



Rachel Watson

(580) 467-4016 (cell) ♦ R.Watson@utexas.edu

EDUCATION

The University of Texas at Austin

<i>MS in Kinesiology</i>	2016
<i>BS in Kinesiology and Health Education (Exercise Science) with a Health and Fitness Specialization</i>	2014
<i>Minor in Psychology</i>	
<i>McCombs Business Foundations Certificate</i>	

PUBLICATIONS

Rachel Marie Watson , Philip Ray Stanforth, Anna Elizabeth Talley , Matthew Alan Stults-Kolehmainen (2019)
Influence of Age, Ethnicity and Sex on Body Composition Thresholds for the Accumulation of Visceral Adipose
Tissue in Adults. American Journal of Sports Science, 7 (111-120)

TEACHING AND WELLNESS

The Fitness Institute of Texas, Department of Kinesiology & Health Education, UT Austin

<i>Executive Director</i>	2022-Present
<i>Operations Director</i>	2018-2022
<i>Fitness/Training Specialist</i>	2016-2018
<i>Graduate Research Assistant</i>	2014-2016
<i>Office Manager</i>	2011-2014

Department of Kinesiology & Health Education, UT Austin

Assistant Professor of Instruction 2017-Present

Courses:

KIN Fieldwork: Off and On Campus
HED Fieldwork in Health Promotion
KIN Internships in Medical and Health Fitness
KIN310 Physiological Basis Of Conditioning

MEMBERSHIPS, CERTIFICATIONS & AWARDS

ACSM Certified Personal Trainer and Alliance Member
Gray Institute CAFS
Precision Nutrition L1
Habit Coach L1
UT Texas ACSM Kinesiology Major of the Year, Spring 2014
UT Austin President's Student Employee of the Year Award Nominee
AHA CPR/AED Certified