

## Curriculum Vitae

Lona Parr  
North Lake College  
5001 Mac Arthur  
Irving, Texas 75038  
972.273.3519  
lparr@dcccd.edu

### **Education**

Southern Methodist University  
M.S. in Physical Education  
Thesis: Weight Training for Females

Semester Abroad  
University of Stockholm  
Sweden  
Physical Fitness/Health

University of Texas @ Austin  
B.S. in Physical Education

### **Teaching Experience**

North Lake College, Dallas, Texas - September 1977 – August 2010  
Instructor – PHED 1164/1134, PHED 1304, PHED 1124/1145, PHED 1119/1141  
Developed syllabus and overall structure, weekly lab practicum, and administered all grades.

Southern Methodist University, Dallas, Texas – September 1975 – August 1977  
Instructor- Physical Fitness, Yoga  
Developed syllabus and overall course structure, and administered all grades.

### **Publications and Papers**

Weight Training for Females, February, 1977

Guest Speaker/Slide Presentation at the Texas Colleges and University Convention, San Antonio, TX

Parr, Lona, Distance Learning Physical Fitness, PHED 1164/1134 Lab Manual, 2007, published by Kendall /Hunt, 2<sup>nd</sup> edition, 2010

Parr, Lona, Traditional Physical Fitness, PHED 1164/1134 Lab Manual, 2007, published by Kendall /Hunt, 1<sup>st</sup> edition

Parr, Lona, Aerobic Dance Lab Manual, local publication

Parr, Lona, Self-Paced Weight Lifting Lab Manual, local publication

