

Curriculum Vitae

Lisa Brashier M.Ed.

Adjunct Instructor of Physical Education

Science & Engineering

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Education:

Master of Education: Physical Education

Tarleton State University, Stephenville, Texas — 2000

Bachelor of Science: Exercise & Sports Studies

Tarleton State University, Stephenville, Texas — 1996

Teaching Experience:

Lone Star College - CyFair

Kinesiology Professor — 2003-Present

Kaufman High School

Public School Teacher — 1997-2003

Presentations, Skills, and Publications:

The Brashier Method of Yoga and Pilates. Published 2012

Presenter at faculty workshops on best practices for teaching, health, wellness, and rehabilitation.

Patient Care & Rehabilitation Techniques: Knowledge of physical fitness regimens, therapeutic exercises, and safe rehabilitation methods.

Physical Education & Wellness: Extensive experience in developing and executing wellness programs aimed at improving overall physical health.

Curriculum Development & Instruction: Expertise in creating and adapting educational programs for diverse populations.

Therapeutic Fitness Program Development: Experience in designing fitness programs to aid in recovery and rehabilitation, particularly post-injury.

Significant Publications