

# REUBEN COWAN

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726 Wilma St.  
Tyler, TX 75701

## EDUCATION

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<b>MS</b>	The University of Texas at Tyler, Kinesiology GPA: 4.0	May 2010
<b>BA</b>	The University of Texas at Tyler, Health and Kinesiology Graduated Magna Cum Laude GPA: 3.81	May 2008

## HONORS AND AWARDS

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<b>All-Academic Men's Cross Country Team</b> Academic All-American	2008
<b>ASC Sportsmanship Athlete of the Year</b> Inaugural sportsmanship award for the Conference	2008
<b>4-time ASC Distinguished Scholar-Athlete of the Year</b> Best scholar-athlete for Cross Country and Track&Field, 2 years in a row	2007-08
<b>CoSIDA/ESPN the Magazine All-American</b> 2 <sup>nd</sup> Team All-American (All Divisions)	2007
<b>The University of Texas at Tyler Athlete of the Year</b> Athlete of the Year across all sports	2007
<b>The University of Texas at Tyler Student-Athlete of the Year</b> Student-athlete of the year across all sports	2007
<b>USTFCCCA South/Southeast Region Athlete of the Year</b> United States Track and Field governing body athlete of the year for the entire south/southeast region	2007
<b>United States Army Reserve National Scholar-Athlete Award</b> National award	2004

## TEACHING EXPERIENCE

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**The University of Texas at Tyler, Tyler**  
**Adjunct Faculty, Health and Kinesiology**

May 2010 to Aug 2010

- Director of Internships
- Online monitoring of Internship students as well as both face-to-face and telephone contact with site supervisors.
- Maintained necessary documents for internships; established facility user agreements; assessed additional requirements with internship sites
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**The University of Texas at Tyler, Tyler**  
**Graduate Assistant, Health and Kinesiology**

Aug 2009 to May 2010

- Taught Exercise Physiology Lab, an undergraduate course averaging 60 students per semester.
- Developed quizzes, labs, and handouts
- Revised the syllabus to meet accreditation standards
- Prepared students for research project and presentation

**The University of Texas at Tyler, Tyler**  
**Graduate Assistant, Health and Kinesiology**

Aug 2009 to May 2010

- Taught Marathon Training Class, an undergraduate course averaging 15 students per semester.
- Developed training schedule, race schedule, travel itineraries, and handouts
- Revised the syllabus to meet accreditation standards
- In fall 2009 the class was featured in a segment on an International Broadcast by ESPN360 online.

## PROFESSIONAL TRAINING

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**T.A. Workshop**

The University of Texas at Tyler, Tyler, TX, Aug 2009

Description: Workshop for first-time teachers and teaching assistants at the University. Dr. Wolf led a multi-day conference to discuss topics in education.

**CPR/AED Certification**, American Red Cross, 2006-08

**NCAA DIII Coaches Test**

The NCAA required test for coaches covering the rules for DIII collegiate cross country and track and field traditional and nontraditional seasons

## **PROFESSIONAL AFFILIATIONS**

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National Federation of State High School Associations, 2009

Phi Kappa Phi, 2008-Present

Tyler Rotary Club, 2003-2004

## **PROFESSIONAL SERVICE**

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### **Healthy Steps 5K**

Race Co-Organizer, Spring 2010

## **COMMUNITY SERVICE**

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### **Royal Family Kids Camp**

A weeklong camp for foster children in the East Texas area, 2009 and 2010

### **World Vision**

Team World Vision fundraising for general fund and clean water fund for underprivileged throughout the world, 2009 and 2010

### **Relay for Life**

Entertainment Chair, Tyler, TX, April 17, 2009

### **Salvation Army**

Bell-Ringer for donations during the Christmas Holiday, 2004, 2007, and 2008

### **Brook Hill High School Track and Field**

Coach of Long Distance, Jumps, and Sprint Relays, Spring 2009

### **Salvation Army Kitchen**

Server for Underprivileged, Tyler, TX 2007

Server for Katrina Refugees

### **Order of Christian Workers**

Toys for Underprivileged in Tyler, Dec 2007

## **LANGUAGES**

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**English:** Native Language

**Spanish:** Novice Listener, Novice Speaker, Intermediate Reading and Writing

## **COMPUTER SKILLS**

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**Microsoft Office Suite 2003/7:** Word, Excel, PowerPoint, Outlook, Publisher  
**WPM:** ~70

## **OTHER**

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**Elite Athlete** – 2010 3M Half Marathon

**Elite Development Athlete** – 2010 Chicago Marathon

**Microfit** - Technician

**PARVO medics Metabolic Cart** - Technician

**Internship with Associate Professor of Exercise Physiology** – Lecture preparation and presentation

**Collegiate coaching experience** - 3,000m steeple to 10,000m

**Experience with collegiate recruitment** – cross country and track and field

**High school head coach experience** - coached state champion in the 1600m; one 2<sup>nd</sup> place finish in 3200m; one 3<sup>rd</sup> place finish in 800m; led team to state championship meet in cross country

## **REFERENCES**

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**Dr. Scott Spier**, Associate Professor of Exercise Physiology  
Health and Kinesiology  
The University of Texas at Tyler  
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**Terri Deike**, Athletic Director  
Letourneau University  
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**Bob Hepler**, Director of Herrington Patriot Center  
The University of Texas at Tyler  
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