

**LAURA E. BOUNDS, M.S., CHES**

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**EDUCATION:**

<b>Institution</b>	<b>Degree</b>	<b>Date</b>	<b>Field</b>
Texas A&M University	B.B.A.	1993	Accounting
Texas A&M University	M.S.	1997	Health Education

**EXPERIENCE:**

**Instructor and Coordinator**, Northern Arizona University, Department of Health Promotion (August 2002 – present) Teaching areas: Health Principles (residential & web based), Human Disease, Methods of Teaching Aerobics, and First Aid/CPR (Emergency Response). Coordination of the Physical Education Services (PES) program, which offers approximately 120 sections annually. Responsible for the training and oversight of approximately thirty instructors. The PES program is entirely elective and financially self sufficient.

**Health & Fitness Coordinator**, Texas A&M University, Department of Health & Kinesiology (January 1999–July 2002) Developed, implemented and coordinated approximately 200 sections annually. Responsible for training and oversight of approximately twenty instructors as well as taught ten classes each semester (listed below).

**Lecturer**, Texas A&M University, Department of Health & Kinesiology (January 1998 – July 2002) Teaching areas: Health & Fitness, Self-Defense, Beginning and Intermediate Country Western Dance, Step Aerobics, Badminton, Walking and Running.

**Graduate Assistant**, Texas A&M University, Department of Health and Kinesiology (1997)  
Teaching area: Country Western Dance

**Accountant**, JBW Land & Minerals, Inc., Bryan, TX (1993-1997)

**Instructor**, University Plus, College Station, TX (1995-1996)

**AWARDS:**

Nominated for the Mamaliga teaching award 2000.

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## **PUBLICATIONS:**

Bounds, L., Agnor, D., Darnell, G. & Brekken Shea, K. (2003). *Health & Fitness: A Guide to a Healthy Lifestyle, 2<sup>nd</sup> Edition*. Dubuque, Iowa: Kendall/Hunt Publishing Co.

Bounds, L., Agnor, D., Darnell, G. & Gibbons, E. (2000). *Health & Fitness: A Guide to a Healthy Lifestyle, 1<sup>st</sup> Edition*. Dubuque, Iowa: Kendall/Hunt Publishing Co.

Bounds, L., Agnor, D., Darnell, G. & Gibbons, E. (1999). *Health & Fitness: A Guide to a Healthy Lifestyle, Preliminary Edition*. Dubuque, Iowa: Kendall/Hunt Publishing Co.

## **PRESENTATIONS:**

Bounds, R., McCormick, D., & Bounds, L. (2004). *Using Technology to Enhance a Behavior Change Project*. AAHE: HEDIR Technology Seminar, AAHPERD National Convention, New Orleans, LA.

Bounds, L. & Bounds, R. (2003). *Decline of University Physical Activity Programs: Survival of the Fittest*. Southwest & Northwest Districts and Nevada AAHPERD. Reno, NV.

Asbell, A., Anderson, P., Bounds, L., Hopkins, P., & Tunnell, D. (2003). *College Activities/Service: Issues, Concerns & Ideas*. Southwest & Northwest Districts and Nevada AAHPERD. Reno, NV.

Bounds, L. (2003). *Issues revolving around college students and alcohol consumption*. Kappa Alpha Fraternity. Northern Arizona University, Flagstaff, AZ.

Bounds, L. (2001). *Safety awareness & self-defense in a college environment*. Sam Houston State University Residence Hall. Huntsville, TX.

Bounds, L. (2000). *Safety awareness & self-defense in a college environment*. Delta Zeta Sorority. Texas A&M University, College Station, TX.

## **CERTIFICATIONS:**

Certified Health Education Specialist

CPR/First Aid Instructor

Emergency Response Instructor

American Council on Exercise: Group Fitness Instructor

## **ASSOCIATIONS:**

American Alliance for Health, Physical Education, Recreation and Dance

Association for Supervision and Curriculum Development

National Teachers Association for Country Western Dance