

## EDUCATION

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Aug. 1999-May 2001 Sam Houston State University  
*Master of Arts Degree in Kinesiology*

Aug. 1992-May 1996 Upper Iowa University  
*Bachelor of Science in Sports Science*

## PROFESSIONAL EXPERIENCE

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Aug. 2010-Present Houston Community College  
*Instructor-Health and Physical Education*

- Instruct health, yoga, and aerobics classes.
- Design classes, lectures, exams and projects to be assigned.
- Responsible for grading system.
- Responsible for developing new curriculum for the department.

Jan. 2008-May 2010 Blinn College  
*Adjunct Instructor-Kinesiology*

- Instruct yoga classes.
- Design classes, lectures, exams and projects to be assigned.
- Responsible for grading system.

Jan. 2008-May 2010 Wharton County Junior College  
*Adjunct Instructor-Kinesiology*

- Instruct lecture Health classes, and Drug Abuse Classes
- Design lecture presentations, assign exams, quizzes, and projects.
- Responsible for grading system.
- Instructor Aerobics and Conditioning Classes

Sept. 2007-July 2010 Fit Together-Personal Training  
*Certified Personal Trainer-Business Owner*

- Develop personal training programs for clients.
- Schedule personal training sessions.
- Instruct aquatic and yoga classes.
- Responsible for financials of business.

Aug. 2004-2005

Victoria Junior College

*Adjunct Instructor*

- Instructor Personal Training Certification Course.
- Develop lecture and lab presentations.
- Create quizzes and homework projects.

Aug. 2001-Sept. 2007

Citizens HealthPlex

*Medical Programs and Testing Coordinator*

- Develop and implement Policy and Procedures for department.
- Schedule and supervise fitness testing and special programs.
- Instructor aquatics, yoga, and personal training.
- Present at public health fairs, community educational programs, special programs and lectures.

#### PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS

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Member American Council on Exercise, Certified Personal Trainer

American Council on Exercise, Certified Group Fitness Instructor

Aquatic Exercise Association, Certified Aquatic Fitness Instructor

Certified Pilates Instructor

Certified Yoga Fitness Instructor

Certified Cancer Wellness Specialist

Arthritis Foundation Certified AYAP Instructor

American Red Cross CPR, First Aid, AED Certified