

Name Pamela Kosti  
Title Graduate Assistant  
Department Health & Kinesiology  
College Sam Houston State University

**Degrees Earned**

Degree, Major, (minor – optional), Institution, Year  
BS, Health Promotion & Education  
University of Utah, 2007

**Professional Licensure and Certifications**

**Peer-Review Publications and Artistic Performances/Exhibitions**

**Articles**

**Books**

**Chapters**

**Proceedings**

**Artistic Performances**

**Artistic Exhibitions**

**Research Monographs and Technical Reports**

**Funded External Grants:**

**Peer-Review Presentations/Posters**

**Work or Professional Experiences:** August 07 – present: Teaching for SHSU, Kin 215 Fitness for Living. Kin 114 Rhythmic Activities, Kin 219, Kinesiology Activities

Teaching Assistant Fall 06- Summer 07 (Human Sexuality, Elementary Education. Proctored Exams, facilitates classes, led discussions, graded papers. Topics related to gender, STIs, alcohol and drug abuse, nutrition, exercise, all aspects of wellness Aerobic Classes (Definition, Fat Burner, Pilates, Yogalates, Core Crunch, Band Blasters Personal Training May 04 - Sept 06 Utah Field House Pilates Yogalates Sept 06-July 07 Boys and Girls Club Fall 05-Summer 06 (Kick boxing, Pilates, Hygiene, Cooking Whittier Elementary Physical Education Kindergarten Class Music Together for parents and children Personal Trainer Fitness Instructor:10-24-2007

**Work or professional experience:**

Sept 07 – present: Strength & Conditioning training for SHSU Women’s tennis team.

August 07 - present Teach for Recreational Sports, definition, core crunch, Pilates, and yoga.

August 04 - Jan 05 Trained Karine Ischer on the European golf tour. Trained her in physical strength, flexibility and cardio endurance, and nutrition. also worked on mental focus training techniques.

**Honors and Awards:**

Deans List all semesters for my Major classes.

**Other Competencies**