

## RUTH C. BEELITZ, MS, CSCS, CI-CPT

Email: [ruth.beelitz@tamuc.edu](mailto:ruth.beelitz@tamuc.edu)

August 2016

**Title:** Ad-Interim Instructor-Health and Human Performance Department

### Education and Training:

2005-2006 Texas A&M University-Commerce  
Masters of Science-December 2006  
Major: Health, Kinesiology, Sports Studies Overall GPA: 3.33

2002-2003 Texas A&M University-Commerce  
Bachelor of Science- December 2003  
Major: Health Overall GPA: 3.68

2000-2002 Paris Junior College  
Associates of Science- May 2003  
Overall GPA: 3.67

- NSCA Certified Strength and Conditioning Specialist
- Cooper Institute Certified Personal Trainer
- Cooper Institute Physical Fitness Specialist Certified
- AFAA Group Exercise Instructor Certified
- American Red Cross CPR/AED/First Aid Instructor Certified
- American Red Cross CPR/AED/First Aid
- Ashworth College Medical Transcriptionist Certificate
- Professional Member of Texas Association for Health, Physical Education, Recreation and Dance
- Nutrition for Health and Fitness Certified-Cooper Institute

### Related Experience:

January 2013-Present Texas A&M University-Commerce  
-Ad-Interim Instructor  
-Adjunct Instructor  
-Instructor for Fitness and Recreational Activity Classes-Weight Training, Weight Loss Management, Lifetime Fitness, Beginning Swimming, Aerobic Dance, Yoga I & Aerobic Walking/Jogging  
-Lecturer for Health/Human Performance Department-Foundations of Kinesiology (face-to-face & online), Current Issues in Health (online), Substance Use and Abuse (online), Systems of the Human Body & Physical Activity Skills I: Dual/Individual Sports  
-Develop Curriculum for designated classes  
-Develop Syllabi for all designated classes  
-Collaborate with FRA Coordinator on program improvements  
-Co-Advisor for Phi Pi Delta-Health and Human Performance Majors Club  
-Present at annual December TAHPERD conference  
-Collaborate with other faculty in planning, coordinating and presenting of fundraiser and departmental events (Fitness for Freedom, Yoga on the Lawn, Around the World in 5K, etc.)

February 2010-Present Texas A&M University-Commerce  
- Personal Trainer  
- Personal Training Coordinator  
- Coordinate potential clients with appropriate trainer  
- Organize meetings with personal trainers for new programming  
- Race Coordinator  
- Coordinate/organize race timing with customers renting Jaguar Timing System  
- Operate Jaguar Timing System to time official racing events

- Carry out miscellaneous projects for events and programming assigned by  
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Fitness/Wellness Assistant Director

- Group Exercise Instructor (Step Aerobics, Cardio Kickboxing, Spin, Pilates, Boot Camp, Sculpting/Total Body Conditioning, Water Aerobics)

November 2009-  
May 2010

North Lamar Independent School District

- Substitute Teacher (Middle School & High School level)

August 2008-  
October 2009

Paris Fitness and Aquatics

- Program Coordinator
- Group Exercise Instructor (Step Aerobics, Sculpting, Pilates, Spin, Water Aerobics)
- Personal Trainer
- Design group exercise class schedule for land and water
- Hire and train new group exercise instructors
- Design and implement weight loss programs
- Design personal and group exercise prescriptions
- Computer skills (Excel, Word, PowerPoint, etc.)
- Maintain pool chemicals, cleanliness, etc.
- Customer service
- Marketing and promotion efforts for all programs (flyers, posters, newsletters, etc.)
- Supervise all personal trainers and create exercise logs
- Seminar presentations
- Research new exercise classes & programs for possible implementation

April 2008- August 2008

L-3 Communications Integrated Systems

- Exercise Physiologist
- Design personal exercise prescriptions
- Group Exercise Instructor (Sculpting, Spin, Pre-Natal Exercise)
- Customer Service
- Keep up with all equipment maintenance/costs through spreadsheet
- Freedom from Smoking Cessation Program Facilitator
- Computer skills (Excel, Word, Power Point, etc.)
- Assist in marketing/promotion efforts (flyers, posters, electronic mailing, etc.)
- Promotion and organization of monthly 5K run events

August 2005- April 2008

L-3 Communications Integrated Systems

- Wellness Program Assistant, Health Promotion
- Computer Skills (Excel, Word, Power Point, teleprompter, etc.)
- Seminar Presentations
- Event planning and organizing to promote safety and wellness awareness
- Customer Service
- Design personal exercise prescriptions
- Promote long-term healthy active lifestyles
- Schedule speakers for presentations
- Assist in marketing/promotion efforts (flyers, posters, electronic mailing, etc.)
- Video Presentations
- Promotion and organization of Annual Health Fair
- Freedom from Smoking Cessation Program Facilitator

February 2004-  
April 2005

Adecco (L-3 Communications Integrated Systems)

- Wellness Program Assistant/Fitness Specialist
- Administer screening & fitness assessment tests

- Provide orientation to fitness equipment

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- See above experience

2002-2003

Texas A&M University-Commerce

- Student worker in the Health, Kinesiology, and Sports Studies office
- Computer skills
- Work with other students in working out (volunteer)
- Water Safety Instructor at the Morris Recreation Center (2003)

Summer 2003

Gordon Country Club

- Manager and lifeguard
- Water Safety Instructor
- Established & enforced rules of pool usage
- Created work schedules for three other lifeguards
- Ensured safety of patrons
- Tested and maintained the chemicals in the pool

Summer 2000-2002

City of Paris Parks and Recreation

- Lifeguard and head lifeguard (summer 2002)
- Water Safety Instructor
- Ensured safety of patrons
- Tested and maintained the chemicals in the pool

Summer 2000-2002

City of Paris Parks and Recreation

- Lifeguard and head lifeguard (summer 2002)
- Water Safety Instructor
- Ensured safety of patrons
- Tested and maintained the chemicals in the pool

**Activities, Awards:**

- Phi Pi Delta- Health, Kinesiology, and Sports Studies Majors Club
- Alpha Chi- Honors Fraternity 2003
- Cooper Youth Cheerleading Commissioner and Coach (Volunteer)