# TEXAS STATE VITA

## I. Academic/Professional Background

A Name: Carolyn C. Swearingen Title: Senior Lecturer

B. Educational Background

| *Degree* | *Year* | *University* | *Major* | *Thesis/Dissertation* |
|---|---|---|---|---|
| M.Ed. | 2003 | Texas State University-San Marcos | Physical Education with an emphasis in Exercise Science | Metabolic Cost of Hatha Yoga |
| BESS | 2002 | Texas State University-San Marcos | Exercise and Sports Science | |

C. University Experience

| | | |
|---|---|---|
| Senior Lecturer | Texas State University-San Marcos | 2006 - Present |
| Lecture | Texas State University-San Marcos | 2004 - 2006 |
| Grant Specialist | Texas State University-San Marcos | 2004 - 2007 |
| Director of Total Wellness | Texas State University-San Marcos | 2004 - Present |
| Graduate Teaching Assistant | Texas State University-San Marcos | 2002 - 2003 |

D. Relevant Professional Experience

| | | |
|---|---|---|
| Physical Educator | Texas State University-San Marcos | 2002 |
| Group Exercise Instructor | Texas State University-San Marcos | 2001 - 2024 |
| Personal Trainer | Texas State University-San Marcos | 2001 - 2002 |
| Research Assistant | Texas State University-San Marcos | 2001 - 2002 |

E. Other Professional Credentials (licensure, certification, etc.)

American Red Cross - Adult and Pediatric First Aid/CPR/AED, August 2025
Tivity, SilverSneakers Foundations Online Training Certification, June 3, 2024

Certified/Course Completion, ACE Online Course: Framework for the Lower Back: A 6-Step Plan for a Healthy Lower Back 2nd Edition, January 9th, 2017

Certified/Course Completion, ACE Online Course: FrameWork for the Shoulder: A 6-Step Plan for Preventing Injury and Ending Pain, January 9th, 2017

Certified/Course Completion, ACE Online Course: FrameWork for the Knee: A 6-Step Plan for Preventing Injury and Ending Pain, January 9th, 2017

Certified/Course Completion, ACE Online Course: Post-Orthopedic Rehabilitation for Personal Trainers, January 9th, 2017

Certified/Course Completion, ACE Online Course: Your Clients FrameWork - 7 Steps to Healthy Muscles, Bones and Joints, January 9th, 2017

Certified/Course Completion, POUND Pro, January 10th, 2016

Certified/Course Completion, AEA Aquatic Fitness Professional, April 30th, 2016

Certified/Course Completion, AFAA Arthritis Foundation Walk With Ease, August 3rd, 2016

Certified/Course Completion, ACE Chronic Musculoskeletal Challenges and Exercise, October 10th, 2016

Certified/Course Completion, Leadership Skills for Personal Training and Group Fitness Directors, August 7th, 2013

Certified/Course Completion, Reinventing Worksite Wellness – The Forefront of Prevention in Unfit America, August 3rd, 2013

## II. TEACHING

A. Teaching Honors and Awards:

Graduating Student Recognition of Campus Support Program, Texas State University, 2007 - 2025.

Part-Time Faculty Excellence in Teaching Awards, Texas State University, 2014.

Student Appreciation Award, Texas State University, 2006.

B. Courses Taught:

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|---|
| US 1100 University Seminar |
| PFW 1101 Lifetime Fitness and Wellness with an emphasis on Yoga |
| PFW 1101A Beginning Aerobics |
| PFW 1110E Beginning Jogging and Walking; Fitness Walking Primarily |
| PFW 1110K Restricted Fitness Activities |
| PFW 1150G Restricted Leisure Activities |
| ESS 1201 Group Exercise Instructor Training |
| ESS 3117 Physiology of Exercise Laboratory |
| ESS 3317 Physiology of Exercise |
| ESS 3323 Psychosocial Aspects of Exercise and Sport Science |
| ESS 4317 Fitness Assessment and Programming for Healthy Populations |
| ESS 4318 Fitness Assessment and Programming Practicum for Healthy Populations |
| ESS 4319 Fitness Assessment and Programming in Clinical Exercise Science |
| ESS 4337 Independent Study in Exercise and Sports Science |

C. Directed Student Learning (i.e. theses, dissertations, exit committees, etc.):

D. Courses Prepared and Curriculum Development:

PFW 1101 Lifetime Fitness and Wellness with an emphasis on Yoga

PFW 1110K Restricted Fitness Activities

PFW 1150G Restricted Leisure Activities

ESS 1201 Group Exercise Instructor Training

ESS 4317 (online) Fitness Assessment and Programming for Healthy Populations

ESS 4318 (hybrid) Fitness Assessment and Programming Practicum for Healthy Populations

ESS 4337 Independent Study in Exercise and Sports Science

E. Teaching Grants and Contracts

1. Funded External Teaching Grants and Contracts:

2. Submitted, but not Funded, External Teaching Grants and Contracts:

| | |
|---|---|
| $49,994 | FACTS: A **F**itness **A**nd **C**onditioning program for **T**hose who **S**erve Institutions of Higher Education. Department of Justice. Confirmation #1829129. May 12, 2012. |

3. Funded Internal Teaching Grants and Contracts:

| | |
|---|---|
| $500.00 | Promoting Active Learning and Research (PALIR): Phase III. Dept. of Health & Human Performance, Texas State University, Fall, 2019. |
| $500.00 | Rising Star - STEM Faculty Summer Learning Community, Texas State University, May 24-26, 2016. |
| $1,200.00 | Technology Integration Workshop, Instructional Technologies Support, Texas State University, July 30th to August 10th, 2012. |
| $13,412.90 | Lloyd, L. K., & **Clay, C. C.** Upgrading and Enhancing the Student Human Performance Laboratory: Expanding Opportunities for Field-based Exercise Science Curricular Activities, Student Computing Resources, Texas State University, 2012. |
| iPad 2 | GOLD Program: Consultation to enhance online course, ITS Instructional Design, Texas State University, 2011. |
| $600.00 | Workshop: Creating and Delivering An Online Course from May 18-22, 2009. Instructional Design and Technologies Support (ITS) Texas State University. |
| $10,944.51 | Lloyd, L. K., & **Clay, C. C.** Upgrading and enhancing the student human performance laboratory: Expanding opportunities for field-based exercise science curricular activities. Student Computing Resources, Texas State University, 2009. |
| $7,429.00 | Upgrading and enhancing the student Human Performance Laboratory: Expanding opportunities for field-based exercise science curricular activities. Student Computing Resources, Texas State University, 2007. |
| $19,439.00 | Enhancing students' ability to evaluate human performance with technology, Student Computing Resources, Texas State University, 2004. |
| **$54,025.41** | **Total Funded** |

4. Submitted, but not Funded, Internal Teaching Grants and Contracts:

F. Other:

G. Teaching Professional Development Activities Attended

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|---|
| US 1100 Faculty Development \| Thursday, August 14, 2025 \| 12-4 PM \| LBJSC Grand Ballroom |
| US 1100 Faculty Development \| Tuesday, April 29, 2025 \| 9-11 AM \| Zoom |
| 25 Click Here for Success: Strategies for Asynchronous Teaching \| Wednesday, April 16, 2025 \| 2-3:30 PM \| Virtual |
| Cutting-Edge HR Tech To Drive 80% Engagement and Improve Health & Wellbeing \| Wednesday, February 5, 2025 \| 10 – 11 AM \| Zoom |
| Leveraging AI in Higher Education Workshop \| Friday, January 31, 2025 \| 1-2 PM \| Jowers Center D120 |
| H5P Workshop \| Thursday, January 9, 2025 \| 2:30-3:30 PM \| Jowers Center D120 |
| HHP Top Hap Training \| Thursday, January 11, 2024: 2:00 – 3:30 PM |
| US 1100 Fall 2024 Faculty Development \| Friday, August 9, 2024 8:00 AM – 2:30 PM Designing Open Book/Open Note Multiple Choice Exams |
| HHP "Setting Your Intentions: Inclusive Syllabi Design.", 6/22/2021 |
| Service-Learning Development Workshop: Part 1, July 2, 2021, 10am-3pm & Part 2, July 20, 2021 9:45am-3:45pm. |
| Let's Do Lunch is back for Fall 2021! This week's topic is "Flex, Relax, and Adapt." 9/10, 12-1 PM |
| HHP Canvas Training, Friday, Oct. 15, 10-11 AM |
| HHP Inclusive Language in Pedagogy workshop, Fall 2021 |
| LGBTQiA Allies Training, Monday 12/13/2021 1-5 PM |

## III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press):

1. Books:

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

e. Creative Books:

2. Articles:

a. Refereed Journal Articles:

Bezner, J. R., Hu, Y., Crixell, S. L., & **Swearingen, C. C.** (In Preparation; Not Yet Submitted). Body Mass Index, Sleep, and Physical Activity in University Employees: Implications for Programming and Communication.

Burke, P. J., Burns, M. E., Bezner, J. R., Crixell, S. L., & **Swearingen, C. C.** (In Preparation; Not Yet Submitted). An Examination of the Culture of Health in a University: Perceptions of Faculty and Staff.

Lloyd LK, Schmidt EA, **Swearingen CC**. Genesis of a University-led, Comprehensive Employee Wellness Program in a PreK-12 Setting. The Journal of School Health. September 29, 2017.

Lloyd LK, Crixell SH, Bezner JR, Forester K, **Swearingen CC**. Genesis of an Employee Wellness Program at a Large University. Health Promotion Practice. November 2017 Vo. 18, No. (6) 879-894.

**Clay CC**, Lloyd LK, Walker JL, Sharp KR, Pankey RB. The metabolic cost of hatha yoga. Journal of Strength and Conditioning Research. 2005;19(3):604-610.

Lloyd LK, **Cook CL**, Kohl HW. A pilot study of teachers' acceptability of a classroom-based physical activity promotional tool: TAKE 10!®. Texas Association HPERD Journal. 2005; Spring Issue:8-11.

b. Non-refereed Articles:

3. Conference Proceedings:

a. Refereed Conference Proceedings:

b. Non-refereed:

4. Abstracts:

Pulmonary Functions and RVO2 with Differing Abdominal Contraction Conditions. Pankey RB, Henrich T, **Clay CC,** Hobbs M. Texas State University, San Marcos, TX University of the Incarnate Word, San Antonio, TX Research Consortium for the 2008 AAHPERD National Convention and Exposition, April 2008.

5. Reports:

Lloyd, LK, **Swearingen, CC** Phase I: Envisioning and Developing a Comprehensive Employee Wellness Program for the City of San Marcos." City of San Marcos, January 20, 2016. [Involved needs assessment via on-line surveys, focus groups with employees and focus groups with supervisors; and report with recommendations for formalizing an Employee Wellness Program.]

6. Book Reviews:

7. Essays:

8. Poems:

9. Short Stories:

10. Other Works in Print:

B. Works Not in Print:

1. Papers Presented at Professional Meetings:

Lloyd, LK, Schmidt, EA, & **Swearingen, CC** Genesis of a University-Led Employee Wellness Program in a K-12 School Setting. Poster presentation accepted for presentation at: Genesis of a University-Led Employee Wellness Program in a K-12 School Setting. Case Study presented at: The 41st Annual National Wellness Conference; June 29, 2016; Minneapolis, MS.

Lloyd, LK, Bezner, J, Crixell, S, & **Swearingen, CC** Implementing a Low-cost, High-quality Employee Wellness Program in a University Setting: How, When, Where, and Why. Case Study presented at: The 26th Annual Art & Science of Health Promotion Conference; April 28-29, 2016; Orlando, FL.

**Cook CL**, Lloyd LK. Trimming the fat on a slim budget: developing a successful wellness program. Paper presented at: The 80th Annual Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD) Convention; December 6, 2003; Galveston, TX.

**Cook CL**, Lloyd LK, Moore BM, Kohl HW III. Paper presented at: Acceptability of a classroom-based physical activity promotional tool: TAKE 10!™. Paper presented at: The 78th Annual Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD) Convention; November 30, 2001; Corpus Christi, TX.

2. Invited Talks, Lectures, and Presentations:

**National**

**Swearingen, CC**. Panel presentation and discussion - The Missing Link in the Socioecological Model. Presented at the 2020 HERO University Summit: Well-Being in All Policies: How Well-Being is Considered and Integrated into Policies and Practices in Universities and Academic Medical Centers. Monday, October 19, 2020.

**State**

Lloyd LK & **Clay CC** The Effective Treatment of Obesity in Adolescents. Presented at The 2010 Pediatric Obesity Symposium Sponsored by the Institute for Public Health and Education; May 8, 2010.

Lloyd LK & **Clay CC** Youth health crisis and how it impacts learning: What districts can do. The School Board Recognition Day/Conference; January 2005; Texas State University.

**Local**

**Swearingen, CC,** Bezner, J, Menge, L WellCats Educational Series: "All Together Now: Well-being with Others Doubles the Fun and Benefits". Tuesday, 9/23/2025 10:30-11"30 AM, Virtual.

**Swearingen, CC,** Bezner, J, Menge, L WellCats Educational Series: Presenter "A Special Health Expert Panel: Building Your Wellness Toolkit" Tuesday, 9/24/2024 2:00-3:15 PM.

**Swearingen, CC**, Bezner, J, Menge, L WellCats Educational Series: Reviving Your Wellness: Thriving Together and Finding Support (Zoom). Monday, October 4, 2021. 2:30 – 3:30 p.m.

**Swearingen, CC**, Wellness offerings and class demonstration – City of San Marcos Virtual Employee Wellness Fair. November 10, 2020.

**Swearingen, CC**, Bezner, J, Menge, L September WellCats Educational Series. Coping with COVID-19: Staying ProActive and Finding Support. – Texas State University. Thursday, September 17, 2020. 11:30-12:30 PM.

Bezner, J, Yueqin, H, **Swearingen, CC**, Burke, T, Crixell, SH, Lloyd, LK Risk Factor Reduction: Participant Outcomes in an Employee Wellness Program. The 2019 Health Scholar Showcase – Texas State University. February 2019.

**Swearingen CC** Yoga and Relaxation, SMCISD Goodnight Middle School, August 2016.

**Clay CC** Wellness - Yoga and Relaxation, College of Fine Arts and Communication Advising Center Retreat at Freeman Ranch, November 13, 2015.

**Clay CC** Maintain, Not Gain; Educational Presentation, SMCISD District Office, December 13, 2012.

**Clay CC** Child Development Center - Leading professional development workshop: Yoga and Relaxation. Friday, January 15, 2010, 3:30 to 4:30 PM.

**Clay CC** Professional Development Workshop: Summer Shape-Up - Come and join in on an interactive workshop to learn and practice techniques to tone and sculpt your body. Monday, April 5, 2010, 2:30 to 4:30 PM.

**Clay CC** Relaxation Techniques. Texas State University's Child Development Center Parent Support Group. Wednesday, December 16, 2010, 12PM.

**Clay CC** October's 2009 National Work and Family Month in coordination with Work Life the Total Wellness Program offered "Mommy and Me Stroller Fit" classes around the Child Development Center.

**Clay CC** Are you getting enough sleep? Our "Parent Support Group" will meet on Thursday, April 30, 2009 at 12 noon in JCK 460.

**Clay CC** Summer Shape-up (PD) NEW. Wednesday, May 13, 2009. 2:30-4:30pm, JCK 1100, Texas State University.

**Clay CC** Work Life Lunch and Learn Series, NEW Work Life @ Texas State-Wellness (the 30-minute workout) Wednesday, September 10, 2008; 11:45 am-1 pm.

Lloyd, LK, & **Clay, CC** Beginning an Exercise Program. Presented at: Professional Development, Texas State University; September 5, 2008; San Marcos, TX.

**Clay CC** Bobcat FIT (Families in Training); Department of Health, Physical Education and Recreation: Dr. Lisa Lloyd, Associate Professor, Exercise and Sports Science and Interim Chair and Ms. Carolyn Clay, ACSM Health and Fitness Instructor, Senior Lecturer. Tuesday, April 8, 2008, 2:30-4:30 pm. Professional Development, Texas State University.

**Clay CC** Turning Your New Year's Resolutions into Reality; Department of Health, Physical Education and Recreation: Dr. Lisa Lloyd, Associate Professor, Exercise and Sports Science and Interim Chair and Ms. Carolyn Clay, ACSM Health and Fitness Instructor, Senior Lecturer; Professional Development, Texas State University. Tuesday, January 22, 2008, 2:30-4:30 pm.

Lloyd LK & **Clay CC** "Bobcat FIT (Families in Training) (PD) New" Professional Development, Texas State University. Presented on April 8, 2007, 2:30-4:30pm, JCK 1100.

**Clay CC** "Turning Your New Year's Resolutions into Reality (PD) NEW" Professional Development, Texas State University-San Marcos. January 22, 2007, 2:30-4:30 pm. JCK 460.

Lloyd LK & **Clay CC** "Maintain, No Gain! Nutrition & Physical Activity Tips to Survive the Winter Break" Professional Development, Texas State University. November 20 & 21, 2007.

**Clay CC** "Action and Relaxation, Yoga and De-Stress for Finals". Jackson Hall Dormitory, Texas State University, November 12, 2007.

**Clay CC** Top Health and Fitness Issues. Fitness San Marcos, San Marcos Activity Center, February 17, 2007.

**Clay CC** "Stress Relief in the Office: Yoga and other Relaxation Techniques," Professional Development, Texas State University. Presented November 6, 2006.

Lloyd LK & **Clay CC** Yoga/Relaxation Techniques, Administrative Retreat at Way Ranch, September 27, 2006.

**Clay CC** HPER Community-Focused Health and Fitness Programs, Superintendent Anthony's visit, May 2006.

Lloyd LK & **Clay CC** Battling the Bulge, Fitness Programs for Everyone. Fitness San Marcos, San Marcos Activity Center, February 5, 2005.

**Clay CC** Battling the Bulge - The Role of Education. Community Relations & College of Education, School Board Recognition Day, Texas State University, January 14, 2005.

**Clay CC** Yoga and stress reduction. "Plugged-In To Teen Topix" Teen Summit, LBJ Student Center, Texas State University, November 20, 2004.

**Clay CC** Health and Nutrition 101. Jackson Hall Dormitory, Texas State University, September 20, 2004.

**Clay CC** "Stress Relief in the Office: Yoga and other Relaxation Techniques," Professional Development, Texas State University. Presented August 26, April 27 & 28, 2004.

Lloyd LK, **Clay CC,** and Schmidt, EA. "Total Fitness 101: 8-weeks to Health and Weight Control", Community Education-Texas State University. September 28 – November 16, 2004; June 9 – July 28, 2004; January 20 - March 11, 2004.

**Clay CC** Yoga and Stress. Brogdon Hall Dormitory, Texas State University, March 23, 2004.

**Clay CC** Ways to Increase Daily Physical Activity in College Students. Brogdon Hall Dormitory, Texas State University, February 2, 2004.

Lloyd LK & **Clay CC** "Balancing the scale: the simple facts of weight loss" Professional Development, Texas State University. Presented on January 13, 2004.

**Clay CC** Home Fitness Programs. Fitness San Marcos, San Marcos Activity Center, April 17, 2004.

Lloyd LK & **Clay CC,** "Nutritional and physical activity tips to survive the winter break," Professional Development, Texas State University. Presented December 9 & 10, 2003.

3. Consultancies:

"Phase I: Envisioning and Developing a Comprehensive Employee Wellness Program for the City of San Marcos." City of San Marcos, August 2015 thru January 2016. [Involved needs assessment via on-line surveys, focus groups with employees and focus groups with supervisors; and recommendations for formalizing an Employee Wellness Program.]

Book, The Science of Yoga: The Risks and the Rewards, William J. Broad.

4. Workshops

Trevino R and **Clay CC** Professional Development Workshop: Summer Programs Available for Children. The event will include informational booths such as: Sports Camps; Academic Camps; Youth Group Swim Lessons; Fitness Camps; Adventure Camps. Friday, April 10th, 2010 - 10 AM to 1 PM.

5. Other Works not in Print:

a. Works "submitted" or "under review":

b. Works "in progress":

c. Other Works Not in Print:

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

$7,000 Bezner, J., Lloyd, LK, & **Swearingen, CC** Overpowering osteoarthritis: Helping a community walk with ease. Funded 2017. Osteoarthritis Action Alliance Walk With Ease Expansion Mini Grants.

| | |
|---|---|
| $24,829.50 | Bezner, J., Lloyd, LK, Crixell, SH & **Swearingen, CC** Enhancing Physical Activity Programming for Employee Well-being at Texas State University. The 2015 Osteoarthritis Action Alliance Implementation Strategies to Increase Physical Activity among Adults with Osteoarthritis Small Grants Program, Acceptance rate: 3 out of 30 (10%), 2015. |
| $2,000.00 | **Clay CC.** Texas Bicycle Coalition and TxDot Grant. Teaching Bicycle Safety to Educators, the SuperCollege Program, 2006. |
| $5,000.00 | Lloyd, LK, & **Clay, CC** RYKÄ 4 Life-A comprehensive program for empowering women. RYKÄ Women's Sports Foundation, RYKÄ Women's Fitness Grant, 2007. |
| **$38,829.50** | **Total Funded** |

2. Submitted, but not Funded, External Grants and Contracts:

| | |
|---|---|
| $49,994.00 | Lloyd, LK & **Clay, CC** FACTS: a Fitness And Conditioning program for Those who Serve Institutions of Higher Education. Department of Justice. Confirmation #1829129. May 12, 2012. |
| $6,546.75 | Lloyd, LK, & **Clay, CC** Total Wellness: A 15-week comprehensive fitness program. Women Sports and Fitness Foundation sponsored by Ryka. Proposed, August 15, 2003. |
| $1,400.00 | Lloyd, LK, & **Clay, CC** Comprehensive fitness assessments of City of San Marcos firefighters, City of San Marcos, 2003. |
| $7,080.00 | Lloyd, LK, & **Clay, CC** Comprehensive Fitness Assessments for the City of San Marcos employees, City of San Marcos, 2002. |

3. Funded Internal Grants and Contracts:

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|---|---|
| $16,000 | A Prospective Study of Seasonal Variation in Body Weight and Physical Activity in Mexican American Women in Central Texas. Office of Sponsored Programs. Texas State University-San Marcos, 2009. |

4. Submitted, but not Funded, Internal Grants and Contracts:

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|---|---|
| $4,000 | One-Time-Only FY10 Diversity Plan Funding. Cholesterol and Glucose Screening for 2nd Annual Texas State University-San Marcos Employee Wellness Fair, 2009. |
| $4,000 | One-Time-Only FY10 Diversity Plan Funding. Cholesterol and Glucose Screening for 2nd Annual Texas State University-San Marcos Employee Wellness Fair, 2008. |

D. Scholarly / Creative Fellowships, Awards, Honors:

Case Study Award. Lloyd, LK, Schmidt, EA, & **Swearingen, CC** Genesis of a University-Led Employee Wellness Program in a K-12 School Setting. Poster presentation accepted for presentation at: Genesis of a University-Led Employee Wellness Program in a K-12 School Setting. Case Study presented at: The 41st Annual National Wellness Conference; June 29, 2016; Minneapolis, MS.

Recipient of Texas Opportunity Graduate Fellowship: Texas State University-San Marcos, Fall 2002-Summer 2003.

Texas State University-San Marcos, College of Education: Achievement, Leadership and Service Award in Exercise and Sports Science, Spring 2002

Lyndon Baines Johnson Outstanding Senior Nominee. Texas State University- San Marcos, Spring 2002.

Most Outstanding Undergraduate Poster Presentation, "Acceptability of a Class-room based physical activity promotional tool: Take 10!™" 78th Annual Texas Association for Health, Physical Education, Recreation, and Dance, November 30, 2001.

E. Scholarly / Creative Professional Development Activities Attended:

"AIM Here: How to Incorporate Accessible Instructional Materials (AIM) into Courses", Faculty Development, Texas State. Tuesday, February 19, 2019.

F. Media Recognition:

**Swearingen, CC,** Zapp, T A mother and child educational yoga training video. Thursday, November 12 from 1-3 PM. City of San Marcos professional film crew. Viewing at the 2021 Baby Day Event, Saturday, February 13 at the San Marcos Public Library.

## IV. SERVICE

A. Institutional

1. University:

Director (2018), Co-Founder (2001), Total Wellness at Texas State University-San Marcos, 2001 – present

WellCats, Texas State Employee Wellness Program Leadership Team Member, 2014 - present

Leo John Seitz IV Heart of a Champion Endowment Scholarship Committee, 2013 – present

Environment & Sustainability Committee, 2015 - 2017

Fitness-Fun at Texas State University Child Development Center (fitness classes for the young child, ages 1.5-6 years old), 2014 – 2015

Co-Developer of P.O.W.E.R., a 6-week pilot program, 2013 - 2014

Texas State Employee Wellness Fair Planning Committee, Team Member, 2008 - present

Summer Camp Fair Planning Committee, Team Member 2009 - 2014

Total Wellness Advisory Council Co-Chair, Texas State University - San Marcos, 2010 - 2013

2. College:

TXST 1100 Curriculum Development Task Force Member – October 2025

3. Department/School:

Mentor to Caitlyn Farrell – Fall 2025 - present

Technology Committee, Chair, 2021 - present

Faculty Evaluation Committee – special group member, 2023

ESS Ad-Hoc Curriculum Committee, 2021 - 2003

Minors on Campus Liaison 2018 - 2004

Faculty Evaluation Committee, 2019 - 2021

Travel Committee, Fall 2015 - 2018

Ad-Hoc FEC committee for SET of Internships/Clinical Sites/Student Teaching, April 2013 - 2014, Committee Member

Ad Hoc Subcommittee for SET Online/Hybrid Courses, Committee Member, 2013 -2014, Committee Member

Technology Committee, Committee Member, 2007 - 2012

B. Professional:

C. Community:

Total Wellness - City of San Marcos, at the San Marcos Activity Center. Fall 2019 – present.

Total Wellness at Mariposa Apartment Homes; Founder, Director, and Professional Team Member, 2011 – present.

Total Wellness - San Marcos Advisory Council Co-Chair, 2010 – present.

Total Wellness - San Marcos: A wellness program for residents of San Marcos and surrounding communities offered at the San Marcos Activity Center; Co-Founder, Co-Director, and Professional Team Member; 2010 – present.

San Marcos Consolidated Independent School District – Worksite Wellness Advisory Council Co-Chair, 2012 – 2017.

Healthy City Task Force: Committed to Community Health, City of San Marcos, Team

Zumba Gone Wild: Dance For Wildfire Relief. Raised funds to support American Red Cross, Saturday, November 5th, 2011.Member, 2010 – 2015.

A Tu Salud, San Marcos! A community Fun Walk and Fund Raiser, Host, July 29, 2006.

Fitness University at Hernandez Intermediate School, San Marcos Independent School District: An after-school wellness program, Professional Team Member, 2006.

A Tu Salud, San Marcos! A community Fun Walk and Fund Raiser, Organizer, July 31, 2005.

A Tu Salud, San Marcos! A community wellness program for low-income MexicanAmerican women and their children, Professional Team Member, 2004-2007.

Fitness University: Summer Wellness Program for Youth, Co-Founder, Co-Director, and Professional Team Member, 2004-2014.

FITT 240, previously known as Texas State Strength and Conditioning Camp: Fitness Camp for Young Athletes, Co-Founder, Co-Director and Professional Team Member, 2004-2014.

Total Fitness 101: An 8-Week Wellness, Weight Loss Program; Professional Team Member, 2003-2004.

D. Organization Memberships:

E. Service Honors and Awards:

2015 Presidential Awards for Excellence for Service, $1000 Lecturer Award Recipient

Texas State Quality Team Award: 2011 Employee Wellness Fair Team. Texas State University, March 2011

F. Service Grants and Contracts:

1. Funded External Service Grants and Contracts: Total Wellness Grants and Contracts

| | |
|---|---|
| $59,028.35 | Swearingen, CC, Total Wellness, Fiscal Year 2025 |
| $57,833.15 | **Swearingen, CC**, Total Wellness, Fiscal Year 2024 |
| $63,347.97 | **Swearingen, CC**, Total Wellness, Fiscal Year 2023 |
| $53,745.64 | **Swearingen, CC**, Total Wellness, Fiscal Year 2022 |
| $53,311.82 | **Swearingen, CC**, Total Wellness, Fiscal Year 2021 |
| $82,961.74 | **Swearingen, CC**, Total Wellness, Fiscal Year 2020 |
| $71,301.24 | **Swearingen, CC**, Total Wellness, Fiscal Year 2019 |
| $89,711.34 | **Swearingen, CC**, Total Wellness, Fiscal Year 2018 |
| $119,759.34 | Lloyd, LK, & **Swearingen, CC**, Total Wellness, Fiscal Year 2017 |
| $153,413.54 | Lloyd, LK, & **Swearingen, CC**, Total Wellness, Fiscal Year 2016 |
| $126,325.20 | Lloyd, LK, & **Clay, CC**, Total Wellness, Fiscal Year 2015 |
| $117,600.70 | Lloyd, LK, & **Clay, CC**, Total Wellness, Fiscal Year 2014 |
| $124,201.13 | Lloyd, LK, & **Clay, CC**, Total Wellness, Fiscal Year 2013 |
| $111,275.45 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2012 |
| $81,524.26 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2011 |
| $31,457.25 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2010 |
| $24,156.94 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2009 |
| $24,043.45 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2008 |
| $24,890.25 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2007 |
| $24,740.00 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2006 |
| $20,021.93 | Lloyd, LK & **Clay, CC**, Total Wellness, Fiscal Year 2005 |
| **$1,514,650.69** | **Total Received** |

2. Submitted, but not Funded, External Service Grants and Contracts:

3. Funded Internal Service Grants and Contracts:

4. Submitted, but not Funded, Internal Service Grants and Contracts:

G. Service Professional Development Activities Attended:

Attended the Texas Youth Protection in Higher Education Symposium at UT Austin. Monday, April 8, 2019, 9AM to 3PM