



Mira Washington

Adjunct Faculty, Kinesiology

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STRENGTHS



Online Presence

Regular discussions and personal messages kept asynchronous learners connected; students knew where to ask questions and find practical guidance.



Supportive Feedback

Rubric based comments clarified misconceptions and next steps. Students received feedback that felt useful, not merely final.



Course Organization

Brightspace modules, records, and links stayed orderly across terms. That structure made weekly expectations easier to follow.



Student Outreach

When submissions dropped, supportive check ins opened conversations about barriers and realistic ways forward.



Wellness Instruction

Complex health concepts became accessible examples. Learners could connect exercise science with everyday decisions and lasting habits.

SKILLS

Kinesiology Exercise Science

Health and Wellness

Personal Health Education

Online Teaching

College Level Instruction

Brightspace D2L

SUMMARY

Kinesiology educator with seven years of college teaching, online instruction, and health education experience. Holds a Master of Science in Kinesiology and applies practical knowledge of **personal health**, wellness, fitness, exercise science, behavior change, and **lifelong well being** in undergraduate learning. Facilitates Brightspace and D2L courses, maintains accurate gradebooks and course records, evaluates student work, and provides timely written feedback aligned with learning outcomes. Creates supportive online learning environments through regular **substantive interaction**, clear digital communication, proactive outreach, and organized course delivery. Contributes to course assessment, quality assurance reviews, syllabus alignment, learning resource checks, and collaboration with faculty and instructional support teams. Brings disciplined independent work, thoughtful mentorship, and student centered communication that can support successful online **course completion**.

EXPERIENCE

Adjunct Faculty, Kinesiology

Crossroads Christian College 📅 August 2024 - Present 📍 Fort Wayne, IN

Facilitates undergraduate online kinesiology courses through Brightspace and D2L, supporting wellness learning outcomes, student progress, accurate records, and continuous course improvement.

- Facilitated online **kinesiology** sections linking personal wellness concepts with approved weekly **learning outcomes**.
- Maintained **Brightspace** modules, announcements, gradebook records, discussions, and assignment workflows for reliable access.
- Evaluated **wellness** reflections and applied activities with rubrics, delivering specific feedback and practical next steps.
- Conducted substantive interaction through discussions, messages, and academic check ins throughout asynchronous sections.
- Contacted **disengaged students** with supportive guidance about requirements, resources, and realistic course completion pathways.
- Contributed grade patterns, **student questions**, and evaluations to assessment quality and online course reviews.

Online Instructor, Health and Wellness

Summit Valley University 📅 August 2022 - July 2024 📍 Muncie, IN

Taught online undergraduate wellness courses while organizing digital learning activities, assessing **student work**, coordinating support resources, and recommending course improvements from evaluation evidence.

- Taught wellness courses covering physical activity, nutrition concepts, stress management, **fitness**, and **behavior change**.
- Organized weekly learning activities and verified readings, media, instructions, and external links before release.
- Assessed projects and discussions against outcomes, documenting grades and **constructive feedback** within academic timelines.
- Used targeted messages and virtual office hours to reconnect learners with missed course activities.
- Coordinated tutoring, accessibility resources, and additional guidance for students needing broader academic support.
- Reviewed learning gaps, assignment performance, and feedback before recommending practical instructional material revisions.

Instructor, Exercise Science

Northeast Indiana Community College 📅 August 2020 - July 2022 📍 Fort Wayne, IN

Student Engagement

Constructive Feedback

Gradebook Management

Course Records

Academic Assessment

Quality Assurance

Learning Outcomes

Digital Communication

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Adjunct Faculty, Kinesiology at Crossroads Christian College (2.2 Years)

● Online Instructor, Health and Wellness at Summit Valley University (1.9 Years)

● Instructor, Exercise Science at Northeast Indiana Community College (1.9 Years)

● Health Education Specialist at Indiana Wellness Collaborative (1.1 Years)

Delivered college level exercise science and personal fitness instruction, translating foundational kinesiology concepts into structured learning, assessment, student support, and faculty collaboration.

- Delivered **exercise science** instruction connecting **kinesiology** concepts with safe physical activity and wellness decisions.
- Designed lesson sequences and applied assignments within approved curriculum requirements for structured concept practice.
- Evaluated exams, written work, and practical activities using consistent criteria and complete academic records.
- Communicated expectations and feedback through classroom and **digital formats** during scheduled student check ins.
- Reviewed outcomes and assessment results with faculty colleagues to clarify difficult concepts and resources.
- Developed digital **course materials** supporting a later transition into fully online instructional delivery.

Health Education Specialist

Indiana Wellness Collaborative 📅 June 2019 - July 2020 📍 Fort Wayne, IN

Delivered community health education focused on physical activity, wellness habits, fitness literacy, and behavior change while coordinating documented programs and learner support.

- Delivered community sessions on physical activity, **wellness** habits, **fitness** literacy, and healthy behavior.
- Translated **exercise science** information into accessible materials for adults with varied prior knowledge.
- Organized workshop schedules, participant materials, attendance records, and follow up communications consistently.
- Facilitated small group discussions that helped participants set realistic wellness goals and address barriers.
- Reviewed participant questions and feedback to refine explanations while maintaining established health guidance.
- Built foundational instructional experience in engagement, supportive communication, program **organization**, and wellness education.

PROJECTS

Online Wellness Course Quality Review 📅 2024

A broken link can derail a good lesson. Reviewed online course materials, learning outcomes, assessment alignment, student questions, and resource access to identify practical improvements for clearer digital learning.

Community Fitness Literacy Series 📅 2020

A simple question often opens a useful conversation. Created accessible wellness sessions that connected exercise science, personal health, realistic goals, and lasting physical activity habits for community participants.

LEADERSHIP & AWARDS

- Quality Matters Applying the QM Rubric Certificate, 2023
- Academic course assessment and online learning quality contribution, Crossroads Christian College
- Student support and wellness education leadership across college and community programs

EDUCATION

Master of Science in Kinesiology

Ball State University 🎓 GPA: 4.0 📅 2019 📍 Muncie, IN

Coursework: Exercise science, health behavior, wellness education, research methods

Bachelor of Science in Exercise Science

Indiana State University 🎓 GPA: 4.0 📅 2017 📍 Terre Haute, IN

Coursework: Exercise physiology, personal fitness, health promotion, physical activity

CERTIFICATIONS

- Quality Matters Applying the QM Rubric Certificate 📅 2023
- ACSM Certified Exercise Physiologist 📅 2019

TECHNICAL SKILLS

- **Learning Management Systems:** Brightspace, D2L, Moodle
- **Online Course Delivery:** Asynchronous learning, hybrid teaching, online sections
- **Course Assessment:** Rubrics, learning outcomes, course evaluation
- **Gradebook Administration:** Brightspace gradebook, academic records, grade documentation
- **Digital Communication:** Announcements, discussion forums, virtual office hours
- **Student Engagement:** Academic check ins, proactive outreach, substantive interaction
- **Health Education:** Personal health, wellness education, fitness literacy
- **Exercise Science:** Exercise physiology, physical activity, fitness principles
- **Quality Assurance:** QM Rubric, link checks, syllabus alignment
- **Instructional Materials:** Readings, media, assignments, course resources
- **Academic Support:** Tutoring referrals, accessibility resources, student guidance
- **Faculty Collaboration:** Faculty reviews, instructional support, course assessment

PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine professional community
- Quality Matters online course quality community
- Kinesiology and exercise science educator network

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST