


# BIOGRAPHICAL SKETCH

NAME		Assistant Instructional Professor
Theresa Marie Wenzel		
eRA COMMONS USER NAME Teri		

INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
North Dakota State University	B.S	1989	Physical Education & Corporate Fitness. Health & Coaching
Baylor University	M.S	1992	Specialization: Wellness/Corporate Fitness/Exercise Physiology
<u>Additional Education</u>			
US Army. Fort Dix, New Jersey.	Private First Class – E3	1989	Enlisted Basic Course. Squad Leader
US Army. Fort Sam Houston, San Antonio, Texas.	Specialist – E4	1990	Advanced Basic Course. Medical Lab Technician
US Army. Fort Sam Houston, San Antonio, Texas.	2 <sup>nd</sup> Lieutenant	1994	Officer Basic Course
US NATO Joint Military Services. Inter-allied Confederation of Reserve Officers Training. San Antonio, Texas and Lillehammer, Norway		1996	NATO training and inter-allied and International Pentathlon Competitor
US NATO Joint Military Services. Inter-allied Confederation of Reserve Officers Training. San Antonio, Texas and Aalborg, Denmark		1997	NATO training and inter-allied and International Pentathlon Competitor

## **POSITIONS:**

Assistant Instructional Professor, Kinesiology/PEAP, Texas A&M University, College Station, Texas, 2008 - present  
Lecturer, Kinesiology/PEAP, Texas A&M University, College Station, Texas, 1994 - 2008  
Military Pentathlon Competitor, United States Army, Lillehammer, Norway, June - August 1996  
Military Pentathlon Competitor, United States Army, Aalborg, Denmark, June - August 1997  
Texas National Guard Marathon Team Competitor, Lincoln, Nebraska, 1995 - 1997  
Lecturer, Health & Human Performance and Recreation Depart. Baylor University, Waco, Texas, 1992-94  
Certified Aerobic Instructor/Personal Trainer, Waco Family 'Y', YMCA, Waco, Texas, 1992-94  
Lieutenant, S1 (Personnel Administrator), Texas Army National Guard, San Antonio, Texas, 1992-99  
Graduate Teaching Assistant, Baylor University, Waco, Texas, 1991-92  
Medical Lab Technician, Operation Desert Storm, United States Army, Mafraq Hospital, Abu Dhabi, United Arab Emirates, 1990-91  
Assistant Manager, South Forks Athletic Club, Grand Forks, North Dakota, 1990-91  
Physical Director, West Acres Sports Center, Fargo, North Dakota, 1987-90  
Fitness Assessor/Trainer/Instructor, Gold's Gym and Club Broadway, Fargo, North Dakota, 1986-88  
6th Grade Girls Track and Basketball Coach, Lake Agassiz Elementary, Fargo, North Dakota, 1986-88

## **CERTIFICATIONS:**

American Red Cross Water Safety Instructor Certification  
Professional Association of Dive Instructors  
✓ Open Water/Advanced/Rescue Diver Certification  
American Red Cross CPR/1<sup>ST</sup> AID Certification  
American Red Cross CPR/AED for the Professional Rescuer  
American Red Cross Lay Responder FA/CPR/AED  
Level I Certification Krav Maga  
Level 5 Purple Belt (6<sup>th</sup> Degree) KISDS (Karate International Self Defense System)  
Level 1 White Belt Brazilian Jiu Jitsu

## **PROFESSIONAL MEMBERSHIPS:**

Texas Association of Health, Physical Education, Recreation, and Dance  
American Alliance of Health, Physical Education, Recreation, and Dance

## **OFFICES HELD:**

2000 – present	Enhancement Instructor, PEAP, Texas A&M University
2007 - 2009	Emil Mamaliga Award Committee Member, PEAP, Texas A&M University
2008 – present	TAMU Roadrunners Advisor – Texas A&M University
2009 – present	Faculty Aggie Honor Council – Texas A&M University
2009 – present	Majors Resistance/Flexibility Chair – PEAP, Texas A&M University
2010 – present	TAMU Self Defense Advisor – PEAP, Texas A&M University
2010 – present	Self Defense Section Leader – PEAP, Texas A&M University
2010 – present	H&F Online/Hybrid Committee Member, PEAP, Texas A&M University
2010 – present	CPR/AED Trainer for PEAP, Texas A&M University
2011 – present	Physical Education Activity Program Coordinator, PEAP, Texas A&M University

## **HONORS:**

Emil Mamaliga Outstanding Teacher Award Recipient – 2011 – Physical Education Activity Program, Department of Health and Kinesiology, Texas A&M University

Emil Mamliga Outstanding Teacher Award Nominee – 2004, 2006 – Physical Education Activity Program,  
Department of Health and Kinesiology, Texas A&M University

### **COURSES TAUGHT (LAST FIVE YEARS)**

Majors Resistance and Flexibility  
Majors Yoga, Beginning Yoga, H & F Yoga  
H & F Strength Training, Strength Training for Females, Beginning Strength Training  
H&F Fitness and Conditioning, Fitness and Conditioning  
Beginning Swim, Intermediate Swim, Conditioning Swim, H&F Conditioning Swim  
Beginning Running, Intermediate Running, Advanced Running, H&F Running  
Walking, H&F Walking  
Self Defense, H & F Self Defense  
Cardio Kickboxing, H&F Cardio Kickboxing  
Modified Activity  
H&F Boot-camp, Boot-camp

### **BOOK CHAPTERS**

Bounds, L., Agnor, D., Darnell, G., & Brekken-Shea, K. (2009). Health & Fitness: A Guide to a Healthy Lifestyle  
(Revised 4th ed.). Referenced in Nutrition chapter  
Caruso, Shea, Agnor, Netherland, Slagel, Wenzel (2007). Yoga for Students

### **PRESENTATIONS**

Volunteer Spirit of Women Self Defense Seminar. Barbara Bush Conference Center  
Volunteer Self Defense Seminar, Kappa Theta Beta. Texas A&M University. St Mary's Catholic Church  
Volunteer Self Defense Seminar and Instruction, University of Sidekicks, College Station, Texas  
Volunteer Self Defense Presentation, Carpool. Texas A&M University  
Volunteer Self Defense Presentation, Women's Health Issues Class  
Volunteer Self Defense Presentation, Alpha Kappa Alpha & Nu Alpha Chapter of Kappa Alpha Psi Fraternity,  
Texas A&M University  
Volunteer Self Defense Presentation, Resident Life Association, Texas A&M University