



Tom Seabourne
Professor of Exercise Science

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“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

Education:

Institution	Major/Areas	Degree	Year(s)
Penn State University	Health/Physical Ed.	Bachelor of Science	1973-1977
Univ. of North Texas	Exercise Science	Master of Science	1978-1980
Univ. of North Texas	Sports Psychology	Doctor of Philosophy	1980-1983

Teaching Experience:

Institution	Year(s)
University of North Texas	1978-1983
San Jacinto College	1983-1988
Northeast Texas Community College	1988 - present

Courses Taught at NTCC (last 3 years):

Body Conditioning, Weight Training, Weight Training/Aerobics, Intermediate Weight Training, Walking/Jogging, Wellness For a Lifetime, Personal/Community Health, Advanced Weight Training.

Significant Professional Publications/Presentations (last 3 years):

Authored book, “Welcoming Adversity: Live Like a Champion.” Amazon. April 8, 2023. ISBN: 0998833967

