

BIOGRAPHICAL SKETCH

<p>NAME</p> <div style="text-align: center;">  </div> <p>Theresa Marie Wenzel</p> <p>eRA COMMONS USER NAME Teri</p>	<p>Associate Professor</p>
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INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Baylor University, Waco Texas	M.S	1992	Specialization: Wellness/Corporate Fitness/Exercise Physiology
North Dakota State University, Fargo, ND	B.S	1989	Physical Education & Corporate Fitness. Health & Coaching
<u>Additional Education</u> 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
US Army. Fort Dix, New Jersey.			Enlisted Basic Course.
US Army. Fort Sam Houston, San Antonio, Texas.	Private First Class – E3	1989	Squad Leader Advanced Basic Course. Medical Lab Technician
US Army. Fort Sam Houston, San Antonio, Texas.	Specialist – E4	1990	Officer Basic Course
	2 nd Lieutenant	1994	

POSITIONS:

Instructional Professor, Kinesiology/PEAP, Texas A&M University, College Station, Texas, 2018-present
Instructional Associate Professor, Kinesiology/PEAP, Texas A&M University, College Station, Texas, 2011 - 2018
Instructional Assistant Professor, Kinesiology/PEAP, Texas A&M University, College Station, Texas, 2008 - 2011
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:

PADI: Professional Association of Dive Instructors

- ✓ 2023: Basic Mermaid
- ✓ 2017: Scuba Diving Specialty Certifications: Equipment Specialist, Emergency Oxygen Provider
- ✓ 2016: Scuba Diving Specialty Certification: Wreck Diver
- ✓ 2015: Scuba Diving Specialty Certifications: Drift Diver, Deep Diver, Night Diver, Boat Diver,
 - Enriched Air Diver, Search & Recovery, Master Scuba Diver
- ✓ 1993: Open Water/Advanced/Rescue Diver Certifications

CROSSFIT

- ✓ 2015: CrossFit Defense Certification
- ✓ 2013: CrossFit Level I Certification

AMERICAN RED CROSS

- ✓ 2023: American Red Cross CPR 1st AID Certification
- ✓ 2022: American Red Cross CPR/1st AID Certification
- ✓ 2019: American Red Cross CPR/1ST AID Certification
- ✓ 2012: American Red Cross CPR/AED for the Professional Rescuer
- ✓ 2012: American Red Cross Lay Responder FA/CPR/AED
- ✓ 2010: American Red Cross Water Safety Instructor Certification

2013: Brown Belt KISDS (Karate International Self Defense System)

2010: Level I Certification Krav Maga

2010: Level 1 White Belt Brazilian Jiu Jitsu

2023: 4th stripe White Belt. Gracie Barra Brazilian Jiu Jitsu

PROFESSIONAL MEMBERSHIPS:

Texas Association of Health, Physical Education, Recreation, and Dance
American Alliance of Health, Physical Education, Recreation, and Dance
PADI (Professional Association of Dive Instructors)

OFFICES HELD:

2020 - Present	TAMU Obstacle Course Racing Advisor
2017	TAMU Boxing Club Advisor
2014 – 2016	Faculty Advisory Committee, College of Education
2013 – Present	Brazilian Jiu Jitsu Advisor
2013 – Present	PEAP Promotion Committee
2012 – 2016	FREE (Father Redeeming the Enslaved and Exploited) Advisor
2011 – Present	Physical Education Activity Program Coordinator, PEAP, Texas A&M University
2010 – Present	CPR/AED Trainer for PEAP, Texas A&M University
2010 – 2011	H&F Online/Hybrid Committee Member, PEAP, Texas A&M University
2010 – 2011	Self Defense Section Leader – PEAP, Texas A&M University
2010 – Present	TAMU Self Defense Advisor – PEAP, Texas A&M University
2009 – Present	Majors Resistance/Flexibility Chair – PEAP, Texas A&M University
2009 – 2013	Faculty Aggie Honor Council – Texas A&M University
2008 – 2017	TAMU Roadrunners Advisor – Texas A&M University
2007 - 2009	Emil Mamaliga Award Committee Member, PEAP, Texas A&M University
2000 – Present	Enhancement Instructor, 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 Mamaliga Outstanding Teacher Award Nominee – 2004, 2006 – Physical Education Activity Program, Department of Health and Kinesiology, Texas A&M University

COURSES TAUGHT (LAST FIVE YEARS)

Functional Military Movement & Functional Fitness
Ranger Challenge
Majors Self Defense
Majors Resistance and Flexibility
Majors Bootcamp/Self Defense
Beginning Strength Training
Beginning Swim, Conditioning Swim, Cardio Swim
Beginning Running, Intermediate Running
Self Defense, Cardio Defense
Cardio Kickboxing
Modified Activity
Bootcamp, Bootcamp 1.0, Bootcamp 2.0
120 Science Based Bootcamp, 120 Science Based Bootcamp Hybrid
120 Science Based Obstacle Course Racing Hybrid
120 Science Based Strength Training
120 Science Based Self Defense
223 Science Based Self Defense
223 Science Based Running
223 Science Based Bootcamp, 223 Science Based Bootcamp Hybrid
223 Science Based Total Fitness
X Fit
Obstacle Course Racing

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

Caruso, Shea, Agnor, Netherland, Slagel, Wenzel (2014). Yoga for Students

Skyepack: Bootcamp 199, 120 and 223 Launched Spring 2018

Skyepack: Bootcamp/Bootcamp 1.0, Bootcamp 2.0/X Fit 199, 120 and 223 Launched Fall 2018

Skyepack: Self Defense 199, 120, 223 Launched Fall 2019

Skyepack: Running/Walking 199, 120 and 223 Launched Spring 2020

PRESENTATIONS/COACHING

2023:

Self Defense Presentations to the following groups:

TAMU Corp of Cadets: Navy/Marines. Texas A&M University

TAMU Corp of Cadets: Airforce. Texas A&M University

TAMU Corp of Cadets: Band. Texas A&M University

TAMU CHAARG club

TAMU KAPPA KAPPA GAMMA

TAMU Aggie Sisters in Healthcare

TAMU Aggie Sweethearts

TAMU CAFÉ (Club of Aggie Females in Engineering)

TAMU Maggies

Bootcamp/Obstacle Training to the following groups:

TAMU PEAP club

TAMU CHAARG club

TAMU OBSTACLE COURSE RACING club

2022:

Self Defense Presentations to the following groups:

Kruegar Hall Residents: Texas A&M University

TAMU Corp of Cadets: Navy/Marines. Texas A&M University

TAMU Corp of Cadets: Airforce. Texas A&M University

TAMU Corp of Cadets: Band. Texas A&M University

SAAW. TAMU Rec Center

TAMU CHAARG club

TAMU KAPPA KAPPA GAMMA

Bootcamp/Obstacle Training to the following groups:

TAMU PEAP club

TAMU CHAARG club

TAMU OBSTACLE COURSE RACING club

2021:

Self Defense for Women with Integrity Firearms Training Center: Texas A&M University Physical Education Activity Program Facility

Corp/ROTC Train the Trainer Clinic Coordinator and Instructor

2020:

Volunteer Self Defense Presentations: ROTC units, Sororities, TAMU clubs

Volunteer Bootcamp Coach: ROTC units

Corp/ROTC Train the Trainer Clinic Coordinator and Instructor

2019:

2nd Global Conference on Physiotherapy Presenter: 15-16 August 2019, Prague, Czech Republic.
Self Defense Basics
Volunteer Self Defense Presentations: ROTC units, Sororities, TAMU clubs
Volunteer Bootcamp Coach: ROTC units
Corp/ROTC Train the Trainer Clinic Coordinator and Instructor
PEAP Instructor/Coach for Texas A&M ROTC Ranger Challenge Team

2018:

7th Annual Arts, Humanities, Social Sciences & Education International Conference Presenter: 3-6th
January, Honolulu, Hawaii. Self Defense Basics for Beginners
Volunteer Self Defense Presentations: ROTC units, Sororities, TAMU clubs
Volunteer Bootcamp Coach: ROTC units
Corp/ROTC Train the Trainer Clinic Coordinator and Instructor
PEAP Instructor/Coach for Texas A&M ROTC Ranger Challenge Team

2017:

PEAP Instructor/Coach for Texas A&M ROTC Ranger Challenge Team
✓ ROTC Ranger Challenge Competition, West Point, NY April
Volunteer Self Defense Presentations: Army ROTC units, Sororities, TAMU clubs

2016:

PEAP Instructor/Coach for Texas A&M ROTC Ranger Challenge Team
✓ ROTC Ranger Challenge Competition, West Point, NY April
✓ ROTC Spartan Challenge Competition, Ft. Knox, KY November
Volunteer Self Defense Seminar, Omega Phi Alpha-Delta Chapter, Texas A&M University, November
Volunteer Self Defense Seminar, Aggie Belles, Texas A&M University, November

2014:

TAHPERD Presenter. The Basics of Self Defense. December
International Conference on Kinesiology and Exercise Sciences Presenter: 4-7 August, Athens,
Greece. Self Defense Basics for Beginners

2013:

TAHPERD Presenter. Self Defense Basics for Beginners. December
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

2012:

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