

Dorothy “Dart” Schmalz is an Associate Professor in the Department of Health, Kinesiology, and Recreation at the University of Utah. Dr. Schmalz holds a B.A. from The College of Wooster in History with a concentration in environmental sciences, an M.S. from Penn State in Leisure Studies with a concentration in services marketing, and a Ph.D. from Penn State in Leisure Studies with a minor in health and sport psychology. Upon completing her Ph.D. in 2004, Dr. Schmalz held a position as a Research Associate in the Children’s Obesity Lab at Penn State. Prior to coming to the University of Utah, she was an Associate Professor in the Department of Parks, Recreation, and Tourism Management at Clemson University.

Dr. Schmalz’s research focuses on the influence of prejudice, discrimination, and stigma on the adoption of and engagement in leisure related health behaviors. She has also conducted research exploring social media use on emotional health, and the interdisciplinary perspectives between leisure, public health, and positive psychology.

In her leisure time, Dr. Schmalz enjoys all kinds of outdoor activities, but has recently been enjoying sailing, tennis, biking, and exploring nearby hiking trails with her dog. She also loves to cook, enjoy a good glass of wine and a laugh with friends and family.