

2020-04-17	120/223 inservice over Hypokinetic Posters	presentation of teaching activity to fellow instructors		Presenter	100				Spring 2020
2021-07-20	Yoga	FishCamp-PEAP Promotion		Co-Presenter	50	Alex Pooley	Regional		Summer 2021
2019-12-06	Water Games: Reclaim the Fame	Convention: TAHPERD	Arlington, TX	Keynote	100				Fall 2019
2019-12-05	Chair Movement and Memory	Convention for TAHPERD	Arlington, TX	Presenter	100				Fall 2019
2019-12-06	Liquid Awesome	Convention for TAHPERD	Arlington, TX	Presenter	100				Fall 2019

Undergraduate Advising

Number of Undergraduate(s)	Activity Advised/Mentored	Undergraduate Name	Description	Student Mentee Award	Student Mentee Placement	Start Semester	End Semester
1		Addison Gault	Letter of recommendation for the White House internship.			Fall 2023	Fall 2023
27	Academic	Hullabaloo U/FYEX course	Teaching freshman to navigate their first semester of college. Mentoring students			Fall 2023	Fall 2023
1	Academic	Alyssabeth Hacker	Peer mentor for Hullabaloo U course			Fall 2023	Fall 2023
1		Aaron Saikho	Letter of recommendation for course: Titans of Investing			Fall 2023	Fall 2023
1		Jeri Holman	Letter of recommendation for Physical Therapy program			Summer 2023	Summer 2023
1		Chandler Wehring	Letter of recommendation to volunteer with St Joseph Health system			Summer 2023	Summer 2023
1		Anjali Patel	Letter of recommendation for physical therapy program			Spring 2023	Spring 2023
25	Academic		FYEX Hullabaloo U course			Fall 2022	Fall 2022
1	Academic	Ryan Harris	2 letters of recommendation			Fall 2022	Fall 2022
1	Academic	Name is held private	Mentor for Pride Mentors			Spring 2022	Spring 2022
1	Academic	Kayla Benavides	2 letters of recommendation			Spring 2022	Spring 2022
22	Academic	HLTH 285/LEADS	Hullabaloo U course for HLTH/KINE students			Fall 2021	Fall 2021
1	Academic	Carsten Cherrington	Letter of recommendation			Fall 2021	Fall 2021
1	Academic	Kenny Wegman	Letter of recommendation			Spring 2021	Spring 2021
1	Academic	Stephanie Munson	Letter of recommendation			Fall 2020	Fall 2020
1	Academic	Elizabeth Wu	Letter of recommendation			Spring 2020	Spring 2020
1	Academic	Jessica Doss	3 different letters of recommendation			Spring 2019	Fall 2019

Service

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Committee Name/Activity	Organization	Service Type	Service Role	Regionality	Brief Description/Impact (if applicable)	Start Semester	End Semester
Well Leader	Living Well	Department	Committee Member			Fall 2023	Ongoing
KNSM Awards Committee		Department	Committee Member			Fall 2023	Ongoing
Texas Conference on Student Success Panel Reviewer	TAMU	University	Reviewer		Read and reviewed 6 presentation proposals	Summer 2023	Summer 2023
Client Closet	Brazos Valley Blessings	Community	Committee Member	Local		Summer 2023	Ongoing
Undergraduate Academic Appeals Council	Texas A&M University	University	Committee Member	Local		Spring 2023	Ongoing
Mammy Committee		Department	Committee Member			Spring 2023	Spring 2023
Water Aerobics Instructor	City of College Station		Presenter	Local		Summer 2022	Ongoing
Texas Conference on Student Success: Review of Proposals		University	Committee Member		3 hours of reviewing proposals to present	Spring 2022	Spring 2022
223 Nutrition Lab Revision Committee		Department	Committee Member			Spring 2022	Spring 2022
120 Principles of Training Exam revision committee	PEAP	Department	Committee Member			Spring 2022	Spring 2022
120 Exercise Science Revision Committee	PEAP	Department	Committee Member			Spring 2022	Fall 2022
Mammy Committee		Department	Committee Member			Spring 2022	Spring 2022
Advisor	Texas A&M Running Club	Student Organization	Advisor			Spring 2022	Ongoing
Mentor Award Committee	Women's Faculty Network	University	Committee Member			Spring 2021	Spring 2021
Mammy Committee		Department	Committee Member			Spring 2021	Spring 2021
Chair Elect, Chair, Past Chair	Texas Association of Health Physical Education Recreation and Dance	Professional	Chair Elect	Regional	Recreation Division, Water Sports	Fall 2020	Fall 2023
WellLeader		Department	Committee Member		WellLeader -- department representative for University wellness program	Fall 2019	Spring 2020
Aggie Ring Day volunteer		University			pass out rings to Aggies on Aggie Ring Day	Spring 2019	Fall 2019
Volunteer	Girl Scouts of Central Texas	Community			volunteer for various events	Spring 2019	Ongoing
Volunteer for Castlegate HOA activities	Castlegate HOA	Community			Volunteer for festivals, clean up days, service projects	Fall 2018	Ongoing
Castlegate Homeowner's Association Board of Directors		Community	Board Member	Local		Fall 2018	Ongoing
Honor Council	TAMU	University	Committee Member			Spring 2018	Spring 2020
Women's Faculty Network Steering Committee			Committee Member	Local		Fall 2017	Spring 2023
Advisor for Aggie Girl Scouts	Aggie Girl Scouts	Student Organization	Advisor	Local		Spring 2015	Ongoing

Professional Affiliations and Memberships

Professional Affiliations and Memberships				
Organization Name	Membership Status	Description	Start Semester	End Semester
American College Health Association	Member		Fall 2023	Ongoing
Texas A&M Women's Club	Member		Fall 2023	Ongoing
Aquatic Exercise Association	Member		Summer 2021	Ongoing
IDEA Health & Fitness Association	Member		Spring 2021	Fall 2023
Texas Association of Health Physical Education Recreation and Dance	Officer	Officer of Water Sports, Recreation Division	Fall 2020	Fall 2023
Athletics and Fitness Association of America	Member		Spring 2019	Ongoing
Castlegate HOA Board of Directors	Officer		Fall 2018	Ongoing
Texas Association Health Physical Education Recreation and Dance	Member		Fall 2018	Fall 2022
Women's Faculty Network	Member	Served on the Steering Committee; Secretary from 2018-2020	Fall 2018	Spring 2023
United States Water Fitness Association	Former Member	Organization has now become part of Aquatics Exercise Association. I was on the Board of Directors from 2019-2021.	Spring 2016	Spring 2022
Girl Scouts of the United States	Member		Fall 1981	Ongoing

Professional Certifications

Effective Date	Expiration Date (leave blank if ongoing)	Organization Name	Type of Certification	Board Certified (if applicable)	Board Eligible (if applicable)	Specialty	Sub-Specialty	Certification Number	Lifetime Board Certification
October 2019	January 2023	United States Water Fitness Association	Master's Level Instructor						
October 2016	October 2022	United States Water Fitness Association	Water Fitness Instructor						
2004-06-05		The Physical Mind Institute	Initiation 101: The Method Pilates						
September 2023	September 2025	SCW Fitness	Aqua Barre Certification						
November 2020		Schwinn Quality	Indoor Cycling Instructor						
2022-10-11		Pumped Up Strength	Pumped Up Strength Instructor Certification						
May 2021	May 2025	Precision Nutrition	Level 1						
December 2023		Gliding Disc	Gliding Disc Certification						
2018-02-18		Barre Above	Barre Certification						
2014-11-09		Balanced Body	Mat II Module						
2014-09-23		Balanced Body	Mat I and Movement Principles						
May 2019	May 2025	Athletics and Fitness Association of America (AFAA)	Group Fitness Instructor					1231019228	

2021-08-03	September 2025	Aquatic Exercise Association	Arthritis Foundation Exercise Program Leader
2021-08-03	September 2025	Aquatic Exercise Association	Arthritis Foundation Aquatic Exercise Program Leader
2021-06-30	May 2025	Aquatic Exercise Association	Aquatic Fitness Professional

Professional Development Activities

Course Title	CE/CPE/CEU/CLE Hours	Course Format	City	State	Description	Sponsoring Organization (if applicable)	Start Semester	End Semester
							Spring 2024	Ongoing
Secrets of Strength & Conditioning	1	Online				Exercise, Etc.	Fall 2023	Fall 2023
Exercise to Improve Neck and Back Function	1	Online				Exercise Etc.	Fall 2023	Fall 2023
Shannon Briggs	3	In Person					Fall 2023	Fall 2023
Comprehensive Recovery Strategies	1	Online				Exercise, Etc.	Fall 2023	Fall 2023
Avoiding Common Fitness Injuries	1	Online				Exercise, Etc.	Fall 2023	Fall 2023
Cueing Strategies	3	Online				Balanced Body	Fall 2023	Fall 2023
TrainTraq: Undergraduate Academic Appeals Council	1.5	Online			Training was not required and I accidentally did it twice.		Fall 2023	Fall 2023
Lauren George Fitness: Flex 3	2	In Person					Fall 2023	Fall 2023
Fitness Jubilee	11.5	Online			Continuing Education workshops, each 1.25 hours. I attended the following: Barre Building Blocks Crunchless Core Training Below the Belt "Toning" is NOT a Thing Embrace the Shape! Nutrition Nudge Let the Beat Drop, Mastering Muscality Pumped up Strength Your Brain on HIIT	Savvier Fitness	Fall 2023	Fall 2023
Aqua Barre Certification	8	Online			Course work to obtain Aqua Barre certification	SCW	Fall 2023	Fall 2023
Squats: From Essential to Exceptional	2	Online				Exercise, Etc.	Fall 2023	Fall 2023
Lauren George Fitness: Let the Beat Drop	2	In Person					Fall 2023	Fall 2023
Aqua Tip Seminar Deep Water Running and Jogging	1	Online				Marietta Mehanni	Summer 2023	Summer 2023
Progressions in Extension from Mat to the Reformer	1	Online			webinar	Balanced Body	Summer 2023	Summer 2023

Barre for Cardio Junkies	4	Online		One Day to Wellness	Summer 2023	Summer 2023
Gliding Reinvented	4	Online		One Day to Wellness	Summer 2023	Summer 2023
Gliding Meets Barre	4	Online		One Day to Wellness	Summer 2023	Summer 2023
Healthy Relationships	1	Online	Workshop focusing on the lesson Healthy Relationships for HU	Hullabaloo U	Summer 2023	Summer 2023
Webinars	5	Online	Confronting Misinformation in our Circle of Influence Managing the Health Infodemic: Getting Started Debunking Fake News Digital Wellbeing and Mental Health: Helping Me is Helping We Health Literacy 101	ACHA	Summer 2023	Summer 2023
Precision Nutrition Refresher Course for Recertification	3	Online			Summer 2023	Summer 2023
Creating Community	1	Online	Workshop to enhance HU classes		Summer 2023	Summer 2023
Hullabaloo U All-instructor Symposium	3	In Person			Spring 2023	Spring 2023
Transformation Teaching and Learning Conference	9		May 3 & 4		Spring 2023	Spring 2023
All Ball Workshop	3			One Day to Wellness	Spring 2023	Spring 2023
Buns, Legs, Core and More	3	Online		One Day to Wellness	Spring 2023	Spring 2023
Lauren George Fitness: Pilates Props	3	In Person			Spring 2023	Spring 2023
Lauren George Fitness: FUNctional Barre	3	In Person			Spring 2023	Spring 2023
NETA: Medicine Ball Pilates	3	Online		NETA	Spring 2023	Spring 2023
Medicine Ball Power	3	Online		NETA	Spring 2023	Spring 2023
Movement Science, Proprioception Pilates Secret Sauce	1	Online		Balanced Body	Spring 2023	Spring 2023
Deeper Dives	1.5	Online		Balanced Body webinar	Spring 2023	Spring 2023
Building Odd Position Strength	1	Online	webinar	ACE Fitness	Spring 2023	Spring 2023
Your Brain on Exercise	1	Online	webinar	ACE Fitness	Spring 2023	Spring 2023
Webinars	4	Online	Nutrition Hot Topics and Controversies Understanding Food Labels and Portion Sizes Deeper Dives into Plant Based Diets Metabolic Training: Is Cardio Worth Your Time	AFAA	Spring 2023	Spring 2023

IDEA Webinars	17	Online	Causes and Cures for Knee Pain 1.5 Debunking Arthritis Exercise Myths 1 5 Tips from a Registered Sports Dietitian .5 Cancer and the Aging Demographic 1 Training the Shoulder Client 1 MELT Method of Self Care 1 Ageless Fitness 1 Functional Balance Training 1 Training the Dysfunctional Knee 1 Introduction to Training Clients with a Heart rate Monitor 1 Common Gait Limitations of People with Back Pain 1 10 Scientific Ways to Burn More Calories 1 Brain Health & Exercise 1 From the Ground Up Glute Strength 1 Three Tacts to create Deep Connections with Your Audience 1 Debunking Arthritis Exercise Stroke Recovery Training	IDEA Health & Fitness	Spring 2023	Summer 2023
Cream Rises	6	Online	Course over effective teaching to renew fitness certifications	AFAA	Spring 2023	Spring 2023
Dynamic Suspension Training Top 10 Challenge	1	Online		Exercise, Etc.	Spring 2023	Spring 2023
Lunging for Experts: Teaching the Walking Lunge	2	Online		Exercise, Etc.	Spring 2023	Fall 2023
Push-ups for Experts: Advanced Push-up Variations	1	Online		Exercise, Etc.	Spring 2023	Spring 2023
The Kettlebell Turkish Get Up	1	Online		Exercise, Etc.	Spring 2023	Spring 2023
The Pesky Piriformis	1	Online		Exercise, Etc.	Spring 2023	Spring 2023
Why the 3500 Calorie Per Pound of Fat Rule is Dead	2	Online		Exercise, Etc.	Spring 2023	Fall 2023
SCW Webinars	21	Online	Managing Mental Health Group Ex: A Positive Outlook for a New Year Program Design for Different Formats Healthy & Happy Hips Versatility of Yoga Glute Training: Perfect your Posterior Be Safe with your Shoulders Perks of Pilates Power of the Pool Sleep the Missing Link Benefits of Building Muscle Total Core Training Fueling Your Performance The Importance of Recovery The Complexity of Coaching Women Fit For All: Embracing LGBTQ+ Inclusivity Active Agers: Secrets to Successful Training The Power of Life Coaching Corrective Exercise for Functional Movement Mind-body Workouts for Mental Health	SCW	Spring 2023	Fall 2023

Savvier Fitness: Fitness Jubilee Online 'Conference' (Recordings were available for 30 days post-convention)	18	Online				Fall 2022	Fall 2022
Exercise ETC: Squats from essential to exceptional	1.5	Online				Fall 2022	Fall 2022
BOSU Cardio and BOSU Strength with Lucy Weaver	1	In Person	College Station	Texas		Fall 2022	Fall 2022
Exercise ETC: The Shoulder, an Owner's Manual	2	Online				Fall 2022	Fall 2022
Exercise ETC: Variations on the plank	1	Online				Fall 2022	Fall 2022
Exercise ETC: The Knee, an Owner's Manual	2	Online				Fall 2022	Fall 2022
CTE Webinar: Unlocking the Power of Play: Using Game-Based Learning to Develop Students 21st Century Skills is complete	1	Online				Fall 2022	Fall 2022
Exercise, ETC: Webinar Old Age is not contagious	1	Online				Fall 2022	Fall 2022
Exercise ETC: Avoiding Common Fitness Injuries	2	Online				Fall 2022	Fall 2022
PILATES!! MORE THAN EXERCISE! Principles and Fundamentals of Core Strength in Pilates	6	In Person	College Station			Summer 2022	Summer 2022
PILATES!! MORE THAN EXERCISE! Application of Pilates Principles to Other Exercise Disciplines	6	In Person	College Station			Summer 2022	Summer 2022
SCW Aqua Exercise Summit: Online Convention (Recordings were available for 30 days post-convention)	21	Online				Summer 2022	Summer 2022
Savvier Fitness Webinar: Barre, Pilates Focus, Tabata HIIT Chaos, Barre 2	4	Online				Summer 2022	Fall 2022
NASM: Performance Training for Every Client	1.5	Online				Summer 2022	Summer 2022
Hullabaloo U: Summer Webinar Series	3	Online				Summer 2022	Summer 2022
Exercise, ETC: Webinar Manipulating skills training for seniors	1	Online				Summer 2022	Summer 2022

Exercise, ETC:The 3500 calorie per pound of fat rule is dead	1.5	Online		Summer 2022	Summer 2022
Exercise ETC: Stretch Yourself Strong	1	Online		Summer 2022	Summer 2022
Exercise, ETC:From Good to Great	1	Online		Summer 2022	Summer 2022
Exercise, ETC:Chair Today Gone tomorrow	1	Online		Summer 2022	Summer 2022
Exercise ETC: Balance on a Budget	1	Online		Summer 2022	Summer 2022
Friday Pilates Inservice/Idea sharing	4	In Person		Spring 2022	Fall 2022
Hullabaloo U: All Instructor Symposium	3	Online		Spring 2022	Spring 2022
Exercise, ETC: Webinar: Core Workouts from outdated to outstanding	1.5	Online		Spring 2022	Spring 2022
Pilates Anatomy in clay with Carissa	3	In Person		Spring 2022	Spring 2022
Exercise, ETC: Progressive Strength training	1	Online		Spring 2022	Spring 2022
SCW Free Webinar Series 1 hour each	55	Online	Excellent Abs: Fact and Fiction; Mental Health and the Fitness Industry; Restorative Exercise: The Backbone of Fitness; Intermittent Fasting: Is It All It Is Cracked Up to Be?; Barre Training: The Ups and Downs; Functional Training in a Dysfunctional World; HIIT Programming: Indoors, Outdoors, and Online; Sit and Get Fit With Chair-Based Programming; Saving your Shoulders; All the Applications of Aqua; Aging Gracefully; Fighting for your Fitness; "Shredding" for your Summer; Pilates is for Everyone Digesting Different Diets The Multipurpose Approach to Myofascial Release Comprehensive Core Training The Issue of Chronic Cardio Work Smarter not Harder Building Your Backside The Future of Hormones & Training your Female Clients Programming and Periodization HIITing the Barre Body Positivity: The Instagram Effect Brain Health Holistic Coaching: Be Mindful of Your Stress Range of Motion: What you Need to Know The Importance of Gut Health Endurance, Strength, and Balance in Aqua Exercise Women and Weights: Working Heavy Motivate Your Clients to Hydrate	Spring 2022	Fall 2022

Transformations After 40
 Hips Don't Lie
 Scrutinizing Supplements: Which
 Ones Are Worth Your Time?
 When Good Knees Go Bad
 Good Night, Sleep Tight
 Stretching For Strength: Flexible
 Foundations
 Functionality For Your Feet
 Body Weight Booty: No Butts
 About It
 The Ultimate Guide to Shoulder
 Training
 Metabolism 101: Nourish to
 Flourish
 Food & Mood: The Gut-Brain
 Connection
 Diet & Lifestyle Considerations for
 Chronic Disease
 Fact or Fiction? Female Fitness
 Myths Busted
 The Mind-Body Connection & The
 Psychology of Fitness
 Hard-Core But Poor on Time?
 Fusion Workouts
 HIIT: Sweat Equity and Weight
 Loss
 Butt Why? The Importance of
 Gluteal Strength
 The Skinny on Diet Trends
 Walking for the Mind, Mood, and
 Body
 Posture and Alignment for Group
 Classes
 Why Can't Clients Lose Body Fat
 Bullet Proof Your Knees
 Strength Training for Active Agers
 Running Your Best

Cannabis inservice for 223	1	In Person	College Station		Spring 2022	Spring 2022
Transformational Teaching and Learning Conference (TTLC)	4	In Person	College Station		Spring 2022	Spring 2022
Observation of fellow instructors	4	In Person		Observed fellow instructors to enhance my own teaching. 4 separate classes.	Spring 2022	Spring 2022
Exercise ETC: New School Strength Training	1	Online			Spring 2022	Spring 2022
Exercise ETC: The Pesky Piraformis	1.5	Online			Spring 2022	Spring 2022
Exercise, ETC Webinar: Three-Dimensional Flexibility	1	Online			Spring 2022	Spring 2022
Exercise, ETC: Webinar Managing the Mighty Microburst	1.5	Online			Spring 2022	Spring 2022
Special Olympics Inclusive Fitness Training	1.5	Online			ACE: American Council on Exercise	Fall 2021 Fall 2021
Observation of Lucy Waite's Major's Aerobic Movement Course	12	In Person		Observed in an effort to teach the class in the future.	Fall 2021	Fall 2021
Metabolic Training: Is Cardio Worth the Time?	2	Online			AFAA	Fall 2021 Fall 2021

Back to Basics with Anatomy	2	Online				IDEA Health and Fitness Association	Fall 2021	Fall 2021
Shannon Briggs: Total Body Conditioning	3	In Person	College Station	Texas		Texas A&M University	Fall 2021	Fall 2021
Child Protection	1	Online			Training for presenting at Fish Camp	TAMU	Summer 2021	Summer 2021
Teaching to the Beat	1	Online				Barre Above	Summer 2021	Summer 2021
Exercise ETC.	6	Online			Push up variations - 1 Squats: Teaching the Proper Squat - 2 Squatting for Experts -1 The Plastic Cup Balance Program - 1 Variations on the Plank -1 (each course requires a webinar lecture, powerpoint handout and test)	Exercise, ETC.	Spring 2021	Fall 2021
Amazing Abs	2	Online				Savvier Fitness	Spring 2021	Spring 2021
Best Bootie	2					Savvier Fitness	Spring 2021	Spring 2021
Designing for Creativity in Learning	8	Online			4 week course presented by Center for Teaching Excellence		Spring 2021	Spring 2021
Design Thinking for Engaged Learning	24	Online			6 week course presented by Center for Teaching Excellence		Spring 2021	Spring 2021
Pilates inservices	4	In Person					Spring 2021	Fall 2021
Barre for Cardio Junkies	1	In Person				Savvier Fitness	Spring 2021	Spring 2021
SCW Webinars	8	Online			Active Aging, No Floor Core 1.5 Coaching Core Stability 1.5 Fascia and Function 1.5 Functional Pilates 1.5 Nutrition Panel	SCW	Spring 2021	Fall 2021
TexFit	4	In Person	College Station	Texas	Fitness workshop	Texas A&M University	Spring 2021	Spring 2021
Transformational Teaching and Learning Conference	4	In Person	College Station	Texas		Texas A&M University	Spring 2021	Spring 2021
Brookshire Institute Studies: online webinars	5	Online					Spring 2021	Spring 2021
Canvas Training	2	In Person			PEAP Canvas training and we CANvas	TAMU	Spring 2021	Fall 2021
Centers for Teaching Excellence	4	Online			11 Major teaching mistakes - 1 hour Keep Teaching.tamu.edu - 3 hours	TAMU	Spring 2021	Fall 2021
Hullabaloo U trainings	11	some in person; some online			Facilitating Conversation on Respect and Inclusion -1 Fantastic Facilitation - 1 Using Technology to Enhance Engagement and Community - 1 New Instructor Training -4 Instructor Training - 4	Hullabaloo U	Spring 2021	Summer 2021
Women, Exercise, and Metabolism	2	Online				Exercise, ETC.	Fall 2020	Fall 2020
Hydration: Through the Lens of Fitness and Health	2	Online				AFAA	Fall 2020	Fall 2020
Training the Brain: The Neuroscience of Aerobic Exercise	2	Online				AFAA	Fall 2020	Fall 2020

Barre Above: Pilates Meets Barre	1	Online					Fall 2020	Fall 2020
Back to Basics with Anatomy	2	Online				IDEA Health & Fitness	Fall 2020	Fall 2020
Understanding Food Labels and Portion Sizes	2					NASM	Fall 2020	Fall 2020
Emotions in Motion: Exercise as an Anxiety Intervention	2	Online				AFAA	Fall 2020	Fall 2020
BOSU workshops	4	Online			2nd Helping of HIIT - 1 Goulsh Glutes and Creepy Quads - 1 Stability Ball Workshop - 2		Fall 2020	Fall 2020
Center for Teaching Excellence	2	Online			Increasing Student Motivation and Engagement Online while using Active Learning webinar Preparing for Face to Face Teaching in F2020		Summer 2020	Summer 2020
Buns, Legs, Core, and More	2	Online				Mindy Mylrea	Spring 2020	Spring 2020
Flourish Webinars	3	Online			Emotional Eating Food Labels Mindful eating and meal planning		Spring 2020	Fall 2020
Exercise, ETC courses	10	Online			Each course involves a webinar, handout and exam: Chiseled Abs and Sculpted Glutes Lift Weight to Lose Weight The 3500 Calorie per Pound of Fat Rule is Dead Three Dimensional Flexibility Understanding Myofascial Release	Exercise ETC.	Spring 2020	Fall 2020
Exercise ETC.	2	Online			Webinars New Direction in Cardio Trainers Group Balance drill for Seniors		Spring 2020	Fall 2020
Club Pilates Instructor Training	144	Hybrid	College Station	Texas	Online and in person instructor training. Each course 12 hours Barrels and Props Cadillac Chair Mat x 2 Reformer x 2 Reformer and props x 2 Special Populations Trigger Point TRX	Club Pilates	Spring 2020	Spring 2020
Stretching Anatomy 2nd Edition	2	Online				Exercise, ETC.	Spring 2020	Spring 2020
Airrosti: Tech neck webinar	1	Online					Spring 2020	Spring 2020
120/223 optional inservices	3	In Person			instructor collaborations; 1 hour each x 3		Spring 2020	Fall 2020
SCW	2	Online			Abs Fact and Fiction HIIT Programming: Indoor, Outdoors and online	SCW	Spring 2020	Fall 2020
Hydrorevolution Training	3	Online				AEA	Spring 2020	Spring 2020

IDEA webinars	9	Online		Nutritional Strategies for Sheltering in Place Brain Health and Exercise Can CBD Help Your Clients Dairy Myth Busting Focusing on self care during crisis From the ground up Glute Strength Integrating corrective exercise into PT Ketogenic Diet: Fact vs Fallacy Mastering Fat Metabolism	IDEA Health and Fitness	Spring 2020	Fall 2020
ACE Fitness courses/webinars	5	Online		IFT PT Program Design -1 Performance Nutrition Strategies webinar - 1 Programming the Ultimate HIIT workout - 2 Stress Management - 1	ACE Fitness	Spring 2020	Fall 2020
Conference: TAHPERD	10	In Person	Arlington Texas		TAHPERD	Fall 2019	Fall 2019
How to be a Super Learner	2	Online			Center of Excellence	Fall 2019	Fall 2019
Water Exercise	2	Online			Exercise, ETC.	Fall 2019	Fall 2019
120/223 In services	10	In Person		Instructors gathered to discuss methods for teaching lecture topics.		Spring 2019	Fall 2019