Prior to her service in the CSU, she served as the principal investigator and co-director of the Northern California Physical Education – Health Subject Matter Project, the project director for the Pacific Wellness Center and developed curriculum and taught physical education in elementary schools.

She holds a bachelor's degree in physical education teacher education from the University of Massachusetts, Amherst, a master's from Teachers College, Columbia University in teaching analysis & curriculum development, and a doctorate of education from University of Massachusetts, Amherst in teacher education/staff development.