



Terri Wann- Biography

Hello my name is Terri Wann and I am now entering my 30th year as a professor and Wellness Coordinator for the Fire Technology Department at Santa Ana College. I received both my BS and MS degree in Physical Education from Cal State Fullerton in 1984. I have a strength and conditioning certification (CSCS) from the National Strength and Conditioning Association, a health and fitness instructor certification from the American College of Sports Medicine, and am certified at Level 1 and Level 2 for the Functional Movement Screen (FMS). As one of the Co- Coordinators of the Fire Technology Wellness Program I help oversee and facilitate wellness classes for over 4,000 fire and police students annually. From the onset of my career I have had a passion for promoting exercise for all but especially for public safety personnel. I have been blessed to work with many wonderful students over the years and have found the fire and police personnel to be engaging, challenging, and fun, all at the same time. I have 4 grand children that I plan on being active with now and into retirement. I firmly believe exercise is the best “Medicine” and when combined with a healthy diet is the optimal recipe for a healthy career and retirement. I am still working on the diet part!