

CURRICULUM VITAE

Traci L. Thompson, M.S.

Associate Professor (clinical) – Health and Kinesiology
Director – PEAK Health and Fitness
College of Health, University of Utah
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EDUCATION

2000	M.S.	Colorado State University	Health and Exercise Science
1998	B.S.	University of Utah	B.S. Exercise and Sports Science

CERTIFICATIONS

- Clinical Teaching Certificate – *University of Utah Academy of Health Science Educators*
- Higher Education Teaching Specialist – *University of Utah Center for Teaching and Learning Excellence*
- Health/Fitness Director – *American College of Sports Medicine*
- Cancer Exercise Trainer – *American College of Sports Medicine*
- Strength and Conditioning Specialist – *National Strength and Conditioning Association*

EMPLOYMENT

2019 - Present	Associate Professor (Clinical) , <i>Health and Kinesiology Department, University of Utah, Salt Lake City, UT</i>
2001 - Present	Director, PEAK Health and Fitness , <i>College of Health, University of Utah, Salt Lake City, UT</i>
2010 - Present	Adjunct Faculty Member (Clinical) , <i>Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT</i>
2016 - 2019	Assistant Professor (Clinical) , <i>Health, Kinesiology and Recreation Department, University of Utah, Salt Lake City, UT</i>
2014 - 2016	Assistant Professor (Clinical) , <i>Department of Exercise and Sport Science, University of Utah, Salt Lake City, UT</i>
2001 -2014	Instructor (Clinical) <i>Department of Exercise and Sport Science, University of Utah, Salt Lake City, UT</i>
Jan-May 2001	Health Education Coordinator - <i>Colorado State University, Fort Collins, CO</i>
2000-2001	Health and Wellness Specialist , <i>Colorado State University, Human Performance Clinical/Research Laboratory, Fort Collins, CO</i>
May-Aug 2000	Assistant to the Director , <i>Colorado State University, Youth Sports Camp, Fort Collins, CO</i>
1999-2000	Assistant to the Director , <i>Colorado State University, Adult Fitness Program, Fort Collins, CO</i>

- 1998-2000 **Graduate Teaching Assistant**, *Colorado State University, Department of Health and Exercise Science*, Fort Collins, CO
- Jan-May 2000 **Research Assistant**, *Poudre Valley Hospital Family Medicine Center*, Fort Collins, CO
- Jan-Nov 2000 **Corporate Wellness Intern**, *Hewlett Packard Summit View Wellness Center*, Fort Collins, CO
- Jan-Nov 1999 **Wellness Coordination Intern**, *U.S. Forest Service Rocky Mountain Research Center*, Fort Collins, CO

HONORS AND AWARDS

- 2019 **Community Engaged Learning Designation** - applications for CEL designation for H EDU 5990 and KINES 4810 were approved by the CEL Committee.
- 2019 **Campus Partnership Award** - For outstanding service to the Department of Public Safety of a sustained, direct, or consequential nature.
- 2017 **Career Services Faculty recognition award** - The Career and Professional Development Center annually recognizes outstanding faculty who have made significant contributions to their students' professional development. Nominations were made by students, and winners were selected for their dedication to help students find resources, guide their career paths, and realize their potential.
- 2015 **Academy of Health Science Educators Fellow** - Selected as a Fellow in recognition of outstanding accomplishment in health science education.
- 2014 **University of Utah Beacon of Excellence Award** - In recognition of transformative educational experiences for students.
- 2005 **National Strength and Conditioning Association Bronze Award** - In recognition of your loyalty and promotion of the NSCA Certification Commission's Credentials of Distinction.
- 2003 **Chair's Choice A-Team Award** - University of Utah Department of Exercise and Sport Science

CURRENT PROFESSIONAL AFFILIATIONS

- Fellow, Academy of Health Science Educators, University of Utah
- Member, American College of Sports Medicine (ACSM)
- Member, National Consortium for Building Healthy Academic Communities (BHAC)
- Member, National Strength and Conditioning Association (NSCA)

PUBLICATIONS

Peer-Reviewed Journal Articles

Calsbeek DJ, Thompson TL, Dahl JA, Stob NR, Brozinick JT Jr, Hill JO, Hickey MS (2002). Metabolic and anthropometric factors related to skeletal muscle UCP3 gene expression in healthy human adults. *American Journal of Physiology Endocrinol Metab*, 283(4), E631-7.

GRANT WRITING AND RELATED ACTIVITIES

Worksite Wellness - College of Health/University of Utah Health Care Collaboration 2014

Principal Investigator: Traci L. Thompson

Direct Costs: \$10,000 Total Costs: \$10,000

University of Utah Health Sciences

TEACHING, ADVISING AND OTHER ASSIGNMENTS

University of Utah academic courses taught (times)

Dates	Course	Name (credit hours)	Semesters taught	Role
2020-present	H EDU 5991	EMS Internship (3)	5	Instructor
2020-present	H EDU 5992	OSH Internship (3)	5	Instructor
2019- present	H EDU 5990	Community Health Internship (3)	8	Instructor
2014-present	KINES 4810	Kinesiology Internship (6)	23	Instructor
2004-2015	ESS 4800	Practicum Fitness Leadership (4)	27	Instructor
2011	ESS 4920	Independent Study (3)	1	Instructor

University of Utah Clinical Teaching and Trainee Supervision

2001 – present, PEAK Health and Fitness at the University of Utah: PEAK Health and Fitness is an educational clinic within the University of Utah College of Health. PEAK's core responsibility is to provide practical training and education for undergraduate and graduate College of Health students. Every year, I train, supervise, and mentor 8-14 graduate students and 30-50 undergraduate students as they provide a wide variety of professional level health, fitness, and wellness services to the university community through PEAK. The list below includes programs developed and supervised by Traci Thompson and delivered by students through PEAK.

Health and Fitness Testing (2001-present) Undergraduate and graduate students provide a variety of health and fitness tests, interpret results, and make recommendations for improvements. Students conduct the following tests: Bod Pod body composition, resting metabolic rate, VO2max, lactate threshold, submaximal aerobic fitness testing, strength, flexibility, and biometric screening including lipids, glucose and A1C.

University Employee Fitness Program fitness instruction and personal training (2002-present) – Undergraduate and graduate students teach semester-length fitness classes and provide personal training for University of Utah employees. Students get experience planning and implementing fitness classes, communicating with participants, measuring fitness changes, and evaluating their own programming.

Nutrition Consultation and workshops (2010-present) – Graduate students from the Nutrition and Integrative Physiology Department Provide individual nutrition consultation and group workshops on a wide variety of nutrition topics with mentorship from PEAK's Registered Dietitian.

Wellness Coaching (2010-present) – Graduate students enrolled in the Health Education and wellness Coaching MS program provide individual coaching on the 7 domains of wellness. Wellness coaches specialize in helping people make progress toward long term health by helping to break down big goals into smaller realistic and attainable steps.

Weekly Interdisciplinary Journal Club (2012-present) Direct PEAK undergraduate and graduate student training, supervision and evaluation and weekly interdisciplinary journal club meetings

University Employee Fitness Program management (2016-present) – Graduate students mentor and oversee a team of undergraduate student instructors and manage all aspects of the program including planning, scheduling, participant communication, marketing, day-to-day operations, and evaluation of instructors and the program as a whole.

CDC National Diabetes Prevention Program (2016-present) – Graduate students studying Health Education and Wellness coaching a provided training to become certified NDPP instructors. Each student teaches 24 sessions for a 1-year cohort. The National Diabetes Prevention Program (National DPP) lifestyle change program will help you delay or prevent developing Type 2 diabetes. You will get coaching and support to help you make positive lifestyle changes, such as eating healthier and staying physically active.

Build-a-Bone Education workshop (2017-present) – Graduate students teach this 8-hour osteopenia and osteoporosis lifestyle education workshop. Topics covered include posture and spine sparing strategies, body mechanics, weightlifting, core strengthening, balance, walking, individual medical aspects, and nutrition for optimal bone health.

Corporate Wellness Programing, Implementation and Evaluation (2017-present) – Graduate students work in *partnership with the Office of wellness and Integrative Health* to provide wellness programming for the University of Utah and external corporate clients. Our integrated wellness programming aims to assist employers in improving productivity, increasing employee satisfaction, and cultivating a culture of health.

ParkRx Program (2019-present) – Graduate students make connections to physical and mental health providers and encourage patients/clients to get outside with the goal of improving wellbeing and health.

Introduction to Mindfulness Course: (2020-present) – Graduate students teach this one-hour session to give participants a basic understanding of mindfulness and experience a brief practice.

Intuitive Eating workshops (2020-present)– Graduate students teach this 10-week series. The main concepts in Intuitive Eating include seeing satisfaction and pleasure in eating, moving your body for the sake of feeling good, rejecting diet mentality, respecting your body, and applying gentle nutrition without judgment.

Intensive Lifestyle Program (2021-present) – Graduate students deliver this 12-week program that focuses on supporting participants move through healthy and sustainable behavior change in the areas of physical activity, nutrition, sleep, and stress management.

Food Pharmacy – (2021-present) The Food Pharmacy is a collaborative effort between the Office of Wellness and Integrative Health, Nutrition Care Services, Dairy West and other supporting organizations and departments to bring healthy food and chronic disease prevention education to patients experiencing food insecurity.

University of Utah Master's Committees (15)

- Nikole Squires, Health and Kinesiology (2022)
- Allison Bench, Health and Kinesiology (2022)
- Katie Atkinson, Health and Kinesiology (2021)
- Jefferson Brewer, Health and Kinesiology (2020)
- Holly Williams, Health Education (2019)
- Molly Signoretty, Health Education (2019)
- Jade Culbertson, Kinesiology – Coaching Wellness (2018)
- Martin Dietze-Hermosa, Kinesiology – Exercise Physiology, Thesis (2018)
- Melanie Ellis, Health Education (2017)
- Maryella Farnsworth, Kinesiology – Coaching Wellness (2016)
- Rachael Beveridge, Exercise and Sport Science (2010)
- Jessica Plowman, Exercise and Sport Science, Exercise Physiology (2010)
- Kenzie Rowland, Exercise and Sport Science, Coaching Wellness (2010)
- Jason Crouse, Exercise and Sport Science (2009)
- Britta Hanel, Exercise and Sport Science (2009)

INVITED PRESENTATIONS

Title: Be Well at the U
Student Affairs Exempt Staff Retreat
December 9, 2016, University of Utah

Title: University Of Utah Wellness Program Overview
Nutrition Policy – (NUTR 6220) Joan Benson
March 25, 2014, University of Utah

Title: Nutrition, Fitness and WellU
University of Utah Health Sciences Development Grand Rounds
November 7, 2013, Salt Lake City, UT

Title: Body Composition and Resting Metabolic Rate
South Jordan Health Center - Provider Meeting
October 23, 2012, South Jordan, UT

Title: PEAK Health and Fitness Program Overview
8th Annual Rocky Mountain Geriatrics Conference
Sept. 15-17, 2010 in Park City, Utah

SERVICE

University Level

2007-present Provide fitness and performance testing for University of Utah Police officers within the Department of Public Safety.

Health Sciences Level

2019-present Academy of Health Science Educators education symposium committee member

- 2018 Co-Instructor: Instructional Designer certificate course through the Academy of Health Science Educators (March-April 2018). This course provided participants with practical knowledge and experience in applying instructional design principles in developing education - topics included mapping to accreditation standards, developing and leveling objectives, selecting assessment and teaching strategies consistent with objectives.
- 2016-2018 Chair of Membership Engagement committee - Academy of Health Sciences Educators
- 2014-2016 Special Committee on College of Health Integration in Diabetes/Metabolism Services (member)
- 2013-2017 UUHC Comprehensive Weight Management Group (member)
- 2015-2016 Vice chair of Membership Engagement committee - Academy of Health Sciences Educators
- 2014-2016 Huntsman Center Cancer Screening Stakeholders group (member)
- 2012-2015 University of Utah Sports Medicine Operations Council (member)
- 2013-2014 COH Retreat Workgroup 1: Wellness - Worksite wellness / Health Plans cost containment (Group leader)
- 2013-2014 Integrated Worksite Health Service Line Project within the Institute for Health Care Transformation (member)

College Level

- 2019-2020 College of Health Task Force for the Advancement of Teaching and Learning member
- 2017-2018 College of Health Computing and Information services committee
- 2009-2010 Facilitated PEAK merger with the University Nutrition clinic

Department Level

- 2019-present Health and Kinesiology non-thesis sub-committee member
- 2019-2020 Health and Kinesiology Teaching and Learning Committee member
- 2018-2019 Health and Kinesiology Marketing committee (Education group)
- 2016-2017 Search committee member Assistant Professor Kinesiology
- 2015-2016 Health, Kinesiology and Recreation Department undergraduate curriculum committee member

2001-present Graduate student funding (5-14 students per year)

2008-2011 Initiated PEAK research awards contributing over \$12K funding for graduate student research

Community

2018-present Head Coach – Salt Lake Center for Science Education (Title 1) high school and jr devo mountain bike teams

2013-2016 Race Director – Healthy STEM 5K – University of Utah Partnership with Utah Department of Education

2011-2016 Health and Wellness consultant - South Jordan Fire Department

CONFERENCES ATTENDED

Building Healthy Academic Communities National Summit, April 30 - May 1, 2019.

Academy of Health Science Educators Education Symposium (7) 2014-2020 This conference focuses on enhancing the quality of health sciences education at the University of Utah.

ACSM International Health & Fitness Summit (4) 2021, 2019, 2017, 2012 - This conference features eight lecture tracks that integrate the science and practice of sports medicine for the health fitness professional.

Utah Worksite Wellness Council's annual conference (6) 2015-2021

ACADEMIC CONTINUING EDUCATION COMPLETED

- CTLE 651 Cyber Pedagogy - Spring 2018
- CTLE 600 Teaching in Higher Ed - Fall 2017