



BJ teaches in the Exercise and Health Sciences (EHS) Department and is an advisor for the Class of 2026. She was born and raised in Hawaii, has a B.A. from San Diego State University in Physical Education and Adapted Physical Education and an M.Ed. from Oregon State University in Adapted PE. She has taught all grades from pre-K through University in physical activity, physical education, health, and pedagogy. She has also written curriculum and trained teachers in the areas of physical activity and physical education.

For fun and fitness, BJ paddles outrigger canoes on a local competitive team, swims with a master's program, hikes, bikes, and plays pickleball. She is married with 3 grown-up kids, 2 dogs, and 2 tortoises. For leisure time, she camps in the mountains or the desert every chance she gets and spends as much time outdoors as possible. When not, outside she enjoys cooking, quilting, reading, and doing crosswords.