

REGINALD FREEMAN

4944 Marsh Harrier Ave.
Grand Prairie, Texas 75052
(972) 602-9822
(817) 504-6979

MISSION: To design and conduct health/physical education and athletic programs for college students in such a way that they achieve health and well-being, physical fitness and learn to transfer the sports competitive edge and teamwork to meet life's challenges. To participate with and manage a teaching team which broadens the community's respect for our educational and athletic programs.

CAREER ACCOMPLISHMENTS

Yellow Freight Trucking System Dallas, Texas

*Dock-Worker.....6/1984 - 8/1988; Summer of 1996; 5/1999 - 8/2001;
6/2005 - present.*

- * Load and unload trucks.

Arlington Independent School District Arlington, Texas

*On-Campus Suspension Instructor, Carter Junior High....1/1994 - 5/1998.
In-School Suspension and Choices Alternative Instructor, James Bowie High
School.....8/ 1998 - 12/2006.*

- * Manage the student suspension disciplinary program which ranges from 25-48 students.
- * Design individual learning activities; tabulate statistics by age, sex, grade, ethnic background and cause; counsel students regarding life skills, self-esteem, drug use, suicide, pregnancy and teenage parenting.

The University of Texas @ Arlington Arlington, Texas

*Physical Education Instructor (Part-Time).....9/1996 - 5/2005;
9/2008 - present.*

- * Design and conduct learning activities in coeducational, physical education for 50-60 students at a major university.
- * Credit courses include, Physical Fitness, Racquet Ball, Walk/Jog for Fitness, and Weight Training.

(2)

**Tarrant Community College Southeast Campus
Arlington, Texas**

Physical Education Instructor (Part-Time).....8/1996 - 5/1998.

- * Design and conduct learning activities in coeducational, physical education for 75-90 students at a major community college.
- * Credit courses include, Physical Fitness, Volleyball and Weight Training.

**Mountain View College, Dallas County Community
College - Dallas, Texas**

Physical Education Instructor (Part-Time).....1/1993 - 8/1996.

- * Design and conduct learning activities in coeducational, physical education for 95-100 students at a major, metropolitan community college. Credit courses include, Physical Fitness, Basketball, Tennis and Weight Training. Also, conduct Continuing Education courses in above areas. Students successfully improve their overall fitness and athletic skills.

**Matrix Training Division of Microcomputer Technology
Institute - Houston, Texas**

School Director.....9/1989 - 1/1992.

- * Managed an vocational educational program for 100 prison inmates in the Wackenhut Parole Violators Facility in Forth Worth, Texas. Courses included training in the use of computer software as WordPerfect, Lotus 1-2-3, Database and general Computer use. Also, repair and maintenance. Other courses included Drug Education, Life Skills, Industrail Cleaning and Maintenance.
- * Coordinated a staff of six teachers; testing, placement and enrollment of students; Pell Grant funding; controlled the educational materials and supplies to meet budget guidelines.

**Texas Southern University
Houston, Texas**

Defensive Line Coach and Physical Ed. Insturctor.....8/1988 - 8/1989.

- * Coached the defensive line of the TSU Tigers.
- * Recruited high school students from the Dallas, Fort Worth and Houston areas.
- * Sponsored the TSU Chapter of the Fellowship of Christian Athletes.
- * Referred Intramural Sports during the off season.
- * Taught Health, Weight training, Physical Fitness, Tennis, Volleyball, Fundamentals of Football and Analysis of Movenment.

Dallas Independent School District

Dallas, Texas

Coach, Discipline Manager @ Dallas Bryan Adams High School.....8/1984 - 6/1987.

- * Coached the defensive line and defensive ends of the varsity football team and Head Coach of the Junior Varsity football team.
- * Head 9th Grade Boys Basketball team.
- * Managed the students suspension disciplinary program which ranged from 5-25 students.
- * Designed individual learning activities; tabulated statistics by age, sex, grade, ethnic background and cause; counseled students regarding life skills, self-esteem, drug use, suicide, pregnancy and teenage parenting.

Hot Springs Independent School District

Hot Springs, Arkansas

Coach and Teacher @ Hot Springs High School.....8/1980 - 7/1984.

- * Defensive line coach for the varsity football team.
- * Designed and managed the Off-Season football training program.
- * Sponsored the Chapter of the Fellowship of Christian Athletes.
- * Teaching assignments were, Health, Biology and Physical Education.

Southern Arkansas University

Magnolia, Arkansas

Student and Coach.....8/1979 - 8/1980.

- * Coach the defensive line and defensive ends while completing my Master's Degree in Health, Recreation and Physical Education.

(4)

HONORS and ACHIEVEMENTS:

Selected by the senior class of 2000 to be the key-note speaker of the James Bowie's graduation. **(2000)**

Received Certificate for Effective Teaching by the State of Arkansas. **(1983)**

Named (MVP0 Most Valuable Player in the 1978 Orange Bowl against Oklahoma. **(1978)**

Named as "All-American-Honorable Mentio" @ the University of Arkansas by the Dallas Times Herald. **(1977)**

Named as "Coach of the Year" for the Spring Valley Athletic Association, Richardson, Texas. **(1973)**

Awarded four year Football Scholarship to the University of Arkansas. **(1973)**

Richardson High School's Faculty selected me as one of the top ten students. **(1973)**

Member of the Bi-Racial Committee of Richardson High School. **(1973)**

Elected as the first African-American to be Captain of the Richardson High School's football team. **(1972)**

Education:

Southern Arkansas University, Magnolia, Arkansas.

* Master's Degree in Health, Physical Education and Recreation. 1980

University of Arkansas, Fayetteville, Arkansas.

* Bachelor's Degree in Health and Physical Education. 1978

Richardson High School, Richardson, Texas.

* Graduate. 1973