

SUPERHERO

"THE PANDEMIC MEAL PREP"

Christopher Richardson is on his 8th year as Full-Time Instructor in the Kinesiology Division and Head Coach for the Men and Women's Track and Field/Cross-Country program. A former Cerritos College Falcon student brings vast professional experience in Exercise Physiology/Biomechanics and applied Sports Psychology to mentor, guide, and lead students, athletes, and other coaches locally and internationally.



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