

Current Position: Health & Wellness Promotion Coordinator as of August 20, 2012
Student Affairs/Health Services
University of West Georgia

Experience

2005-August 18, 2012, University of West Georgia

- Lecturer for Health & Physical Activity in the Elementary School course, Personal Wellness course, PWLA Yoga activity class
- Facilitator for Stewards of Children – Darkness to Light Child Sexual Abuse Prevention
- Co-faculty advisor for Campus Outreach
- Co-director for UWG DisABILITIES Awareness events

2002-2005, Arlington Heights High School, Fort Worth ISD, Fort Worth, TX

- High School Counselor

1997-1999, Fairhope Elementary School, Fairhope, AL

- Physical Education Teacher
- Recognized for highest level of physical fitness in the state of Alabama

1987-1989, Baylor University, Waco, TX

- Director of the Campus Wellness Program
- 1989 Outstanding Student Affairs Employee

1986-1987, Baylor University, Waco, TX

- Graduate Assistant
- Helped initiate the Campus Wellness Program
- Lead faculty, staff and student fitness and nutrition groups

1984-1986, Oak Hills Elementary & Shenandoah Elementary, Northside ISD, San Antonio, TX

- Elementary Physical Education Teacher
- Initiated an employee pilot school wellness program
- 1985 recipient of the Physical Education Public Information Award (PEPI) for the state of Texas presented by the Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD) as outstanding elementary physical education teacher
- 1985 initiated and directed the first Texas Youth Fitness Conference
- Served on the American Heart Association board for Jump Rope for Heart program
- Co-authored a district wide curriculum for elementary physical education

1983-1984, Colony Bend Elementary, Fort Bend ISD, Sugar Land, TX

- Lead the school efforts raising \$14,000 for Jump Rope for Heart
- Lead teacher for 1,000 student school

1982-1983, Alice ISD, Alice, TX

- Coordinator of Health and Physical Education
- Responsible for the administration of programs in fourteen schools including writing curriculums, equipment and facility management, in-service programs
- Initiated a district-wide employee wellness program
- Received a grant for a community/school running/fitness trail

1980-1982, Alice ISD, Alice, TX

- Junior High Physical Education Teacher and Coach

1978-1980, Goree Public Schools, Goree, TX

- Elementary Classroom Teacher and Junior High Life Science, Health and Physical Education Teacher and High School Coach

1977-1978, Springlake-Earth ISD, Earth, TX

- Junior High Science and Health Teacher, High School Physical Education Teacher and Coach

Education

University of South Alabama, 2000-2002

- M.S. Degree in School Counseling
- 2001 Recognized as the Outstanding Graduate Student in the College of Educational Leadership

Baylor University, 1986-1987

- M.S. Degree in Health and Physical Education

Southwestern University, 1977

- B.S. Degree in Health and Physical Education
- Minor in Biology

Professional Services

- Member of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) & Georgia AHPERD (presenter at 2010 conference)
- Serve as a board member on the West Georgia Partners to Prevent Child Sexual Abuse
- Currently serving on the UWG Wolves Wellness Advisory Board
- Co-authored the NCAA CHOICES Grant received for 2007-2010 by UWG for substance abuse programming
- Currently serving on the University of West Georgia ADAPT committee for education in regard to substance abuse
- Served on numerous Texas Assoc. of Health, Physical Education, Recreation & Dance committees and in positions of leadership
- Worked in leadership roles with the American Heart Association Jump Rope for Heart programs
- Served on a curriculum advisory committee for physical education with the Texas Education Agency
- Co-authored the Northside Independent School District's elementary physical education curriculum guide
- Presented numerous in-service workshops for physical education teachers throughout the state of Texas
- Published an article regarding university wellness programs in the Winter 1990 *National Association of Student Personnel Administrators (NASPA) Journal*, a referred publication

Personal Interests

- Gardening, fitness activities, family recreation, writing
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