

Curriculum Vitae

Ranna Lucas
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Education

Southern Methodist University, Dallas, TX
M.A. in Physical Education

Southern Methodist University, Dallas, TX
B.A. in Physical Education

Richland College, Dallas, TX
Associate in Applied Arts & Sciences

Teaching Experience

Richland College, Dallas, TX – August 1991 - present
Adjunct Instructor – Physical Education

Collin College, Plano, TX – August 2008 – present
Adjunct Instructor – Physical Education

Eastfield and Richland Colleges, Dallas, TX – July 1982 – August 1984
Adjunct Instructor – Physical Education

Publications and Papers

Publications

Lucas, Ranna, and Koslow, Robert, “Comparative Study of Static, Dynamic, and Proprioceptive Neuromuscular Facilitation Stretching Techniques on Flexibility,” *Perceptual and Motor Skills*, 1984, vol. 58, pp. 615-618.