Christian Barnes is a Lecturer in Exercise Science (EXS) in the School of Health and Applied Human Sciences at the University of North Carolina Wilmington. He has been developing curriculum, advising EXS students and has taught 18 different classes at UNCW since he began in 1996. He earned his B.S. in Human Movement Science and his M.S. equivalent in Exercise Physiology from the University of Wollongong, New South Wales, Australia. Currently, he teaches a class that prepares students to sit the nationally-accredited, certified strength and conditioning (C.S.C.S.) exam. He also supervises the exercise-science practicum experience, teaches an anatomy and physiology lab, teaches yoga (PED 101) and Honors 120-Zen Golf. Research interests include use of pedagogical innovations in the laboratory setting to improve student mastery.