

Lorinda Cohen Gomez
Department of Health and Kinesiology
College of Education and Human Development
Texas A&M University
College Station, TX 77843-4245
Office: (979) 845-1156
Email: lcohen@tamu.edu

EDUCATION

Master of Science, Kinesiology December 2006
Texas A&M University, College Station, TX

Bachelor of Science, Kinesiology December 2004
Texas A&M University, College Station, TX

POSITIONS AND EMPLOYMENT

Associate Chair, Physical Education Activity Program, Department of Health & Kinesiology, Texas A&M University (2019-present)

Instructional Professor, Department of Health & Kinesiology, Texas A&M University (2019-present)

Instructional Associate Professor, Department of Health & Kinesiology, Texas A&M University (2013-2019)

Camp Adventure Program Director, Department of Health & Kinesiology, Texas A&M University (2013-2018)

Instructional Assistant Professor, Department of Health & Kinesiology, Texas A&M University (2008-2013)

Lecturer, Department of Health & Kinesiology, Texas A&M University (2007-2008)

Events Consultant, Archery House, LLC. (2007-2012)

Graduate Assistant, Department of Health & Kinesiology, Texas A&M University (2005-2006)

Women's Varsity Head Archery Coach Internship, Department of Athletics, Texas A&M University (2004-2005)

Summer Program Fitness/Wellness Director, LakeShore Central/Town of Evans Recreation (2002)

OTHER EXPERIENCE

Coordinator of KINE 121- Physical and Motor Fitness (2016-present)

Coordinator of PEAP Marketing and Promotion (2018-2019)

Archery Club Coach/Tournament Director, Recreational Sports, Texas A&M University (2005-present)

Tournament Director, First Round 2012, 2016 & 2020 Olympic Trials, College Station, TX (2011, 2015, 2019)

Tournament Director, Aggie Invitational, College Station, TX (2004-present)

Tournament Director, South Region US Indoor Nationals, College Station, TX (2005-present)

Tournament Director, Texas Shootout, College Station, TX (2006-present)

Tournament Director, United States Intercollegiate Archery Championships, College Station, TX (2010)

Co-Coordinator, Easton Foundation's Gator Cup, Newberry, FL (2010-2011)

Co-Field Coordinator, Archery World Cup, Ogden, UT (2010-2012)

Co-Field Coordinator, Youth Archery World Championships, Ogden, UT (2009)

Co-Director, US Outdoor Nationals, Colorado Springs, CO (2008)

Co-Director, US J.O.A.D. Outdoor Nationals, Chula Vista, CA (2007)

CERTIFICATIONS

National Strength & Conditioning Association Certified Personal Trainer, renewed 2020
USA Archery Level 3-NTS Coach, renewed 2020
CPR/AED, renewed 2019
National Archery in the Schools Program (NASP) Basic Archery Instructor Trainer, 2017
Functional Movement Systems Level 1, 2014
Schwinn Cycling MPOWER (with Watts) Instructor Certification, 2013

PROFESSIONAL DEVELOPMENT

National Strength and Conditioning Association – Coaches Conference, 2016, 2021
National Strength and Conditioning Association – Virtual Personal Training Conference, 2019, 2020
National Strength and Conditioning Association Seminars

- COVID Training, 2020
- Potentiation Training, 2020
- Shoulder Injury with Swimmers, 2020

USA Archery Coach Symposium, 2017, 2019, 2020
Building a Community of Respect Through Effective Communication, 2020
Perform Better Webinars

- New Training Tools for your Boot Camps and Group Training, 2020
- Agility: Can We Keep It?, 2020

Hullabaloo U/First Year Experience Training, 2019
Aggie Honor Council New Member Training, 2019
National Strength and Conditioning Association – National Conference, 2016, 2018
Idea World Fitness Convention, 2017
National Archery in Schools Program - Beyond NASP Academy, 2017
Archery Seminar with USA Archery Director of Coaching Education, 2015
Kettlebell Workshop, 2015
TRX Qualified – Group Suspension Training Level 1, 2014
National Strength and Conditioning Association Texas State Clinic, 2014
Perform Better Seminar, 2014
Crossfit Level 1 Trainer, 2013
3D Agility and Power Training: A Biomechanical Approach, 2013
Collegiate Archery Coaching Course, 2012
USA Archery High Performance Coach, 2006
USA Archery Level 2 Coach, 2004
USA Archery Level 1 Coach, 2000

COURSES TAUGHT AT TEXAS A&M UNIVERSITY

KINE 489 – Specialty Course: Coaching in Personal Training (fall 2017; fall 2018; spring 2020)

KINE 404 – Coaching Psychology (fall 2015-spring 2017)

SPMT 420 – Sport Facility Planning (spring 2014)

KINE 334 – Coaching in Personal Training (fall 2020)

KINE 223

- Introduction Science Health & Fitness – Archery (spring 2015-spring 2019)
- Introduction Science Health & Fitness – Boot Camp (spring 2016-spring 2018)

KINE 121 – Physical & Motor Fitness (spring 2015-present)

KINE 120

- Science Basic Health & Fitness – Archery (fall 2014-fall 2015)

KINE 198

- Health and Fitness Hybrid Strength Training (fall 2011; fall 2012-spring 2013; fall 2014-fall 2015; spring 2017)
- Health and Fitness Hybrid Broomball (fall 2013- fall 2014)
- Health and Fitness Sports Conditioning (fall 2008-fall 2010; fall 2011-spring 2013)
- Health and Fitness Strength Training (fall 2009; fall 2010; fall 2011; spring 2012; spring 2013)
- Health and Fitness Aerobic Walking (spring 2006- fall 2010; spring 2013)
- Health and Fitness Boot Camp (summer 2013)
- Health and Fitness Running (summer 2006-spring 2011; fall 2012)
- Health and Fitness Hybrid Running (fall 2011-spring 2012)
- Health and Fitness Broomball (fall 2010- fall 2011)
- Health and Fitness Fitness Conditioning (spring 2008; spring 2009)

KINE 199

- Beginning Archery (fall 2005-present)
- Hullabaloo U Archery (fall 2019)
- Majors Resistance Flexibility (fall 2013-spring 2019)
- Obstacle Course (fall 2018)
- Intermediate Archery (fall 2007-fall 2009; fall 2010; fall 2011; fall 2012; fall 2013; spring 2014-fall 2015; fall 2016-fall 2017; fall 2018)
- Personal Training (fall 2013-spring 2017)
- Broomball (spring 2015-fall 2016)
- Functional Military Movement (spring 2015)
- Boot Camp (fall 2012-spring 2013; spring 2014-fall 2014)
- Beginning Badminton (fall 2008; spring 2010-spring 2013; fall 2014)
- Sports Conditioning (fall 2010; fall 2011; spring 2012-fall 2013)
- Beginning Aerobic Running (spring 2006-spring 2007; spring 2008-spring 2009; spring 2010-fall 2012)
- Aerobic Walking (fall 2009-spring 2010)

COURSE DEVELOPMENT

KINE 334 Coaching in Personal Training (Developed 2019)

KINE 199 Obstacle Course (Developed 2018)

KINE 489 Specialty Course: Coaching in Personal Training (Developed 2017)

Fitness Minor Proposal (Co-Presented 2015)

KINE 199 Functional Military Movement (Co-Developed 2014-2015)

KINE 199 Broomball (Developed 2014-2015)

KINE 199 Extreme Fitness/X-Fit (Co-Developed 2014)

KINE 199 Advanced Archery (Co-Developed 2013)

KINE 199 Personal Training (Co-Developed 2012-2013)

KINE 198 Hybrid (Committee 2010-2011)

KINE 198 Broomball (Co-Developed 2010)

HONORS/AWARDS

Athlete and Coach, National Champions, Texas A&M Target Archers, 2001-2007; 2010-2019; 2021

John J. Koldus III Faculty & Staff Achievement Award Nominee, 2019

Emil Mamaliga Outstanding Teaching Award, 2013, 2018
Hometown Hero Sport Award, 2016
Fish Camp Namesake, 2014
South Region Archery Coach of the Year & nominee for National Coach of Year, 2010, 2015
Texas A&M/Verizon Scholar Athlete Award, 2001-2004
Academic Collegiate All-American, 2002-2004
Texas A&M Letterman Award, 2001-2004
Collegiate All-American, 2001-2004
World University Archery Championships Individual Bronze Medalist, 2004
Texas A&M Archery Team Captain, 2002-2003
Superior Scholar Athlete Award, 2002
Big 12 Commissioners Honor Roll, 2001

GRANTS

Archery Equipment through United States Collegiate Association for TAMU Archery Team (2012)

- Grantor: Easton Sports Foundation
- Role: Main author and co-presenter (Frank Thomas, Bill Coady)
- Amount: \$24,900.00 – partially funded with \$6,000.00

Easton Foundations Training Center of Excellence – Texas A&M University (2011)

- Grantor: Easton Sports Foundation
- Role: Main author and co-presenter (Frank Thomas, Bill Coady)
- Amount: \$4,000,000.00 – not funded

PUBLICATIONS

Coady, B., and Cohen Gomez, L. (2017) *Beginning Archery*, Skyepack (online course pack publishing company), West Lafayette, IN

Thomas, F., Cohen L., and Coady B., Target Archery for Beginners (Beginning Archery Packet), Copy Corner Packet

PRESENTATIONS

“Exercise During COVID” Coffee Table Conversations with Texas A&M University’s College of Education and Human Development (2020)

“Creating a Successful Collegiate Program” USA Archery Coaching Symposium (2017)

COMMUNITY SERVICE

Games of Texas Archery Coordinator, (2014 – 2015; 2019)

Big Brothers Big Sisters Program, (2007 – 2009)

MEMBERSHIPS

National Strength and Conditioning Association (NSCA)

USA Archery (USAA)

American College of Sports Medicine (ACSM)

COMMITTEES

State Level:

Texas State Archery Association Board, Vice President (2015-present)

University Level:

Faculty Senate (2017-present)

Academic Affairs (2019-present)
Personnel & Welfare (2018-2019)
Core Curriculum Council (2017-2018)
University Scholarship Committee (2014-2018)
Academic Professional Track Faculty (APTF) Committee, Member (2016-2017)
APTF, Co-Chair (2017-present)

Department/Division Level:

HLKN Instructional Track Faculty Promotion Committee, Chair (2019-present)
Emil Mamaliga "Mammy" Outstanding Teacher Award Committee (2014-2017; 2018-present)
PEAP A1 Committee (2014-present)
Culture of Wellness KINE 282 Committee (2019)
HLKN Instructional Track Faculty Promotion Committee, Member (2013-2018)
PEAP Promotional Committee (2016-2018)
HLKN Department Head Search Committee (2016-2017)
APR Committee for Facilities and Program (2015)
HLKN Instructor Hiring Committee (2015)
Health Science Course KINE 120 and KINE 223 Committee (2014-2015)
Graduate Assistant Teaching Award Committee (2013-2014)
KINE 198 Hybrid Development Committee (2012-2013)