

# TRACY CADE LANE

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## EDUCATION

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**1992–1994 Auburn University at Montgomery Montgomery, AL**

- Masters of Education
- Major in Physical Education

**1988–1992 Auburn University at Montgomery Montgomery, AL**

- Bachelor of Science in Education
- Major in Physical Education
- Athletic Full Scholarship

## TEACHING EXPERIENCE

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**2009 - Present Western Kentucky University Bowling Green, KY**  
*Instructor for Kinesiology, Recreation, and Sport*

### Courses taught:

**PE 100 Lifetime Fitness and Wellness (Spring 11 – 2015)**

*A study of the basic knowledge, understandings, and values of physical activity.  
 Laboratory experiences are mandatory*

**PE 100 Lifetime Fitness and Wellness online (summer 12 - present)**

*A study of the basic knowledge, understandings, and values of physical activity.  
 Laboratory experiences are mandatory*

**PE 101 Bowling (Fall 09 – Fall 10)**

*To learn the fundamentals of bowling, the rules, and regulations. To learn the basic skills and strategy*

**PE 101 Volleyball (Fall 09 – Fall 11)**

*To learn the fundamentals of volleyball, the rules, and regulations. To learn the basic skills and strategy.*

**PE 101 Weight Training ( Fall 09 – present)**

*To gain basic exposure to weight training. To be able to apply FIIT guidelines to weight training.*

**PE 101 Weight Training for Women (Fall 10 – present)**

*To gain basic exposure to weight training. To be able to apply FIIT guidelines to weight training.*

**PE 101 Figure Improvement (Fall 10 – 2016)**

*To understand the importance of exercise through performing different physical activities (yoga, spinning, interval training, circuit training, zumba, sets and reps). To be able to apply FIIT guidelines as they apply to different physical activities.*

**PE 101 Badminton (Fall 09 – present)**

*To learn the fundamentals, basic techniques and skills of the game. To have a better understanding of the rules and regulations.*

**PE 101 Walking for Wellness (Fall 10 – present)**

*Learn to apply FIIT guidelines to walking. To introduce social interactive walking methods to the students. To learn how to utilize different apps to improve the pace and distance of the walk (runkeeper, map my walk)*

■ **Level 1 YogaFit Instructor Certified**

**1996–2009    Mississippi State University                      Starkville, MS**

***Head Women’s Tennis Coach***

- ITA All Academic Team (96-Present)
- 34 Players ITA Academic All American Team
- 52 Players Academic All SEC Team
- SEC Western Division Champions (05)
- NCAA Tournament Appearances (99, 00, 01, 05)

**1995–1996    Auburn University at Montgomery Montgomery, AL**

***Assistant Men’s and Women’s Tennis Coach***

- NAIA National Men’s Tennis Championship Team

**1994–1995    Montgomery Country Club                      Montgomery, AL**

***Assistant Tennis Professional***

**1993–1994 Auburn University at Montgomery Montgomery, AL**  
***Physical Education Graduate Assistant***

- Taught Physical Education Activity Courses

**1993 Saint James High School Montgomery, AL**  
***Varsity Boy's and Girl's Tennis Coach***

- All-Conference Coach of the Year

**1992–1994 Auburn University at Montgomery Montgomery, AL**  
***Housing and Residence Life Resident Assistant***

**SERVICE**

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- Physical Education PE 101 Activities Coordinator (Fall 11 – present)
- Search committee for Preston Center – assistant director for Fitness & Wellness (Spring – summer 23)
- Bingocize – assist in the Glasgow facility (Glenview), help coordinate Barren County ATC involvement in the Glasgow area
- WKU Tennis Club Faculty Advisor (Fall 18 – 23)
- Committee member for wellness committee in CHHS (2022 - current)
- Lead person - Walking group (Spring 2022, 2023)
- Search committee for PE Faculty position (Spring 2021)
- Search committee for Preston Center Fitness Facility Director (Summer 2019)
- WKU Ultimate Frisbee Faculty Advisor (Fall 11 – 15)
- Presidor (AAHPERD National Convention (Spring 11)
- Butterflies for Maddie participant with students (Spring 11)
- Search committees for KRS
- PTO Southgreen Elementary Glasgow, KY (Fall 09 – 14)
- Glasgow High school concessions (15 – 23)
- Glasgow High school Volunteer Assistant tennis coach (Spring 2022)
- Tennis camps: Mississippi State (97-09)  
Auburn University at Montgomery (93,95,96)  
Huntington College (92) Montgomery, AL

Point O' Pines (91) Brant Lake, NY  
GHS clinics (15, 16, 18, 19, 22, 23,24)

## **NATIONAL MEMBERSHIPS**

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American Alliance for Health, Physical Education, Recreation, and Dance (09 – 15)  
National Association for Sports and Physical Education (09 – 15)

## **CONTINUING EDUCATION**

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### **Western Kentucky University Blackboard Training (2009 – present)**

*Blackboard is the course management system supported at Western Kentucky University. This system allows you to easily distribute syllabus, course documents, student grades, and other course related material via the Internet. The workshop is intended for any faculty member who wishes to use the blackboard system here at WKU. In this session, you will learn how to create sites and add students to those sites. You will also learn how to log into Blackboard, navigate your course sites, and load and manage your course content.*

### **Life Fitness Academy Synrgy360 Fundamentals course (November 2015)**

*To be able to identify the different Synrgy 360 spaces. To demonstrate safe and effective technique on a range of the synergy 360 exercise. To technically correct coaching points with regards to joint, body position and exercise position appropriate to the students'needs level of experience. To identify and correct unsafe exercise technique. Incorporate the exercises into an exercise program designed to meet the student's health, fitness, or recreational sport goals.*

### **Western Kentucky University Safe Zone training (January 2020)**

*Safe Zone training is an opportunity to learn about LGBTQ+ (lesbian, gay, bisexual, transgender, queer) identities, gender, gender identity, sexuality, and to examine prejudice, assumptions, and privilege. For many, there is a desire to gain understanding, awareness, and skills and to know how to be LGBTQ+ inclusive. And while many of us want to be inclusive, we don't necessarily feel comfortable with the language, with our own level of understanding, and don't know where to go to learn more. Safe Zone training is an opportunity for you to learn more about gender, gender identity, and sexuality while deepening your understanding of LGBTQ+ identity and issues.*

### **Western Kentucky University Using Zoom and Mediasite (March 2020)**

### **Western Kentucky University Grading in Blackboard (April 2020)**

**Western Kentucky University How to create an engaging Zoom class meeting (August 2020)**

**Western Kentucky University Faculty Search Workshop (December 2020)**

**Western Kentucky University “Essential of Wellness” (September 29, 2021)**

**Western Kentucky University “QPR – Suicide Prevention and Awareness” Karl Laves (September 7, 2022)**

**Western Kentucky Univeristy – Blackboard Ultra Training – 3week session (Dec 22 – January 23)**

**Western Kentucky University – CITL – Blackboard Ultra – going to the next level (August 7, 23)**

**Western Kentucky university – CITL – Blackboard Ultra – how do I..... (August 7, 23)**

**Western Kentucky Univeristy – Professional development day (January, 24)**

- **Artificial intelligence:Ready or Not, Here it Comes (Weisman&Durham)**
- **How to Effectively Support Students with Mental Health Issues (Jay Gabbard)**

**Western Kentucky Univeristy “QPR Gatekeeper Suicide Prevention Training” (April 22, 24)**

**Western Kentucky University Blackboard Ultra workshop (August 6, 2024)**