



Curriculum Vita November 2025

Instructor: Lauren Rhodes

Academic Department: Health & Human Performance

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Nursing & Health Sciences Building
East Texas A&M University
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EDUCATION

Masters of Science in Sports Studies (May 2011)

East Texas A&M University

Bachelor of Arts in Political Science (May 2007)

Baylor University, Waco, Texas

TEACHING EXPERIENCE

HPHK 1301: Foundations in Kinesiology

HPHK 1338: Concepts of Physical Activity

HPHK 1306: First Aid & Safety

HPHP 1364: Substance Use & Abuse

HPHK 444: Administration of Kinesiology & Sport Programs

HPHP 472: Stress Management

HPHS 100: Foundations of Sport Management

HPHS 110: Principles of Leadership in Sport & Recreation Management

HPHS 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/PERSONAL INTERESTS

- Irving Marathon 2020
- Chicago Marathon 2016
- Louisiana Marathon 2016
- NYC Marathon 2015
- Dallas Marathon 2014
- Dallas Running Club 2014-present

PRESENTATIONS/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- East Texas A&M University Running Club- Fall 2019 to Spring 2024
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.
- Presenter- Faculty/Staff Professional Development Day- East Texas A&M University- 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.
- 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- East Texas A&M University 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