

## Blanca (Jenny) Quezada

MS, NBC-HWC, CPT

### Teaching Assistant Professor

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Education	2015	<b>Arizona State University</b> <b>MS Exercise and Wellness</b>
		Thesis: "Preliminary Effects of the Athletes for Lice Community Study on Child Habitual Physical Activity"
	2013	<b>Barrett, Honors College at Arizona State University</b> <b>BS Health Promotion</b>
		Thesis: "Perceived Benefits, Barriers and Enablers of Physical Activity in Latinos with Arthritis"

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Highlights	2015	National Board Certified Health and Wellness Coach
		Certified Personal Trainer
		USA Taekwondo Associate Coach
		Coach and Advisor of Taekwondo at ASU Sports Club
		Native fluency in Spanish and English

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Relevant Work Experience	12/2020-Present	<b>Teaching Assistant Professor</b> <b>Healthy Lifestyles Coaching Program</b> <b>Arizona State University</b>
		Specializations Include: <ul style="list-style-type: none"><li>A. Health Coaching</li><li>B. Advanced Health Coaching</li><li>C. Health Theory</li><li>D. Resistance Training and Recovery</li></ul>
	5/2020 - Present	<b>Co-Owner</b> <b>True Athletics</b> Provide in person Taekwondo coaching to athletes

<b>2015 - 2017</b>	<b>Latino Program Manager Cancer Support Community Arizona</b>
	<ul style="list-style-type: none"> <li>A. Launched Latino Program, the only free comprehensive program of psychosocial support for Spanish-speakers impacted by cancer in Phoenix-metropolitan area</li> <li>B. Created, planned and oversaw 41 culturally-relevant programs for Latino Program participants over 12 month period</li> <li>C. Surpassed Latino Program attendance goal by 241%; 588 Latino Program visits and 255 unduplicated visits from January-December 2016 on first year of program existence.</li> </ul>

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<b>Teaching Experience</b>	<b>2015 - Present</b>	<b>Arizona State University Coach and Advisor, Taekwondo Sports Club</b>
		Teach collegiate-level Taekwondo to students of varying experience levels and prepare some to compete at state championships, Collegiate Nationals and National Championships
	<b>2020</b>	<b>Phoenix Revitalization Corporation Coach</b>
		Taught 4-week agility program to children from Harmon Park Recreation Center, increasing opportunities for youth to engage in organized physical activity in Central City South Phoenix
	<b>2018</b>	<b>Esperanca Community Health Educator</b>
		Facilitated public health education classes focused on oral health and assisted with 4-week <i>Health with a Latin Twist (Salud con Sabor Latino)</i> implementation which focused on changing nutrition and physical activity behavior in adults, children and families

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<b>Research Experience</b>	<b>2021 - 2022</b>	<b>Research Coordinator Baseline Mountain Park Health Center</b>
	<b>2018 - 2019</b>	<b>Bilingual Survey Interviewer Maryvale Mountain Park Health Center</b>
		Uncovering Functions of Social Networks Associated with Diabetes Management among Latino Patients with Type 2 Diabetes Mellitus: Social Support, Health Literacy and Trust in Physicians

**2013 -  
2015**      **Graduate Research Assistant  
Arizona State University**

Created sports/physical activity curriculum for 24 community “Athletes for Life” sessions at South Mountain Community Center. Trained 8 undergraduate students to implement a curriculum to 30 South Phoenix children. Managed and analyzed accelerometer data for physical activity reporting and examined the relationship between “Athletes for Life” and habitual physical activity.

**2012 -  
2013**      **Undergraduate Research Assistant  
Arizona State University**

Administered focus groups in Spanish regarding 8-week “Fit and Strong!” program on Latina women with arthritis to qualitatively explore perceptions about factors that influence physical activity including perceived benefits, barriers, and facilitators of physical activity, exercise preferences, and role of social support in physical activity. Transcribed and translated focus group feedback and created culturally tailored tip sheets in Spanish and English as collateral material for participants

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**Professional Service**    **2018 -  
2019**      **Team Captain  
Arizona Pride Taekwondo**

Challenged and mentored official Arizona State team members to be champions inside and outside of Taekwondo

**2013 -  
2015**      **Student Leadership Development Management Intern  
Arizona State University**

Trained officers of 83 Downtown Phoenix campus student organizations in support of the membership growth and unique goals

**2012 -  
2013**      **Intern  
Arizona State University Sun Devil Fitness Complex**

Developed and taught fitness classes to students and staff of various ability levels while contributing to university wellness initiatives at student outreach events

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**Community Service**    **2023**      **Arizona State Taekwondo Association  
Athlete Representative**

**2020**      **Alzheimer's Association Michigan Chapter  
Self-Defense Class Seminar**

**2019**      **Ganaz**  
Instructor for two year anniversary community event

**2016 -**      **Irene Kyrene Elementary School**  
**2018**      Participant in Annual Career Day

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<b>Honors / Awards</b>	<b>2022</b>	<b>State Forty Eight Foundation Entrepreneur Grant Recipient, \$3,500</b>
	<b>2018</b>	<b>Three time USA National Taekwondo Champion</b>
	<b>2016</b>	
	<b>2014</b>	
	<b>2017</b>	<b>USA Taekwondo World Cup National Team Member</b>
	<b>2017</b>	<b>Arizona Taekwondo Association Athlete of the Year</b>
	<b>2020</b>	<b>Four time National Collegiate Taekwondo Champion</b>
	<b>2016</b>	
	<b>2014</b>	
	<b>2011</b>	
	<b>2013</b>	<b>Jose Franco and Francisca Ocampo Quesada Research Award, \$500</b>
	<b>2013 -</b>	<b>Arizona State University Leadership Scholarship Program Recipient</b>
	<b>2009</b>	