

HOLLY J. AGUILA
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TEACHING AND WORK EXPERIENCE

August 2013 – Present

Instructor – Arizona State University, Downtown Phoenix Campus
College of Health Solutions, School of Nutrition and Health Promotion
Department of Exercise Science and Health Promotion

Teach 5 sections each semester from the following classes:

- *EXW 100: An Introduction to Health and Wellness each semester (hybrid)*
- *EXW 302: Foundations of Wellness (Online) (lead instructor)*
- *EXW 325: Fitness for Life (Online)*
- *EXW 344: Physical Activity in Health and Disease (online)*
- *EXW 380: Body Image and Wellness (online)*
- *EXW 400: Stress Management for Wellness (online)*
- *CHS 100: Intro to Health Solution (hybrid)*
- *CHS 101: The ASU Experience (face-to-face)*

Collaborate with colleagues and guest speakers. Attend wellness and technology workshops, webinars, and seminars. Participate in Health and Wellness Coaching Faculty Training Program for Executive Education program. Attend online teaching webinars for Yellowdig, VoiceThread, CHS Online Instructor Support, and Higher Ed teaching strategies. Provide online office hours for students. Attend online webinars & meetings for Canvas migration facilitation. Attend leadership conferences and instructional coaching workshops. Member of CHS Study Abroad Committee.

July 2018

Teacher - EF High School Exchange Year, Allentown, PA

Taught "Exchange Orientation" class to 100 international high school student campers from Europe and Asia. Led students on field trips to New York City, minor league baseball game, and amusement park. Met students at airport upon arrival in the United States and delivered them to airport to travel to host families after the conclusion of Camp programming.

August 2010 – May 2013

Faculty Associate – Arizona State University, Downtown Phoenix Campus
School of Nutrition and Health Promotion, Exercise and Wellness Program

Taught multiple sections of EXW 100: An Introduction to Health and Wellness each semester. Developed curriculum and lesson plans to teach personal health issues to undergraduate students. Converted course from a face-to-face format to a hybrid format and an online format utilizing Blackboard learning management system. Maintained student grades. Collaborated with colleagues and guest speakers.

May 2011 – March 2016

Bilingual Onsite Health Coach/Wellness Consultant – Shamrock Farms, Stanfield, AZ
United Healthcare, Phoenix, AZ (November 2012 – March 2016)

Viridian Health Management, Phoenix, AZ (May 2011-October 2012)

Provided employees with information about nutrition, weight management, diabetes, cardiovascular disease, hypertension, stress management, and sleep deprivation in English and Spanish. Utilized motivational interviewing strategies to develop discrepancy between employees' importance for change and confidence levels for change. Engaged employees and spouses in brief interventions to encourage healthy lifestyle behavior changes. Coordinated wellness challenges to address lifestyle areas that employees expressed interest in modifying. Conducted biometric assessments and assessed employee readiness to change. Documented interactions with clients and maintained confidentiality of their records. Assisted employees to understand open enrollment and benefits options and procedures.

May 2012 – October 2012

Director, Health Coach Training and Development
Onsite Health Coach Manager
Viridian Health Management, Phoenix, AZ

Hired and trained onsite health coaches for clients in various industries throughout the country in motivational interviewing techniques and tobacco cessation interventions. Created training manuals for onsite health coaches to deliver uniform coaching experiences across clients. Attended client services meetings to inform health coaches of client expectations. Developed protocol for scheduling appointments with onsite health coaches.

October 2008 – September 2010

Director, Title V Grant, Enhancing the Pipeline for Hispanics in Education
Arizona State University, Polytechnic Campus
College of Teacher Education and Leadership

Managed cooperative grant between Arizona State University and Central Arizona College designed to use video conferencing technology to deliver university classes to a cohort of education students in rural areas of Pinal county, AZ. Supervised student teaching experiences of these students. Assisted faculty with video conferencing technology to deliver class to distance education students. Maintained records and reports to submit to the United States Department of Education. Developed budget for equipment, supplies, and facilitators. Hired and managed facilitators for distant sites.

August 1993 – May 2008

Spanish Teacher

Arizona State University, Polytechnic Campus, Mesa, AZ (2007-2010)
Williams Field High School, Gilbert, AZ (2007-2008)
Permian High School, Odessa, TX (2001-2007)
University of Texas of the Permian Basin, Odessa, TX (2001-2002)
Odessa College, Odessa, TX (2000-2002)
Bonham Junior High School, Odessa, TX (2000)
Mountain View High School, Mesa, AZ (1995-1999)
Galt High School, Galt, CA (1993-1994)

Taught Spanish 1, 2, 3, and 4 to students ranging in age from ninth grade to college level. Developed curriculum and activities to engage students in the target language and culture. Maintained records, assigned grades, communicated with parents. Foreign Language Department chairperson at Williams Field High School.

December 2005 – May 2007

Television Host and Writer - "Spanish/English 101"
KOSA – CBS 7, Odessa, TX

Wrote the script for the local community service language television program. Delivered the lessons for basic conversational Spanish for English speakers and English for Spanish speakers.

SERVICE

December 2018 CHS Study Abroad Committee

RESEARCH

Humphreys, A., Aguila, H., Humphreys, J. (2015). Poster presentation from Association of College & Research

Libraries (ACRL): *The Effects of Library Instruction on Undergraduates' Research Assignment Grades.*

Portland, OR.

Humphreys, A., Aguila, H., Humphreys, J. (2015). Blitz session from Arizona Library Association (AzLA): *The Effects of Library Instruction on Undergraduates' Research Assignment Grades*. Flagstaff, AZ.

EDUCATION

- 2008 - 2012 Arizona State University
M.S. Exercise and Wellness (With Honors)
Thesis: The Use of an Internal Locus of Control Scale as a Predictor for Exercise Adherence in Children Ages 6-12
- 2000 Arizona State University
Graduate coursework in Spanish Language and Culture
- 1997 - 1999 Northern Arizona University
M. Ed. Secondary Education and Curriculum (With Honors)
- 1992 - 1993 National University (California)
Secondary Education Teaching Credential (Spanish and Economics)
Elementary Education Teaching Credential
- 1991 Monterey Institute of International Studies
Graduate coursework in Spanish, Translation, and Interpretation
- 1987 - 1991 University of California, Davis
B.A. Spanish (With Honors)
B.A. International Relations (With Honors)

CERTIFICATIONS

- May 2018 Train the Trainer Certificate: Resilience & Thriving
- September 2015 Certified Corporate Wellness Specialist
- March 2015 Certified Worksite Wellness Specialist
- June 2015 Tobacco Cessation, University of Arizona/Maricopa County
- August 2015 Basic Life Support - CPR Pro (Expires August 2017)
- August 2012 Diabetes Prevention Program, Emory University/CDC
- May 2011 Health Coaching Basic Skills, Health Promotion Institute

INTERNATIONAL TRAVEL

- 2018 Spain, England, France, Netherlands, Germany, Sweden
- 2015 Argentina
- 2014 Brazil
- 2012 Argentina
- 2004 Peru, Uruguay, Argentina
- 1990 Spain, Greece, France, Netherlands, Germany, Belgium, Switzerland
- 1988 Argentina
- 1986 Argentina (AFS Exchange Student)