LAUREN A. RHODES

Instructor/Coordinator Fitness & Recreational Activities Program
Texas A&M University-Commerce
(903) 886-5549
Lauren.Rhodes@tamuc.edu

Education:

Masters of Science in Sports Management (May 2011)
Texas A&M University-Commerce

Bachelor of Arts in Political Science (May 2007)
Baylor University, Waco, Texas

Employment:

August 2011- Present Department of Health & Human Performance (HHP)
Coordinator Fitness & Recreational Activity Texas A&M University-Commerce

Courses taught

- HHPK 154 Concepts of Physical Activity
- HHPK 144 Foundations of Kinesiology
- FRA 100 Lifetime Fitness
- FRA 101 Aerobic Conditioning through Walking/Jogging
- FRA 102 Aerobic Dance
- FRA 125 Tennis
- FRA 164 Yoga
- FRA 197 Yoga II

Certifications

- RYT-500, Yoga Alliance recognized certification
- AFAA Primary Group Certification
- AFAA Personal Training Certification
- American Heart Association CPR Certified

Marathons Completed

Bank of America Chicago Marathon- October 2016
Louisiana Marathon- January 2016
New York City Marathon- November 2015
Dallas Marathon- December 2014