

# CURRICULUM VITAE

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## EDUCATION

**1999**     **Baylor University, Waco, Texas.**

**Master of Science in Community Health Education**

- Graduate Teaching Assistant for lecture and activity courses: Health and Human Behavior, Aerobics, Beginning Bicycling, Bowling, Fitness Theory and Practice, Weight Control, and Intermediate Weight Training
- Volunteer Coach for Men's and Women's Cross Country Teams
- Thesis topic: An Investigation of the Relationship Between Spiritual Health and Participation in Team or Individual Physical Activities in a Population of Community College Students

**1993**     **Abilene Christian University, Abilene, Texas.**

**Bachelor of Science in Physical Education**

- Instructor for Aerobics and Weight Training and teacher assistant for Bicycling
- Student athletic trainer for Football and Track teams
- Member of Cross Country team

**1991**     **Harding University, Searcy, Arkansas.**

- Earned 97 hours credit in undergraduate studies
- Attended **Harding University in Florence, Italy** for one semester
- Member of Cross Country and Track teams; lettered in Outdoor Track

## PROFESSIONAL EXPERIENCE

**2011 – present**     **Kaua'i Community College, Lihue, Hawaii.**

- Assistant Professor and Coordinator of Health, Physical Education, and Recreation classes
- Instructor for lecture and activity classes: Health, Wellness & Fitness, Weight Training, Fitness Bootcamp, Beginning/Intermediate/Advanced Tennis, and Beginning/Intermediate Yoga, Hiking, and Fitness Professional Certificate which includes Personal Trainer Prep Course, Personal Training Lab, and Nutrition

**2006 – 2011**     **Abilene Christian University, Abilene, Texas.**

- Instructor for lecture and activity classes: Lifetime Wellness, Personal Health, Jogging for Fitness, Advanced Snowboarding and Skiing, Fitness Bootcamp, Bowling, Weight Training, Triathlon Training, Yoga, Backpacking and Hiking
- Yoga instructor for faculty, community, and students (2008-2011)
- Race Director for the ACU Sprint Triathlon (2008-2009)

- 2003 – 2006**      **Bonham Middle School**, Temple ISD, Temple, Texas.
- Teacher for Health, Physical Education, and Athletics, 6-8<sup>th</sup> grade
  - Coach for Volleyball, Cross Country, and Track programs, 7-8<sup>th</sup> grade
- 2001 – 2004**      **Baylor University**, Waco, Texas.
- Adjunct Instructor for Aerobics (August 2001 – May 2002)
  - Personal Fitness Trainer (February 2003 – December 2004)
- 2000 – 2003**      **Brazos Area Health Education Center (AHEC)**, Waco, Texas.
- Program Coordinator for Health Education
    - Responsibilities included: designing and delivering health education presentations, marketing programs, assessing health-related needs of population, collaborating with area healthcare organizations, curriculum enhancement, teacher and student training on curriculum implementation, intern supervisor, and assisting as instructor at local teen pregnancy prevention conferences
    - Worked with participants ranging in age from four years through senior adults in a variety of settings, including daycares, schools, hospitals, community centers, substance rehabilitation centers, and state prisons
    - Provided health education programs to a total of 12,702 participants in an 18-county service area. Topics: nutrition, fitness, wellness and stress management, tobacco and alcohol prevention, dental health, sexuality, skin cancer prevention, and goal setting
- 2000 - 2003**      **McLennan Community College**, Waco, Texas.
- Adjunct Instructor for Weight Training, Aerobics, and Walking for Life
- 2000 – 2002**      **Providence Hospital**, Waco, Texas.
- Instructor for senior adult Aerobics
- 1996 – 1997**      **Brandenburg Middle School**, Garland ISD, Garland, Texas.
- Teacher for Athletics and Physical Education, 6-8<sup>th</sup> grade
  - Coach for Track program, 7-8<sup>th</sup> grade
- 1995 – 1997**      **Exposure Indoor Rock Climbing Gym**, Carrollton, Texas.
- Instructor for belaying, climbing, and a children's clinic
- 1993 – 1996**      **Terrell Middle School**, Terrell ISD, Terrell, Texas.
- Teacher for Athletics and Physical Education, 7-8<sup>th</sup> grade
  - Coach for Volleyball and Track program, 7-8<sup>th</sup> grade
  - Assistant Varsity Coach for Track program, 9-12<sup>th</sup> grade
- Summer 1989**      **Wilderness Trek Christian Camp**, Leadville, Colorado.
- Leader for taking youth groups on week-long hiking and backpacking trips

**COURSES TAUGHT AT KAUAI COMMUNITY COLLEGE**

<b>Semester</b>	<b>Alpha/Number</b>	<b>Course Name</b>
Fall 2017	HPER 100 HPER 152 HPER 170 HPER 270	Health, Wellness, & Fitness Weight Training Beginning Yoga Personal Training Prep Cert
Spring 2017	HLTH 285 HPER 152 HPER 160 HPER 170 HPER 199V	Human Nutrition Weight Training Fitness Bootcamp Beginning Yoga Personal Training Lab
Fall 2016	HPER 100 HPER 160 HPER 170 HPER 270	Health, Wellness, & Fitness Fitness Bootcamp Beginning Yoga Personal Training Prep Cert
Spring 2016	HPER 108 (WI) HPER 148 HPER 152 HPER 160 HPER 199V	Beginning Yoga - Writing Intensive Hiking Weight Training Fitness Bootcamp Personal Training Prep Cert
Fall 2015	HPER 100 HPER 108 HPER 160 HPER 171	Health, Wellness, & Fitness Beginning Yoga Fitness Bootcamp Intermediate Yoga
Spring 2015	HPER 108 (2 sections) HPER 152 HPER 160 (2 sections)	Beginning Yoga Weight Training Fitness Bootcamp
Fall 2014	HPER 100 HPER 108 (2 sections) HPER 152 HPER 160 (2 sections)	Health, Wellness, & Fitness Beginning Yoga Weight Training Fitness Bootcamp
Spring 2014	HPER 100 HPER 108 (2 sections) HPER 152 HPER 160	Health, Wellness, & Fitness Beginning Yoga Weight Training Fitness Bootcamp
Fall 2013	HPER 100 (2 sections) HPER 108 HPER 152 (2 sections) HPER 199V	Health, Wellness, & Fitness Beginning Yoga Weight Training Fitness Bootcamp

Spring 2013	HPER 100 HPER 108 (2 sections) HPER 152 (2 sections) HPER 199V	Health, Wellness, & Fitness Beginning Yoga Weight Training Fitness Bootcamp
Fall 2012	HPER 108 (2 sections) HPER 152 (2 sections) HPER 199V	Beginning Yoga Weight Training Fitness Bootcamp
Spring 2012	HPER 130 HPER 152 (2 sections)	Beginning Tennis Weight Training
Fall 2011	HPER 130 HPER 131/132 HPER 152 (2 sections)	Beginning Tennis Intermediate/Advanced Tennis Weight Training

### **PROFESSIONAL PRESENTATIONS**

- *Use of Colors Personality for Educators* – Hawaii Strategies Institute, co-presenter, Honolulu, Hawaii 2016
- *Children’s Fitness* presentation for Wellness in Texas Conference, Temple, Texas, July 2003
- *The Tooth Fairy: Dental Health for Children* presentation for the Texas Community Health Worker Conference in Dallas, Texas, December 2002
- Keynote speaker for *Fitness and Wellness for the Older Adult* for Freestone County Extension Annual Meeting, November 2002
- Keynote speaker for *Let’s Get Fit* Childcare Conference in Mexia, Texas, September 2002

### **SERVICE**

- Division Personnel Committee (DPC) for Health Education Division - 2017-2018
- Assessment Committee Member for Health Education Division - 2011-2017
- Faculty Senate Rep for Health Education Division - 2014-2016
- Chair of Health and Wellness Standing Committee - 2011-present
- Health Designation Committee Member - 2013-present

### **CERTIFICATIONS**

- *Certified Personal Trainer*, American Council on Exercise, 2017
- *Registered Yoga Teacher (500-hour)*, In Progress
- *Restorative Yoga (50-hour)*, Kapaa, HI 2017
- *Anusara Teacher Training (50-hour)*, The Yoga Experience, Flagstaff, AZ 2012
- *Anusara Yoga Immersion (108-hour)*, Surya Center for Yoga, Coppell, TX 2010
- *Registered Yoga Teacher (200-hour)*, Surya Center for Yoga, Coppell, TX 2009
- *Functional Movement Screen training*, Indianapolis, IN 2008
- *Vinyasa Flow Yoga Teacher Training (57-hour)*, Asheville, NC 2007
- *Biomechanics of Strength Training*, Cooper Institute of Aerobic Research, 2007
- *Personal Fitness Trainer*, American Aerobic Association International (AAAI) and International Sports Medicine Association (ISMA), 2003
- *Aerobic Instructor*, Aerobic and Fitness Association of America, 2000
- *Texas Certified Teacher* for Physical Education (grades K-12), 1993, and Health (grades 7-12), 2003

### **PROFESSIONAL ASSOCIATIONS**

- Regional Officer for TAHPERD, 2008-2010
- Chair of the Advisory Board for Brazos Area Health Education Center (AHEC), 2007-2008
- Board Member for Brazos Area Health Education Center (AHEC), 2003-2009
- Visiting Committee Member of the Exercise Science and Health Department of Abilene Christian University, 2002-2005
- Member of Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD), 1992-2011