**Kate O’Farrell, M.S.**

Clinical Coordinator

Ph.D. Student

Department of Health, Kinesiology, and Recreation

College of Health, University of Utah

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1. **EDUCATION**

Present Ph. D. University of Utah

*Health, Kinesiology, and Recreation:*

*Physical Activity and Well-being*

2014 M.S. University of Utah

*Exercise and Sport Science:*

*Exercise Physiology, Coaching Wellness*

2011 B.S. Brigham Young University

*Exercise Science*

*French Studies (secondary major)*

1. **CERTIFICATIONS AND AFFILIATIONS**

*2019 Yoga Teacher Training, 200-hour*

*2019 Trauma-Sensitive Yoga Teacher Training, 55-hour*

2017 Exercise is Medicine® Credential Level II

2017 ICHWC NBC-Health and Wellness Coach

2017 Higher Education Teaching Specialist, Center for Learning, Teaching, and Education, University of Utah

2017 CPR and First Aid (2 year)

2015 Diabetes Prevention Program, Lifestyle Coach

2014 ACSM Certified Exercise Physiologist

2012 Schwinn Indoor Cycling

1. **TEACHING, ADVISING AND OTHER ASSIGNMENTS**

**TEACHING EXPERIENCE**

**University of Utah**

H EDU 6260 Health Theories in Group Behavior Change (3 credit hours)

*Co-instructor*

Department of Health, Kinesiology, and Recreation (SP18)

KINES 2500 Exploration of the Movement Sciences, Online (3 credit hours)

Department of Health, Kinesiology, and Recreation (SP15)

KINES 4464 Fitness Instructor Training (3 credit hours)

Department of Health, Kinesiology, and Recreation (SP19, FA18, SP18, FA17, SP16, FA15)

KINES 4465 Exercise Programming: Assessment & Delivery (3 credit hours)

Department of Health, Kinesiology, & Recreation (*SU19,* SU18, SU17*)*

KINES 4466 Applied Exercise Programming (3 credit hours)

Department of Exercise & Sport Science (SU15)

KINES 4670 Aging and Exercise (3 credits)

Department of Exercise & Sport Science (SU17, FA14)

KINES 6911 Practical Experience I, Coaching Wellness (2 credit hours)

Department of Health, Kinesiology, & Recreation (FA18, FA17, FA16)

KINES 6912 Practical Experience II, Coaching Wellness (3 credit hours)

Department of Health, Kinesiology, & Recreation (SP19, SP18, SP17)

KINES 6913 Practical Experience III, Coaching Wellness (2 credit hours)

Department of Health, Kinesiology, & Recreation (FA18, FA17, FA16)

KINES 6914 Practical Experience IV, Coaching Wellness (3 credit hours)

Department of Health, Kinesiology, & Recreation (SP19, SP18, SP17)

KINES 6951 Independent Study Research Study Mentor (3 credit hours)

Department of Health, Kinesiology, & Recreation (SP19, SP18, FA17, SP17)

*Note: The listed classes are currently titled as KINES, but due to a department restructuring, courses were previously listed as ESS)*

1. **EMPLOYMENT**

08/2016 – Present **Clinical Coordinator and Instructor (Graduate Teaching Assistant) Department of Health, Kinesiology, and Recreation**, *College of Health, University of Utah,* Salt Lake City, UT

01/2015-07/2016 **Instructor (Clinical), Exercise and Sport Science**

**Department,** *College of Health, University of Utah,* Salt Lake City, UT

08/2013-08/2016 **Health Coach and Wellness Coordinator, PEAK Health and Fitness**, *College of Health, University of Utah,* Salt Lake City UT

09/2014-06/2016 **Exercise Physiologist, Bariatric Surgery,** *University of Utah Hospital,* Salt Lake City, UT

07/2014-10/2014 **Health and Wellness Educator, Health and Wellness Center,** *University of Utah,* Salt Lake City, UT

08/2014-05/2014 **Wellness Coach, Center for Student Wellness**, *University of Utah,* Salt Lake City, UT

05/2013-05/2014 **Strategic Innovation Specialist, Apostrophe S,** Riverton, UT

12/2012-05/2014 **Business Development Advisor, Stampin’ Up!,** Riverton, UT

12/2012-05/2014 **Vitality Champ and Explore Team, Stampin’ Up!,** Riverton, UT

1. **PUBLICATIONS**
2. **INVITED PRESENTATIONS AND GUEST LECTURES**

Title: Self-compassion, Well-being, and Teaching: Is it Possible?

CTLE Annual Teaching Symposium

12 August 2019 in Salt Lake City, UT

Title: How I Survived as a TA

CTLE Annual Teaching Symposium

12 August 2019 in Salt Lake City, UT

Title: Research and Culture: Perils, Pitfalls, and Potential

Research Seminar Series, Department of Health, Kinesiology, and Recreation

30 November 2018 in Salt Lake City, UT

Title: Research Design and Experience

KINES 7102 Introduction to Research Design

4 September 2018 in Salt Lake City, UT

Title: Wellness Coaching Introduction

Inter-Professional Education (IPE) Hotspotting

4 January 2017 in Salt Lake City, UT

Title: Qi Gong Guided Practice and Introduction

Utah Health and Human Rights (UHHR)

16 November 2016 in Salt Lake City, UT

Title: Group Behavior Change

HEDU 6260 Theories of Group Change

14 April 2016 in Salt Lake City, UT

Title: Mindfulness, a Path to a More Balanced Life

WellU Biology Department Brown Bag Session

29 July 2015 in Salt Lake City, UT

Title: Wellness and Exercise, The Role of the Exercise Physiologist

ESS 4670 Aging and Exercise, Guest Lecture

21 April 2015 in Salt Lake City, UT

Title: Coaching Wellness for the Student Population

2015 Integrative Health Conference

17 March 2015 in Salt Lake City, UT

Title: Mindfulness and Nutrition

Student Affairs Non-Exempt Employee Wellness

17 March 2015 in Salt Lake City, UT

Title: Move More, Stress Less

Student Union Employee Group

12 March 2015 in Salt Lake City, UT

Title: Women in Wellness

Student Affairs Leadership Conference

10 March 2015 in Salt Lake City, UT

Title: The Bariatric Population and Exercise

Bariatric Clinic Wellness Support Group, University Hospital

4 March 2015 in Salt Lake City, UT

Title: Balancing Work-Life Balance with… Everything Else

University of Utah Student Affairs Staff Retreat (University Guesthouse)

15 December 2014 in Salt Lake City, UT

Title: Staying Active During the Holidays

Bariatric Clinic Wellness Support Group, University Hospital

3 December 2014 in Salt Lake City, UT

Title: Worksite Wellness Workshop Series

Wellness Introduction; Mindfulness and Meditation; Eating Healthy on the Go; Environmental Wellness; and Staying Active in a Busy Life

WellU Pilot Wellness Intervention, University of Utah Health Plans

May 2014-August 2014 in Murray, UT

Title: Mindfulness in Exercise and Nutrition

WellnessNOW Lunch and Learn Presentation

2 October 2014 in Orem, UT

23 September 2014 in South Jordan, UT

Title: Wellness and You

Women’s Resource Center, Introduction Course

16 September 2014 at the University of Utah

1. **SERVICE**

09/18/17- **College of Health Student Council | Interprofessional Education Committee,** *College of Health, University of Utah,* Salt Lake City, UT

05/17/17- **Sport and Exercise Psychology Research Team Officer #1, Associated Students of the University of Utah (ASUU),** University of Utah, Salt Lake City, UT

01/04/17 – **Graduate Student Advisory Committee | Department of Health, Kinesiology, and Recreation,** *College of Health, University of Utah,* Salt Lake City, UT

11/2012 – **Women’s Wellness Group Facilitator/Lead** (**Exercise Physiologist/Wellness Coach), Utah Health and**

**Human Rights**, Salt Lake City, UT

05/2009-09/2009 **Benevole (Intern), Secteur Précarité, Les petits frères des Pauvres,** Paris, France

1. **HONORS AND AWARDS**

2018/2019 R.O. Ruhling Scholarship

05/2014 Awarded: Outstanding Coaching Wellness Graduate Student

05/2014 Nominated: Outstanding Service to the Department Graduate Student & Outstanding Masters Student

1. **LANGUAGES**

English Native language

French Second language; advanced fluency in oral, writing, and reading

1. **SOCIAL NETWORKS**

Academia: <https://utah.academia.edu/KateOFarrell>

LinkedIn