

## **Laura Dougherty**

2914 Montgomery Rd.

Huntsville, TX. 77340

(936)577-6295

Laura.dougherty@att.net

### **Education**

2004-2006      McNeese State University      Lake Charles, LA.

*Master of Science in Exercise Physiology, Spring '06*

- Studied human physiology and adaptations made through exercise; health care programming, planning, and evaluations for communities and profit/nonprofit organizations; research methods; and statistical analysis of research.
- Cumulative G.P.A.: 4.0

2000-2004      McNeese State University      Lake Charles, LA.

*Bachelor of Science in Health Promotion, Spring '04*

- Promoting health care through education by planning, implementing and evaluating programs for community organizations and businesses.
- Cumulative/ G.P.A: 3.1

## Work experience

01/10-Present Sam Houston State University, Pool Faculty in Health & Kinesiology, Internship Coordinator for Exercise Science

- Instructor of Fitness Activity Courses (KINE 2119), First Aid & CPR (HLTH 2330), Fitness for Living (KINE 2115), and Assessment in Kinesiology (KINE 3363), Motor Competencies (KINE 3117), Principles and Practice of Adult Fitness Management (KINE 4393).
- Internship (KINE 4394) – coordinate internship sites for students seeking 200 and 400 hour internships. Develop & maintain relationships with site supervisors, coordinate agreements/affiliations with hospitals for PT/OT internships, promote the internship program within our department and mentor students in preparation for internship.

08/09-08/11 Sam Houston State University, Assistant Director of  
Recreational Sports – *Director of Fitness* Huntsville, TX

- Over see University Recreation in Fitness: Group Fitness, Personal Training, Weight & Cardio Area, Chair of University Employee Wellness Program (1,000+ Faculty/Staff)
- Department of Kinesiology Lecturer KIN 215 “Fitness for Living” academic class ’10-present
- Instructed the ACE Personal Training Workshop through University Education.
- Manage a staff of 60 students; increased staff from 31 to 60
- Maintain program budget of \$200,000: includes student’s wages, marketing expenses, equipment purchasing and maintenance
- Increased initial income expectation of \$12,000 to \$22,000 by first fiscal year end, 8/31/10 (met income goal of \$12,000 in March ’10); year two met income expectation at the end of October ’10 completing fiscal year end at \$39,529.68 as of 7/15/11. Marketing our products was a major factor in our success. As a team we restructured the Personal Training prices to meet the needs of the clientele by implementing functional packages that incorporating assessments to insure clients’ progress.
- Transitioned a free Group Fitness Program to a fee based program; sold 75 passes Spring ’10 semester and have sold 280+ passes as of 5/31/11. Participation from the audience has increased due to accountability, quality and efficacy of classes offered to the university.

- Acquired a Lease agreement on Fitness Equipment with the Universities permission and the State of Texas. Delivered budget proposals to the University, which has saved us money on equipment with the option to buy out at the end of the term.
- Chairman of Spring Student Services Development Training for 75 employees.
- Certifications: ACSM Certified Personal Trainer, AFAA Certified Primary Group Exercise Instructor, Stott Pilates Mat Certified/Reformer trained, TRX Trainer, Yoga Fit 1 & 2, Les Mills: Body Pump & Body Flow, Precision Cycling, Power Plate certified, Yoga for Golfers Certified. IDEA Personal Trainer Institute '09, IDEA Fitness Fusion '08, Dallas Mania Attendee (5+yrs), and always continuing education.

04/08-08/09    The Sports Club at Graywood Lake Charles, LA.

*Director of Fitness*

- Opened the Sports Club in June 2008 to a successful start in a master planned community. Managed fitness staff of four and lead successful fitness programming for all ages. Initiated a profit generating group fitness and personal training programs. Implemented a family event the first Saturday of each Month "Fitness Social." Community speaking on Health & Wellness, frequent health educator on KPLC TV. Majority of my client base were working to improve their golf and or tennis game, as well as weight loss. Lead a TRX Tennis Fit Camp for the Women's Tennis League.

2001-2008    GiGi's Fitness Center of Christus St. Patrick's Hospital

*Certified Group Fitness Instructor/Personal Trainer*

- Instructed range of group fitness classes adapting to all ages and levels of fitness while motivating and educating members, executing new member sales, as a personal trainer tailored programs & assessments to fit individual needs; held interim group fitness coordinator for a few months.

2005-2006    McNeese State University    Lake Charles, LA.

*Graduate Teaching Assistant, Health & Human Performance*

- Prepared laboratory presentations to First Aid & CPR classes, conducted lectures, and lead discussion groups; also, taught University Recreational Group Fitness classes as needed.

2004-2006      Lake Charles Memorial Hospital      Lake Charles, LA.

*Physical Therapy Technician in Inpatient Rehabilitation*

- Collaborated with Physical/Occupational therapist, Physicians and Nursing staff in patient therapy, evaluation, prosthesis and dressing. Worked part-time while working on Master's degree.

## Research/publications

- Approved publication Spring 2006 LAPHARD Journal, "Stroke Risk Assessment of SWLA Senior Game Participants."
- Thesis: "A Comparison Of Predicted O<sub>2</sub> Consumption Between Triathletes And Distance Runners Based On Running Performances."

## Community Service

- Phi Mu Alumni
- Huntsville Junior Service League: 2010-2017, President (2013-2015), Secretary (2011/2012), Vice President 2012/2013)
- Huntsville Memorial Hospital volunteer member for community 5k events
- Volunteer for Huntsville Historical Society
- SHSU Bearkat Athletics Donor 2009-present
- Volunteered on multiple 5k fundraisers in Lake Charles, LA while working for both Christus Hospital & Lake Charles Memorial Hospital

