

Curriculum Vitae  
**Britta F. Trepp, M.S., EP-C**  
Clinical Assistant Professor  
Department of Health, Kinesiology and Recreation  
University of Utah  
260 S. 1850 E. Rm. 217  
Salt Lake City, UT 84112  
801-585-7325  
britta.trepp@utah.edu

I. EDUCATION

2009	M.S.	University of Utah (Exercise Physiology)
2007	B.S.	Hope College (Kinesiology)

II. PUBLICATIONS

1. Miller, J. D., Hayes, B. T., Kraemer, R. R., Kraemer, W. J., Shaw, J. M., Williams, D. P., Trepp, B. F., Waller, M. A., Eisenman, P.A. The Effect of Exercise Order On Acute Testosterone and Cortisol Responses To Lower and Upper Body Resistance Training Exercises
2. Stuart, A., Kubiak, E., Trepp, B. Somatotype, Eating Disorders, and Body Image Dissatisfaction in Female Age Group Ironman Triathletes. Journal of Food and Nutritional Disorders, June 2015. SciTechnol

III. TEACHING, ADVISING AND OTHER ASSIGNMENTS

A. WELLNESS PROGRAM EXPERIENCE

PEAK Health and Fitness, University of Utah

2019-Present      One Day Wellness Retreats. Articulating what types of offerings would be beneficial for individuals interested in wellness retreats through the Office of Wellness and Integrative Health.

2014-Present      WellnessNOW testing. Administered and disseminated biometric health information to hundreds of University of Utah hospital and clinic employees.

2007-Present      WellU testing. Through programs changes, I have administered and disseminated health information to hundreds of University of Utah employees. Biometrics, body composition, resting metabolic rate, submaximal VO<sub>2</sub>max, muscular strength and endurance, and flexibility measurements were all included.

B. TEACHING EXPERIENCE

University of Utah

KINES 4800 Practicum Fitness Leadership (4 credits), Exercise and Sport Science, (SU12, SU13, SU14, FA14, SP15, SU15, FA15, SP16, SU16, FA16, SP17, SU17, FA17, SP18, SU18, FA18, SP19)

KINES 4464 Exercise Instructor (3 credits), Exercise and Sport Science, (FA13, SP 14, FA14, SP15)  
KINES 4465 Exercise Programming: Assessment and Delivery (3 credits), Exercise and Sport Science, (FA13, SP14, SU14)  
KINES 5850 Advanced Exercise Programming (3 credits), Exercise and Sport Science, (SP14)  
KINES 2500 Introduction to Movement Sciences (3 credits), Exercise and Sport Science, (FA09, SP10, SU10, FA10, SP11, SU11, FA11, SP 12, SU12, FA12, SP13, SU13)

C. MANAGEMENT EXPERIENCE

PEAK Health and Fitness, University of Utah

2018-Present Real Life Challenge Promotion. Manage weekly movement breaks, fitness classes, and various other events to promote enrollment in the Real Life Challenge through the Office of Wellness and Integrative Health.

2017-Present Utah Museum of Fine Arts Yoga Program. Coordinate and manage yoga class offerings throughout the year.

2016-Present Build a Bone. University of Utah Wellness. Coordinate and manage nine sessions throughout the fiscal year at various University of Utah Healthcare locations.

2013-Present Weekday Workouts. Gallivan Center, Salt Lake City, UT. Coordinate and manage Salt Lake City's free fitness class program.

2009-Present PEAK's employee fitness program. PEAK Health and Fitness, University of Utah. Coordinate and manage fitness classes at various locations on campus.

2016-2018 Harmons' Weight Loss Program. Coordinate and manage the fitness classes offered through the program. Six- eight sessions offered throughout the year at various Harmons locations.

2013-2014 University of Utah Geek Week. Marriott Library, University of Utah. Coordinate and manage yoga program for ASUU during finals week.

D. CLINICAL TEACHING

PEAK Health and Fitness, University of Utah

2015-Present MUSE (My Undergraduate Signature Experience). University of Utah. Provide practical training and education for future health and fitness professionals.

2009-Present Fitness and Wellness Specialist Emphasis. Department of Health, Kinesiology, and Recreation, University of Utah. Oversee and evaluate undergraduate students teaching in PEAK's University Employee Fitness Program.

2009-Present American Red Cross First Aid/CPR/AED certification courses. PEAK offers 6-8 certification courses per year to University of Utah students/staff and community members. Classes fill to capacity of 35 participants.

E. INTERN/STAFF TRAINING  
PEAK Health and Fitness, University of Utah

2016-Present Develop curricula and train WellnessNOW staff each spring prior to open enrollment biometric testing to ensure high standard are maintained in the University of Utah wellness program.

2014-Present Facilitate training opportunities throughout each fiscal year to insure payment and various testing procedures are followed.

F. STUDENT MENTORSHIP  
PEAK Health and Fitness, University of Utah

2015-2017 Melanie Ellis, MS Health Promotion and Education

2015-2017 Amanda Bishop, MS Coaching Wellness

IV. INVITED PRESENTATIONS

Title: Fitting Fitness In  
University of Utah College of Fine Arts  
February 27, 2019, University of Utah (planned)

Title: Physical Fitness through the Ages  
University of Utah Wellness Talk Series  
September 26, 2018, University of Utah

Title: Physical Fitness through the Ages  
University of Utah Pediatric Emergency Medicine physician group  
March 9, 2016, University of Utah

Title: Training to Race  
University of Utah Orthopedic Center Advanced Running Clinic  
March 2014, 2015, 2016, University of Utah

V. EMPLOYMENT

- 2009-Present **Associate Director, PEAK Health and Fitness, College of Health, University of Utah, Salt Lake City, UT**
- 2009-Present **Assistant Professor (Clinical), Department of Health, Kinesiology and Recreation, University of Utah, Salt Lake City, UT**
- 2010-2014 **Faculty Advisor, ESS 2500: Exploration of Movement Sciences, Department of Exercise and Sport Science, University of Utah, Salt Lake City, UT**

VI. SERVICE

Department Level

- 2016-present Coordinate Fitness and Wellness Specialist focus area instructors to evaluate the effectiveness of course offerings.
- 2009-present Assist PEAK director in creating hands-on learning experiences for KINES students through KINES 4800, internships, and funded graduate student opportunities.
- College Level
- 2009-present Assist PEAK director in creating hands-on learning experiences for College of Health students through internships and funded graduate student opportunities.

University Level

- 2018-present Sports Medicine Institute Initiative planning committee. Devise and coordinate collaborations between the College of Health, the Office of Wellness and Integrative Health, and the Orthopedic Center to begin the process of forming a more permanent collaboration.

VII. HONORS AND AWARDS

- 2015, 2016 MUSE Scholar Funding. Fitness and Wellness Specialist emphasis area.
- 2014 Beacons of Excellence Award. PEAK Health and Fitness- for excellence in providing transformation experiences to undergraduate students.

VIII. GRANT WRITING AND RELATED ACTIVITIES

- 2019 RedCap Database Development. Office of Wellness and Integrative Health. Created database to characterize Build a Bone program participants, assess changes in bone health knowledge and behaviors.
- 2013 University of Utah Group Teaching Grant. Principal investigator. Improve pedagogy of the Department of Exercise and Sport Science through improved equipment. Grant amount: \$6226.50.
- 2012 University of Utah College of Health Research Start-up Grant. Principal investigator. Development of PEAK Health and Fitness online database and data entry. Grant amount: \$2100.

2008 RedCap Database Development. PEAK Health and Fitness. Created IRB approved database for longitudinal data collection. Clinic continues to utilize the database to study changes in body composition, cholesterol, and various fitness measures.

IX. CERTIFICATIONS

Certified Exercise Physiologist- *American College of Sports Medicine*  
Functional Movement Systems Certified Professional  
Schwinn Cycling Instructor  
American Red Cross Certified Instructor  
BoneFit trained (May 2019)

X. CURRENT PROFESSIONAL AFFILIATIONS

Member, American College of Sports Medicine  
Member, Academy of Health Science Educators, University of Utah  
Member, National Osteoporosis Foundation