

## Contact Information

jculber3@asu.edu

## Current Position

Position: Assistant Teaching Professor

Current Academic Rank: Assistant Teaching Professor

Faculty Rank: Assistant Teaching Professor

## Biography

Jade Culbertson is a wellness and fitness professional with 10 years of field experience. After gaining both a Bachelor and Master's degree in Exercise Science, Jade has dedicated her career to creating an equitable environment for wellness for all. Working in community health, university recreation and health start ups.

## Degrees

2018 M.S., Exercise Science , University of Utah, Salt Lake City, Utah, United States

2015 B.S.E., Exercise Science , Bowling Green State University , Bowling Green, Ohio, United States

## Work Experience

### Additional Activities

#### 2022 - Ongoing

Assistant Teaching Professor , Arizona State University

#### 2021 - 2022

Fitness and Community Wellness Coordinator , Northeast Community Center

#### 2020 - 2022

Health Coach , Noom

#### 2019 - 2021

Health Coach , Vida Health

#### 2019 - 2020

Fitness/Wellness & Student Engagement Coordinator , Arizona State University

#### 2018 - 2018

Health and Wellness Coordinator, Verizon Wireless

#### 2016 - 2018

Graduate Assistant , University Of Utah

## Professional Licensures and Certifications

Worksite Wellness Specialist , PRESENT, National Wellness Institute

National Board Certified Health and Wellness Coach , 2018, 2024, National Board for Health and Wellness Coaching

Behavior Change Specialist , 2021, American Council on Exercise (ACE)

## Credit-bearing Instruction

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
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### Teaching: Curriculum Development

May 2023 - Present      Worksite Wellness, EXW 446, Undergraduate or Graduate Level: Undergraduate ,  
 Created and developed class learning materials, evalution meterics, 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.