

Kathy Bingham MA, RYT
Professor/Director
3666 Barry Ave, Los Angeles, CA
(310) 390-7152 kbingham@avc.edu

Objective

Experienced Lecturer, Health Education Professor and Certified Yoga Instructor desires to share knowledge with national audience.

Education

Master of Arts in Physical Education with distinction,
California State University at Northridge, 1991
Bachelor of Fine Arts in Dance, California Institute of the Arts, 1982

Awards

Named Scholar in Residence for the 2007-2008 academic year at Antelope Valley College.

Employment

ANTELOPE VALLEY COLLEGE, 1987 TO PRESENT

Full time/tenured professor

Department of Physical Education, specializing in Health/Yoga

Health—Teaching assignment includes Health Education 101, Honors Health Education, Women's Health Issues and Stress Management.

Yoga—Teach Hatha Yoga and Power Yoga.

Dance—former director of dance program, duties included teaching ballet and modern dance, choreography, and dance performance, as well as recruit, mentor and evaluate adjunct faculty, schedule classes and events, program and curriculum development, program review and community outreach.

Program and Curriculum Development—expanded and developed dance program at AVC by creating a performance program and writing more than 15 classes.

Health and Yoga curriculum development—developed Honors Health Education class. Developed and wrote classes in Women's Health Issues (diversity class), Hatha Yoga, Power Yoga and Stress Management.

Committee Service—regular service on various college committees. Currently serving on the Standard 2 Subcommittee for Accreditation, the Information Competency Committee, and the Student Health Center Committee. Regularly works on tenure and evaluation committees and hiring committees. Member of the Women's Health Committee at Lancaster office of the American Cancer Society. Board Member of the Catalyst Foundation, local AIDS clinic.

Producer/event director—Spring Wellness Seminar

Duties include grant writing/fund raising, developing program, recruiting speakers and presenters, recruiting and supervising community and student workers, and public relations for daylong educational seminar emphasizing preventative health practices and the power of lifestyle behaviors on health maintenance with attendance of 200 college and community members.

Artistic Director/Dance Dimensions 1987-2001

Duties for annual dance production at Lancaster Performing Arts Center included hiring guest artists, choosing local and student choreographers, auditioning and selecting cast, developing rehearsal schedule, choreographing, supervising all rehearsals, coordinating technical rehearsals, working within a budget, coordinating costumes and collaborating with lighting designers and technical director.

Employment

CSU SAN BERNARDINO

Instructor and Choreographer, Department of Theatre Arts

Duties included teaching Beginning and Intermediate Modern Dance and choreographing musical theatre.

MOORPARK COLLEGE

Instructor, Division of Humanities

Duties included teaching Dance Performance, Int/Adv Modern Dance, and Dance Appreciation, 1998-1999.

ANTELOPE VALLEY DANCE THEATRE

Artistic Director/Producer

Duties included running a 12 member Dance Company co-sponsored by the City of Lancaster, choreographing, casting, developing budgets, fund raising, public relations, hiring of design personnel, recruiting and working with a board of directors, and producing concerts, 1990-1992.

Credential

Registered Yoga Teacher—Yoga Alliance
California Community College Instructor Credential in Physical Education
—valid for life. American Red Cross CPR and First Aid Certified
Certified Wellness Coordinator (National Wellness Institute)

**Continuing
Education**

Regularly attends seminars in health, wellness, and yoga such as National Wellness Conference, AAHPERD National Convention, Yoga Journal National Convention, Vegsource Healthy Living Expo, and others. Ongoing Yoga teacher training (Los Angeles). Ongoing Classes in Yoga philosophy at Loyola Marymount University (Los Angeles). Completed 12 units in upper-division Spanish language classes.

**Professional
Affiliations**

American Alliance for Health, Physical Education, Recreation, and Dance,
American Association of Health Educators, Physicians Committee for
Responsible Medicine, National Women's Health Network, National Wellness
Institute.

Languages

Bilingual—English/Spanish

Guest Lecturer

Regularly lectures within academic and community organizations in the areas of
Stress Management, Nutrition, Cooking Demonstrations, Women's Health,
Preventative Health Practices, and Yoga.