Kristin N. Slagel

Title: Instructional Associate Professor

Texas A&M University, Department of Health & Kinesiology

Physical Education Activity Program

Texas A&M University

4245 TAMU

College Station, TX 77843-4245

Email: [kslagel@hlkn.tamu.edu](mailto:kslagel@hlkn.tamu.edu)

Office: (979)845-3758 Fax: (979)845-0587

Education

Texas A&M University

College Station, Texas

Bachelor of Science, Teacher Certification (Kinesiology), 1995

Master of Science, Sport Management (Kinesiology), 2002

Work Experience and Responsibilities

Instructional Assistant Professor

Texas A&M University

2002-Present

Physical Education Activity Program instructor for several activity and lecture classes. Coordinate all hybrid course offerings.

* KINE 199: beginning badminton, intermediate badminton, self defense. Students develop skills, knowledge and experience through structured lessons, tournaments, workouts.
* KINE 198: Health & Fitness: aerobic walking, badminton, self defense, strength training, yoga. Students are provided current health information, as well as structured activity.
* KINE 198: Health & Fitness: self defense (writing intensive). Students are challenged to practice and improve both written and verbal communication skills through the application of the Transtheoretical Model to behavior change.
* KINE 120: The Science of Basic Health & Fitness. Students are presented with an overview of the human body, the scientific fundamentals of stress, exercise, nutrition, disease and drug use.
* KINE 223: Introduction to the Science of Health & Fitness. Students are presented current health information, collect data related to each topics, evaluate related information, and formulate a plan based on their findings.
* KINE 289: Special Topics in Student Wellness. First year student-athletes are presented current health information and practice skills essential to increased health awareness and college success.

Instructor

Blinn College

Bryan, Texas

2001-2014

* PHED 1306: Responding to Emergencies. Instruction and practice of first aid techniques. Designed to enable students to recognize and avoid hazards within their environment, render intelligent assistance in case of accident or illness and develop skills necessary for immediate and temporary care of the victim.

National Youth Sport Program

Texas A&M University

1998-2005

* Education Specialist: responsible for creating health education lessons for male and female participants, ages 10-16.
* Liaison Office: worked with the schools and community organizations to identify students who were eligible for the program. Solicited donations from community members and businesses.
* Program Director: coordinated the day-to-day operations for a five-week summer program for approximately 200 economically disadvantaged youth in the Brazos Valley, including staff, facilities, scheduling, and transportation.

Graduate Assistant

Department of Health & Kinesiology

1999-2002

Physical Education Activity Program instructor for several activity and lecture classes.

Graduate Assistant

Department of Educational Psychology

1998-1999

Responsible for recruiting master’s program candidates.

Teacher & Coach

1995-1998

Richardson High School

Richardson, Texas

High School health teacher responsible for five classes provided to sophomores, juniors and seniors. Junior varsity volleyball and basketball coach. Varsity soccer coach.

Scholarship & Publications

Book Author:

Brekken Shea, K., Darnell, G., Locklear, A., & Slagel, K. (2017). The Introduction to the Science of Health and Fitness (2nd edition). Dubuque, IA: Kendall/Hunt Publishing Co.

KINE 199 Badminton Skyepack, 2017.

Book Chapter:

Caruso, N.,Shea, K., Agnor, D., Netherland, B., Slagel, K., Wenzel, T. 2007. Yoga for Students. Kendall/Hunt Publishing Co., Dubuque, IA.

Caruso, N.,Shea, K., Agnor, D., Netherland, B., Slagel, K., Wenzel, T. 2013. Yoga for Students. Kendall/Hunt Publishing Co., Dubuque, IA.

Ancillary Materials:

Bounds, L., Brekken-Shea, K., Agnor, D., Darnell, G. 2009. Health & Fitness: A Guide to a Healthy Lifestyle. Kendall/Hunt Publishing Co., Dubuque, IA.

Course Development

* KINE 198 hybrid
* KINE 120 hybrid
* KINE 223 hybrid
* KINE 289

Awards and Honors

* Emil Mamaliga Outstanding Teacher Award 2006
* Aggie Access Namesake – Slagel House

Certifications

* American Red Cross CPR/AED/FA Certification
* Virtual Instructor Certification Program (CEHD)