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Dept. of Kinesiology & Dance
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Educational Background

- 2003** **M.S. Sport and Recreation Administration**
University of Idaho, Moscow, ID
- 2001** **B.S. Sport & Exercise Science**
Emphasis: Exercise Physiology
University of Idaho, Moscow, ID

Certifications

National Strength & Conditioning Association – Certified Strength & Conditioning Specialist (CSCS,*D)

- * Status: Current
- * Earned “With Distinction” honors (designated by “*D” notation)
- * Certification Earned: Feb 3, 2007
- * Recertification Due Date: Dec 31, 2023

American College of Sports Medicine – Certified Exercise Physiologist (ACSM-EP)

- * Status: Current
- * Certification Earned: June 23, 2009
- * Recertification Due Date: Dec 31, 2021

American College of Sports Medicine – Nutrition Certificate

- * Status: Current
- * Certification Earned: July 14, 2016
- * Recertification not required

American Council on Exercise (ACE) – Certified Personal Trainer

- * Status: Current
- * Certification Earned: Aug 31, 2001
- * Recertification Due Date: Aug 31, 2023

American Council on Exercise (ACE) - Certified Group Fitness Instructor

- * Status: Current
- * Certification Earned: June 30, 2005
- * Recertification Due Date: June 30, 2023

Certifications (*Continued*)

American Council on Exercise (ACE) - Certified Health Coach

- * Status: Current
- * Certification Earned: Feb 28, 2006
- * Recertification Due Date: Feb 28, 2024

American Red Cross CPR, First Aid, and AED certified

- * Status: Current
- * Certification Earned: Nov 24, 2020
- * Recertification Due Date: Nov 24, 2021

U.S. Navy Leadership Skills for Managers Certification (Completed Jan 2005)

U.S. Navy Fitness Certification (Completed May 2004)

Professional Experience

College Faculty (Non-Tenure Track)

July 2013 – Present

Current Rank: College Assistant Professor

New Mexico State University

College of Education

Department of Kinesiology

- * Began instructing academic courses Jan 2006 in conjunction while holding Assistant Director – Fitness & Wellness position (*displayed below*).
- * Accepted College Instructor position July 2013.
- * Promoted to College Assistant Professor rank in Aug 2017.
- * See complete listing of courses instructed within Academic Instruction Experience section displayed on ensuing pages.

Assistant Director – Fitness & Wellness

Oct 2005 – June 2013

New Mexico State University

- * Managed all operations and services within the fitness/wellness division of NMSU Campus Recreation department, based out of the NMSU Activity Center.

Fitness Coordinator

July 2003 – Sept 2005

China Lake Naval Base; Ridgecrest, CA.

Morale, Welfare, and Recreation Division (MWR)

Academic Instruction Experience

New Mexico State University
Department of Kinesiology & Dance

Jan 2006 – Present

SP M 460: Principles of Strength & Conditioning (3 credits)

- * Application of research, theory, and methods of high-intensity, resistive overload training.
- * Performance-specific topics include management, nutrition, performance-enhancing substances, periodization, lifting techniques, testing, and evaluation.
- * Course emphasizes standards set forth by the National Strength and Conditioning Association (NSCA) and prepares those students interested in sitting for the NSCA certification examinations.

SP M 460-L: Principles of Strength & Conditioning Lab (1 credit)

- * Two lab meetings weekly.
- * Lab compliments the lecture portion of Principles of Strength & Conditioning.
- * Format entirely based upon subject matters involved with NSCA standards, more specifically material involved with the CSCS national exam's practical portion.

SP M 330: Exercise Testing & Prescription (3 credits)

- * Enhances student KSA's that are necessary for the appropriate administration of exercise testing and prescription for the general population as set forth by the American College of Sports Medicine (ACSM) guidelines.
- * Includes discussion of barriers to and determinants of adherence to exercise programs.
- * Designed to prepare those students interested in sitting for the ACSM certification examinations, particularly the ACSM Certified Exercise Physiologist credential.
- * Both classroom/didactic and laboratory portions included.

PE P 499 – Independent Study: Officially listed as “Problems” (1 – 3 credits)

- * Problems in physical education and recreation and independent work in their solutions.
- * Mentored and supervised students pursuing a variety of disciplines within the field. Particular areas of focus: Laboratory and practical commitments towards the areas of Human Performance, Strength and Conditioning.
- * Mentored independent study requirements put forth by various senior Kinesiology majors.

PE P 319: Lifetime Activities – guest instructor (2 credits)

- * Spring semester only
- * Course focuses upon knowledge and skills related to the lifetime activities of swimming, weight training, and other fitness promoting activities with emphasis on learning progressions.

PE P 208: Fitness Concepts for Health & Sport (3 credits)

- * Six sections total
- * Offered within a hybrid format: all sections access course material (recorded lectures, quizzes, exams, etc.) online and participate in the course's practical lab content once per week.
- * Course discusses such field-related topics as cardiovascular endurance, muscular strength, muscular endurance, body composition, flexibility, physical activity guidelines & prescription, nutrition, behavior modification, among many other areas.

Academic Instruction Experience (*Continued*)

PE 202: Intermediate Weight Training (1 credit)

- * Two activity meetings weekly.
- * Discuss proper strength training prescription and workout compilation for individuals with prior strength training experience. Instruct upon positive physiological effects of strength training and generally physiological responses to strength training and overall physical activity.
- * Introduce somewhat advanced strength training techniques to assist in modifying the student's current strength training regimen as well as to increase intensity levels within their training methods.
- * Implement daily, illustrated strength workouts for students to complete.

PE 103: Beginning Weight Training for Females (1 credit)

- * Two activity meetings weekly.
- * Discuss proper strength training prescription and workout compilation for a female population. Instruct upon positive physiological effects of strength training and generally physiological responses to strength training and overall physical activity.
- * Discuss common physiological concerns within a female population based upon physical activity standards and dispel myths and misconceptions related to those concerns.
- * Implement daily, illustrated strength workouts for students to complete.

PE 102: Beginning Weight Training (1 credit)

- * Two activity meetings weekly.
- * Discuss proper strength training prescription and workout compilation for a beginning skill level. Instruct upon positive physiological effects of strength training and generally physiological responses to strength training and overall physical activity.
- * Implement daily, illustrated strength workouts for students to complete.

Creative Work

Guest Presentation, New Mexico State University

- * Course: SP M 415 – Therapeutic Exercise (Instructor: Dr. Yong Woo An)
- * Topic: Plyometric Exercise Technique & Program Design
- * Date: Sept 19, 2019

Podium Presentation – 2018 New Mexico Athletic Trainers Association (NMATA)

Clinical Symposium

- * Topic: "Preventing Re-Injury with Progressive Exercise"
- * June 1, 2018
- * Location: Arrowhead Center, Las Cruces, NM

Guest Presentation, New Mexico State University

- * Course: ELA 101 – COE Freshman Orientation
- * Topic: Exercise Guidelines and Fitness Resources for NMSU College Students
- * **Multiple Dates:** Oct 24 & 26, 2016

Creative Work (Continued)**Poster Presentation – 2016 National Strength & Conditioning Association National Conference**

- * Keeley D.W., **Meyer S.**, Allen R.B., Witherspoon Z., and Decker R., “Validation of a Motion Capture Based Resistance Training Platform”.
- * July 6-9, 2016
- * Location: New Orleans, LA.

Podium Presentation – 2014 Albuquerque Strength & Conditioning Clinic

- * Topic: “Overcoming Training Plateaus”
- * September 13, 2014
- * Affiliated Associations: National Strength & Conditioning Association (NSCA) and National Academy of Sports Medicine (NASM)
- * Location: Jewish Community Center, Albuquerque, NM

Symposium Speaking Panel, New Mexico State University

- * NMSU Sport Performance Symposium – Dept. of Kinesiology & Dance
- * March 3, 2012

Guest Presentation, New Mexico State University

- * NMSU Wellness, Alcohol, and Violence Education (W.A.V.E.) Program
- * Presented to peer educators associated with the W.A.V.E Program
- * Topic: Physical Activity & Fitness Concepts
- * **Multiple Dates:** Aug 11, 2010; Aug 10, 2009

Guest Presentation, New Mexico State University

- * Course: SP M 330 - Exercise Prescription & Testing
- * Topic: Insulin Dependent Diabetes Mellitus
- * Date: Oct 19, 2009

Guest Presentation, New Mexico State University

- * Course - HL S 150: Personal Health & Wellness
- * Topic: Physical Activity & Fitness Concepts
- * Date: Fall semester, 2008

Guest Presentation, New Mexico State University

- * Course: PEP 346: Personal Training
- * Topic: Client-Based Fitness Assessment Techniques
- * Date: Fall semester, 2006

Service - Committees

Departmental Committees – Dept. of Kinesiology & Dance, New Mexico State University

- * Self Study ADPR Committee: Aug 2020 - present
- * Assessment Committee Chair: Aug 2016 - present
- * Awards/Scholarship: Aug 2015 – present
- * Budget & Technology: Aug 2013 – May 2015

College Committees – College of Education, New Mexico State University

- * College Faculty: Aug 2013 – May 2017
- * Sustainability: Aug 2014 – May 2016

University Committees – New Mexico State University

- * Athletics Council Committee: Oct 2019 - present
- * Assessment Liaison: Aug 2015 – present

Search Committee, New Mexico State University

- * Position: Assistant Professor - Kinesiology Faculty
- * Oct, 2018 – Jan, 2019

Search Committee, New Mexico State University

- * Position: Assistant Professor - Athletic Training
- * Oct – Nov, 2014

Student Affairs and Enrollment Management (SAEM) Advisory Team, New Mexico State University

- * June 2012 – Aug 2013
- * Team compiled to foster strategic planning methods specifically involving various departments within the SAEM Division.

Health Education Committee, New Mexico State University

- * Jan 2007 – Aug 2013
- * Committee members involved NMSU University Health Center and NMSU Activity Center
- * Committee assembled once per month to discuss current health and fitness happenings between members' specific areas as well as to plan and administer relevant events and services provided to the NMSU community.

Service to the University

Volunteer: Peek of Las Cruces (Fifth Annual)

- * Oct 4, 2018
- * Sponsored by: NMSU Dept. of Student Success

Volunteer Judge: Kinesiology Club Jeopardy Challenge

- * Mar 27, 2018
- * Event to support travel expenses towards Southwest ACSM Regional Conference

Service to the University (*Continued*)

Volunteer/Participant: Toys for Tots 5K Fun Run

* Nov 11, 2017

* Offered and administered by NMSU Kinesiology Club

Aggie Experience: Student Orientation, Recruitment, & Advising, New Mexico State University

* Session facilitators: Deborah Gouldsmith and Margo Torres-Trevino

* **Multiple Dates:** Oct 14, 2017, June 7, 2016, and June 21, 2016

University Communications & Marketing, New Mexico State University

* Coordinated arrangements and multiple sessions with Ms. Chavez (displayed below) to compile the following media write-up featuring current Kinesiology students enrolled within SP M 460 and SP M 460-L.

* KRWG public media write-up: "NMSU students, faculty offer fitness tips for staying healthy this summer."

* Publication date: May 10, 2016

* Author: Adrianna Chavez, NMSU University Communications & Marketing Services.

* KRWG article: <http://krwg.org/post/nmsu-students-faculty-offer-fitness-tips-staying-healthy-summer>

* YouTube video clip: <https://youtu.be/uY3I4Zb6dOs>

* Supporting image: <http://photo.nmsu.edu/scripts/viewImage.php?id=135803>

Volunteer Judge – Aggie Games: Challenge Your Inner Athlete, New Mexico State University

* **Multiple Dates:** April 23, 2016; April 12, 2014

* Offered and administered by NMSU Kinesiology Club.

Department Representative – Weekend Football Recruit Luncheon; New Mexico State University

* **Multiple Dates:** Jan 23 2016; Jan 17 2015; Jan 18, 2014

* Conversed with possible football candidates (and parents of the recruits) who were interested in the field of Exercise Science and different majors offered by the Dept. of Kinesiology & Dance.

Volunteer Judge - Powerlifting Meet, New Mexico State University

* **Multiple Dates:** Oct 17, 2015; April 11, 2015; Oct 12, 2013; Nov 12, 2012

* Offered and administered by NMSU Kinesiology Club.

Volunteer: "Ask Me! Where's My Class?" New Mexico State University

* Thurs, Aug 20th, 2015.

* Table near Corbett Center

Service to the University (*Continued*)

Volunteer: “First Year Walk,” New Mexico State University

- * Tues, Aug 18th, 2015.
- * Lined “I-Mall” – International Mall: Ed Services Building to Horseshoe.
- * Those present: Marching band, student athletes; Speakers: President Carruthers, Dean of Students, Michael Jasek, and Dr. Bernadette Montoya.

Health Screenings, New Mexico State University

- * Years conducted: 2010 - 2013
- * Offered in conjunction with NMSU University Health Center.
- * Approximately six screenings conducted each year.
- * Performed monthly health screenings such as body composition analysis, blood pressure, blood glucose and cholesterol analysis, and flexibility assessment.

Outcomes Assessment Compilation, New Mexico State University

- * Date reviewed: Nov 14, 2011
- * Service being assessed: Personal Training Services provided to students, staff and faculty participating in the AggieFit Services.
- * Senior administrator: Bernadette Montoya

Service to the Profession

State Board Member - *National Strength & Conditioning Association*

- * Term: Jan 2019 - Present
- * Representing the state of New Mexico

Memberships

- * Member of National Strength & Conditioning Association since March 2004
- * Member of American College of Sports Medicine since Jan 2009

Service to the Community

Volunteer Instructor: Field Trip – Local High School Students

- * **Multiple Dates:** Dec 1, 2017; Dec 2, 2016; Dec 4, 2015
- * Conducted circuit training activities for multiple high school students from Centennial High School in Las Cruces, NM
- * Activity offered to meet requirements involved with PEP 466: Secondary Methods in Physical Education instructed by Dr. Kimberly Oliver, Department of Kinesiology & Dance.

Service to the Community (*Continued*)

Community Service – Volunteer: Southwest Sport & Spine High School Athlete

Screening

- * **Multiple Dates:** Apr 29, 2017 (10th annual event); May 9, 2015 (8th annual event)
- * Conducted overhead squat movement/corrective assessment towards approximately 200 regional high school athletes.
- * Assessment based upon FMS (Function Movement Systems) scoring criteria.
- * POC: NMSU Alumni, David Gallegos, ATC, Cert. MDT, PES

Professional Development

Conference Attendance

- * 2020 – National Conference: National Strength & Conditioning Association (NSCA): Las Vegas, NV (*Registered for this conference; canceled due to COVID*)
- * 2020 – Regional Conference: National Strength & Conditioning Association (NSCA): Albuquerque, NM (*broadcasted virtually due to COVID*)
- * 2019 – National Conference: National Strength & Conditioning Association (NSCA): Washington, DC
- * 2019 – State Conference: National Strength & Conditioning Association (NSCA): Albuquerque, NM
- * 2018 – National Conference: National Strength & Conditioning Association (NSCA): Indianapolis, IN
- * 2018 – State Conference: National Strength & Conditioning Association (NSCA): Albuquerque, NM
- * 2017 – National Conference: National Strength & Conditioning Association (NSCA): Las Vegas, NV
- * 2017 – State Conference: National Strength & Conditioning Association (NSCA): Albuquerque, NM
- * 2016 – National Conference: National Strength & Conditioning Association (NSCA): New Orleans, LA
- * 2015 – National Conference: National Strength & Conditioning Association (NSCA): Orlando, FL
- * 2015 – State Conference: National Strength & Conditioning Association (NSCA); Albuquerque, NM
- * 2014 - Albuquerque Strength & Conditioning Clinic; Affiliated Associations: National Strength & Conditioning Association (NSCA) and National Academy of Sports Medicine (NASM); Albuquerque, NM
- * 2013 – State Conference: National Strength & Conditioning Association (NSCA); Albuquerque, NM
- * 2013 – National Conference: National Intramural & Recreational Sports Association (NIRSA); Las Vegas, NV
- * 2011 – National Conference: National Intramural & Recreational Sports Association (NIRSA); New Orleans, LA
- * 2009 – National Conference: National Intramural & Recreational Sports Association (NIRSA); Austin, TX
- * 2007 – National Conference: National Intramural & Recreational Sports Association (NIRSA); Minneapolis, MN

Professional Development (*Continued*)

New Mexico State University Teaching Academy, Workshops Completed:

Academic Year 2020-21:

- * *The Goldilocks Strategy: Getting Yourself to 'Just Right'*; Workshop facilitator: Meggin McIntosh, The PhD of Productivity, Reno, NV; Jan 21, 2021; 2.0 hours.
- * *Engaging Students Online with Zoom and Canvas*; Workshop facilitator: Julia Parra, NMSU College of Ed.; Four-day Workshop: Jan 19-22, 2021; 10.0 hours.
- * *Small Teaching Online: Strategies to Help Students Engage and Learn*; Workshop facilitator: Flower Darby, Northern Arizona University; Jan 14, 2021; 1.5 hours.
- * *Writing Activities with Manageable Grading*; Workshop facilitator: Kerry Banazek and Dylan Colvin, English Dept., New Mexico State University; Oct 15, 2020; 1.0 hour.
- * *Cultivating Perseverance in Your Students*; Workshop facilitator: Megan Iommi, NMSU Teaching Academy, New Mexico State University; Sept 9, 2020; 1.25 hours.
- * *Teach Students How to Learn: A Workshop*; Workshop facilitator: Tara Gray, NMSU Teaching Academy, New Mexico State University; Sept 1, 2020; 1.25 hours.
- * *Exploring Funding Opportunities for Graduate Students and Postdoctoral Scholars (Virtual Workshop)*; Workshop facilitator: Chong-Hwey Fee, Research Administration Services, New Mexico State University; Aug 27, 2020; 1.0 hours.
- * *Do I belong here? Creating a Sense of Belonging in your Classroom (Virtual Workshop)*; Workshop facilitator: Alice Martinic, Teaching Academy, New Mexico State University; Aug 24, 2020; 1.25 hours.
- * *Lesson Planning: Creating Daily Classes with Purpose, Structure, and Flexibility (Virtual Workshop)*; Workshop facilitator: Morgan Iommi, NMSU Teaching Academy, New Mexico State University; Aug 17, 2020; 1.25 hours.

Academic Year: 2019-20

- * 12 completed workshops; 17.25 hours logged
- * Complete workshop listing available upon request

Academic Year 2018-19

- * 10 completed workshops; 13.75 hours logged
- * Complete workshop listing available upon request

Academic Year 2017-18

- * 14 completed workshops; 45 hours logged
- * Complete workshop listing available upon request

Academic Year 2016-17

- * 12 completed workshops; 22.5 hours logged
- * Complete workshop listing available upon request

Academic Year 2015-16

- * 15 completed workshops; 22.5 hours logged
- * Complete workshop listing available upon request

Academic Year 2014-15

- * 6 completed workshops; 7.5 hours logged
- * Complete workshop listing available upon request

Professional Development (*Continued*)

New Mexico State University Teaching Academy, Workshops Completed (*continued*):

Academic Year 2013-14

- * 3 completed workshops; 4.5 hours logged
- * Complete workshop listing available upon request

New Mexico State University Office of Human Resources, Workshops Completed:

- * *Search Committee Orientation*; Workshop facilitators: Kathy Agnew, New Mexico State University;
Multiple dates: Aug 27, 2018; Oct 6, 2014; 1.0 hours

New Mexico State University Center for Learning & Professional Development, Workshops Completed:

- * Annual Compliance Training (ACT): *Copyright*; Web Based Training; Dates completed: Oct 19, 2019, 0.5 hours
- * Annual Compliance Training (ACT): *Phishing*; Web Based Training; Dates completed: Oct 19, 2019, 0.5 hours
- * Annual Compliance Training (ACT): *Vehicle Safety*; Web Based Training; Dates completed: Oct 17, 2019, 0.5 hours
- * Annual Compliance Training (ACT): *NMSU Respects (Title IX and Campus SaVE Act on Campus)*; Web Based Training; Dates completed: Jan 15, 2021; Oct 19, 2019; Oct 12, 2018; Nov 14, 2017; Jan 14, 2014, 0.5 hours
- * Annual Compliance Training (ACT): *Compliance Overview*; Web Based Training; Dates completed: Nov 14, 2017; Nov 3, 2016; June 19, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *Computer and Data Security (Data Privacy)*; Web Based Training; Dates completed: Jan 15, 2021; Oct 17, 2019; Oct 12, 2018; Nov 14, 2017; Nov 3, 2016; June 19, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *Drug-Free Workplace*; Web Based Training; Dates completed: Nov 14, 2017; June 19, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *Conflict of Interest (COI)*; Web Based Training; Dates completed: Oct 2, 2017; Nov 3, 2016; June 22, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *Emergency Preparedness - Employee Safety/Loss Prevention & Control*; Web Based Training; Dates completed: Oct 12, 2018; Nov 14, 2017; Nov 3, 2016; June 22, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *Preventing Discrimination*; Web Based Training; Dates completed: Jan 15, 2021; Oct 19, 2019; Oct 12, 2018; Nov 14, 2017; Nov 3, 2016; June 22, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *Family & Medical Leave Act (FMLA)*; Web Based Training; Dates completed: Oct 12, 2018; Nov 14, 2017; Nov 3, 2016; June 22, 2015, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *A Caring Community*; Web Based Training; Dates completed: Nov 3, 2016, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *FERPA Overview*, Web Based Training; Dates completed: Nov 14, 2017, Approx. 0.25 hours
- * Annual Compliance Training (ACT): *COVID-19 Safe Practices for NMSU Employees*, Web Based Training; Dates completed: Jan 15, 2021; June 12, 2020, Approx. 0.5 hours

Professional Development (*Continued*)

Online Course Improvement Program (OCIP), New Mexico State University

- * Completed OCIP Summer Institute (Summer Institute II or "SI2")
- * Duration: June 4 – 15, 2018
- * Successful completion of SI2, a short, intensive program that provided an in-depth immersive course development experience for a small cohort of NMSU faculty. SI2 provide faculty with a combination of professional development workshops, mentoring, and work time to develop or revise their online course to meet an Internal Quality Matters (QM) review.

Online Course Improvement Program (OCIP), New Mexico State University

- * Duration: Sept 2010 – Dec 2011
- * Successful completion of 16-month OCIP offered through NMSU College of Extended Learning
- * OCIP focused upon improvement of online course formats as well as development and proper implementation of various media tools instructors may utilize.

Leadership – Advising

Faculty Advisor – *Global Medical Brigade*

- * Appointed: Fall 2020
- * Assist members with fund raising for travel expenses.

Faculty Advisor – *Lady Chile Rugby Football Club*

- * Appointed: Spring 2019
- * Provide numerous excusal letters for out of town competitions.
- * Attended competitions:
 - Mar 9, 2019: Anthony, TX
- * Assisted with fund-raisers and events:
 - Mar 13-14, 2019: Rugby Recruitment – on-campus event to promote Lady Chiles.
 - Mar 18-19, 2019: Bake Sale – proceeds benefiting travel costs, uniforms, and referee compensation.
 - Apr 6, 2019: Crunch Fitness Fundraiser – Promoted memberships to local gym (Crunch Fitness) with portion of funds going to Lady Chiles.
 - Ensure that their status as a chartered organization (club) is properly maintained.
 - Sept 17-18, 2019: Bake Sale – proceeds benefiting travel costs, uniforms, and referee compensation.

Leadership – Mentoring

Mentorship – *College of Education Mentorship Program*

- * 2020-21 Academic Year - **Students: Tomas Sanchez and Lexy Trejo**
- * 2019-20 Academic Year - **Students: Madison Heyd and Cash Campbell**
- * 2018-19 Academic Year - **Students: Jaqueline Rodriguez and Adrian Paz**
- * 2017-18 Academic Year - **Students: Zeke Perez and Jacob Van De Valde**

Leadership – Mentoring (*Continued*)

Student Award Nominations – College of Education Outstanding Graduate Award

*Fall 2020 – **Student: Sina Wegel**; Nominated and provided letter of support; Graduating GPA: 3.98

*Fall 2020 – **Student: Brianna Montano**; Nominated and provided letter of support; Graduating GPA: 3.747

*Spring 2020 – **Student: Garrett Eggleston**; Nominated and provided letter of support; Graduating GPA: 3.835

* Spring 2020 – **Student: Daniel Miller**; Nominated and provided letter of support; Graduating GPA: 3.972

* Fall 2019 – **Student: Alexandria Weaver**; Nominated and provided letter of support; Graduating GPA: 3.484

* Spring 2019 – **Student: Cade Patterson**; Nominated and provided letter of support; Graduating GPA: 3.8

* Fall 2018 – **Student: Audrey Oliver**; Nominated and provided letter of support; Graduating GPA: 3.4

* Spring 2018 – **Student: Mason Huston**; Nominated and provided letter of support; Graduating GPA: 3.85

* Fall 2017 - **Student: Braiden Burks**; Nominated and provided letter of support; Graduating GPA: 3.7

* Spring 2016 - **Student: Naomi Wong**; Nominated and provided letter of support; Graduating GPA: 3.874

Mentorship – Undergraduate Independent Study

* Summer 2018 - **Student: Sarina Stockton**; Title: *Polycystic ovary syndrome (PCOS): The effects of structured exercise prescription and dietary intervention*; Three (3) credit hours earned.

* Spring 2018 - **Student: Travis Ashley**; Title: *Osteoarthritis of the knee: Treatment and Corrective Measures*; Three (3) credit hours earned.

* Fall 2015 - **Student: Perry Grunewald**; Title: *A Literature Review of Treatments to Relieve Low Back Pain Including Core Strengthening, Flexibility, and General Exercise*; Three (3) credit hours earned.

Internship Supervisor – Undergraduate Level

* Spring 2018 - **Student: Colin Brown**; Twelve (12) credit hours earned.

* Spring 2015 - **Student: Andrew (Andy) Seamon**; Six (6) credit hours earned.

* Spring 2011- **Student: Kevin Sammon**; Six (6) credit hours earned.

* Fall 2010 - **Student: Richelle Winston**; Six (6) credit hours earned.

Leadership – Mentoring (*Continued*)

Practicum Supervisor – Undergraduate Level

- * Fall 2017 - **Student: Alyssa Maestas**; One (1) credit hour earned.
- * Fall 2016 - **Students: Emma Clary-Gellinas and Garrett Bush**; One (1) credit hour earned per student.
- * Fall 2015 - **Student: Karina Ballesteros**; One (1) credit hour earned.
- * Fall 2014 - **Student: Benjamin Martinez**; One (1) credit hour earned.

Leadership – Letters of Recommendation

<u>Student</u>	<u>Purpose/Letter Recipients</u>	<u>Date</u>
Cynthia Lujan	Graduate School Application Colorado State University	Nov 17, 2020
Kaden Kirkpatrick	AACOMAS System – Med School Application	Oct 30, 2020
Sina Wegel	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Oct 12, 2020
Brianna Montano	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Oct 12, 2020
Sina Wegel	Graduate School Application Florida State, Arizona State, Cal Baptist, George Mason, & Florida International	Aug 3, 2020
Brianna Montano	Physical Therapy School Application	July 11, 2020
Daniel Miller	Physical Therapy School Application	June 23, 2020
Nayeli Acosta	Medical School Application: Burrell School of Osteopathic Medicine	June 3, 2020
Lisa Jackson	NMSU Graduate Programs: Master of Social Work (MSW) and Master of Public Health (MPH)	Feb 13, 2020
Travis Ashley	NCSA Scholarship Candidate: Challenge Scholarship, Jerry Martin Scholarship, and Minority Scholarship	Oct 7, 2019
Sydnee Ramsey	Biomedical Sciences Corps Accession Board for Aerospace Physiology	Sept 2, 2019
Danny Apodaca	Graduate Assistant Application: Virginia Tech	May 23, 2019

Leadership – Letters of Recommendation (*Continued*)

<u>Student</u>	<u>Purpose/Letter Recipients</u>	<u>Date</u>
Travis Ashley	Graduate School – Logan University, Chesterfield, Missouri	May 22, 2019
Mike Gray	Letter of Support: Western Technical College – Physical Therapy Assistant Program	Mar 22, 2019
Valarie Parra	Electronic Recommendation/Letter of Support: Vibra Healthcare Company	Mar 15, 2019
Cade Patterson	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Mar 8, 2019
Audrey Oliver	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Sept 27, 2018
Kayci Harmon	Graduate School Application Concordia University at Chicago	Apr 24, 2018
Audrey Oliver	Internship Candidate – Camp Rising Sun Albuquerque, NM	Feb 23, 2018
Mason Huston	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Feb 19, 2018
Kaden Kirkpatrick	Academic Scholarship Application	Feb 18, 2018
Shelby Burnett	Physical Therapy School Application Texas State, San Marcos	Feb 18, 2018
Braiden Burks	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Sept 27, 2017
Evan Bekes	Physical Therapy School Application	Aug 22, 2017
Alex Lownes	Post-graduate reference	July 25, 2017
Ellison Platero	SROP Program – Purdue University	Mar 27, 2017
LaTricia Velasquez	Physical Therapy Internship	Mar 22, 2017
Arthur (Stephen) Chacon	Scholarship Candidate	Mar 15, 2017
Ellison Platero	Udall Foundation Scholarship	Mar 6, 2017
Danny Apodaca	Graduate School Application University of Colorado at Colorado Springs, Michigan State University. University of Michigan, and Ball State University.	Feb 1, 2017

Leadership – Letters of Recommendation (*Continued*)

<u>Student</u>	<u>Purpose/Letter Recipients</u>	<u>Date</u>
Evan Bekes	Various Physical Therapy School Applications	Oct 25, 2016
Shelby Burnett	Graduate School Application - UT-Austin	Aug 24, 2016
Alex Fleetwood	Graduate School Application - UNM	Aug 6, 2016
Perry Grunewald	Parker University Application School of Chiropractic Medicine	May 5, 2016
Naomi Wong	Letter of Support: NMSU College of Ed. Outstanding Graduate Award Nomination	Feb 17, 2016
Steven Segura	Graduate School Application – Colorado State	Jan 14, 2016
Jason Bonilla	Various Physical Therapy School Applications	Aug 24, 2015
Danny Apodaca	Graduate School Application – Arizona State	May 5, 2015
Shelby Burnett	Employment – Austin, TX Public Schools	Apr 21, 2015
Alex Fleetwood	Graduate School Application UT-Austin; Georgia State	Mar 4, 2015
Evan Bekes	Physical Therapy Internship – Univ. of Utah	Jan 21, 2015
Ryan DeFranco	Graduate School Application – Angelo State, UTEP	Sept 15, 2014
Patrick Wallace	Letters of Support: Brandon Trusell Memorial Scholarship; Healthcare Scholarship	May & June, 2014
Ryan DeFranco	Scholarship: Chaves County Extension Club	Dec 11, 2013
Jack Nagel	Air Force Enlistment	July 15, 2013
Michael Apodaca	Strength & Conditioning Internship: Connecticut Tigers	Apr 26, 2013
Ben Dove	Strength & Conditioning Internship: Carolina Panthers	Aug 20, 2011
Richelle Winston	Graduate School Application - NYU	July 27, 2011
Talia Gilmore	Employment - Presbyterian Health Care Center	Mar 4, 2010
Lisa Jackson	Internship – White House Athletic Center	Sept 5, 2008

Awards & Honors

Service Award – New Mexico State University

- * Anniversary Year: 2020
- * Employee Service Award Ceremony: Upcoming Academic Year, 2021
- * Recognizing 15 years of continued service at NMSU

Member – New Mexico State University Teaching Academy

- * Awarded for 2019-2020 period.
- * Honored as “Member” status to recognize accumulation of hours within offered NMSU Teaching Academy events, workshops, and presentations.

Nomination – Excellence in Assessment Award

- * Nominated by Dr. David Smith, NMSU Director of Assessment; Announced Dec 2019.
- * Nomination served to honor the Annual Academic Departmental Assessment (AADA) Report compiled and submitted for the 2018-19 Reporting Cycling.

Honored as “Guest Coach” – NMSU Athletic Dept.

- * Selected by the Student-Athlete Advisory Committee (SAAC) Leadership, made up of student-athletes from each respective sport, to be recognized for going “Above and Beyond” in assisting students and student-athletes in their educational pursuit at NMSU. Nominees are those individuals that typically spend extra time, effort and energy to ensure the student-athlete is provided a positive and holistic experience at NMSU.
- * Nov 16, 2019 – recognized during football game against Incarnate Word University. Invited to watch the game in its entirety on the NMSU sideline.

Distinguished Member – New Mexico State University Teaching Academy

- * Awarded for 2018-2019 period.
- * Honored as “Distinguished Member” status to recognize accumulation of 40+ hours within offered NMSU Teaching Academy events, workshops, and presentations.

IIQ Quality in Distance Education Recognition and Awards

- * Oct 10, 2018; NMSU Fulton Center
- * Faculty award recognizing the completion of various Course Development Institute programs.

Member – New Mexico State University Teaching Academy

- * Awarded for 2017-2018 period.
- * Honored as “Member” status to recognize accumulation of hours within offered NMSU Teaching Academy events, workshops, and presentations.

Member – New Mexico State University Teaching Academy

- * Awarded for 2016-2017 period.
- * Honored as “Member” status to recognize accumulation of hours within offered NMSU Teaching Academy events, workshops, and presentations.

Member – New Mexico State University Teaching Academy

- * Awarded for 2015-2016 period.
- * Honored as “Member” status to recognize accumulation of hours within offered NMSU Teaching Academy events, workshops, and presentations.

Awards & Honors - *continued*

Service Award – New Mexico State University

- * Anniversary Year: 2015
- * Employee Service Award Ceremony: Apr 21, 2016
- * Recognizing 10 years of continued service at NMSU

Distinguished Member – New Mexico State University Teaching Academy

- * Awarded for 2011-2012 period.
- * Honored as “Distinguished Member” status to recognize accumulation of *40+ hours* within offered NMSU Teaching Academy events, workshops, and presentations.

Service Award – New Mexico State University

- * Anniversary Year: 2010
- * Employee Service Award Ceremony: Apr, 2011
- * Recognizing five years of continued service at NMSU

Navy Award of Excellence – Moral, Welfare, and Recreation

- * Appreciation award dedicated by Master Chief Bill Chubb, China Lake Naval Base
- * Received Sept, 2005