

Curriculum Vitae

John Stanson
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Richland College
12800 Abrams Road
Dallas, TX 75243

Education

Texas Tech University, Lubbock, TX. M.S.
University of North Texas, Denton, TX
East Texas State University, Commerce, TX
Additional post-graduate Doctoral study (48 credit hours)
State University of New York College at Buffalo B.S.

Teaching Experience

Richland College, Dallas, TX
Professor – Physical Education 1164, 1134, 1121, 1123, 1107,
1308, 1119, 1100, 1110 and EDUC 1300

August 1974 – present

Publications and Papers

Presented over 100 community lectures (including radio & cable T.V. guest
Appearances) on various wellness and fitness topics

Co-authored the Textbook “Fitness, an uplifting experience”
Burgess 1st edition 1984 to 4th edition 1997

Authored free student online textbook “Commit to be fit”
2004 & revised 2007

Authored several nationally published articles (Texas Association of Health,
Physical Education and Recreation Journal, Dallas Child, L.A. Parent,
Keeping track and Parenting magazines). Sample topics included “developing
your child’s athletic potential”, “Wellness tips for healthy living”, “Nutrition for life”,
“Steps in developing an Intramural sports brochure”.

Certificates, Certifications & Other Qualifications

Certified YMCA fitness specialist

National strength & conditioning Association member

Certified National Intramural Recreational Sports Specialist

I certify that statements made by me in this vitae are true, complete and correct.