

# CURRICULUM VITAE

JANELLE ANDERSON

## CONTACT INFORMATION

---

Exercise and Wellness  
College of Health Solutions  
Arizona State University  
Phone: (480) 861-1655  
Email: Janelle.Anderson@asu.edu  
CV Revised January 2022

## EDUCATION

---

- Exercise and Wellness M.S., 2005, Arizona State University, Mesa, AZ
  - Thesis: “Acute effects of isocaloric sucrose and high fructose corn syrup beverages on satiety, triglyceride, insulin, and glucose concentrations.”  
Committee Members: Pamela Swan, Carol Johnston and Larry Woodruff.
- Fitness and Wellness Management B.S., Business Minor, 2003, Brigham Young University, Provo, UT

## PROFESSIONAL EXPERIENCE

---

- Instructor, Exercise and Wellness Program, College of Health Solutions, Arizona State University, 2013–Current
- Faculty Associate, Exercise and Wellness Program, Arizona State University, 2010-2012
- Adjunct Faculty, Diabetes Education Program, Central Arizona College, 2013
- Adjunct Faculty, Chandler-Gilbert Community College, 2003-2009
- Health Educator, Cigna Medical Group, 2006-2013
- Fitness Coordinator, Superstition Mountain Golf & Country Club, 2005-2006

## PROFESSIONAL MEMBERSHIPS

---

- American College of Sports Medicine, Professional Member. 2016-current.

## PROFESSIONAL CERTIFICATIONS

---

- American College of Sports Medicine, Certified Exercise Physiologist. 2003-current.
- American Red Cross, Adult First Aid/CPR/AED Certification. 2003-current.

## **PROFESSIONAL TRAININGS**

---

- Arizona State University FERPA Training, 2015 - present
- Arizona State University, Information Security Training, 2014 - present
- Arizona State University Fire Safety and Prevention Certified, 2011-present

## **PROFESSIONAL DEVELOPMENT**

---

- Arizona State University Online Group Work Online: Moving from Loathe to Love Workshop Webinar, 2022
- Arizona State University Barrett Honors Workshop Online Seminar, 2022
- Arizona State University Online ASU Online Faculty Showcase, 2022
- Arizona State University Strategies to Design Creative Assessments Workshop, 2022
- American College of Sports Medicine (ACSM) Online Workshop - Improving Hydration During Sport and Physical Activity: Habitual Fluid Intake and the Role of Hydration, 2022
- American College of Sports Medicine (ACSM) Online Workshop - How to Create Content Like an Influencer, 2022
- American College of Sports Medicine (ACSM) Online Workshop - The Healing Plate: Intuition in the Kitchen to Minimize Pain and the Fitness Drain, 2022
- American College of Sports Medicine (ACSM) Online Workshop - Early Bird vs. Night Owl: When Should You Exercise for Weight Management?, 2022
- American College of Sports Medicine (ACSM) Online Workshop - The Role of Resistance Training on Prevention and Management of Metabolic Syndrome, 2022
- American College of Sports Medicine (ACSM) Online Workshop - A Practitioner's Guide to Implementing Flywheel-based Inertial Training (FIT), 2022
- Arizona State University Key Ways for Instructors to Address Online Student Retention Seminar Webinar, 2022
- Arizona State University Online Designing for All: Formatting for Action and Inclusion Webinar, 2022
- Arizona State University Online Designing for All: Tagging Images-Alternative Text and Visual Descriptions Webinar, 2022
- Arizona State University Online Designing for All: PDF Creation and Curation Webinar Resources, 2022
- Yellowdig - Yellowdig: A Social Engagement Tool Seminar, 2022
- Arizona State University Online Designing for All: Videos and Captioning Webinar, 2022
- American College of Sports Medicine (ACSM) Online Workshop - Why Do We Seem So Confused About Exercise and Appetite?, 2021
- American College of Sports Medicine (ACSM) Online Workshop - 3 WINS Fitness: Back to Basics for Lifelong Health, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Implementation of a Technology-Based Exercise Intervention, 2021

- American College of Sports Medicine (ACSM) Online Workshop - ABCs of Core Training, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Exercise Doesn't Play Fair, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Game On!, 2021
- American College of Sports Medicine (ACSM) Online Workshop - RAD: Addressing Controversial Health & Fitness Topics, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Exercise Resisters, Barriers, and Solutions, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Exercise and Mental Health: Activity Trackers, 2021
- American College of Sports Medicine (ACSM) Online Workshop - 2021 International Health & Fitness Summit, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Recognizing the Health Benefits of Resistance Exercise, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Extreme Exercise and Cardiovascular Health, 2021
- Arizona State University Online Instructor Presence Seminar, 2021
- Arizona State University Online High Enrollment: Managing Interactions Webinar, 2021
- Arizona State University Online ASU Online Best Practices for Teaching Online Seminar, 2021
- Arizona State University Online Designing Effective Learning Materials for the Online Classroom Webinar, 2021
- Arizona State University Online Using Blooms to Determine Assessment Strategy Webinar, 2021
- American College of Sports Medicine (ACSM) Online Workshop - How Technology Can Make the Physical Activity Guidelines, 2021
- HMMI Faculty Wicked challenges for learners: presented by the HMMI faculty researchers Online Seminar, 2021
- Arizona State University Online Iterating with ease: minor modifications to course materials for max Impacts Webinar, 2021
- Arizona State University Online Education for All: Universal Design for Learning to Reach Your Students Webinar, 2021
- Arizona State University Online Course Design Standards for Quality, Equity, and Inclusion Workshop, 2021
- American College of Sports Medicine (ACSM) Online Workshop - Clean Eating: Unintended Consequences for Active People, 2021
- American College of Sports Medicine (ACSM) Online Workshop - 70 Is the New 40, 2020
- American College of Sports Medicine (ACSM) Online Workshop - Helping Baby Boomers, 2020
- American College of Sports Medicine (ACSM) Online Workshop - Breakfast of Champions, 2020
- American College of Sports Medicine (ACSM) Online Workshop - Farm to Fork, 2020

- American College of Sports Medicine (ACSM) Online Workshop - Positive Psychology, 2020
- American College of Sports Medicine (ACSM) Online Workshop - Coach it Up, 2020
- American College of Sports Medicine (ACSM) Online Seminar - Coaching HIIT-A Practical Approach to Programming, 2020
- American College of Sports Medicine (ACSM) Online Workshop - Resistance Training, 2020
- American College of Sports Medicine (ACSM) Online Workshop – Prescreening, 2020
- Arizona State University Time Management Strategies Workshop, 2020
- Arizona State University Online Using Rubrics to Work Smarter Seminar, 2020
- Arizona State University Online Effective Assignments Increase Numbers Workshop, 2020
- Arizona State University Designing Effective Learning Materials Workshop, 2020
- Arizona State University Online Effective Assessments Workshop, 2020
- Arizona State University How to Engage Learners in Zoom Workshop, 2020
- American College of Sports Medicine (ACSM) International Health & Fitness Summit, Chicago, IL, 2019
- Arizona State University Supporting Students with Disabilities Training, 2019
- Arizona State University Online Strategies for Finding, Using (legally), and Citing Images in Online Education Workshop, 2019
- Arizona State University Online Getting ready for Session B in Canvas Seminar, 2019
- Arizona State University Managing Disruptive Classroom Behavior Training, 2019
- Arizona State University Online Zoom in Canvas Workshop, 2019
- Arizona State University Online Accessible Microsoft PowerPoint Presentations: Tips and Techniques Workshop, 2019
- Arizona State University Online Screencast-O-Matic & MediaAMP Training, 2019
- McGraw-Hill Connect Training, 2019
- Arizona State University Community Building in ASU Online Courses through Slack, 2019
- Arizona State University Online Canvas Training - New Gradebook & SpeedGrader, 2019
- Arizona State University Online Canvas Training - Sections, Groups, & Peer Reviews, 2019
- American College of Sports Medicine (ACSM) Health & Fitness Journal CEC Course, 2018
- Arizona State University Academic Integrity: Course Design & Strategies Workshop, 2018
- Arizona State University Faculty Showcase Workshop, 2018
- Yellowdig Practicum with Tips for Success Seminar, 2018
- Arizona State University UTO Canvas Introduction Training, 2018
- PlayPosit: Making Your Life Easier and Your Course More Successful Workshop, 2018
- Arizona State University Online Zoom in Your Classroom Training, 2018
- Arizona State University Online Google in Your Classroom and Canvas Training, 2018.

- American College of Sports Medicine (ACSM) Health & Fitness Summit & Expo, San Diego, CA, 2017
- American College of Sports Medicine (ACSM) PRECON: Resistance Training Through the Lifespan, San Diego, CA, 2017
- Arizona State University Checking Your Blackboard Exam Settings Webinar, 2017
- Yellowdig Training/Info Session Webinar, 2017
- Arizona State University 9 Ways for Instructors to Address Online Student Retention Webinar, 2017
- Yellowdig's New Features (Sneak Peek) Webinar, 2017
- American College of Sports Medicine (ACSM) Health & Fitness Summit & Expo, Orlando, FL, 2016
- Arizona State University What's New in the Blackboard Upgrade Seminar, 2016
- American College of Sports Medicine (ACSM) Annual Meeting, San Diego, CA, 2015
- Arizona State University Transforming Online Lectures Workshop, 2015
- Arizona State University Voiceover Slides Workshop, 2015
- Arizona State University Best Practices for Teaching Online Tutorial, 2015
- Arizona State University Video Design and Preparation Workshop, 2015
- Arizona State University Do-It-Yourself Video Workshop, 2015
- American College of Sports Medicine (ACSM) Health & Fitness Summit, Atlanta, GA, 2014
- Quality Matters Training, 2014
- Arizona State University Designing Engaging Discussions Workshop, 2014
- Arizona State University Creating and Managing Assignments Workshop, 2014
- Arizona State University Building Communities Online/Using Groups Workshop, 2014
- Arizona State University Mastering the Grade Center Workshop, 2014
- Arizona State University Checking Your Blackboard Exam Settings Webinar, 2014
- Arizona State University Setting Dates in Blackboard and Using the Course Calendar Module, 2014
- American College of Sports Medicine (ACSM) Health & Fitness Summit, Las Vegas, NV, 2013
- Arizona State University Boot Camp for Teaching Online, 2013
- American College of Sports Medicine (ACSM) Annual Meeting & World Congress on Exercise Is Medicine, 2012
- American College of Sports Medicine (ACSM) Pre-Conference: Nutrition As Medicine, 2012
- American College of Sports Medicine (ACSM) Annual Meeting & World Congress on Exercise Is Medicine, 2011
- American College of Sports Medicine (ACSM) Annual Meeting & World Congress on Exercise Is Medicine, 2010
- American College of Sports Medicine (ACSM) Annual Meeting, Seattle, Washington, 2009
- American College of Sports Medicine (ACSM) Southwest Chapter Annual Meeting, San Diego, 2004

## TEACHING EXPERIENCE

---

- EXW 302: Fundamentals of Wellness
  - Years taught: 8
  - Semesters taught: Fall 2013, Spring 2014, Summer 2014, Fall 2014, Spring 2015, Summer 2015, Fall 2016, Spring 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Summer 2019, Fall 2020
- EXW 325: Fitness for Life
  - Years taught: 8
  - Semesters taught: Fall 2013, Spring 2014, Fall 2015, Spring 2015, Spring 2016, Fall 2019, Spring 2020, Fall 2020, Spring 2021, Fall 2021, Spring 2022, Fall 2022
- EXW 335: Physical Activity and Fitness Concepts
  - Years taught: 7
  - Semesters taught: Fall 2016, Spring 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Summer 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Fall 2022
- EXW 344:
  - Years taught: 1
  - Semesters taught: Fall 2022
- EXW/HEP 380: Body Image
  - Years taught: 5
  - Semesters taught: Fall 2016, Spring 2017, Fall 2017, Spring 2020, Fall 2020, Spring 2021, Fall 2021, Spring 2022, Fall 2022
- EXW 384: Pre-Internship Health Education & Promotion
  - Years taught: 1
  - Semesters taught: Spring 2020
- EXW 284: Pre-Internship
  - Years taught: 1
  - Semesters taught: Fall 2019
- CHS 394: Undergraduate Teaching Assistant
  - Years taught: 1
  - Semesters taught: Spring 2020, Fall 2020
- CHS 494: Advanced Undergraduate Teaching Assistant
  - Years taught: 1
  - Semesters taught: Spring 2020, Fall 2020
- Diabetes Management – Central Arizona College
  - Years taught: 1
  - Semesters taught: Fall 2013
- Aerobics, Fitness for Life & Silver Sneakers – Chandler-Gilbert Community College
  - Years taught: 5 years
- Stanford University's: Chronic Disease Self-Management & Weight-to-Go! – Cigna Medical Group
  - Years taught: 8 years

## **ONLINE CLASSES RE-DESIGNED AND TAUGHT AT THE UNVIVERSITY LEVEL (Explanation when necessary)**

---

- EXW 335, Physical Activity and Fitness Concepts (redone Summer 2022)
  - Redesign: An updated version of the textbook came out, so a course overhaul occurred. I met with the publisher to acquire and understand the instructor online resources. I reorganized which chapter to include, course content, created videos, new assignments, labs, quizzes, tests and discussion boards.
- EXW 335, Physical Activity and Fitness Concepts (redone Fall 2020)
  - Redesign: A new textbook was chosen, and because of this, the course needed to be recreated. I regularly met with the publisher to acquire and understand the online resources. I organized the material, created videos, new assignments, labs, quizzes, tests and discussion boards.
- EXW 335, Physical Activity and Fitness Concepts (redeveloped Spring 2017)
  - Redesign: A new textbook edition was released that contained updated exercise prescription information from ACSM. Because of the updates, I had to go back to ASU Online recording studios and re-record all chapter lectures, as well as recreate quizzes, assignments, and projects.
- EXW 302, Fundamentals of Wellness (redesigned Summer 2017)
  - Redesign: A new textbook edition was released, and because EXW 302 uses an interactive online e-book, the entire course needed to be redeveloped to include the interactive properties of the new e-book. I worked with the publisher to learn about the various platforms available with the e-book. Once I had a grasp on all the new information, I selected, organized, and worked with a small committee to modify course objectives, recreate assignments, quizzes, and projects for the class.
- EXW 335, Physical Activity and Fitness Concepts (developed the course to an online platform, Fall 2015)
  - Development: Assisted with choosing the textbook, outlining course objectives and weekly objectives, constructing the course syllabus, collaborating with ASU Online to create the course shell in Blackboard, creating lecture material for each chapter, finding and electing supplemental material for each unit, video recording each lecture at ASU Online Studios, video recording Course Introductory Video at ASU Online Studios, designing assignments and tests, and developing grading rubrics for each assignment.
- EXW 325, Fitness for Life (redesigned, Spring 2015)
  - Redesign: I worked on a committee that redeveloped and redesigned EXW 325. Course objectives, weekly objectives, assignments, discussions were constructed. The new online course integrated an updated version of the textbook with new McGraw Hill interactive technology.
- EXW 302, Fundamentals of Wellness (re-designed and transitioned from Learning Studio platform, to Blackboard, Fall 2014)
  - Re-design: Full immersion and online course materials were redesigned to accommodate a new learning platform.
- EXW 325, Fitness for Life (re-designed and transitioned from Learning Studio platform, to Blackboard, Fall 2014)

- Re-design: Full immersion and online course materials were redesigned to accommodate a new learning platform.

## **STUDENT MENTORING**

---

- Supervisor - Manage and advise undergraduate teaching assistant (UGTA), graduate student assistant (GSA), or grader. 2015-2020.
  - Skeen, Julianne, GSA, 2022
  - Patterson, Jacob, UGTA, 2022
  - Ellis, Mary, UGTA, 2022
  - McDonald, Samantha, UGTA, 2022
  - Joice, Erin, UGTA, 2022
  - Langford, Laura, GSA, 2021-2022
  - Cruz-Sampson, Kayde, UGTA, 2021
  - Mortensen, Tawyna, UGTA, 2021
  - Rak, Kathleen, UGTA, 2021
  - Cambarare, Angelina, UGTA, 2021
  - Farley, Hannah, UGTA, 2021
  - Rouleau, Maricel, UGTA, 2020
  - Cambarare, Angelina, UGTA, 2020
  - Kuechman, Lyndsay, UGTA, 2020
  - Lichty, Kaitlin, GSA, 2020
  - Wildin, Sarah, UGTA, 2019 & 2020
  - Griffin, Jenna, UGTA, 2019
  - Preda, Anthony, Grader, 2019
- Barrett Honors Faculty. Direct, encourage and facilitate Honors students in completing individualized projects that go above and beyond normal course work.
  - Oreshkova, Angela, 2022. Perspectives of Body Image and Eating Disorders in Female Bodybuilders Research Paper.
  - Boering, Avery, 2020. Behavior Change Contract and Journey.
  - Sears, Mychaela, 2016. Fitness Assessment and Prescribed Exercise Program.
  - Jones, Rachel, 2016. Overview of Wellness-How to Age Healthfully Presentation.
  - Javangula, Saiswathi, 2016. Body Image during Teenage Years Presentation.
  - Shamas, Ariel, 2016. Body Image Development in Childhood Presentation.
- Directed Thesis Project
  - Miller, Ashley, 2020. County Analysis: Social Determinants of Health and Community Involvement, Douglas County vs. Costilla County of Colorado.
- Letters of Recommendation
  - Multiple Students. 2016-2022.

## **PEER MENTORING**

---

- Observation and Evaluation, I observed Kathy Campbell, Fall 2014.
- Observation and Evaluation, I observed Holly Aguila, Fall 2015.
- Observation and Evaluation, I observed Natasha Carr, Fall 2016.
- Observation and Evaluation, I observed Natasha Carr, Fall 2017.



## **SCHOOL/DEPARTMENT/PROGRAM SERVICE**

---

- I was heavily involved in helping Tiffany Gray (Course Lead of EXW 325) pilot McGraw Hill's Connect platform for EXW 325.
  - Responsibilities included: Working closely with the McGraw-Hill team to learn the new platform, correct technology issues and problems. 2020.
- Team lead on committee tasked with redeveloping EXW 302: Fundamentals of Wellness.
  - Responsibilities included: Create course objectives and weekly objectives. Construct course syllabus. Research and implement supplemental material. Design assignments, projects, case studies and exams. 2016.
- Committee member on a team tasked with redeveloping EXW 325: Exercise for Life.
  - Responsibilities included: Create course objectives and weekly objectives. Construct course syllabus. Research and implement supplemental material. Design assignments, projects and tests. 2016.
- Team lead on a committee assigned to develop new course evaluation forms for in-person, hybrid and online classes.
  - The purpose was to create more effective evaluation forms for students to provide feedback about their classes and instructors, as well as provide a more accurate scale to assess faculty during year-end evaluations. 2015.

## **UNIVERSITY LEVEL SERVICE**

---

- Served as a judge for the Changemaker Challenge.
  - The Changemaker Challenge is an opportunity for undergraduate and graduate students at Arizona State University to make a difference in local and global communities through innovation. Students could win up to \$10,000 by making innovative projects, prototypes, ventures or ideas happen. I read and provided feedback for 8-10 proposals. 2014.

## **PROFESSIONAL AWARDS**

---

- Nominated to be a McGraw-Hill Faculty Consultant
  - I am involved and knowledgeable about their Connect product, 2019.
- SUN Award
  - Award given for supporting student success and demonstrating leadership, 2022.
  - Award given for going above and beyond to make excellent courses for students and really caring, 2020.
  - Award given for helping Barrett Honors students create and complete honors projects, 2016.

## **PERSONAL/COMMUNITY SERVICE**

---

- Youth Group Leader

- Volunteer time each week to work with my church youth group. I help plan and participate in weekly activities that focus on building leadership, community service and peer engagement. 2017-2020.
- Feed My Starving Children, Packing Food for Children in Need, 2018-2019.
- Keep Nature Wild Volunteer, Picking Up Trash along Pebble Beach Recreation Area, 2020.