

CURRICULUM VITAE

Nicole Kuppersmith

Texas A&M University

College of Education & Human Development

Department of Kinesiology and Sport Management

Physical Education Activity Program

267 PEAP Nkuppers@tamu.edu

EDUCATION

- M.A., Counseling Psychology, 1996, Houston Christian University
- B.A., Bachelors in Psychology, 1992, University of California, Irvine

PROFESSIONAL EXPERIENCE

TEXAS A&M UNIVERSITY, College Station, TX

Department of Kinesiology and Sport Management, Physical Education Activity Program

2022 - Instructional Assistant Professor, Coordinator Dance and Pilates

- Coordinate Dance and Pilates Program
- Design new courses for the PEAP program
- Author Skyepack Digital Activity Course Pack for undergraduate students: Pilates
- Author Skyepack Digital Activity Course Pack for undergraduate students: Zumba
- Support and Evaluate instructors
- Provide workshops and materials to develop instructors
- Maintain and order equipment for programs
- Instruct Kinesiology courses in the Basic Science of Health and Fitness
- Develop on-line digital resources for classes
- Develop course content and assignments
- Facilitate Fitness and Health Labs
- Assess and evaluate student development
- Instruct practical movement classes
- Evaluate graduate students and provide feedback on observations
- Serve as a resource for student personal development
- Mentor students for Honors Contracts in 223 Coursework
- Present lectures to student groups on Mental Health and Wellness
- Present curriculum and course development to educators
- Provide community wellness movement classes and wellness education

2019 - 2022 Visiting Lecturer

- Instruct Kinesiology courses in the Basic Science of Health and Fitness

- Develop course content and assignments
- Facilitate Fitness and Health Labs
- Assess and evaluate student development
- Instruct practical movement classes
- Evaluate graduate students and provide feedback on observations
- Serve as a resource for student personal development
- Mentor students for Honors Contracts in 223 Coursework
- Present lectures to student groups on Mental Health and Wellness

TEXAS A&M UNIVERSITY, College Station, TX

School of Military Science (SOMS)

Hollingsworth Leadership Excellence Program

2017- 2022

Lecturer in School of Military Sciences

- Instruct classes in Leadership Development
- Develop Individualized Leadership Development Plan (ILDLP) for Junior level students
- Design leadership assignments to advance learning for students
- Assess student advancement in writing and administering leadership principles
- Coordinate with community leaders to establish mentorship opportunities
- Mentor new SOMS Instructors
- Serve as a resource for student development

COURSES TAUGHT AT TEXAS A&M UNIVERSITY

KINE 223 Introduction to the Science of Health and Fitness

KINE 120 The Science of Basic Health and Fitness

KINE 199 Activity

SOMS 380 Workshop in Leadership Education

SOMS 381 Workshop in Leadership Education

SOMS 481 Seminar

SOMS 482 Seminar

COSC 222 Social Issues Hist Const Env

GOLD'S GYM, College Station, TX

Fitness Instructor & Personal Trainer

2012 - 2022

- Instruct fitness classes for Gold's Gym members
- Provide training expertise to members of Gold's Gym
- Develop marketing for classes
- Develop class structure and fitness routines to assist members with health goals

CUSTOMER VALUE SYSTEMS, Houston, TX

Research Consultant

2000 - 2009

- Focused on marketing and customer relationship management studies
- Coordinated research groups, meetings, and communications
- Reviewed, analyzed, and wrote reports on trends from focus groups
- Conducted phone and web surveys
- Led and administered project to form focus groups across multiple organizations
- Provided online research services

UNIVERSITY OF TEXAS MD ANDERSON CANCER CENTER, Houston, TX

Compensation Analyst

1997-1998

- Provided employee compensation information and support to M. D. Anderson departments
- Developed hospital incentive plans for employees
- Wrote bonus programs for hospital employees
- Collaborated with departments to develop job descriptions
- Analyzed and provided data for work compensation

Human Resources Assistant

1997

- Provided employee compensation information and support to M. D. Anderson departments
- Liaised with departments in order to assess compensation needs
- Created job descriptions as per department request
- Conducted employee job and salary reviews
- Coordinated skill differential for Information System jobs
- Offered monthly policy training to new managers within M. D. Anderson
- Produced monthly report to track department daily operations

Special Programs Coordinator

1996-1997

- Recruited and trained volunteers to staff Anderson Network programs

- Assisted in the development of modules to train new employees
- Developed, implemented and managed new activities and programs
- Developed brochures, articles and pamphlets to promote the Anderson Network
- Coordinated weekly educational events for M. D. Anderson patients

MENTAL HEALTH AND MENTAL RETARDATION (MHMR), Houston, TX

CaseWorker

1994-1996

- Managed caseload of patients seeking care through MHMR
- Monitored patient progress
- Facilitated group therapy for patients diagnosed with Major Depression
- Met with patients on a weekly basis to monitor health
- Audited charts for on-site unit
- Corresponded with government agencies to secure needed benefits for patients

SERVICE

- Texas A&M, Faculty Advisor for Salsa Fusion Latin Dance Company 2024-Present
- Texas A&M, Faculty Advisor for Sophomores in Leadership 2021-Present
- Aggie Achieve Activity Program - Develop curriculum for Aggie Achieve Activity Program 2022 - 2024
 - Develop and facilitate weekly wellness and activity program geared for students with Down's Syndrome, Cerebral Palsy, Traumatic Brain Injury and Neurodiversity
- AMCHS, Parent Teacher Organization (PTO) 2017- Present
- AMCMS, Parent Teacher Organization (PTO) 2017- 2019
- Oakwood, Parent Teacher Organization (PTO) 2016-2017
- Young Men's Service League- mentor/volunteer 2016- Present
- College Hills, Parent Teacher Organization (PTO) 2005- 2016
 - President
 - Vice President, Fundraising Chair
- President Brazos Valley Medical Association 2008-2009

PROFESSIONAL PRESENTATIONS

- Byrne Center A&M - Brain Changing Benefits of Exercise presentation (2024)
- PEAP Wellness Education - Present coping mechanisms and stress management information for students (2024)

- UAC Academic Advising Symposium - Present “Framing Your Success” workshop for A&M academic advisors (2024)
- TAHPERD - Texas Association for Health, Physical Education, Recreation and Dance. Presentation on inclusive activity for neurodiverse students (2023)
- CHAARG - Present wellness information for TAMU - Empowering women through fitness (2023)

CERTIFICATIONS

- Athletics and Fitness Association of America (AFAA)- Personal Trainer
- Human Reformer - Certified Instructor
- Les Mills -CXWorx Certified Instructor
- WERQ - Dance Fitness Certification
- Zumba- Certified Instructor
- Balanced Body Pilates Mat I Certification
- Balanced Body Pilates Mat II Certification
- Balanced Body Pilates Mat III Certification
- Balanced Body Reformer 1 Certification
- Balanced Body Reformer II Certification
- Balanced Body Barrel Certification
- Balanced Body Barre Certification
- CPR Certified

BOARD MEMBER

- SANA Guatemala
- Facilitate annual silent auction fundraiser for SANA organization
- Serve on SANA board to assist in procuring resources for school and health clinic in Santa Maria de Jesus, Guatemala