

**Isabel Woelfel**  
Missouri City, Texas 77459  
281-283-3387, woelfel@uhcl.edu

## **EDUCATION**

---

### **Undergraduate and Post-Graduate Degrees**

#### ***University of North Carolina Greensboro, North Carolina***

*EdD Kinesiology, 2022*

*Dissertation: "Promoting College Students' Physical Activity Enjoyment and Motivation in a Semester-Long Zumba Fitness Course"*

*GPA of 3.87*

#### ***California State University Long Beach, California***

*M.A. Kinesiology, Sport Management, 2012*

*GPA of 3.50*

*Awards: Deatherage Scholarship granted to an outstanding graduate student within the Kinesiology department in Spring 2011*

#### ***California State University Long Beach, California***

*B. S. Kinesiology, Fitness, 2009*

*GPA of 3.57; Graduated Cum Laude*

## **TEACHING EXPERIENCE**

---

### **Kinesiology Lecturer & Group Exercise Instructor, School Settings**

#### ***University of Houston Clear Lake***

***Fall 2023-Present***

- Designed curricula & lecture content for hybrid and online courses such as *HLTH 2301 Introduction to Exercise Science, HLTH 3301 Health, Emergency Care, and First Aid, HLTH 3304 Principles of Physical Fitness, and HLTH 3309 Evidence-Based Practice*

#### ***North American University***

***Fall 2022-Spring 2023***

- Designed curricula & lecture content for face-to-face and hybrid courses such as *PHED2312 Introduction to Kinesiology, PHED2313 The Concepts of Health, Fitness, & Wellness, PHED 2313 Physiology of Exercise, PHED2314 Motor Learning & Development, PHED 2315 Physical Activity Skills, PHED 3316 Care and Prevention of Athletic Injuries, PHED 3317 Health, Emergency Care and First Aid, PHED3318 Scientific Principles of Physical Fitness, PHED 3319 Strategies & Principles of Coaching, and PHED 4320 Physical Education Teaching Methods.*
- Monitor student progress and promote equity and transparency in the classroom
- Advice and mentor students on an ongoing basis

#### ***Lone Star College, University Park***

***Fall 2021-Spring 2023***

- Instructed online sections of the *Introduction to Physical Fitness and Wellness (PHED)* course

#### ***California State University Los Angeles, School of Kinesiology & Nutritional Science***

***Fall 2016 to Fall 2022***

- Designed & instructed lab courses such as *KIN3600 Exercise Physiology, KIN2250 Principles of Physical Fitness, KIN4600 Principles of Physical Fitness Assessment, KIN*

### *2500 Introduction to Kinesiology*

- Designed & instructed activity courses such as *KIN1076 Weight Training*, *KIN1540 Bootcamp*, *KIN1540 Cardio Kickboxing*, & *KIN1540 Zumba Fitness*
- **Fall 2017:** Assisted supervising students of the *KIN 4970: Practicum in Exercise and Human Performance* course and proposed a special topics course *KIN 2540: Techniques of Teaching Group Exercise*
- **Fall 2018:** Designed the curriculum & instructed the course *KIN1500 Higher Wellness*
- **Spring 2019 & Fall 2019:** Designed the entire curriculum and taught the lecture course *KIN2250 Principles of Physical Fitness*, formerly known as *KIN3250*. Topics included: health risk factors, health benefits of physical activity, principles of cardiovascular, strength, flexibility training, and weight management strategies.
- Proposed and designed the course curriculum for *KIN 2250 Principles of Physical Fitness* as a hybrid option
- **Spring 2020-Spring 2022:** Designed & instructed online lab courses such as *KIN 2250 Principles of Physical Fitness*, *KIN4600 Principles of Physical Fitness Assessment*, *KIN 2500 Introduction to Kinesiology*
- Designed & instructed online activity courses such as *KIN1540 Cardio Kickboxing*, & *KIN1540 Zumba Fitness*

### ***East Los Angeles Community College, Los Angeles, Kinesiology Department Spring 2017-Fall 2022***

- Designed the entire curriculum & instructed activity courses such as *KIN328 Spinning*, *KIN330 Cardio Kickboxing*, *KIN336 Zumba Fitness*, & *KIN 338 Power Boxing*

### ***Los Angeles Trade Technical College, Fall 2019***

- Designed the entire curriculum & taught the *HEALTH- Health and Fitness* course for first-year high school students. Topics covered include: nutrition, sexuality, reproduction, drugs, alcohol, tobacco, aging, stress management, and weight control.

### ***California State University Long Beach, Kinesiology Department Spring 2016 to Fall 2017***

- Designed & Instructed courses such as *Cardio Group Exercise KIN142* & *Techniques of Gymnastics KIN265*
- Designed and wrote a course proposal for a new *KIN142 Bootcamp* class

### ***Group Exercise Instructor, Corporate & Commercial Settings***

#### ***California State University Los Angeles, Student Recreational Center Fall 2018 to Fall 2022***

- Responsible for providing fun, effective, and safe group exercise classes such as Cycling, Kickboxing, and Zumba

#### ***California State University Long Beach, Student Recreational Center November 2008 to June 2012; September 2013- June 2016***

- Responsible for providing fun, effective, and safe group exercise classes such as Bootcamp, Kickboxing, Zumba, and Circuit for the university students.

#### ***Group Exercise Instructor, Corporate Wellness***

#### ***Boeing Fitness Center, Mattel Fitness Center, NBC Universal Studios Fitness Center June 2007 to May 2012***

- Responsible for providing fun, effective, and safe group exercise classes such as: Cycling, Bootcamp, Kickboxing, Dance, Zumba, and Circuit

- Became proficient in exercise testing, program design, and implementing employee health promotion programs

### **Professional Development**

#### ***National Association for Kinesiology in Higher Education (NAKHE)***

***January 2023***

##### ***Presenter***

*“Promoting College Students’ PA Enjoyment and motivation in a Virtual Zumba Fitness Course”*

*“Passing the Baton: Voices from a New Generation of KIN Faculty”*

#### ***ACE Fitness Course Provider***

***Summer 2022***

##### ***Group Exercise Instructor Certification***

Led and instructed the ACE Group Exercise curriculum to prepare students for the *Group Exercise Certification Test*

#### ***Curriculum Development***

***Fall 2020-Spring 2021***

##### ***KIN 1085 Zumba Fitness Course Proposal Hybrid-Online***

During the Spring 2021 semester at CSULA, under the supervision of the direct manager and the Kinesiology department chair, submitted a new course proposal for the KIN 1085 activity course to be offered as a hybrid and online

##### ***KIN 2250 Principles of Physical Fitness Course Proposal Hybrid***

During the Spring 2020 semester at CSULA, under the supervision of a tenured-track faculty and the Kinesiology department chair, submitted a course modification for the KIN2250 lecture and lab course to be offered as a hybrid

#### ***Inclusive Teaching, California State University Los Angeles***

***Fall 2020- Winter 2021***

A fourteen-week course designed to help instructors gain equitable practice strategies to be applied to their classrooms. Topics included: *Your Teaching Identity, Teaching First-Generation Students, Supporting Students with Disabilities, Teaching Student Veterans, Leading Difficult Discussions, Implicit Bias and You, and Faculty Self-Care*

#### ***Introduction to Online Teaching and Learning, Los Angeles Valley College***

***Spring 2020***

A four-week course designed to help instructors develop skills for teaching online courses. Topics included: *Designing and Facilitating an Effective Course, Using Canvas to Design an Online Course, Strategies to Engage Students in an Online Setting, Preparing Students for Success, Creating Online Course Policies, and Quality Principles for Online Teaching.*

#### ***Alternative Instruction (ALT), California State University Los Angeles***

***Spring 2020***

Semester program that enables faculty to convert a face-to-face course for distance instruction using effective practices that engage students and build an online community. Workshops to be taken include: *Intro to Canvas and Online Activities, Low Bandwidth Teaching, Leveraging Multimedia, Canvas Gradebook, Speedgrader, Online Quizzes, Exams, and Maintaining Instructor Presence with Video.*

#### ***Designing Online Courses (DOC), California State University Los Angeles***

***Spring 2020***

Semester course in the design and development of hybrid and online courses. Topics included: *Introduction to Teaching Online, Introduction to Course Alignment, Accessible Instructional Materials, Course Mapping, and Course Building*

#### ***Association of College and University Educators***

***Effective Practice Framework, Spring-Fall 2019***

One-year online course in effective college instruction. Topics included: *Designing an Effective Course and Class, Establishing a Productive Classroom Environment, Using Active Learning Techniques, Promoting Higher Order Thinking, and Assessing to Inform*

## **ADDITIONAL EXPERIENCE**

---

### ***Fitness Related***

#### ***Health and Fitness Specialist***

##### ***Gains Fitness***

***January 2012 to June 2012***

- Acted as the primary health education and information representative at the Universal Studios/ NBC fitness center; responsible for organizing and enacting staff and member education and acted as a lead player in working to enrich and communicate facility programming and promotion for members
- Created and developed PowerPoint presentations to educate and promote health and wellness among the NBC employees; developed and designed individualized exercise programs; led and conducted fitness classes; developed and organized fitness challenges to encourage employees to be more physically active

#### ***Health and Fitness Specialist & Personal Trainer***

##### ***YMCA Culver City***

***March 2010-December 2011***

- Perform screening assessments and complete PARQs (Physical Activity Readiness Questionnaires) including a collection of medical and exercise history, cardiovascular disease risk factors, and blood pressure.
- Administer sub-maximal and maximal cardiopulmonary exercise tests to determine cardiovascular fitness and aerobic endurance.
- Develop complete exercise programs that target cardiovascular fitness, muscular fitness, and flexibility
- Interact with members and educate and promote health and fitness

## **ACTIVITIES, SKILLS, AND PROFESSIONAL AFFILIATIONS**

---

- ***Professional Licenses and Certifications:*** ACSM Exercise is Medicine Specialist, ACE Personal Trainer, Health and Coach & Functional Training Specialist; AFAA Group Exercise Instructor certified, Schwinn Cycling certified; Les Mills Bodycombat, Bodypump, GRIT Series, & SPRINT certified; Zumba, Zumba Step & Strong certified; HIGHX certified; TRX certified; POP Pilates Certified
- ***Professional Affiliations:*** ACSM member
- ***Languages:*** Speaks and writes Spanish fluently
- ***Volunteer Activities:*** Salvation Army; YMCA; Susan G. Komen Breast Cancer Association

## **AWARDS**

---

#### ***CSULA Outstanding Teaching Performance Award***

***Spring 2020 & 2021***

- Received the Outstanding Teaching Performance award from the School of Kinesiology, Nutrition, and Food Science in both semesters.