MICHELLE L. JUNG

Residential Faculty, Exercise Science

Health Sciences Department | Mesa Community College | Mesa, Arizona michelleljung.com

Residential Faculty in Exercise Science at Mesa Community College with higher-education teaching experience beginning in 2003 and professional fitness experience beginning in 1997. Work includes applied instruction, evidence-based practice, curriculum and digital learning design, program leadership, research, faculty development, and community engagement. Current faculty inquiry examines knowledge transfer across courses and human judgment in technology-supported learning.

EDUCATION

Master of Kinesiology, Motor Development | Arizona State University, Tempe, Arizona — **December 2004**

Thesis: The Relationship Between Bimanual Coordination and Postural Stability

Bachelor of Science, Exercise Science and Physical Education | Arizona State University, Tempe, Arizona — **May 2001**

Concentration: Physical Education

Doctoral coursework in Kinesiology and Motor Development | Arizona State University, Tempe, Arizona — **21 graduate credits**

ACADEMIC APPOINTMENTS

Residential Faculty, Exercise Science | Mesa Community College, Health Sciences Department — **August 2022-present**

- Teach Exercise Science across in-person and online formats using applied labs, clinics, demonstrations, research navigation, and portfolio-based learning.
- Develop curricula, assessments, accessible reference materials, and professional learning experiences; advise students on academic pathways, internships, career preparation, and honors work.
- Contribute to program assessment, faculty development, institutional initiatives, and scholarship of teaching and learning.

Adjunct and One-Year-Only Faculty, Exercise Science and Health Sciences | Mesa Community College — **2013-2021**

- Developed and taught courses in exercise science, health sciences, and physical education in face-to-face, accelerated, hybrid, and online formats.
- Supervised internships and honors work; supported advising, tutoring, assessment, and department initiatives.

Faculty Associate, Physical Education | Arizona State University, Mary Lou Fulton College of Education — **January 2015-May 2021**

- Designed and taught physical education courses, interactive online lectures, workouts, and laboratory activities in motor learning and exercise physiology.
- Developed curriculum for face-to-face and online delivery.

Faculty Associate, Kinesiology Program | Arizona State University, College of Nutrition and Health Promotion — **June 2005-May 2013**

- Developed and taught kinesiology courses across Tempe and Downtown Phoenix campuses, including online and hybrid curricula; advised honors students.

Faculty Associate, Recreation and Tourism Management | Arizona State University, West Campus — **2004-May 2005**

- Developed and taught undergraduate coursework in fitness, nutrition, and health.

Faculty Associate, Dance | Arizona State University **2003-2005**

- Developed and taught undergraduate activity courses and undergraduate/graduate yoga and Pilates coursework for students with varied experience levels.

TEACHING AREAS AND COURSES

Teaching areas include evidence-based practice and research navigation; functional anatomy and biomechanics; exercise physiology and program design; motor behavior and skill development; exercise and health psychology; professional preparation and field experience; resistance and cardiorespiratory training; recovery techniques; group fitness; yoga; and Pilates.

- Mesa Community College: EXS 101, 112, 215, 216, 217, 218, 239, 290, and 298AB; HES 100, 106, 154, and 210; PED 101, 115, and 120.
- Arizona State University: PPE 240, 310, 315, and 320; KIN 101, 105, 345, and 422; HES 394; DAN 394/598.

SELECTED CURRICULUM AND PROGRAM DEVELOPMENT

- Applied learning and portfolio design, Mesa Community College, 2026-present. Developing connected learning experiences across introductory exercise science, resistance training, cardiorespiratory training, recovery, and evidence-based practice courses.
- Campus Program Organizer, Christopher Rivas at MCC, 2026. Organized a campus-wide program of workshops and conversations connecting students, employees, and community participants with author, actor, and storyteller Christopher Rivas. Event site
- Online and hybrid curriculum development, Arizona State University and Mesa Community College. Converted and developed courses for Blackboard and Canvas while integrating labs, interactive lectures, accessible reference materials, and applied assessment.

SELECTED DIGITAL LEARNING AND OPERATIONAL PROJECTS

- EXS101 Interactives, 2026. Designed interactive learning and laboratory tools for introductory exercise science, including energy systems, energy expenditure, nutrition, cardiac output, fitness assessment, and human performance testing. View project
- HES Interactive Learning Tools, 2026. Developed practical interactives for exploring personal and community health decisions through comparisons, realistic scenarios, and accessible design. View project
- Human Performance Lab Hub, 2026. Designed a private institutional workflow for faculty requests, recurring laboratory operations, employee projects, tutoring documentation, and student-employee professional development.
- Clinic Scheduling and Evaluation System, 2026. Designed an integrated booking, waitlist, reminder, check-in, practitioner-assignment, evaluation, and feedback workflow supporting student-led recovery and stretching clinics.

PROFESSIONAL AND ADMINISTRATIVE EXPERIENCE

Wellness Fitness Supervisor | Mesa Community College **August 2020-May 2021**

- Supervised fitness staff and an undergraduate intern; coordinated recreation, fitness, and wellness programming; supported risk management, accessibility, and long-range facility planning.
- Served on the district employee wellness committee and developed virtual and live fitness content.

Assistant Director, Fitness and Wellness | Arizona State University, Sun Devil Fitness Complex **May 2008-August 2014**

- Directed recreation, fitness, and wellness programming, including more than 80 group fitness classes per semester and small-group training for diverse university populations.
- Supervised two professional coordinators, interns, more than 30 student instructors and trainers, and more than 15 specialty contractors; managed hiring, training, evaluation, risk, budgets, equipment planning, and program assessment.
- Collaborated on employee wellness, youth programming, university outreach, and athletics instruction for teams including football, basketball, swim and dive, women's gymnastics, and women's tennis.

Program Coordinator, Fitness and Wellness | Arizona State University Campus Recreation **January 2007-May 2008**

- Hired, trained, evaluated, and supervised more than 30 student employees and three interns; implemented fitness-testing protocols and managed payroll, schedules, events, and continuing education.

Graduate Assistant and Management Intern, Fitness and Wellness | Arizona State University Campus Recreation **August 2002-May 2004**

- Hired, trained, and evaluated group exercise instructors; designed and taught an eight-week instructor-training program; coordinated schedules, payroll, events, marketing, employee wellness initiatives, and professional certification workshops.

Professional Fitness Instructor | University, community, and collegiate athletics settings **1997-present**

- Instruction has included strength, cardiovascular training, cycling, step, BOSU, core, Zumba, yoga, Pilates, HIIT, TRX, boot camp, and flexibility for community members, university populations, and collegiate athletes.

RESEARCH EXPERIENCE

Graduate Research Assistant | Motor Development and Learning Research Lab, Arizona State University **June 2003-December 2006**

- Conducted research in motor control, learning, and development across the lifespan and among special populations, including adults with Down syndrome and Parkinson disease.
- Coordinated study operations, data collection, and analysis for research on perceptual-motor skills; supervised 15 undergraduate interns, two visiting researchers, and one honors student.

PUBLICATIONS AND SCHOLARLY WORK

Peer-reviewed journal articles

Ringenbach, S. D. R., Mulvey, G. M., Chen, C.-C. J. J., & Jung, M. L. (2012). Unimanual and bimanual continuous movements benefit from visual instructions in persons with Down syndrome. Journal of Motor Behavior, 44(4), 233-239. PubMed

Mulvey, G. M., Ringenbach, S. D. R., & Jung, M. L. (2011). Reversal of handedness effects on bimanual coordination in adults with Down syndrome. Journal of Intellectual Disability Research, 55(10), 998-1007. DOI

Ringenbach, S. D. R., Allen, H., Chung, S., & Jung, M. L. (2006). Specific instructions are important for continuous bimanual drumming in adults with Down syndrome. Down Syndrome Research and Practice, 11(1), 29-36. PubMed

Published abstract

Jung, M. L., Ringenbach, S. D. R., & Lantero, D. A. (2003). Some coordination patterns reduce postural stability. Journal of Sport & Exercise Psychology, 25, S77-S78.

Master's thesis

Jung, M. L. (2004). The relationship between bimanual coordination and postural stability [Master's thesis, Arizona State University].

PRESENTATIONS AND PANELS

- Jung, M. L. (2026, November 9). What Counts as Competent? [Presentation]. Teaching in the Age of the Passive Student: Adapting Instruction for Today's Learning Environment, 2026 Fall Community of Practice, Mesa Community College. Presentation slides
- Jung, M. L. (2026, June 11). Designing Human-AI Workflows for Learning: A Practical, Tool-Agnostic Framework. The Learning Ideas Conference, New York, New York.
- Jung, M. L. (2026, June 11). Hands-On Lab: Build Your Own Human-AI Learning Workflow. Interactive workshop, The Learning Ideas Conference, New York, New York.
- Planning committee member, Human-AI workflows presenter, and faculty panelist, AI Summit at MCC, May 2026.
- AI Summit presenter, April 2025.
- Faculty panelist, Maricopa District Day of Learning, January 2025.

- Literacy Partners Project panel member, Maricopa Student Success Conference, October 2024.
- Co-presenter, A Journey Through the Human Body, collaborative planetarium presentation, Mesa Community College, March 2024.
- Presenter, Core Strength 101: A Training Blueprint, Mesa Community College Wellness Fair, November 2023.
- Presenter, MCC Fireside Chat series, November 2020.
- Presenter, MCCCD Asian Pacific Islander Association Conference, October 2020.
- Presenter, NIRSA National Conference, April 2012; NIRSA Fitness and Wellness Institute Conference, October 2011; and Arizona Intramural-Recreational Sports Association, January 2011.
- Delivered additional workshops and staff-development presentations on fitness, wellness, mindfulness, injury prevention, instruction, and program leadership throughout administrative roles.

FELLOWSHIPS AND SELECTED PROFESSIONAL DEVELOPMENT

- Inquiry & Action Research Faculty Fellow, 2026-present.
- AAC&U Institute on AI, Pedagogy, and the Curriculum, Mesa Community College team member, 2026-2027.
- The Learning Ideas Network Summer Course on AI, Teaching, and Learning, Ioannina, Greece, June 2026.
- UNSDG Open Pedagogy Fellow, 2025-2026.
- Global Engagement Faculty Curriculum Development Program, Guanajuato, Mexico, 2025.
- Maricopa Summer Institute, Literacy Partners Project, 2023 and 2024.
- Selected faculty development, 2024-2026: extended programs in assessment, learner-centered teaching, standards-based grading, accessibility, inclusive course design, reading and metacognition, and experiential and community-based learning.
- Selected AI and digital pedagogy development, 2024-2026: AI literacy, generative AI for teaching and learning, AI in math and science, and assessment in the age of AI.
- Maricopa Excellence in Teaching attendee, 2017; Maricopa Community Colleges Adjunct Faculty Day of Learning Conference attendee, 2015, 2016, and 2022-2025.
- Consultant and trainer for recreation staff, California Baptist University, December 2012 and January 2015.
- IDEA World Convention attendee, 2009, 2012, and 2014-2019; NIRSA National Conference attendee, 2001 and 2007-2012.

LEADERSHIP AND INSTITUTIONAL SERVICE

- Change Agents Network Group Moderator, Mesa Community College, 2026.
- MCCCD AI Committee member, January-May 2026.
- Mesa Community College Adjunct Faculty Representative, 2020-2022.
- Exercise Science Scholarship Committee, 2019-present.
- Human Performance Lab Director, Mesa Community College Exercise Science, 2019.
- Faculty Advisor, Mesa Community College Exercise Science Club, 2016-2020.
- NIRSA National Fitness and Wellness Committee member, 2011-2013.
- Arizona Intramural-Recreational Sports Association State Director, 2008-2010.
- Obama Scholars mentor, Arizona State University, 2009-2014; Sun Devil Fit Club advisor, 2009-2014.
- Valley of the Sun United Way campaign unit representative, 2007-2014.

HONORS, CERTIFICATIONS, AND MEMBERSHIPS

Honors and awards

- Phi Theta Kappa Mentor Award recipient, 2017 and 2019.
- Outstanding Adjunct Faculty of the Year, Mesa Community College and Maricopa County Community College District, 2016.
- Ironman Arizona Run Aid Station Captain of the Year, 2010.

Certifications

- American Heart Association Basic Life Support Instructor.
- American Red Cross CPR for the Professional Rescuer and Standard First Aid Instructor.

Professional memberships

- Association of American Colleges and Universities.
- National Strength and Conditioning Association.
- American College of Sports Medicine.

COMMUNITY AND ARTS ENGAGEMENT

- Board Member, Southwest Shakespeare Company, August 2026-present.
- Volunteer Usher, Phoenix Theatre Company, January 2026-present.
- Volunteer Strength and Conditioning Coach, Shadow Mountain High School, 2023-2025.
- ASU Gammage Commissioning Club member, 2022-present.
- Co-Sponsor, Kristina Wong, ASU Gammage Artist in Residence, 2022-2025. Residency information
- Co-Sponsor, Christopher Rivas, ASU Gammage Artist in Residence, academic years 2025-2026 through 2027-2028. Residency information
- Featured donor profile, 'THAT Family: Michelle Jung & Chris Rodriguez,' ASU Gammage Inner Circle, Volume 24, 2019, pp. 12-13. Read profile
- Vitalant blood donor, 270 lifetime donations.
- Ironman Arizona Run Aid Station Captain, 2007-present; Captain of the Year, 2010.
- Rock 'n' Roll Marathon Captain, 2018-2021.
- Volunteer, UMOM New Day Center, 2007-2014; organized and delivered health workshops, lectures, workouts, and activities.
- Volunteer, Sharing Down Syndrome Arizona, 2006-2013; helped organize games, workshops, and community activities.
- Volunteer, Haven House women's shelter, 2005-2008; organized and delivered health-education workshops and activities.
- Co-chair, American Diabetes Association Active Fit Fun World, 2006-2010.
- Volunteer, Salvation Army Christmas Angels, 2006-2010.