

KRISTEN WILLINGHAM

Texas A&M University
College of Education & Human Development
Department of Health & Kinesiology
Physical Education Activity Program
244 PEAP | kristen@tamu.edu

EDUCATION

Texas A&M University, College Station, Texas
Doctor of Philosophy Candidate – Health Education

Texas A&M University, College Station, Texas December 2014
Master of Science – Health Education

Texas A&M University, College Station, Texas December 2011
Bachelor of Science in University Studies – Leadership
Minors – Journalism, Creativity
Major GPA – 4.0

WORK EXPERIENCE

Texas A&M University, College Station, Texas August 2016–Present
Instructional Assistant Professor – Dept. of Health & Kinesiology, Physical Education Activity Program
Instruct Kinesiology courses to Texas A&M students through interactive wellness lectures and fitness activities. Maintain yoga room and equipment as yoga section leader.

Texas A&M University, College Station, Texas January 2014–August 2016
Graduate Teaching Assistant – Dept. of Health & Kinesiology, Physical Education Activity Program
Taught Kinesiology courses to Texas A&M students through interactive wellness lectures and fitness activities.

Texas A&M University, College Station, Texas August–December 2014
Fitness Intern – Department of Recreational Sports
Supervised the Specialty Class Program, which included 18 group fitness and dance classes. Directed the Fitness Outreach Program, scheduling sessions for fitness instructors and personal trainers to teach health and wellness classes to organizations within the Texas A&M community.

Texas A&M University, College Station, Texas May 2010–Dec 2011, June 2014–July 2015
Fitness Instructor – Department of Recreational Sports
Instructed Indoor Cycling, Pilates, and Yoga classes to groups of up to 40 participants.

United States House of Representatives, Washington, District of Columbia January 2012–July 2013
Scheduler – Congressman Michael Tuner

Managed Congressman Turner’s daily schedule of events in DC and Ohio, booked flight and hotel reservations and Congressional briefings. Composed personal correspondence letters, as well as other multifunctional tasks related to the Congressman’s activities.

Office Manager / Scheduling Assistant – Congressman Steve Pearce

Directed Congressman Pearce’s daily meeting agenda, composed personal correspondence letters, managed office internship program, maintained and edited official website content, composed weekly eNewsletters, scheduled U.S. Capitol and White House tours, and supervised the office systems administration.

COURSES TAUGHT AT TEXAS A&M UNIVERSITY

- **KINE 198: Health & Fitness**
 - Yoga Spring 2014-Fall 2014
 - Aerobic Walking Fall 2015
 - Aerobic Running Spring 2017
 - Strength Training Fall 2016

- **KINE 199: Activity**
 - Yoga, Beginning Summer 2014-Present
 - Yoga, Intermediate Spring 2015
 - Pilates, Mat I Fall 2018-Present
 - Indoor Cycling Spring 2015-Spring 2018
 - Majors-Aerobic Movement Spring 2015, Spring 2016, Fall 2016, Fall 2018-Present
 - Modified Physical Activity Summer 2015

- **KINE 120: The Science of Basic Health & Fitness**
 - Yoga Spring 2015-Spring 2017
 - Pilates Fall 2016-Spring 2018

- **KINE 223: Introduction to the Science of Health & Fitness**
 - Yoga Fall 2016-Present
 - Indoor Cycling Spring 2018-Present

CERTIFICATIONS & TRAININGS

- Barre Above Instructor Training 2018
- Aquatic Exercise Instructor Training, SCW Fitness 2017
- College Teaching Certificate, Texas A&M University 2016
- 200-Hour Registered Yoga Teacher (RYT), Yoga Alliance 2016
- Plant-Based Nutrition Certificate, Cornell University 2016
- Balanced Body Pilates, Mat I & Mat II Training 2014

- Zumba, Basic Steps Level 1 2013
- YogaFit, Level 1 2011
- Schwinn Indoor Cycling Training 2011
- Schwinn MPower Sport Console Monitor Training 2011
- AFAA (Aerobics & Fitness Association of America) Primary Group Exercise Instructor 2011
- American Heart Association CPR/AED + First Aid 2010

SERVICE

PHYSICAL EDUCATION ACTIVITY PROGRAM (PEAP) DIVISION

- Promotion Volunteer 2016-Present
 - Aggie Sports Tip Filming 2018
 - Play with PEAP for Advisors 2017
 - Howdy Week 2016
- Yoga Section Leader 2018-Present
- Culture of Wellness (New Course Development) Committee Member 2018-Present
- Teamwork in KINE 120 & 223 Committee Member 2018-Present
- Graduate Teaching Award Committee Member 2017-Present
- Developed & Edited Chapter Quiz Bank Questions for KINE 223 2017

TEXAS A&M UNIVERSITY

- Texas A&M Maroon & White Leadership Coach 2018-Present
- HLTH 332 Mentor Teacher 2014, 2016-2018
- Student Business Council, Yoga Instructor Fall 2018
- Freshman Learning Community, Yoga Instructor Fall 2018
- Alpha Omicron Pi Sorority, Yoga Instructor Fall 2016
- Texas A&M Women’s Golf, Yoga Instructor Fall 2015
- Texas A&M Recreation Center, Yoga Mentor/Trainer for New Instructors Fall 2011, Fall 2015
- Texas A&M Recreation Center, Indoor Cycling Mentor/Trainer for New Instructors Fall 2011

COMMUNITY

- Junior League of Bryan-College Station 2017-Present
 - Bravos Valley Food Bank, Backpack Stuffing Program
 - Stuff the Bus
 - Salvation Army Angel Tree
 - Bargain Blitz, Community Second Hand Sale
 - Charity Ball

PROFESSIONAL DEVELOPMENT

- Dallas Mania (Fitness Convention) attendee 2011, 2014, 2017, 2018
- Maroon & White Leadership Coach Training December 2018
- “Teaching Today’s Student,” Texas A&M Center for Teaching Excellence (Dr. Poling) May 2018
- “Classroom Movement and Engagement” Workshop, Texas A&M (Dr. Nicksic) March 2018

- Green Dot Bystander Training, Texas A&M University January 2018
- “Neurobiology of Stressors: Basics & Beyond,” Texas A&M (Dr. Hoffman) January 2018
- TexFit (Fitness Conference and Expo for Collegiate Programs) attendee 2011, 2015

PRESENTATIONS

- TexFit (Fitness Conference and Expo for Collegiate Programs)
 - Texas State University, “Cycle: Class Design in No Time” February 2015
- First Friday Fitness Challenge
 - Texas A&M University, “Cycle 45” September 2015
- TheVeggieGirl.com (Plant-Based, Wellness Blog)
 - Creator, Editor, Author July 2013-Present