

Simone Provenzano, PhD, CSCS

Education

Doctor of Philosophy - May 2023

Concordia University Chicago

Health and Human Performance

Master of Science in Education – July 2011

University of Mary Hardin-Baylor

Exercise and Sport Science

Bachelor of Science – December 2009

University of Mary Hardin-Baylor

Exercise and Sport Science

Experience

Assistant Professor & Director, Master of Science in Exercise Physiology, School of Exercise and Sport Science, University of Mary Hardin-Baylor, Belton, Texas. August 2013 – present.

Course load:

Undergraduate - *Exercise Testing & Prescription, Ergogenic Aids in Sport, Concepts of Personal Training, Group Fitness Programming, Leadership in Health Science, Lifespan Nutrition, Weight Training, Conditioning, Aerobics, Intermediate Swimming, Basic Swimming, Yoga, Spinning, Aquatic Fitness, Core Conditioning, Personal Health & Fitness, Advanced Resistance Training, Crossfit, Advanced Cardiovascular Training, Stand-Up Paddleboarding, Stand-Up Paddleboarding Yoga, Intermediate Yoga, Snow Skiing, Scuba Diving, Mountain Biking*

Graduate – *Principles and Techniques of Strength Training and Conditioning, Advanced Performance Nutrition, Internship*

Study Abroad: *Belize, 2022-2025 (Scuba-Diving & Yoga)*

Wellness Education Coordinator, University of Mary Hardin-Baylor, Texas. January 2016 – present.

Organization of wellness education seminars for faculty and staff.

Adjunct Instructor, Exercise and Sport Science Department, University of Mary Hardin-Baylor, Belton, Texas. August 2011 – May 2013.

Course load: Weight Training, Conditioning, Aerobics, Intermediate Swimming, Yoga, Spinning, Aquatic Fitness, Core Conditioning, Emergency Healthcare.

Fitness Coach, Self-employed, October 2010 – present.

Endurance Sport Coaching.

Adjunct Instructor, Physical Education Department, Temple College, Temple, Texas.

January 2011 – May 2013.

Course load: Aerobics, Yoga, Personal and Community Health (online course).

Group Fitness Instructor, Campus Recreation, University of Mary Hardin-Baylor, Belton, Texas.
October 2011 – July 2013.

Class load: Spinning, Yoga.

Instructor, World Instructor Training School (in collaboration with Temple College),
August 2012

Personal Trainer Certification Course: Anatomy & Biomechanics, Exercise Physiology, Nutrition.

Personal Trainer, Group Fitness Instructor, Heritage Park Fitness, Harker Heights, Texas.
August 2007 – October 2010.

Individual and Group Personal Training, Group Fitness Classes.

Group Fitness Instructor, Parks and Recreation, City of Harker Heights, Harker Heights, Texas.
October 2005 – August 2007.

Class load: Aerobics, Strength Training, Yoga.

Certifications

Certified Strength & Conditioning Specialist, National Strength and Conditioning Association,
March 2021 – present.

Certified Running Coach, Road Runners Club of America, 2011 – present.

Registered Yoga Instructor, Yoga Alliance through YogaFit, 2008 – present.

Certified Spin Instructor, Aerobics and Fitness Association of America, 2010 – present.

Certified Instructor Trainer, American Heart Association, 2011 – present.

Projects

Race Director – Stillhouse Hollow Lake Sprint Triathlon, Harker Heights, Texas. July 2011.

Professional Affiliations

USA Triathlon (USAT)

American College of Sports Medicine, Texas Chapter (TACSM)

National Strength and Conditioning Association (NSCA)

Academic Achievements

Who's Who Among Students in American Universities & Colleges, 2009.

Emma DeLace Dillon Endowed Scholarship, 2009.