentation, Washington University

Fall 2022

EXSC 260: Health & Exercise Psychology, Maryville University
EXSC 260 Online: Health & Exercise Psychology, Maryville University
PUBH 5070: Translating Theory and Evidence for Community Practice, St. Louis University

Summer 2022

EXSC 260 Online: Health & Exercise Psychology, Maryville University

Fall 2021

EXSC 260: Health & Exercise Psychology, Maryville University

Professional Development

- [Reinert Center Culturally Responsive Teaching Fellow](#)
- Reinert Center for Transformative Teaching and Learning: Culturally Responsive Teaching Community of Practice, *Fall 2023 – Spring 2024*
- Reinert Center for Transformative Teaching and Learning: Culturally Responsive Teaching Institute, *Summer 2023*

Skills and Certifications

- Proficient in ArcGIS Pro
- Strong presenter and group facilitator
- Experience using participatory interventions and human centered design

- Intermediate training and experience in motivational interviewing
- Experience using NVIVO for qualitative analysis

Volunteer Service

- Health School Map Policy Champion *2024-Present*
- MO SHAPE Advocacy Committee *2024-Present*
- Ballwin, MO Parks and Recreation Citizen Advisory Committee *2023 – Present*
- [Washington University Wellness Connection Leadership Group](#) *2018 – 2020*
- St. Ambrose Youth Volleyball Coach *Fall 2019*
- Brickline Greenway Community Advisory Committee *Fall 2017 – Fall 2018*
- YMCA Youth Basketball Coach *Winter 2015 – 2016*
- SIUC “Put a Spring in Your Step” Employee Walking Program *Spring 2010*
- [Research Assistant at the University of New Castle, Australia](#) *Spring 2009*