

Curriculum Vitae

Jason R. Abshire, M.A.
Associate Professor of Physical Education
Science and Engineering Department
College of the Mainland
Phone: (409) 933-8439
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Education:

2000 – 2002
Master of Arts - Fitness and Human Performance
University of Houston – Clear Lake, Clear Lake, Texas

1986 – 1995
Bachelor of Science - Kinesiology
Lamar University, Beaumont, Texas

Teaching Experience:

Aug 2010 – present

Associate Professor – Physical Education
College of the Mainland, Texas City, Texas

Current Courses:

PHED 1164 – Introduction to Physical Fitness and Wellness

Previous Courses Taught:

PHED 1107 Foundations of Fitness and Wellness
PHED 1110 Weight Training
PHED 1111 Hatha Yoga
PHED 1131 Aerobic Cycling
PHED 1164 Introduction to Physical Fitness and Sport
PHED 1304 Personal and Community Health

Campus Involvement:

Co-sponsor of the COM Fit Club
Honors Committee

Aug 2016 – present

Adjunct Faculty – Clinical Health and Applied Science Department
University of Houston – Clear Lake, Clear Lake, Texas

Current Courses:

HLTH 3302 Health and Physical Education – EC – 6 Survey

Aug 2002 – Dec 2012

Adjunct Faculty – Physical Education
San Jacinto College, Pasadena, Texas

Courses Taught:

PHED 1119 Exercise for Health and Fitness
PHED 1120 Jogging
PHED 1123 Weight Training
PHED 1134 Yoga 1

July 2006 – May 2010

Adjunct Faculty – Physical Education
College of the Mainland, Texas City, Texas

Courses Taught:

PHED 1107 Foundations of Fitness and Wellness
PHED 1110 Weight Training
PHED 1111 Sport Yoga

June 2005 – Aug 2005

Adjunct Faculty – Physical Education
Texas A&M – Galveston, Galveston, Texas

Courses Taught:

KIN 199 Beginning Strength Training

Aug 1999 – May 2010

Teacher and Coach – Clear Creek I.S.D, League City, Texas

Courses Taught:

Elementary Physical Education – K – 5th Grade
Science - 7th & 8th Grade
Career Exploration - 8th Grade
Technology Education - 8th Grade

Sports Coached:

Football – 7th & 8th Grade
Basketball – 7th Grade
Track – 7th & 8th Grade

Certifications:

Feb 1996 – present

National Strength and Conditioning Association
Certified Strength and Conditioning Specialist

July 2001 – present

State Board for Educator Certification
Kinesiology all levels – July 2001
Science 4th – 8th Grade – April 2004
Technology Education 6th – 12th Grade - April 2006

Dec 2011 – present

American Heart Association
Heart Saver First Aid, C.P.R. and A.E.D.

