

**Lorinda Cohen Gomez**  
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## **EDUCATION**

Master of Science, Kinesiology  
Texas A&M University, College Station, TX  
December 2006

Bachelor of Science, Kinesiology  
Texas A&M University, College Station, TX  
December 2004

## **POSITIONS AND EMPLOYMENT**

Associate Department Head & Program Chair, Physical Education Activity Program,  
Department of Kinesiology & Sport Management, (2025-present)  
Associate Chair, Physical Education Activity Program, Department of Kinesiology & Sport  
Management, Texas A&M University (2022-2025)  
Associate Chair, Physical Education Activity Program, Department of Health & Kinesiology,  
Texas A&M University (2019-2022)  
Instructional Professor, Department of Kinesiology & Sport Management, Texas A&M  
University (2022-present)  
Instructional Professor, Department of Health & Kinesiology, Texas A&M University (2019-  
2022)  
Instructional Associate Professor, Department of Health & Kinesiology, Texas A&M  
University (2013-2019)  
Camp Adventure Program Director, Department of Health & Kinesiology, Texas A&M  
(2013-2018)  
Instructional Assistant Professor, Department of Health & Kinesiology, Texas A&M  
University (2008-2013)  
Lecturer, Department of Health & Kinesiology, Texas A&M University (2007-2008)  
Events Consultant, Archery House, LLC. (2007-2012)  
Graduate Assistant, Department of Health & Kinesiology, Texas A&M University (2005-  
2006)  
Women's Varsity Head Archery Coach Internship, Department of Athletics, Texas A&M  
University (2004-2005)  
Summer Program Fitness/Wellness Director, LakeShore Central/Town of Evans Recreation  
(2002)

## **OTHER EXPERIENCE**

Coordinator of KINE 121- Physical and Motor Fitness (2016-present)  
Coordinator of PEAP Marketing and Promotion (2018-2019)  
Archery Club Coach/Tournament Director, Recreational Sports, Texas A&M University  
(2005-present)  
Tournament Director, First Round 2012, 2016 & 2020 Olympic Trials, College Station, TX  
(2011, 2015, 2019)  
Tournament Director, Aggie Invitational, College Station, TX (2004-present)  
Tournament Director, South Region US Indoor Nationals, College Station, TX (2005-present)  
Tournament Director, Texas Shootout, College Station, TX (2006-2019)

Tournament Director, United States Intercollegiate Archery Championships, College Station, TX (2010)  
Co-Coordinator, Easton Foundation's Gator Cup, Newberry, FL (2010-2011)  
Co-Field Coordinator, Archery World Cup, Ogden, UT (2010-2012)  
Co-Field Coordinator, Youth Archery World Championships, Ogden, UT (2009)  
Co-Director, US Outdoor Nationals, Colorado Springs, CO (2008)  
Co-Director, US J.O.A.D. Outdoor Nationals, Chula Vista, CA (2007)

### **CERTIFICATIONS**

National Strength & Conditioning Association Certified Personal Trainer, renewed 2024  
USA Archery Level 3-NTS Coach, renewed 2023  
USA Archery Level 1 Judge, 2025  
CPR/AED, renewed 2023  
National Archery in the Schools Program (NASP) Basic Archery Instructor Trainer, 2017  
Functional Movement Systems Level 1, 2014  
Schwinn Cycling MPOWER (with Watts) Instructor Certification, 2013

### **PROFESSIONAL DEVELOPMENT**

National Strength and Conditioning Association – Coaches Conference, 2016, 2021, 2022, 2023, 2024  
National Strength and Conditioning Association – National Conference, 2016, 2018, 2022, 2023, 2024, 2025  
National Strength and Conditioning Association – Virtual Personal Training Conference, 2019, 2020  
National Strength and Conditioning Association Journal Trainings

- Classification and Determination Model of Resistance Training Status, 2022
- Writing a Needs Analysis: Exploring the Details, 2022
- Aerobic and Resistance Training for Individuals with Spinal Cord Injuries, 2022
- Back Off: Strong Backs From Rehabilitation to Performance, 2022
- Strengthening Student-Athletes' Leadership Skills in the Weight Room, 2021
- Blood Pressure Characteristics and Responses During Resistance Exercise, 2021
- Weightlifting: An Applied Method of Technical Analysis, 2021
- COVID Training, 2020
- Potentiation Training, 2020
- Shoulder Injury with Swimmers, 2020

USA Archery Coach Symposium, 2017, 2019, 2020, 2021  
Building a Community of Respect Through Effective Communication, 2020  
Perform Better Webinars

- New Training Tools for your Boot Camps and Group Training, 2020
- Agility: Can We Keep It?, 2020

Hullabaloo U/First Year Experience Training, 2019  
Aggie Honor Council New Member Training, 2019  
Idea World Fitness Convention, 2017, 2021  
National Archery in Schools Program - Beyond NASP Academy, 2017  
Archery Seminar with USA Archery Director of Coaching Education, 2015  
Kettlebell Workshop, 2015  
TRX Qualified – Group Suspension Training Level 1, 2014  
National Strength and Conditioning Association Texas State Clinic, 2014  
Perform Better Seminar, 2014  
Crossfit Level 1 Trainer, 2013  
3D Agility and Power Training: A Biomechanical Approach, 2013  
Collegiate Archery Coaching Course, 2012  
USA Archery High Performance Coach, 2006

USA Archery Level 2 Coach, 2004  
USA Archery Level 1 Coach, 2000

**COURSES TAUGHT AT TEXAS A&M UNIVERSITY**

KINE 489 – Specialty Course: Coaching in Personal Training (fall 2017; fall 2018; spring 2020)

KINE 485 – Directed Studies (fall 2016-spring 2017; spring 2018-summer 2018; spring 2021)

KINE 404 – Coaching Psychology (fall 2015-spring 2017)

SPMT 420 – Sport Facility Planning (spring 2014)

KINE 334 – Coaching in Personal Training (fall 2020; fall 2021; fall 2022; fall 2023; fall 2024)

KINE 223

- Introduction Science Health & Fitness – Archery (spring 2015-spring 2019)
- Introduction Science Health & Fitness – Boot Camp (spring 2016-spring 2018)

KINE 121 – Physical & Motor Fitness (spring 2015-present)

KINE 120

- Science Basic Health & Fitness – Archery (fall 2014-fall 2015)

KINE 198

- Health and Fitness Hybrid Strength Training (fall 2011; fall 2012-spring 2013; fall 2014-fall 2015; spring 2017)
- Health and Fitness Hybrid Broomball (fall 2013- fall 2014)
- Health and Fitness Sports Conditioning (fall 2008-fall 2010; fall 2011-spring 2013)
- Health and Fitness Strength Training (fall 2009; fall 2010; fall 2011; spring 2012; spring 2013)
- Health and Fitness Aerobic Walking (spring 2006- fall 2010; spring 2013)
- Health and Fitness Boot Camp (summer 2013)
- Health and Fitness Running (summer 2006-spring 2011; fall 2012)
- Health and Fitness Hybrid Running (fall 2011-spring 2012)
- Health and Fitness Broomball (fall 2010- fall 2011)
- Health and Fitness Fitness Conditioning (spring 2008; spring 2009)

KINE 199

- Beginning Archery (fall 2005-present)
- Archery Team (spring 2025)
- Hullabaloo U Archery (fall 2019)
- Majors Resistance Flexibility (fall 2013-spring 2019)
- Obstacle Course (fall 2018)
- Intermediate Archery (fall 2007-fall 2009; fall 2010; fall 2011; fall 2012; fall 2013; spring 2014-fall 2015; fall 2016-fall 2017; fall 2018; fall 2025)
- Personal Training (fall 2013-spring 2017)
- Broomball (spring 2015-fall 2016)
- Functional Military Movement (spring 2015)
- Boot Camp (fall 2012-spring 2013; spring 2014-fall 2014)

- Beginning Badminton (fall 2008; spring 2010-spring 2013; fall 2014)
- Sports Conditioning (fall 2010; fall 2011; spring 2012-fall 2013)
- Beginning Aerobic Running (spring 2006-spring 2007; spring 2008-spring 2009; spring 2010-fall 2012)
- Aerobic Walking (fall 2009-spring 2010)

### **COURSE DEVELOPMENT/REDESIGN**

KINE 341 Co-Development in progress

KNSM 101 FYEX (in progress)

KINE 345 Coaching of Weight Training (Co-Developed 2024)

KINE 318 Athletic Injuries – redesign to Care of the Athlete (2023)

KINE 334 Coaching in Personal Training (Developed 2019)

KINE 199 Obstacle Course (Developed 2018)

KINE 489 Specialty Course: Coaching in Personal Training (Developed 2017)

Fitness Minor Proposal (Co-Presented 2015)

KINE 199 Functional Military Movement (Co-Developed 2014-2015)

KINE 199 Broomball (Developed 2014-2015)

KINE 199 Extreme Fitness/X-Fit (Co-Developed 2014)

KINE 199 Advanced Archery (Co-Developed 2013)

KINE 199 Personal Training (Co-Developed 2012-2013)

KINE 198 Hybrid (Committee 2010-2011)

KINE 198 Broomball (Co-Developed 2010)

### **HONORS/AWARDS**

Named Head Archery Coach, World University Games, 2025

CEHD Dean's Council Faculty Extraordinary Service Award, 2023

Athlete and Coach, National Champions, Texas A&M Target Archers, 2001-2007; 2010-2019; 2021; 2024

USA Archery Volunteer Coach of the Year Nominee, 2024

John J. Koldus III Faculty & Staff Achievement Award Nominee, 2019

Emil Mamaliga Outstanding Teaching Award, 2013, 2018

Bryan/College Station Hometown Hero Sport Award, 2016

Fish Camp Namesake, 2014

South Region Archery Coach of the Year & nominee for National Coach of Year, 2010, 2015

Texas A&M/Verizon Scholar Athlete Award, 2001-2004

Academic Collegiate All-American, 2002-2004

Texas A&M Letterman Award, 2001-2004

Collegiate All-American, 2001-2004

World University Archery Championships Individual Bronze Medalist, 2004

Texas A&M Archery Team Captain, 2002-2003

Superior Scholar Athlete Award, 2002

Big 12 Commissioners Honor Roll, 2001

### **PUBLICATIONS**

Coady, B., and Cohen Gomez, L. (2017) *Beginning Archery*, Skyepack (online course pack publishing company), West Lafayette, IN

Thomas, F., Cohen L., and Coady B., Target Archery for Beginners (Beginning Archery Packet), Copy Corner Packet

## **PRESENTATIONS**

“Collegiate Archery Roundtable Discussion” USA Archery Coaching Symposium (2025)

“What is PEAP” Advisor Briefing Day (2024; 2025)

“Going the Depth on PEAP” On The Move KNSM Podcast (2023)

“Exercise During COVID” Coffee Table Conversations with Texas A&M University’s College of Education and Human Development (2020)

“Creating a Successful Collegiate Program” USA Archery Coaching Symposium (2017)

## **COMMUNITY SERVICE**

Games of Texas Archery Coordinator, (2014 – 2015; 2019)

Big Brothers Big Sisters Program, (2007 – 2009)

## **MEMBERSHIPS**

National Strength and Conditioning Association (NSCA)

USA Archery (USAA)

## **COMMITTEES**

### State Level:

Texas State Archery Association Board, Vice President (2015-2023)

Texas State Archery Association Board, Interim President (2023-2024)

### University Level:

University Health Services Facilities & Operations Task Force (2025)

Texas A&M University Mental Health Task Force (2023)

Faculty Senate (2017-2023)

Academic Affairs (2019-2023)

Student Health Services Advisory Committee (2019-present)

Personnel & Welfare (2018-2019)

Core Curriculum Council (2017-2018)

University Scholarship Committee (2014-2018)

Academic Professional Track Faculty (APTF) Committee, Member (2016-2017)

APTF, Co-Chair (2017-present)

### College/School of Education Level:

KNSM/CEHD Coaching Major Committee (2024-2025)

Extraordinary Service Award Selection Committee (2024; 2025)

### Department/Division Level:

KNSM Huffines Director Search Committee (2023)

KNSM Coaching Minor Committee (2023)

KNSM Academic Program Review Task Force (2023)

KNSM Department Head Search Committee (2023)

Thornton-McFerrin Coaching Academy Advisory Council (2022-present)

KNSM Instructional Track Faculty Promotion Committee, Chair (2019-present)

Emil Mamaliga “Mammy” Outstanding Teacher Award Committee (2014-2017; 2018-2023; 2025)

PEAP A1 Committee (2014-2023)

KINE 223 Mobility and Stability Lab Committee (2022)  
Culture of Wellness KINE 282 Committee (2019)  
HLKN Instructional Track Faculty Promotion Committee, Member (2013-2018)  
PEAP Promotional Committee (2016-2018)  
HLKN Department Head Search Committee (2016-2017)  
APR Committee for Facilities and Program (2015)  
HLKN Instructor Hiring Committee (2015)  
Life and Physical Science Courses KINE 120 and KINE 223 Committee (2014-2015)  
Graduate Assistant Teaching Award Committee (2013-2014)  
KINE 198 Hybrid Development Committee (2012-2013)