

Date	Course Prefix	Course Number	Section	Course Title	Maximum Enrollment	Instruction Mode	Instructor Credit Hours	Enrollment	Course: Special Topic	Course: Academic Career Level	Course: SSR Component	Course: Enrollment by Instructor	Course: Instructor Role
Jan 2023	EXW	215	30208	Resistance Training & Recovery	24	In Person	3	13		UGRD	Integrated Lecture/Lab	13	PI
Jan 2023	EXW	217	21855	Cardio & Flexibility Training	50	Online	3	44		UGRD	Integrated Lecture/Lab	44	PI

Jan 2023	EXW	217	29933	Cardio & Flexibility Training	24	In Person	3	22	UGRD	Integrated Lecture/Lab	22	PI	
Jan 2023	EXW	344	23590	Phys Activity in Hlth&Disease	35	Online	3	32	UGRD	Lecture	32	PI	
Jan 2023	EXW	344	23591	Phys Activity in Hlth&Disease	10	Online	3	10	UGRD	Lecture	10	PI	
Aug 2022	EXW	217	82894	Cardio & Flexibility Training	24	In Person	3	23	UGRD	Integrated Lecture/Lab	23	PI	
Aug 2022	EXW	217	92401	Cardio & Flexibility Training	48	Online	3	44	UGRD	Integrated Lecture/Lab	44	PI	
Aug 2022	EXW	217	99181	Cardio & Flexibility Training	2	Online	3	1	UGRD	Integrated Lecture/Lab	1	PI	
Aug 2022	EXW	344	84424	Phys Activity in Hlth&Disease	35	Online	3	34	UGRD	Lecture	34	PI	
Aug 2022	EXW	344	94761	Phys Activity in Hlth&Disease	10	Online	3	10	UGRD	Lecture	10	PI	
Aug 2022	EXW	400	85822	Stress Management for Wellness	25	Online	3	24	UGRD	Lecture	24	PI	
Aug 2022	EXW	400	85823	Stress Management for Wellness	25	Online	3	24	UGRD	Lecture	24	PI	
					312			36	281				281

### Teaching: Curriculum Development

May 2023 - Present      Worksite Wellness, EXW 446, Undergraduate or Graduate Level: Undergraduate ,  
Created and developed class learning materials, evaluation metrics, and course outcomes.  
Does this apply to course or degree development?: New Course, Course Delivery: On-ground and Online, Special Topic  
Course: No, Team Taught: No, Does your unit consider this activity to be Research, Service or Teaching?: Teaching

### Professional Development

Aug 2022 - Dec 2022      Worksite Wellness Specialist, National Wellness Institute 2022-11-07, End Date: 2022-12-18, Credit or CPE Hours: 15, This  
interactive online course is purposefully designed to equip participants with the knowledge, skills, abilities, and tools  
necessary to create and sustain an inclusive culture of high-level wellness via a comprehensive wellness strategy.