

Curriculum Vitae

Denise Bozeman Cazes
cazes@uhcl.edu 281.283.3419

PRESENT POSITION Senior Lecturer and Program Director
Fitness & Human Performance
Department of Clinical Health and Applied Sciences
School of Human Science and Humanities
Nutrition Director- Exercise and Nutritional Health Institute
University of Houston Clear Lake
2700 Bay Area Blvd
Houston, TX 77058

BIOGRAPHICAL Citizenship: US
Language: English

Work History

Nutrition Director-Exercise and Nutritional Health Institute UHCL August 2018
to present

Responsibilities include dietary analysis, coaching, support and planning
for Institute members

Program Director- Fitness and Human Performance Department August 2016
to present

University of Houston Clear Lake
2700 Bay Area Blvd

Responsibilities include course coordination and scheduling, advising students,
facilitating, curriculum development and change, approval of degree plan
changes/exceptions/waivers for students, program planning and review to ensure
quality, growth and viability, assist program faculty, manage program assessments,
contact for all program related communications and represent program at necessary
college and university meetings and functions.

Senior Lecturer- Fitness and Human Performance Department Nov 2018 to
present

University of Houston Clear Lake
2700 Bay Area Blvd

Lecturer- Fitness and Human Performance Department August 2011
To Nov 2018

University of Houston Clear Lake

2700 Bay Area Blvd

Instructing students at the Soph/Jr/Sr level. Courses:

HLTH 2303 Personal Health and Fitness

HLTH 3301 Responding to Emergencies

HLTH 3303 Nutrition, Fitness and Weight Management

HLTH 3304 Principles of Physical Fitness

HLTH 3315 Health Promotion in the Workplace

HLTH 4370 Lab Practicum

HLTH 4749 Internship Practicum

HLTH 4391 Special Topics: Advanced Weight Management Programming

Committees:

CEP

Faculty Suite Rep Committee

Patio Café' Renovation committee

Ad-Hoc KPI Committee June 2015

FDSF committee- January 2013 to present

Continuing Education Survey Committee – Spring 2016

I attend UHCL Open House each Fall and Spring

I attend commencement each Fall and Spring when possible

I volunteer whenever possible at university functions

Stage I and II mentor for new faculty

Adjunct Faculty- Fitness and Human Performance Dept

January 2000 to July 2011

University of Houston Clear Lake

2700 Bay Area Blvd

Instructing students at the Jr/Sr level. Courses: HLTH 3031 "Responding to Emergencies"; HLTH 3035 Health Promotion in the Workplace; HLTH 4033 "Nutrition, Fitness and Weight Control", HLTH 4304 Principles of Physical Fitness; HLTH 4379 Internship

Adjunct Faculty

January 2006 to May 2011

College of the Mainland

Texas City, TX

PE 1107 Principles of Health Fitness

1101 Beginning Yoga

Coordinator of The Fitness Zone at UHCL**July 2004 to October 2007**

University of Houston Clear Lake

Helped to plan and open the new fitness facility for students, faculty and staff at UHCL. Duties included selecting/purchasing equipment, developing protocols to run the FZ, hiring student workers and overseeing their training, schedules and duties, working with other members of Student Life pertaining to activities occurring at UHCL. Due to lack of funds for an existing commercially available program, I worked with students in CSE to develop and implement a computer program to track membership and usage in the FZ. I developed and implemented educational opportunities and materials to assist members who wanted to learn how to effectively exercise, lose weight and improve their health. I also wrote a health column for the UHCLidian, the school newspaper.

Visiting Lecturer**September 2005 to September 2006**

University of Houston Clear Lake

2700 Bay Area Blvd

Taught multiple sections at the Jr/Sr level after the sudden departure of a full time lecturer. Courses: Health 3031 "Responding to Emergencies"; Health 4033 "Nutrition, Fitness and Weight Control".

Self Employed**One Body: One Choice****1996 to 2016**

Lifestyle and Weight Management Counselor

Work one on one with clients – individuals, groups and companies implementing sound nutritional principles, behavior modification and proper exercise techniques to facilitate their quest for better health. www.onebodyonechoice.com

Lecturer

Texas A & M University-Galveston

August 2000 to May 2004

Galveston, Texas

Helped redesign courses and implement changes that improved the Health & Fitness class (a required course) which made learning about their health and how to improve it much more relevant to them. Classes taught: Health and Fitness, Beginning Strength Training, Aerobic Walking and Yoga. I taught 6 classes each semester and two classes during each summer session.

Women's Weight Loss Group Facilitator**1992 to 1995**

Behavioral Health Services

Clear Lake, TX

Facilitated a women's weight loss support group working with M. Jane Doyle, M.S., LMFT and Dr. Ken Goodrick using his "Living Without Dieting", principles (book also authored by Dr. John Foreyt, obesity researchers at Baylor College of Medicine). Worked with mostly obese clients teaching ways to improve eating habits, make behavior modifications and how to exercise.

Assistant General Manager

Piper's Meadow Community Association
1997
Webster, TX

August 1994 to

Responsible for managing Community Association properties including monitoring and enforcing deed restrictions and architectural issues according to association rules and regulations. Served as liaison between community members and the association board of directors. Established and implemented new management practices and worked with our computer liason to design a database to track our protocols which resulted in more effective communication with residents, more efficient resolution of violations, increased property values and overall improvements in the aesthetic and economic value of this community.

Research

Publications:

Garcia YA, J Solis, T Denton, KL English, **D Cazes**, N Petersen, TL Dupler & WE Amonette. Loading Order does not alter power output during the squat exercise. *J Strength Cond Res.* 2008, 22(6): 1-11.

EDUCATION

High School Cathedral Carmel High School, Lafayette, LA 1978

University University of Houston Clear Lake B.S. Psychology,
Magna Cum Laude 1996

