

Fall 2024

LAUREN A. RHODES
Curriculum Vitae

Nursing and Health Science Building 136 • P.O. Box 3011 Commerce, TX 75429 • Lauren.Rhodes@tamuc.edu

EDUCATION:

Masters of Science in Health, Kinesiology, & Sport Studies (May 2011)
Texas A&M University-Commerce

Bachelor of Arts in Political Science (May 2007)
Baylor University, Waco, Texas

PROFESSIONAL APPOINTMENTS:

August 2012- Present
Instructor
Department of Health & Human Performance (HHP)
Texas A&M University-Commerce

August 2011- May 2012
Ad Interim Instructor
Department of Health & Human Performance (HHP)
Texas A&M University-Commerce

August 2009 – May 2011
Graduate Assistant – Teaching
Department of Health & Human Performance (HHP)
Texas A&M University-Commerce

July 2009 – May 2013
Personal Trainer & Fitness Instructor
Morris Recreation Center
Texas A&M University – Commerce

January 1, 2010 – July 2011
Fitness & Wellness Program Assistant
Morris Recreation Center
Texas A&M University-Commerce

August 2008 – June 2009
Underwriter
Farmers Insurance Group

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Austin, Texas

August 2007 – June 2008

Fitness Specialist

R.A.C.E. for Life Wellness Center

Paris, Texas

TEACHING EXPERIENCE:

HHPK 1301: Foundations in Kinesiology

HHPK 1338: Concepts of Physical Activity

HHPK 1306: First Aid & Safety

HHPH 1364: Substance Use & Abuse

HHPK 355: Evidence-based Practice in Exercise Science

HHPK 444: Administration of Kinesiology & Sport Programs

HHPH 472: Stress Management

HHPH 100: Foundations of Sport Management

HHPH 110: Principles of Leadership in Sport & Recreation Management

HHPH 400: Sport & Recreation Management

FRA 100: Lifetime Fitness

FRA 101: Aerobic Conditioning through Walking & Jogging

FRA 105: Weight Training

FRA 125: Tennis

FRA 164: Yoga

FRA 197: Yoga II

FRA 197P: Pilates

CERTIFICATIONS:

- RYT-500, Yoga Alliance recognized certification
- AFAA Primary Group Certification
- AFAA Personal Training Certification
- American Heart Association CPR Certified
- American Red Cross CPR Certified Instructor
- American Red Cross CPR Certified

Activities/ Volunteerism

Presenter- Cardio for Canines – Grand Opening for Commerce Dog Park – November 2021

Instructed dog yoga for the community to raise money for Canine Companions for Independence and engage the community in physical activity.

Founder- Texas A&M University-Commerce Running Club- Fall 2019 to present

Helped to establish the TAMUC Running Club for faculty, staff, students, and community members. The group meets twice a week for organized runs around campus and through Commerce. The goal of this organization is to foster positive community relationships and promote lifelong physical activity.

Founder- Texas A&M University- Commerce Walking Group-Fall 2021

- Helped to establish the TAMUC Walking Group for faculty, staff, students, and community members. The group meets once a week for organized walks around campus to promote wellness and physical activity.

Presenter- Faculty/Staff Professional Development Day- Texas A&M University-Commerce September 2021
Taught yoga for university professionals to promote mental and physical wellness.

Instructor- Free Yoga Practices- Spring 2020

Conducted and published free Yoga practices for students and community members through YouTube and social media platforms during the early stages of the pandemic to assist individuals with physical and mental health challenges that were being faced.

Founder- Texas A&M University-Commerce Running Club- Fall 2019

Helped to establish the TAMUC Running Club for faculty, staff, students, and community members. The group meets twice a week for organized runs around campus and through Commerce. The goal of this organization is to foster positive community relationships and promote lifelong physical activity.

Organized- Yoga on the Lawn - University Event 2014-2020

Organized a yearly 4 hour long event for the community to come together and share their yoga practice and learn more about the benefits of yoga to promote physical activity and wellness on campus.

Presenter- TRiO Wellness Workshop Spring 2018 – Commerce, Texas

Your Health is Your Wealth: Stress Management & Yoga

Presenter- National Association for Kinesiology in Higher Education 2018 Conference- Phoenix Arizona

Cultivating a Yoga Community Through Communication

Presenter/Instructor for Residential Life Yoga Program Fall 2017 – Commerce, Texas

Instructed a yoga session for students living on campus in Whitley Dormitory

Yoga Instructor- Texas A&M University-Commerce Athletics Program- Fall 2014-Present

Worked with various athletic teams at the university as well as strength and conditioning coaches to develop strategic yoga programs for each team Teams worked with include:

Football Team: 2017 NCAA Division II Football Champions

Women's Basketball

Women's Soccer

Women's Softball

Dance Team

Yoga Instructor- Community Outreach, Summer Yoga Program- Summer 2017 – Commerce, Texas

Worked with senior community members to develop and maintain flexibility and balance for overall health and wellness

Faculty Advisor- Sophomore Year Experience 2016-2017- Commerce, Texas → Guatemala

Worked with another Faculty member and meet with sophomore students to study the education and equality of women in developing countries over the course of the academic year. Upon completion of study, we traveled with our group to Guatemala to volunteer and experience the culture.

Faculty Advisor- Phi Pi Delta- 2010-2012- Commerce, Texas

- Advisor of the Health & Human Performance Department's majors club. Met monthly with organization and assisted in guiding students and helping the organization meet its goals.

Presenter - Texas Association for Health, Physical Education, Recreation, & Dance Outdoor Education Workshop-October 2010-Commerce, Texas

Presented Yoga information and lead yoga activity for attendees of the TAHPERD Outdoor Education Workshop. Attendees were primarily professionals in the field of physical education.

Wellness Speaker at Student Training – Spring 2010 – Commerce, Texas

Attended the student training for the Sam Rayburn Student Center as a guest speaker. As a guest speaker for three sessions, I provided the students with information regarding the aspects of wellness and fitness.

Stress Management Seminar – Fall 2009 – Commerce, Texas

Developed and implemented a stress management seminar as a health promotion program for Texas A&M Commerce students, faculty, and staff.

Graduate Assistant Liaison – Commerce, Texas

Appointed to position by Health and Human Performance Department Head. Develop relationships in the department between students and faculty to promote open communication. Attend departmental faculty meetings as the student representative for Health and Human Performance.

Kappa Alpha Theta Sorority – Baylor University

Social Committee Member – Planned and organized social activities for the organization.

Activities/ Personal Interests

TAMUC Running Club 2019-present

Paris Roadrunners 2020- present

Irving Marathon 2020

Chicago Marathon 2016

Louisiana Marathon 2016

NYC Marathon 2015

Dallas Marathon 2014

Dallas Running Club 2014-present

