DR. LAKINA MOSELEY, DHEd, M.Ed., B.S.
Health Educator | Public Health Faculty | Curriculum Developer | Aquatics Leader

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Executive Profile

Accomplished health educator, public health faculty member, curriculum developer, aquatics professional, researcher, and entrepreneur with more than 20 years of experience spanning higher education, K-12 education, public health, health promotion, exercise science, sports medicine, aquatics, and community wellness. Demonstrated expertise in designing, implementing, and evaluating evidence based educational programs that improve health literacy, student engagement, and long-term behavioral outcomes across diverse populations.

Currently serves as a Full Time Instructor within the Master of Public Health program at Columbia Southern University and as a health, physical education, aquatics, and sports medicine educator within Detroit Public Schools. Extensive experience developing graduate and secondary level curriculum, creating learning outcomes, mentoring students, and integrating innovative instructional strategies that support academic achievement and workforce readiness.

Recognized for excellence in teaching, curriculum development, and student engagement, including receipt of the Innovative Educator Award and multiple Raising the Bar Awards. Scholarly interests include obesity prevention, physical activity promotion, nutrition education, Total Daily Energy Expenditure, health behavior change, and sustainable weight management. Research and presentation experience includes peer reviewed publication, international conference presentations, and community health initiatives focused on improving health outcomes and reducing disparities.

Founder and Director of Destination Aquatic Training and Destination Fitness, organizations dedicated to advancing water safety, aquatic education, CPR and First Aid training, fitness, and community wellness throughout Metro Detroit. Proven leader with a strong commitment to educational excellence, public health advancement, youth development, and creating innovative programs that positively impact individuals, schools, and communities.

Education

Doctorate of Health Education, GPA 4.0

A.T. Still University of Health Sciences, Kirksville, MO

Master of Art & Education, GPA 3.97

Wayne State University, Detroit, MI

Emphasis: Secondary Physical Education

Bachelor of Science in Exercise Science, GPA 3.5

Wayne State University, Detroit, MI

Research Interests

- Obesity Prevention and Treatment
- Physical Activity and Nutrition Behavioral Interventions
- Exercise Motivation and Adherence
- Total Daily Energy Expenditure, metabolic adaptation, and sustainable weight management

RESEARCH EXPERIENCE

Columbia Southern University, Orange Beach, Alabama | 2026

Integrating Total Daily Energy Expenditure Education to Improve Nutrition Literacy and Sustainable Weight Management

Developed a scholarly practice-based manuscript examining the integration of Total Daily Energy Expenditure (TDEE) education as a strategy for improving nutrition literacy, calorie awareness, and sustainable weight management among adult learners. The manuscript synthesizes evidence from exercise physiology, nutrition science, public health, and health behavior theory to support individualized energy balance education and long-term lifestyle modification.

- Examined the role of TDEE education in improving nutrition literacy and calorie awareness.
- Integrated concepts from exercise physiology, public health, nutrition science, and health behavior theory.
- Emphasized metabolic adaptation, behavioral adherence, and sustainable lifestyle modification strategies.
- Manuscript currently under review for publication in a peer reviewed journal.

Wayne State University, Detroit, Michigan | 2019

Ripple Effects Mapping

Participated in community-based research examining the impact of healthy eating and active living initiatives on individual and community health outcomes. The project utilized Ripple Effects Mapping methodology to identify both intended and unintended outcomes of health promotion interventions and to evaluate the broader influence of wellness programming within community settings. The research emphasized the value of collaborative partnerships, stakeholder engagement, and sustainable approaches to improving population health.

- Examined the effectiveness of healthy eating and active living initiatives implemented within community settings.
- Utilized Ripple Effects Mapping to identify direct, indirect, and long-term outcomes associated with health promotion programs.
- Evaluated the broader impact of community health interventions on participant behaviors, community engagement, and organizational partnerships.
- Contributed professional insights regarding program sustainability, community wellness, and strategies for improving public health outcomes.

Wayne State University, Detroit, MI Nov 2006

"Comparison of Team Teachers with Different VOIs"

Explored how contrasting value orientations affect team teachers using the same curriculum in an urban school.

Incorporated the value orientation checklist to determine teacher's value orientation.

Developed a qualitative questionnaire to gain more insight on each teacher's style of teaching.

A.T. Still University of Health Sciences, Kirksville, Missouri | 2016

The Effect of a Structured Exercise Program on Obese African American Participants' Physical and Psychological Health

Conducted mixed methods research examining the impact of structured exercise participation on both physical activity behaviors and psychological health outcomes among obese African American adults. The study explored the relationship between regular exercise participation and improvements in self efficacy, motivation, body esteem, and overall physical activity levels. Findings contributed to the understanding of how exercise interventions can positively influence both physical and psychosocial factors associated with long term health behavior change.

- Designed and implemented a structured exercise intervention targeting obese African American adults.
- Utilized pre and post intervention assessments to evaluate changes in physical activity participation, self-efficacy, motivation, and body esteem.
- Analyzed quantitative and qualitative data to assess the effectiveness of exercise as a behavioral health intervention.
- Findings demonstrated significant improvements in self efficacy, motivation, and body esteem, with overall physical activity trends moving in a positive direction.
- Presented findings at an international conference and published the research abstract in a peer reviewed journal.

PUBLICATIONS

Moseley, L. (2024). *Harmonizing hormones: A comprehensive guide to women's weight and wellness.* Self-published.

Moseley, L. (2023). *65 proven tips to lose weight and keep it off: Client tested, trainer approved!* Self-published.

Moseley, L. (2021). *Get up!: Tips on how to get and stay motivated to exercise.* KDP Publishing.

Moseley, L. (2017). The effect of a structured exercise program on obese African American participants' physical and psychological health. *Madridge Journal of Food Technology, 2*(4), 13. https://doi.org/10.18689/MJFT.2017.A1.002

Manuscripts Under Review

Moseley, L. (2026). *Integrating total daily energy expenditure education to improve nutrition literacy and sustainable weight management.* Manuscript under review.

CONFERENCE PRESENTATIONS AND INVITED SPEAKING ENGAGEMENTS

International Conference Presentations

Moseley, L. (2017, November). *The effect of a structured exercise program on obese African American participants' physical and psychological health* [Conference presentation]. International Conference on Obesity and Weight Loss, Barcelona, Spain.

Invited Keynote Presentations

Detroit Public Schools Professional Development Conference. Detroit, Michigan. 2024.

Meals and Movement: Choose Healthy Life Initiative. Detroit, Michigan. 2023, 2024.

Health Expo. Detroit, Michigan. 2022.

Black Male Educators Alliance. Virtual Presentation. 2021.

District 7 Healthy Living Initiative. Detroit, Michigan. 2017.

Yoga Symposium. Detroit, Michigan. 2016.

Michigan Healthy Living Initiative. Michigan. Invited Presenter.

Professional Conference Presentations

Michigan Association for Health, Physical Education, Recreation, and Dance (MAPHERD) Annual Convention. Kalamazoo, Michigan. 2006.

Presentation Topic: *Value Orientations in Teaching*.

Community Health and Wellness Presentations

Presented educational workshops and community-based programs focused on health promotion, physical activity, nutrition, obesity prevention, wellness, stress management, and behavior change strategies for diverse populations across academic, community, and public health settings.

Delivered professional development training, wellness presentations, and health education programming for educators, students, community organizations, and public health initiatives throughout Michigan.

PUBLIC HEALTH EXPERIENCE

Health Promotion and Community Wellness Specialist
Contributed to the development, implementation, and evaluation of health promotion and chronic disease prevention initiatives designed to improve community health outcomes. Collaborated with schools, community organizations, recreation centers, and wellness programs to deliver evidence-based health education, promote healthy lifestyles, and support behavior change among diverse populations.

- Facilitated community health initiatives focused on nutrition, physical activity, obesity prevention, and chronic disease management.
- Assisted with the implementation and evaluation of pilot nutrition and wellness programs within educational and community settings.
- Presented health education programs addressing obesity awareness, disease prevention, healthy eating, stress management, and physical activity.
- Conducted participant screenings and assessments, including biometric measurements, health history evaluations, PAR-Q screenings, and wellness assessments.
- Performed resting metabolic rate testing and developed individualized calorie recommendations based on participant goals and health needs.
- Assessed cardiovascular fitness, muscular strength, flexibility, and overall physical fitness using standardized testing protocols.
- Developed individualized exercise prescriptions and wellness recommendations to support participant health and fitness goals.
- Designed and delivered community health presentations, workshops, and educational programs promoting healthy lifestyle behaviors.
- Collaborated with recreation centers and community organizations to develop and implement sustainable health promotion and disease prevention initiatives.
- Led group exercise classes and wellness activities designed to improve physical activity participation and overall health outcomes.
- Assisted in the development and delivery of physical education curriculum and wellness programming for elementary age students.
- Supported community engagement efforts by building partnerships that expanded access to health education and wellness resources.

PROFESSIONAL EXPERIENCE

Columbia Southern University
Full Time Instructor, Master of Public Health Program
2019–Present

Serve as a full-time faculty member within the Master of Public Health program, providing graduate level instruction, curriculum development, student mentoring, and academic support. Contribute to the advancement of public health education through innovative teaching practices, course development, student engagement initiatives, and faculty collaboration.

- Teach graduate level public health courses in areas including health behavior, health promotion, public health research, grant writing, community health, program planning, and public health capstone.
- Develop and revise course content, learning outcomes, assessments, and instructional materials to support student success and program quality.

- Facilitate engaging online learning environments that promote critical thinking, scholarly inquiry, and application of public health principles.
- Mentor graduate students through coursework, research activities, capstone projects, and professional development opportunities.
- Utilize learning analytics and retention tools to identify at risk students, provide targeted support, and improve student persistence and completion.
- Participate in university committees, faculty development initiatives, training programs, and collaborative projects that support institutional effectiveness.
- Conduct live instructional sessions and student engagement activities designed to enhance learning outcomes and strengthen student faculty interaction.
- Collaborate with faculty and academic leadership to ensure curriculum quality, accreditation alignment, and continuous program improvement.
- Contribute to the development of innovative teaching strategies that support diverse learners within the online educational environment.

Selected Graduate Courses Taught

- Public Health Capstone
- Health Program Planning, Implementation, and Assessment
- Foundations and Methods in Community Health
- Grant Writing in Public Health
- Public Health Research
- Strategies of Health Promotion
- Health Behavior
- Issues and Trends in Community Health
- Public Health Concepts

CURRICULUM DEVELOPMENT AND COURSE DESIGN

Columbia Southern University
Master of Public Health Program

Contributed to the development, revision, and continuous improvement of graduate level public health curriculum designed to prepare future public health professionals for leadership, research, program planning, health promotion, and community health practice. Developed course content, learning outcomes, assessments, instructional materials, and learning activities aligned with accreditation standards, evidence-based practices, and workforce competencies.

Current Issues and Trends in Community Health

Contributed to the development and refinement of graduate level curriculum examining historical, current, and emerging issues affecting community health and population health outcomes.

Selected Learning Outcomes

- Compare and contrast historical, current, and emerging trends affecting community health.
- Analyze the relationship between historical events and community health disparities.
- Apply social and behavioral science concepts to contemporary community health challenges.
- Evaluate environmental factors that influence population health outcomes.
- Assess healthcare disparities and barriers to quality care.
- Analyze public health policies and their impact on communities.

Public Health Capstone

Facilitated graduate level learning experiences designed to synthesize knowledge, skills, and competencies acquired throughout the Master of Public Health program.

Selected Learning Outcomes

- Analyze major public health issues affecting populations and communities.
- Evaluate factors that influence health behaviors and lifestyle choices.
- Interpret epidemiological findings and public health research.
- Assess the impact of policy, environmental, and social determinants of health.
- Synthesize graduate program knowledge to address complex public health challenges.

Health Program Planning, Implementation, and Assessment

Developed curriculum emphasizing the planning, implementation, management, and evaluation of health education and public health programs.

Selected Learning Outcomes

- Assess community needs, assets, and resources.
- Analyze theories and models used in health education planning.
- Develop comprehensive health education program plans.
- Apply the core functions of public health to community health initiatives.
- Evaluate sustainability strategies for public health programs.
- Design presentations and educational interventions for diverse populations.

Foundations and Methods in Community Health

Developed curriculum exploring the foundations of community health practice, health equity, community engagement, and the role of community health workers.

Selected Learning Outcomes

- Explain the historical development of community health practice.
- Differentiate various healthcare and community health frameworks.
- Analyze determinants of health and illness affecting communities.
- Examine the role of community health workers as agents of social change.
- Apply culturally responsive approaches when working with diverse populations.

Grant Writing in Public Health

Developed curriculum focused on grant development, proposal writing, funding acquisition, program sustainability, and post award management.

Selected Learning Outcomes

- Evaluate public health funding opportunities.
- Assess organizational readiness for grant funding.
- Design evidence-based grant proposals.
- Apply effective grant writing strategies and best practices.
- Critique grant proposals using established evaluation criteria.
- Explain post award grant management responsibilities.

Public Health Research

Developed curriculum focused on research design, data collection, analysis, ethics, and dissemination of public health research.

Selected Learning Outcomes

- Examine professional literature to support public health research.
- Apply quantitative and qualitative research methods.
- Evaluate ethical principles in public health research.
- Analyze statistical approaches used in public health investigations.
- Communicate research findings effectively to professional audiences.

Strategies of Health Promotion
Developed curriculum emphasizing health promotion, disease prevention, health equity, and population health improvement.

Selected Learning Outcomes

- Apply health promotion strategies to reduce disease risk.
- Examine relationships between environmental and health factors.
- Analyze health disparities and inequalities among populations.
- Evaluate ethical considerations in health promotion practice.
- Design interventions that improve quality of life and population health outcomes.

Health Behavior
Developed curriculum exploring behavioral theories, determinants of health behavior, and evidence-based intervention strategies.

Selected Learning Outcomes

- Analyze theoretical models used to explain health behavior.
- Evaluate determinants that influence health related decision making.
- Assess the role of health educators in behavior change.
- Examine intervention strategies designed to improve health outcomes.
- Evaluate the effectiveness of health behavior interventions.

Public Health Concepts

Developed curriculum introducing foundational public health principles, disciplines, systems, and practices.

Selected Learning Outcomes

- Assess current public health developments and challenges.
- Analyze foundational public health concepts and principles.
- Evaluate the impact of social determinants on population health.
- Examine the role of government in public health policy and practice.
- Apply public health frameworks to community and population health issues.

HIGHER EDUCATION TEACHING EXPERIENCE

Wayne State University
Department of Kinesiology, Health, and Sport Studies
Graduate Teaching Assistant and Instructor

Served as a graduate teaching assistant and instructor within the Department of Kinesiology, Health, and Sport Studies, supporting undergraduate and graduate instruction in health, fitness, exercise science,

mental health, and physical activity related coursework. Facilitated student learning through classroom instruction, curriculum support, assessment development, and applied learning experiences.

Courses Taught

Mental Health and Substance Abuse (Graduate Course)

Prepared graduate students to understand the psychological, social, environmental, and behavioral factors influencing mental health and substance abuse across diverse populations.

Key Areas of Instruction

- Mental health theories and models
- Emotional and personality development
- School based mental health interventions
- Stress management and coping strategies
- Substance abuse prevention and education
- Community and school-based intervention programs
- Drug dependence theories and treatment approaches
- Mental health promotion and advocacy

Fitness Assessment and Exercise Prescription (Graduate Course)

Prepared students to assess physical fitness, interpret exercise testing results, and develop evidence-based exercise prescriptions for healthy and special populations.

Key Areas of Instruction

- Exercise testing and risk stratification
- Cardiovascular fitness assessment
- Exercise prescription development
- Metabolic calculations and energy expenditure
- Body composition assessment
- Program design and evaluation
- Exercise physiology and chronic adaptations to training
- Health related versus performance-based fitness programming

Methods of Group Exercise Instruction (Undergraduate Course)

Provided instruction in the principles and practices of group fitness leadership, class design, and exercise programming for diverse populations.

Key Areas of Instruction

- Exercise physiology application
- Group fitness leadership
- Program design and implementation
- Class preparation and presentation skills
- Fitness industry standards and best practices

- Participant motivation and engagement

Health of the School Child (Undergraduate Course)

Prepared future educators to understand the health needs of school age children and the role of schools in promoting lifelong health and wellness.

Key Areas of Instruction

- Child and adolescent health
- School health education
- Nutrition and healthy lifestyle behaviors
- Social determinants of health
- Research based health education strategies
- Curriculum evaluation and development
- Health behavior change theories
- School and community health partnerships

Henry Ford Community College
Adjunct Instructor
2015

Provided instruction in aquatic fitness, health related physical activity, disease prevention, and wellness promotion.

- Improved student fitness through aquatic exercise programming.
- Educated students on nutrition, weight management, and disease prevention.
- Supported student learning through individualized instruction and academic guidance.
- Facilitated discussions focused on lifelong health and wellness behaviors.

Monroe County Community College
Adjunct Instructor
2015

Delivered instruction in exercise physiology, anatomy, kinesiology, fitness assessment, and exercise program design.

- Taught principles of exercise science and program development.
- Introduced laboratory testing and fitness assessment procedures.
- Provided lectures, demonstrations, and applied learning experiences.
- Promoted critical thinking and information literacy skills.

Wayne County Community College
Adjunct Professor
2009

Provided continuing education instruction in recreation therapy and related health and wellness topics.

- Developed course materials and instructional plans.

- Facilitated learning experiences that promoted problem solving and critical thinking.
- Served as mentor, advisor, and educator for adult learners.
- Communicated complex health and recreation concepts in an accessible manner.

K-12 EDUCATIONAL LEADERSHIP AND INSTRUCTION

Detroit Public Schools Community District
Health, Physical Education, Aquatics, and Sports Medicine Educator
2004–Present

Serve as a health, physical education, aquatics, and sports medicine educator within Detroit Public Schools Community District, providing standards aligned instruction to diverse student populations. Develop engaging learning experiences that promote health literacy, physical activity, aquatic competency, safety awareness, leadership, and lifelong wellness. Utilize evidence based instructional practices to support student achievement while fostering a positive and inclusive learning environment.

Key Responsibilities and Accomplishments

- Develop and implement comprehensive curriculum and lesson plans aligned with district, state, and national educational standards.
- Deliver instruction in health education, physical education, aquatics, swimming, lifeguarding, CPR, and sports medicine.
- Create learning experiences that accommodate diverse learning styles, abilities, and educational needs.
- Promote physical fitness, nutrition education, stress management, communication skills, and overall wellness.
- Integrate hands on learning opportunities that strengthen student engagement and practical skill development.
- Foster leadership, teamwork, responsibility, and critical thinking through experiential learning activities.
- Maintain a safe and supportive learning environment that promotes student growth and achievement.
- Utilize assessment data to monitor student progress and improve instructional effectiveness.
- Collaborate with school administrators, faculty, parents, and community stakeholders to support student success.

Aquatics and Water Safety Education

Develop and deliver comprehensive aquatic education programs focused on water safety, swimming proficiency, drowning prevention, emergency preparedness, and lifelong aquatic participation.

Key Areas of Instruction

- Swimming fundamentals and stroke development
- Water safety and drowning prevention
- Aquatic fitness and water aerobics
- Emergency response procedures
- Aquatic risk management

- Lifelong aquatic recreation and wellness
- Personal survival and rescue skills
- Aquatic leadership development

Lifeguarding and CPR Instruction

Provide instruction and certification preparation in lifeguarding, CPR, First Aid, AED use, and emergency response procedures.

Key Areas of Instruction

- Lifeguarding principles and rescue techniques
- Cardiopulmonary resuscitation (CPR)
- Automated External Defibrillator (AED) operation
- First Aid assessment and treatment
- Emergency action planning
- Incident prevention and risk management
- Team based emergency response
- Professional rescuer responsibilities

Sports Medicine Program Development
2023–Present

Designed and implemented a comprehensive Sports Medicine curriculum that introduces students to careers in healthcare, athletic training, sports performance, injury prevention, rehabilitation, and exercise science. Developed course materials, assessments, laboratory activities, and project-based learning experiences aligned with educational standards and industry best practices.

Key Accomplishments

- Developed an innovative Sports Medicine curriculum from the ground up.
- Created lesson plans, laboratory experiences, assessments, and instructional resources.
- Integrated current research and industry best practices into classroom instruction.
- Utilized case studies, simulations, and hands on learning activities to enhance student engagement.
- Incorporated anatomy, physiology, kinesiology, injury prevention, rehabilitation, and sports performance concepts.
- Designed authentic learning experiences that expose students to healthcare and sports medicine career pathways.
- Continuously evaluate and revise curriculum to ensure relevance, rigor, and alignment with workforce needs.

LEADERSHIP, COACHING, AND COMMUNITY ENGAGEMENT

Destination Aquatic Training, LLC
Founder and Director
2025–Present

Founded and direct Destination Aquatic Training, a community-based organization dedicated to advancing water safety, aquatic education, CPR and First Aid training, lifeguard education, and aquatic fitness programming throughout Metro Detroit. Lead all aspects of program development, strategic planning, instructor training, community partnerships, marketing, and operational management while promoting lifelong wellness and drowning prevention.

Key Responsibilities and Accomplishments

- Develop and implement swim instruction programs for children, adolescents, and adults.
- Design and deliver water safety education and drowning prevention initiatives.
- Provide American Red Cross First Aid, CPR/AED, and lifeguarding instruction.
- Develop aquatic fitness and water aerobics programs for diverse populations.
- Establish partnerships with schools, municipalities, apartment communities, recreation departments, and community organizations.
- Oversee instructor recruitment, onboarding, training, and quality assurance.
- Manage program registration, participant communication, scheduling, and customer service.
- Promote health, wellness, safety, and community engagement through aquatic programming.
- Conduct community outreach initiatives designed to increase access to aquatic education and safety training.

Proprietary Aquatics Curriculum Development

2026–Present

Developed the Destination Aquatic Training Learn to Swim Program, a proprietary, progressive aquatics curriculum for children, adolescents, and adults. The system uses a seven level destination based progression model designed to build water confidence, swimming proficiency, personal safety, and measurable skill development while supporting consistent instruction across DAT programs.

Selected Curriculum Features

- Designed a seven level Learn to Swim progression with defined competencies, advancement criteria, and instructor guidance.
- Created a swim passport and destination based recognition system to document participant progress and celebrate skill mastery.
- Integrated water safety, drowning prevention, personal survival, stroke development, aquatic confidence, and lifelong swimming skills throughout the curriculum.
- Developed the curriculum for use in community contracts, instructor training, participant assessment, program evaluation, and future organizational expansion.
- Designed the instructional framework for adaptable 30 to 60 minute lessons serving children, adolescents, and adults across varied skill levels.

Girls Flag Football Coach and Program Leader
2025–Present

Provide leadership, mentorship, and program development support for student athletes participating in girls flag football. Foster athletic development, leadership skills, teamwork, resilience, and personal growth while promoting opportunities for female student athletes.

Key Responsibilities and Accomplishments

- Support the growth and development of girls flag football programming.
- Mentor student athletes in leadership, communication, teamwork, and sportsmanship.
- Assist with athlete recruitment, player development, and program organization.
- Promote academic achievement, character development, and positive team culture.
- Guide student athletes through competitive opportunities and leadership experiences.
- Advocate for increased opportunities and visibility for girls athletics.
- Contributed to league championship success and competitive postseason participation.

Aspen Challenge Coach
The Aspen Institute
2026

Selected as a coach for the Aspen Challenge, a nationally recognized youth leadership and community impact initiative. Guided students through the identification, analysis, and resolution of school climate and student wellness challenges using research, collaboration, and project-based learning.

Key Responsibilities and Accomplishments

- Mentored students in leadership development, advocacy, and community engagement.
- Guided the creation and implementation of a student led Safe Space initiative focused on emotional safety and peer support.
- Assisted students with survey development, data collection, data analysis, and presentation preparation.
- Supported students in designing solutions that addressed school climate and student wellness concerns.
- Fostered communication, critical thinking, collaboration, and problem-solving skills.
- Prepared students for public presentations and community showcase events.

City of Oak Park
Pool Manager
2023–2025

Provided leadership and operational oversight for a municipal aquatic facility serving diverse community populations. Responsible for staff supervision, risk management, facility operations, regulatory compliance, and customer service while maintaining a safe and positive aquatic environment.

Key Responsibilities and Accomplishments

- Supervised daily aquatic facility operations and staff performance.
- Managed lifeguard scheduling, staff training, and operational coverage.

- Conducted water quality testing and maintained compliance with state regulations.
- Oversaw inventory management, equipment maintenance, and facility readiness.
- Coordinated special events, community programming, and aquatic activities.
- Led emergency response efforts and ensured staff preparedness for aquatic incidents.
- Maintained financial accountability through attendance tracking, cash handling, and reporting.
- Promoted positive public relations and customer satisfaction.
- Enforced facility policies and safety standards to ensure patron and staff safety.

ENTREPRENEURSHIP AND BUSINESS LEADERSHIP

Destination Fitness
Founder and Owner
2010–Present

Founded and continue to lead Destination Fitness, a health and wellness organization dedicated to helping individuals improve their physical health, fitness, and overall quality of life through evidence-based coaching, education, and lifestyle interventions. Develop and deliver programs focused on exercise, nutrition, weight management, behavior change, and long-term wellness while integrating public health principles and health education strategies.

Key Responsibilities and Accomplishments

- Design and implement fitness, wellness, and weight management programs for diverse populations.
- Provide individualized health coaching, fitness assessments, exercise prescription, and behavior change support.
- Develop educational resources, digital content, workshops, and wellness programs focused on healthy lifestyle behaviors.
- Author health, fitness, and wellness publications designed to promote health literacy and sustainable behavior change.
- Utilize evidence-based strategies to support clients in achieving health, fitness, and wellness goals.
- Integrate principles of exercise science, public health, nutrition, and health education into program development and service delivery.
- Conduct presentations, workshops, and educational programming focused on health promotion and disease prevention.
- Build community partnerships and outreach initiatives that support health and wellness within diverse populations.

CERTIFICATIONS, LICENSURE, AND PROFESSIONAL CREDENTIALS

Teaching and Education Credentials

- Michigan Teaching Certificate: Health Education (Grades 6–12)
- Michigan Teaching Certificate: Physical Education (Grades K–12)

Health, Fitness, and Performance Credentials

- Certified Personal Trainer (CPT), National Academy of Sports Medicine (NASM)
- Corrective Exercise Specialist (CES), National Academy of Sports Medicine (NASM)
- Women's Fitness Specialist (WFS), National Academy of Sports Medicine (NASM)
- Weight Loss Specialist (WLS), National Academy of Sports Medicine (NASM)
- Social Media Influencer (SMI), National Academy of Sports Medicine (NASM)

Aquatics and Water Safety Credentials

- Lifeguarding Instructor, American Red Cross
- CPR and First Aid Instructor, American Red Cross
- Aquatic Exercise Association (AEA) Certified Water Aerobics Instructor
- Advanced Scuba Diver, National Association of Underwater Instructors (NAUI)

Professional Expertise Areas

- Public Health Education
- Health Promotion and Disease Prevention
- Community Health Program Planning and Evaluation
- Aquatic Education and Water Safety
- CPR, First Aid, and Emergency Response Training
- Exercise Prescription and Fitness Assessment
- Sports Medicine Education
- Curriculum Development and Instructional Design
- Leadership Development and Student Mentoring
- Health Behavior Change and Wellness Coaching
- Grant Writing and Program Development
- Research Methods and Data Analysis
- Public Speaking and Professional Development Training

PROFESSIONAL AFFILIATIONS

Actively maintain membership and involvement in professional organizations that support excellence in health education, public health, aquatics, fitness, and professional development.

- American Red Cross, Michigan Region
- National Academy of Sports Medicine (NASM)
- National Association of Underwater Instructors (NAUI)
- Michigan Association for Health, Physical Education, Recreation, and Dance (MAPHERD)
- Aquatic Exercise Association (AEA)

Professional memberships support continued professional growth, industry engagement, leadership development, credential maintenance, and the application of current evidence-based practices in education, health promotion, aquatics, and fitness.

SELECTED LEADERSHIP HIGHLIGHTS

- Founder and Director, Destination Aquatic Training, LLC, providing swim instruction, water safety education, aquatic fitness programming, CPR/AED training, lifeguard education, and community partnerships throughout Metro Detroit.
- Founder and Owner, Destination Fitness, delivering evidence-based health, fitness, nutrition, and wellness programming focused on sustainable behavior change and long-term health outcomes.
- Full Time Instructor, Master of Public Health Program, Columbia Southern University, providing graduate level instruction, curriculum development, student mentorship, and academic leadership.
- Curriculum Developer and Educator, responsible for designing and implementing graduate level public health curriculum and secondary level health, aquatics, and sports medicine programs.
- Aspen Challenge Coach, selected by The Aspen Institute to mentor students in leadership development, community engagement, research, advocacy, and project-based problem solving.
- Girls Flag Football Coach and Program Leader, supporting athlete development, leadership, teamwork, and competitive success while expanding opportunities for female student athletes.
- Sports Medicine Program Developer, Detroit Public Schools Community District, designing and implementing a comprehensive sports medicine curriculum introducing students to healthcare, exercise science, injury prevention, and rehabilitation careers.
- Pool Manager, City of Oak Park, overseeing aquatic facility operations, staff supervision, risk management, regulatory compliance, and community programming.
- American Red Cross Instructor, providing instruction in CPR/AED, First Aid, lifeguarding, emergency preparedness, and water safety.
- Public Health Educator and Community Health Advocate, leading health promotion, disease prevention, wellness, and community engagement initiatives designed to improve population health outcomes.

HONORS, AWARDS, AND RECOGNITION

Aspen Challenge Coach Recognition Award | ***2026***
The Aspen Institute
Recognized for outstanding leadership, student mentorship, and community impact through participation in the Aspen Challenge program. Guided students in the development and implementation of a student led initiative focused on school climate, emotional wellness, and peer support.

Innovative Educator Award | *2025*
College of Nursing and Health Sciences, Columbia Southern University
Recognized by university leadership for innovation in teaching, curriculum development, student engagement, and contributions supporting the institution's mission of improving lives through education.

Raising the Bar Award | *Multiple Years*
Columbia Southern University
Student nominated recognition awarded through End of Course Surveys to faculty members who consistently demonstrate exceptional teaching, responsiveness, student support, mentorship, and engagement.

Michigan Public Health Hero Award | *2017*
Recognized for contributions to public health promotion, community wellness initiatives, and efforts to improve health outcomes within Michigan communities.

Michigan Champion for Healthy Living Award | *2017*
Recognized for leadership and advocacy supporting healthy lifestyles, physical activity promotion, and community-based health improvement efforts.

Doctoral Program 4.0 Academic Recognition | *2015*
A.T. Still University of Health Sciences
Recognized for outstanding academic achievement and maintaining a perfect grade point average throughout doctoral coursework.

Bain Stroh Scholarship Recipient | *2007*
Awarded scholarship support based on academic achievement, professional potential, and commitment to educational excellence.

PROFESSIONAL EXPERTISE

Public Health Education • Community Health • Health Promotion • Disease Prevention • Curriculum Development • Graduate Instruction • Online Learning and Educational Technology • Student Mentorship • Program Planning and Evaluation • Grant Writing • Research Methods • Health Behavior Change • Nutrition Education • Obesity Prevention and Treatment • Total Daily Energy Expenditure Analysis • Exercise Prescription • Fitness Assessment • Sports Medicine Education • Aquatic Education • Water Safety • Lifeguarding • CPR and First Aid Instruction • Leadership Development • Public Speaking • Community Engagement • Program Development • Strategic Partnerships • Wellness Coaching • Program Management • Workforce Development • Health Literacy • Community Based Interventions

REFERENCES

Professional References Available Upon Request