DENISE DIANE **WOODARD**

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**SUMMARY**

I believe in engaging a student in learning about their own health and fitness, to in turn,
create a foundation for living a lifetime of healthy lifestyles.

**EXPERIENCE**

**08/2000 to Current Instructional Assistant Professor**

**Texas A&M University** － College Station, TX

Department of Health and Kinesiology; Physical Education Activity
Program

Courses taught:

199: twice weekly activity course
198: health and fitness course
Hybrid: a course that is taught partially online
120: Science Core Curriculum class introducing the basic concepts
of health and fitness
223: Integrated learning Science Core Curriculum class delving
deeper into health and fitness

Activity Specialties:

Aerobic Running
Aerobic Walking
Pilates
Tone and Flex
Boot Camp
Water Exercise
Strength Training
Modified
Intermediate Swimming
Cardio Conditioning Swimming
Fitness and Conditioning

**08/2014 to Dec 2016 Adjunct Professor**

**Blinn Community College** － Bryan, TX

Health and Kinesiology
Teach activity courses, online courses, health courses.

**05/2004 to 04/2017 Adjunct Professor**

**Pinnacle Career Institute** － Kansas City, MO

Personal Training Institute--Online only classes
 Nutrition 101 & 102 (four week intensive course)

**EDUCATION AND TRAINING**

**CERTIFICATIONS**

**ACTIVITIES, COMMITTEES**

**2000**

**1998**

**1996**

**Master of Science**: Exercise Science
**University of Central Missouri** － Warrensburg, MO

**Bachelor of Science**: Fitness and Wellness
**University of Central Missouri** － Warrensburg, MO

**Associate of Arts**
**Metropolitan Community Colleges** － Kansas City, MO

**American Red Cross**

First Aid and CPR

Current-renewed each year

First Aid and Adult, Child and Infant CPR

2016-current

**Balanced Body Pilates**

Pilates Mat I & II

**International Sports Science Association (ISSA)**

Personal Trainer

2015-current

Specialist in Fitness Nutrition

2015-current

**The Method Pilates**

Pilates Mat I

**National Water Fitness Association**

Water Aerobics Instructor

1997-2004; 2016-current

**Barre Above**

Barre Instructor

**Departmental:**

 Coordinator: Walking, Fitness and Conditioning, Boot Camp; 2001-2013

Responsible for instructors teaching those courses. Lead and

educate effective teaching methods for each class; class revision;
schedule make up; observation of instructors
Mamaliga Award Committee (Departmental Teaching Award):
 2011-2016

Graduate Student Award Committee (Graduate Student Teaching
Award):2014; 2016

APR PEAP Sub Committee
Legacy Award Committee
Letters of Recommendation for students: ~15
Peggy Ritchie Scholarship Committee
Mentor to Health 332 student teachers

**University:**

Advisor: Aggie Girl Scouts

Goal: Through programming and community outreach Aggie Girl

Scouts will fulfill the purpose of the Girl Scouts of the USA: To inspire girls
with highest levels of courage, confidence, and character, who make
the world a better place.

Women’s Faculty Network (WFN) Secretary

 Spring 2017-current

PEAP Committee: Stability/Mobility: redesigning of the previous Neck/Back Test

Honor Council Fall 2018-current

Honor's Scholarship Committee Member
Scholarships Reading Committee 2014-2015
Quality Enhancement Plan with Aggies Commit; Grading Day of Essays;
2014 twice; 2015

**Community Level:**

Auditor of Fitness Instructors: Aerofit Health and Fitness Clubs; 2014-2015

Utilized my expertise and knowledge to audit each instructor,

providing feedback and tips for improvement and success for each
instructor.

**Castlegate HOA:**
 Secretary; Fall 2018-present

Volunteer for Fall and Spring festival; Castlegate clean up

**PRESENTATIONS**

**Texas Association of Health, Physical Education, Recreation, Dance (TAHPERD)**

 *Plyometrics in the Water*; November 2018

**Girl Scouts of Mid America:**

  *Effective Communication with Campers and Fellow Staff*
 *Effective Camper Interactions;* 2013 & 2014

**Texas A&M Tri Deltas:**

 *Nutrition, Fitness and Self-Esteem Promotion*
 2014

**King Oaks Community:**

 Weekly Water Aerobics or Pilates classes