

## **CURRICULUM VITAE**

### **Nicole Kuppersmith**

Texas A&M University  
College of Education & Human Development  
Department of Health & Kinesiology  
Physical Education Activity Program  
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### **EDUCATION**

- M.A., Counseling Psychology, 1996, Houston Baptist University
  - Thesis: *The Role of Ways of Coping on Vocational Burnout*
- B.A., Bachelors in Psychology, 1992, University of California, Irvine

### **PROFESSIONAL EXPERIENCE**

#### **TEXAS A&M UNIVERSITY, College Station, TX**

#### **Department of Health & Kinesiology, Physical Education Activity Program**

2019 - Instructional Assistant Professor, Coordinator Dance and Pilates

- Coordinate Dance and Pilates Program
- Evaluate instructors
- Provide workshops and materials to develop instructors
- Maintain and order needed equipment for programs
- Instruct Kinesiology courses in the Basic Science of Health and Fitness
- Develop course content and assignments
- Facilitate Fitness and Health Labs
- Assess and evaluate student development
- Instruct practical movement classes
- Evaluate graduate students and provide feedback on observations
- Serve as a resource for student personal development
- Mentor students for Honors Contracts in 223 Coursework
- Present lectures to student groups on Mental Health and Wellness

#### **TEXAS A&M UNIVERSITY, College Station, TX**

#### **School of Military Science (SOMS)**

#### **Hollingsworth Leadership Excellence Program**

2017- 2022

Lecturer in School of Military Sciences

- Instruct classes in Leadership Development

- Develop Individualized Leadership Development Plan (ILDLP) for Junior level students
- Design leadership assignments to advance learning for students
- Assess student advancement in writing and administering leadership principles
- Coordinate with community leaders to establish mentorship opportunities
- Mentor new SOMS Instructor
- Serve as a resource for student development

### **COURSES TAUGHT AT TEXAS A&M UNIVERSITY**

KINE 223 Introduction to the Science of Health and Fitness

KINE 120 The Science of Basic Health and Fitness

KINE 199 Activity

SOMS 380 Workshop in Leadership Education

SOMS 381 Workshop in Leadership Education

SOMS 481 Seminar

SOMS 482 Seminar

COSC 222 Social Issues Hist Const Env

### **GOLD'S GYM, College Station, TX**

#### **Fitness Instructor & Personal Trainer**

2012 - Present

- Instruct fitness classes for Gold's Gym members
- Provide training expertise to members of Gold's Gym
- Develop marketing for classes
- Develop class structure and fitness routines to assist members with health goals

### **CUSTOMER VALUE SYSTEMS, Houston, TX**

#### **Research Consultant**

2000 - 2009

- Focused on marketing and customer relationship management studies
- Coordinated research groups, meetings, and communications
- Reviewed, analyzed, and wrote reports on trends from focus groups
- Conducted phone and web surveys
- Led and administered project to form focus groups across multiple organizations
- Provided online research services

### **UNIVERSITY OF TEXAS MD ANDERSON CANCER CENTER, Houston, TX**

#### **Compensation Analyst**

1997-1998

- Provided employee compensation information and support to M. D. Anderson departments
- Developed hospital incentive plans for employees
- Wrote bonus programs for hospital employees
- Collaborated with departments to develop job descriptions
- Analyzed and provided data for work compensation

### **Human Resources Assistant**

1997

- Provided employee compensation information and support to M. D. Anderson departments
- Liaised with departments in order to assess compensation needs
- Created job descriptions as per department request
- Conducted employee job and salary reviews
- Coordinated skill differential for Information System jobs
- Offered monthly policy training to new managers within M. D. Anderson
- Produced monthly report to track department daily operations

### **Special Programs Coordinator**

1996-1997

- Recruited and trained volunteers to staff Anderson Network programs
- Assisted in the development of modules to train new employees
- Developed, implemented and managed new activities and programs
- Developed brochures, articles and pamphlets to promote the Anderson Network
- Coordinated weekly educational events for M. D. Anderson patients

### **MENTAL HEALTH AND MENTAL RETARDATION (MHMR), Houston, TX**

#### **CaseWorker**

1994-1996

- Managed caseload of patients seeking care through MHMR
- Monitored patient progress
- Facilitated group therapy for patients diagnosed with Major Depression
- Met with patients on a weekly basis to monitor health
- Audited charts for on-site unit
- Corresponded with government agencies to secure needed benefits for patients

### **SERVICE**

- Aggie Achieve Activity Program - Develop curriculum for Aggie Achieve Program 2022  
- Present

- Work with director to develop and facilitate program geared for students with Down's -
- Syndrome, Cerebral Palsy, Traumatic Brain Injury and Neurodiversity
- Texas A&M, Faculty Advisor for Sophomores in Leadership 2021-Present
- AMCHS, Parent Teacher Organization (PTO) 2017- Present
- AMCMS, Parent Teacher Organization (PTO) 2017- 2019
- Oakwood, Parent Teacher Organization (PTO) 2016-2017
- Young Men's Service League- mentor/volunteer 2016- Present
- College Hills, Parent Teacher Organization (PTO) 2005- 2016
  - President
  - Vice President, Fundraising Chair
- President Brazos Valley Medical Association 2008-2009

### **CERTIFICATIONS**

- Athletics and Fitness Association of America (AFAA)- Personal Trainer
- Les Mills -CXWorx Certified Instructor
- WERQ - Dance Fitness Certification
- Zumba- Certified Instructor
- Balanced Body Pilates Mat I Certification
- Balanced Body Pilates Mat II Certification
- Balanced Body Barre Certification
- CPR Certified

### **BOARD MEMBER**

- SANA Guatemala
- Facilitate annual silent auction fundraiser for SANA organization
- Serve on SANA board to assist in procuring resources for school and health clinic in Santa Maria de Jesus, Guatemala