

Stanford

Ying Mitchell

- Academic Staff - Hourly - CSL, Medicine
- Lecturer, Med/SPRC - Health and Human Performance

Bio

ACADEMIC APPOINTMENTS

- Academic Staff - Hourly - CSL, Medicine

Teaching

COURSES

2021-22

- Essentials of Pilates: PE 87 (Spr)
- Fitness for Life: PE 101 (Aut)
- Total Body Training: PE 17 (Spr)
- Weight Training: Beginning: PE 12 (Win)
- Weight Training: Intermediate: PE 13 (Win)

2020-21

- Essentials of Pilates: PE 87 (Win)
- Yoga for Stress Management: PE 80 (Win)
- Yoga: Beginning: PE 81 (Aut, Win, Spr, Sum)

2019-20

- Essentials of Pilates: PE 87 (Aut, Win)
- Fitness for Life: PE 101 (Spr)
- Skills and Drills: PE 16 (Aut)
- Total Body Training: PE 17 (Win)
- Weight Training: Beginning: PE 12 (Aut, Win)
- Weight Training: Intermediate: PE 13 (Win)

2018-19

- Circuit Training: PE 16 (Aut, Win)
- Essentials of Pilates: PE 87 (Spr)
- Fundamentals of TRX: PE 5 (Spr)
- Total Body Training: PE 17 (Win, Spr)