

2018-12-01	Plyometrics in the Water	Texas Association of Health, Physical Education, Recreation, and Dance	Texas	Presenter	100				Fall 2018
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: Texas Association of Health, Physical Education, Recreation, and Dance	Arlington, TX	Keynote	100				Fall 2019
2019-12-05	Chair Movement and Memory	Convention for Texas Association of Health, Physical Education, Recreation, and Dance	Arlington, TX	Presenter	100				Fall 2019
2019-12-06	Liquid Awesome	Convention for Texas Association of Health, Physical Education, Recreation, and Dance	Arlington, TX	Presenter	100				Fall 2019
2019-03-08	Chair Exercise	Able, Active and Adaptive Conference	TAMU	Presenter	100				Spring 2019

Undergraduate Advising

Number of Undergraduate(s)	Activity Advised/Mentored	Undergraduate Name	Description	Student Mentee Award	Student Mentee Placement	Start Semester	End Semester
1	Academic	Lexi Rivers	Letter of recommendation for internship		internship awarded	Spring 2024	Spring 2024
1	Academic	Lexi Rivers	Letter of recommendation for a grant			Spring 2024	Spring 2024
1	Academic	Alyssa Gipson	Letter of recommendation for scholarship	scholarship awarded		Spring 2024	Spring 2024
1	Academic	Addison Gault	Letter of recommendation for White House internship			Spring 2024	Spring 2024
1	Academic	Alyssabeth Hacker	Peer mentor for Hullabaloo U course			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		Aaron Saikho	Letter of recommendation for course: Titans of Investing			Fall 2023	Fall 2023
1		Addison Gault	Letter of recommendation for the White House internship.			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
1	Academic	Ryan Harris	2 letters of recommendation	Fall 2022	Fall 2022
25	Academic		FYEX Hullabaloo U course	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
1	Academic	Carsten Cherrington	Letter of recommendation	Fall 2021	Fall 2021
22	Academic	HLTH 285/LEADS	Hullabaloo U course for HLTH/KINE students	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
2	Academic	Caitlin Kahney; Valeria Ruiz	Mentor for HLTH 332; each student taught their own lecture, not a joint lecture.	Spring 2019	Spring 2019
1	Academic	Jessica Doss	3 different letters of recommendation	Spring 2019	Fall 2019
1	Academic	Kenneth Wegman	Letter of recommendation	Spring 2019	Spring 2019

Service

Committee Name/Activity	Organization	Service Type	Service Role	Regionality	Brief Description/Impact (if applicable)	Start Semester	End Semester
Texas Conference on Student Success: Review of Proposals	Texas A&M University	University	Reviewer	Local	Reviewer of presentation proposals; approximately 3 hours	Summer 2024	Summer 2024
Hullabaloo U Wellness & Mental Health Curriculum committee	Hullabaloo U/FYEX	University	Committee Chair	Local	Took over as Chair after the Chair left our committee halfway through the writing process. Wrote lesson plan for the Wellness & Mental Health lesson for all Hullabaloo U/FYEX courses.	Summer 2024	Fall 2024
Track Meet	Texas A&M Running Club	University	Advisor	Regional	I am the advisor for Texas A&M Running Club. We had a track meet March 3rd. Approximately 5 teams from across the state of Texas came to participate in track events. 4 hours	Spring 2024	Spring 2024
Hullabaloo U Curriculum Committee	Hullabaloo U/FYEX	University	Committee Member	Local	Committee member to determine the four, core lessons delivered in all FYEX courses.	Spring 2024	Spring 2024
KNSM Awards Committee	Kinesiology and Sports Management	Department	Committee Member	Local		Fall 2023	Spring 2024
Well Leader	Living Well	University	Committee Member	Local		Fall 2023	Ongoing
Client Closet	Brazos Valley Blessings	Community	Committee Member	Local		Summer 2023	Ongoing

Texas Conference on Student Success Panel Reviewer	TAMU	University	Reviewer	Local	Read and reviewed 6 presentation proposals	Summer 2023	Summer 2023
Undergraduate Academic Appeals Council	Texas A&M University	University	Committee Member	Local		Spring 2023	Ongoing
Mammy Committee	Physical Education Activity Program	Department	Committee Member	Local		Spring 2023	Spring 2023
Water Aerobics Instructor	City of College Station	Community	Presenter	Local		Summer 2022	Ongoing
Advisor	Texas A&M Running Club	Student Organization	Advisor	Local		Spring 2022	Ongoing
Texas Conference on Student Success: Review of Proposals	Texas A&M University	University	Committee Member	Local	3 hours of reviewing proposals to present	Spring 2022	Spring 2022
KINE 223 Nutrition Lab Revision Committee	Physical Education Activity Program	Department	Committee Member	Local		Spring 2022	Spring 2022
120 Principles of Training Exam revision committee	Physical Education Activity Program	Department	Committee Member	Local		Spring 2022	Spring 2022
KINE 120 Exercise Science Revision Committee	Physical Education Activity Program	Department	Committee Member	Local		Spring 2022	Fall 2022
Mammy Committee	Physical Education Activity Program	Department	Committee Member	Local		Spring 2022	Spring 2022
Mammy Committee	Physical Education Activity Program	Department	Committee Member	Local		Spring 2021	Spring 2021
Mentor Award Committee	Women's Faculty Network	University	Committee Member	Local		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	Local	WellLeader -- department representative for University wellness program	Fall 2019	Spring 2020
Mentor Awards Committee	Women's Faculty Network	University	Committee Member	Local		Spring 2019	Spring 2019
University Scholar Application Review Committee	Texas A&M University	University	Committee Member	Local	reviewer of applications for scholarships	Spring 2019	Spring 2019
Aggie Ring Day volunteer	Texas A&M University	University	Volunteer	Local	pass out rings to Aggies on Aggie Ring Day	Spring 2019	Fall 2019
Annual awards banquet	Women's Faculty Network	University	organization committee member	Local		Spring 2019	Spring 2019
Annual Awards Banquet Panel Moderator	Women's Faculty Network	Moderator of panel discussion	Presenter	Local		Spring 2019	Spring 2019
Volunteer	Girl Scouts of Central Texas	Community	Volunteer	Local	volunteer for various events	Spring 2019	Ongoing
Volunteer for Castlegate Homeowner's Association activities	Castlegate Homeowner's Association	Community	Committee Co-Chair	Local	Volunteer for festivals, clean up days, service projects	Fall 2018	Ongoing

Board of Directors	Castlegate Homeowner's Association	Community	Board Member	Local	Fall 2018	Ongoing
Honor Council	Texas A&M University	University	Committee Member	Local	Spring 2018	Spring 2020
Steering Committee	Women's Faculty Network	University	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 Homeowner's Association Board of Directors	Officer		Fall 2018	Ongoing
Women's Faculty Network	Member	Served on the Steering Committee; Secretary from 2018-2020	Fall 2018	Spring 2023
Texas Association Health Physical Education Recreation and Dance	Member		Fall 2018	Fall 2022
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
Buns, Legs, Core, & More	3	Online				Move Mentors	Summer 2024	Summer 2024
First Aid	2	Online			course and certification	American Red Cross	Summer 2024	Summer 2024
Webinars	4	Online			Training Clients with Back Pain Pilates Unveiled Three Pillars of Healthy Feet REBOUND to Better Health with Mini Fitness Trampolines	Washington DC Aerobics Convention; Fitness Conventions Inc.	Summer 2024	Summer 2024
Supporting Students by Supporting Instructors	1	Online				Hullabaloo U	Summer 2024	Summer 2024
Fluid Strength Course and Certification	16	Online			Consisting of online workshops and workbook completion. Initially offered by One Day to Wellness. That company was absorbed into MyFIIT/Move Mentors	One Day to Wellness	Spring 2024	Summer 2024
Coaching Fundamentals	3	Online			Consisting of three courses: Creating a Culture of Belonging Effectively Coaching Gen Z Coaching Fundamentals: Elevating Your Coaching IQ	USA Weightlifting	Spring 2024	Spring 2024
Webinar	7	Online			Time Optimized Workouts Beyond Resolutions Revitalizing Group Fitness Integrating Nutrition Education for Fitness Pros Coaching Complex Joints Optimizing Active Aging Beating Back Pain from the Ground Up	SCW Fitness	Spring 2024	Spring 2024
Webinar	4.5	Online			Pumped Up Strength The Physiology of Fat Loss Embrace the Shape	Savvier Fitness	Spring 2024	Spring 2024
Unlocking the Potential for Collaborative Learning in Your Class	1	Online				Center for Teaching Excellence	Spring 2024	Spring 2024

Maximizing Your Cueing	1.5	Online				Balanced Body	Spring 2024	Spring 2024	
Webinars	15	Online				Well on Target, Blue Points 3 Estate and Trust Planning Food as Medicine, Reversing Type 2 Diabetes Mental Fitness for Brain Power Redefining Self Care Paying off Debt While Building Wealth Gratitude a Skill for Happier Living Summer Nutrition for Families Active and Healthy Aging Bedtime Routines for Adults Eating Healthy on a Budget Redefining Self Care Basic Nutrition	Living Well	Spring 2024	Summer 2024
Pilates Pumped up Circuits	1.5	Online				Level Up Movement	Spring 2024	Spring 2024	
		In Person	College Station	Texas	Pilates continuing education workshop	Balanced Body	Spring 2024	Spring 2024	
Understanding Food Labels and Portion Sizes	1	Online				Athletics and Fitness Association of America	Spring 2024	Spring 2024	
Nutrition for Optimal Mental Health	1	Online				Athletics and Fitness Association of America	Spring 2024	Spring 2024	
Webinars	3	Online				Nutrition and Physical Activity: When Science Meets Application 1.5 hours x 2	American Council on Exercise	Spring 2024	Spring 2024
Live to be 100	1	Online				Webinar	Functional Aging Institute	Spring 2024	Spring 2024
The Aggie Way Engagement Program: Peer Messenger Training	1	Online					Texas A&M University	Spring 2024	Spring 2024
Stability and Mobility: The Mat Meets Balls and Rollers	8	In Person	College Station	Texas	Pilates workshop hosted by Lesley Snelson	Balanced Body	Spring 2024	Spring 2024	
Level 1 Running Coach Certification	20	Online				20 hours of prep work and exam completion for certification	Road Runners Club of America	Spring 2024	Summer 2024
Level 1	18	In Person	College Station	Texas	Two, nine-hour days of class April 27 & 28	Road Runners Club of America	Spring 2024	Summer 2024	
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 Fitness	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: Let the Beat Drop	2	In Person			Fall 2023	Fall 2023
Shannon Briggs	3	In Person			Fall 2023	Fall 2023
Cueing Strategies	3	Online		Balanced Body	Fall 2023	Fall 2023
Avoiding Common Fitness Injuries	1	Online		Exercise, Etc.	Fall 2023	Fall 2023
Comprehensive Recovery Strategies	1	Online		Exercise, Etc.	Fall 2023	Fall 2023
Exercise to Improve Neck and Back Function	1	Online		Exercise Etc.	Fall 2023	Fall 2023
Secrets of Strength & Conditioning	1	Online		Exercise, Etc.	Fall 2023	Fall 2023
Squats: From Essential to Exceptional	2	Online		Exercise, Etc.	Fall 2023	Fall 2023
Progressions in Extension from Mat to the Reformer	1	Online	webinar	Balanced Body	Summer 2023	Summer 2023
Healthy Relationships	1	Online	Workshop focusing on the lesson Healthy Relationships for Hullabaloo U/First Year Experience	Hullabaloo U	Summer 2023	Summer 2023
Creating Community	1	Online	Workshop to enhance HU/FYEX classes	Hullabaloo U	Summer 2023	Summer 2023
Gliding Meets Barre	4	Online		One Day to Wellness	Summer 2023	Summer 2023
Gliding Reinvented	4	Online		One Day to Wellness	Summer 2023	Summer 2023
Barre for Cardio Junkies	4	Online		One Day to Wellness	Summer 2023	Summer 2023
Aqua Tip Seminar Deep Water Running and Jogging	1	Online		Marietta Mehanni	Summer 2023	Summer 2023
Precision Nutrition Refresher Course for Recertification	3	Online		Precision Nutrition	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	American College Health Association	Summer 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
Medicine Ball Pilates	3	Online		National Exercise Trainer's Association	Spring 2023	Spring 2023

Medicine Ball Power	3	Online		National Exercise Trainer's Association	Spring 2023	Spring 2023
SCW Fitness 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 Fitness	Spring 2023	Fall 2023
Athletics and Fitness Association of America 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	Athletics and Fitness Association of America	Spring 2023	Spring 2023
The Pesky Piriformis	1	Online		Exercise, Etc.	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
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
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
Why the 3500 Calorie Per Pound of Fat Rule is Dead	2	Online		Exercise, Etc.	Spring 2023	Fall 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
IDEA Health & Fitness Association 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 Association	Spring 2023	Summer 2023
Hullabaloo U All-instructor Symposium	3	In Person					Spring 2023	Spring 2023
The Kettlebell Turkish Get Up	1	Online				Exercise, Etc.	Spring 2023	Spring 2023
Transformation Teaching and Learning Conference	9	In Person	May 3 & 4				Spring 2023	Spring 2023
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
Exercise ETC: The Shoulder, an Owner's Manual	2	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: Squats from essential to exceptional	1.5	Online					Fall 2022	Fall 2022
Exercise ETC: Avoiding Common Fitness Injuries	2	Online					Fall 2022	Fall 2022
Exercise, ETC: Webinar Old Age is not contagious	1	Online					Fall 2022	Fall 2022
Center for Teaching Excellence Webinar: Unlocking the Power of Play: Using Game-Based Learning to Develop Students 21st Century Skills is complete	1	Online					Fall 2022	Fall 2022

Savvier Fitness: Fitness Jubilee Online 'Conference' (Recordings were available for 30 days post-convention)	18	Online			Fall 2022	Fall 2022
SCW Fitness Aqua Exercise Summit: Online Convention (Recordings were available for 30 days post-convention)	21	Online			SCW Fitness	Summer 2022 Summer 2022
Exercise, ETC: Webinar Manipulating skills training for seniors	1	Online				Summer 2022 Summer 2022
Savvier Fitness Webinar: Barre, Pilates Focus, Tabata HIIT Chaos, Barre 2	4	Online				Summer 2022 Fall 2022
Hullabaloo U: Summer Webinar Series	3	Online				Summer 2022 Summer 2022
Exercise ETC: Balance on a Budget	1	Online				Summer 2022 Summer 2022
Exercise, ETC: Chair Today Gone tomorrow	1	Online				Summer 2022 Summer 2022
Exercise, ETC: From Good to Great	1	Online				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
PILATES!! MORE THAN EXERCISE! Principles and Fundamentals of Core Strength in Pilates	6	In Person	College Station			Summer 2022 Summer 2022
Exercise ETC: Stretch Yourself Strong	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
National Academy of Sports Medicine: Performance Training for Every Client	1.5	Online				Summer 2022 Summer 2022
Exercise, ETC: Webinar: Core Workouts from outdated to outstanding	1.5	Online				Spring 2022 Spring 2022
SCW Fitness Free Webinar Series 1 hour each	55	Online				Spring 2022 Fall 2022
						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
 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

Observation of fellow instructors	4	In Person	Running Your Best Observed fellow instructors to enhance my own teaching. 4 separate classes.	Spring 2022	Spring 2022
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
Pilates Anatomy in clay with Carissa	3	In Person					Spring 2022	Spring 2022
Hullabaloo U: All Instructor Symposium	3	Online					Spring 2022	Spring 2022
Friday Pilates Inservice/Idea sharing	4	In Person					Spring 2022	Fall 2022
Exercise, ETC: Webinar Managing the Mighty Microburst	1.5	Online					Spring 2022	Spring 2022
Exercise, ETC Webinar: Three-Dimensional Flexibility	1	Online					Spring 2022	Spring 2022
Exercise, ETC: Progressive Strength training	1	Online					Spring 2022	Spring 2022
Exercise ETC: The Pesky Piraformis	1.5	Online					Spring 2022	Spring 2022
Exercise ETC: New School Strength Training	1	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
Shannon Briggs: Total Body Conditioning	3	In Person	College Station	Texas		Texas A&M University	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
Teaching to the Beat	1	Online				Barre Above	Summer 2021	Summer 2021
Child Protection	1	Online			Training for presenting at Fish Camp	TAMU	Summer 2021	Summer 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
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 Fitness 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
Brookshire Institute Studies: online webinars	5	Online			Spring 2021	Spring 2021
We CANvas	2	In Person	Physical Education Activity Program Canvas Training	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
Back to Basics with Anatomy	2	Online		IDEA Health & Fitness	Fall 2020	Fall 2020
BOSU Training and Fitness workshops	4	Online	2nd Helping of HIIT - 1 Goulish Glutes and Creepy Quads - 1 Stability Ball Workshop - 2		Fall 2020	Fall 2020
Hydration: Through the Lens of Fitness and Health	2	Online		AFAA	Fall 2020	Fall 2020
Understanding Food Labels and Portion Sizes	2	Online		NASM	Fall 2020	Fall 2020
Emotions in Motion: Exercise as an Anxiety Intervention	2	Online		AFAA	Fall 2020	Fall 2020
Training the Brain: The Neuroscience of Aerobic Exercise	2	Online		AFAA	Fall 2020	Fall 2020
Women, Exercise, and Metabolism	2	Online		Exercise, ETC.	Fall 2020	Fall 2020
Barre Above: Pilates Meets Barre	1	Online			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
American Council on Exercise 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

Exercise ETC.	2	Online			Webinars New Direction in Cardio Trainers Group Balance drill for Seniors		Spring 2020	Fall 2020
Flourish Webinars	3	Online			Emotional Eating Food Labels Mindful eating and meal planning		Spring 2020	Fall 2020
Airrosti: Tech neck webinar	1	Online					Spring 2020	Spring 2020
SCW Fitness Education	2	Online			Abs Fact and Fiction HIIT Programming: Indoor, Outdoors and online	SCW	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
Stretching Anatomy 2nd Edition	2	Online				Exercise, ETC.	Spring 2020	Spring 2020
IDEA Health & Fitness Association 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
KINE 120/223 optional inservices	3	In Person			instructor collaborations; 1 hour each x 3		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
Hydrorevolution Training	3	Online				AEA	Spring 2020	Spring 2020
Water Exercise	2	Online				Exercise, ETC.	Fall 2019	Fall 2019
How to be a Super Learner	2	Online				Center of Excellence	Fall 2019	Fall 2019
Conference: Texas Association of Health, Physical Education, Recreation, and Dance	10	In Person	Arlington	Texas		TAHPERD	Fall 2019	Fall 2019
Able, Active and Adaptive Conference	2	In Person	College Station	Texas	conference held on TAMU campus.		Spring 2019	Spring 2019
KINE 120/223 In services	13	In Person			Instructors gathered to discuss methods for teaching lecture topics.		Spring 2019	Spring 2020

Transformational Teaching and Learning Conference	4	In Person	College Station	Texas		Texas A&M University	Spring 2019	Spring 2019
fitCamp with Lawrence Biscontini	75	In Person		Puerto Rico	Deeply immersive 5 day workshop on teaching techniques and how to be a better instructor.		Spring 2019	Spring 2019