

Abbie P Wrights

Department of Health and Exercise Science
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EDUCATION

- Edd Kinesiology May 2022
University of North Carolina Greensboro, NC
Dissertation "An Exploratory Case Study of One Department's Teaching Culture in Order to Promote Active Learning"
- M.S. Health and Exercise Science May 2008
Wake Forest University, Winston-Salem, NC
Thesis "Actual Versus Virtual SPPB Scores: Development of a Unique Self-Report Measure"
- B.A. Athletic Training May 2006
Messiah College, Grantham, PA

RELEVANT EXPERIENCE

- Assistant Professor of the Practice, Wake Forest University July 2017-May 2022
Assistant Teaching Professor (Title change May 6, 2022) May 2022-Present
HES 100 Lifestyles and Health
HES 101 Exercise for Health
FYE 101 The College Transition
Instructor of nine sections of HES 100 per semester & one each summer since 2018; instructor of one section of HES 101 summer session of 2018 and 2019 and FYE 101 fall of 2019; assist in updating curriculum/course learning objectives and exploring innovative teaching techniques in the classroom; connect and partner with campus resources to integrate relevant health issues into course (including THRIVE, Student Health Services, SAFE Office, CLASS, University Counseling Center, University Police, Office of Sustainability, Office of Professional and Career Development, and WFU Athletics); assist in mentoring and evaluating HES graduate students
- Visiting Lecturer, Wake Forest University July 2016-May 2017
HES 100 Lifestyles and Health
- Adjunct Instructor, Salem College Spring 2016
EXER 250 Prevention and Care of Athletic Injuries
- Personal Trainer YMCA of Northwest North Carolina October 2015-August 2016
- Health and Wellness Partner, Novant Health March 2015-August 2016
Partners with community and corporate health clients to facilitate the identification, assessment, and management of individuals based on health risk factors.

Research Assistant, Wake Forest University January 2014-December 2014

Perform various research related tasks including, but not limited to:

- *Assist with writing of research study related papers*
- *Compile literature reviews*
- *Data analysis*

Lead Exercise Coordinator, Wake Forest University January 2010-December 2013

LIFE Study (Lifestyles Intervention and Independence for Elders Study)

Coordinated the exercise team for the LIFE Study (a Phase 3 multi-center randomized controlled trial being conducted to compare a moderate-intensity physical activity program to a successful aging health education program in 1,600 sedentary older adults)

Exercise Specialist, Wake Forest University May 2008-December 2009

SHARP-P Study (Seniors Health and Activity Research Program- Pilot)

Served as Exercise Coordinator for both Physical Activity and Successful Aging arms of the study

Wake Seniors Study

Partnered with local retirement communities and provided exercise testing and exercise prescription to residents

Graduate Teaching Assistant, Wake Forest University August 2006-May 2008

Health and Exercise Science 101 & Weightlifting

Exercise Leader, Healthy Exercise and Lifestyle Programs August 2006-August 2007

Assisted in supervising a chronic disease prevention program designed to develop a healthy and active lifestyle through exercise and education programs

CERTIFICATIONS

American College of Sports Medicine- Certified Clinical Exercise Physiologist

CPR/AED/First Responder

NATA BOC Certified Athletic Trainer (2006-2008)

ADVISING/SERVICE ACTIVITIES

Volunteer at Wake Forest University Alcohol Screening Day April 2022

Wake Forest University Honor & Ethics Council, Faculty Panelist August 2021-Present

Member of Search Committee for Assistant Teaching Professor Fall 2020

Wake Forest HES Diversity & Inclusion Committee, Member December 2020-Present

Facilitator for the HES Department's Peer Learning Community Summer 2020

Wake Forest HES Faculty Development & Evaluation Committee, Member August 2020-Present

Wake Forest HES Academic Planning Committee, Member	August 2020-August 2021
Wake Forest University Mental Health Coalition, Member	February 2019-Present
Wake Forest University Lower-Division Adviser	August 2018-Present
“Project Wake” Book Discussion Leader (New Deac Week)	August 2018
Volunteer at Wake Forest University Alcohol Screening Day	April 2018
Wake Forest University Alcohol and Other Drug Coalition, Member	November 2017-Present
Wake Forest HES Department State of Mind Committee, Member	September 2017-Present
Wake Forest HES Department Basic Instruction Committee Member	September 2017-Present
Wake Forest Judicial Affairs, Hearing panelist	August 2017-Present

PROFESSIONAL DEVELOPMENT

- Selected Participant, Faculty/Staff Training, “Workshop on Integrating Information Literacy into Introductory Courses”, May 11th-13th, 2022
- Participant, Faculty/Staff Training, “First Year Seminar (FYS) Information Session”, May 3rd, 2022
- Participant, Webinar, “Talking about Teaching”, Sponsored by the Chronicle of Higher Education, April 29th, 2022
- Participant, Faculty/Staff Training, “Inclusive Teaching Conference”, Sponsored by the Center for the Advancement of Teaching, April 21st, 2022
- Participant, Faculty/Staff Training, “Supporting Students with Disabilities in the Classroom”, Sponsored by the Center for the Advancement of Teaching and CLASS, March 30th, 2022
- Participant, Faculty/Staff Training, “Designing Assignments for Equity and Inclusion”, Sponsored by the Center for the Advancement of Teaching, March 23rd, 2022
- Participant, Peer Facilitator Learning Community, June-July 2020
- Participant, Faculty/Staff Training, “Zotero- Introduction to collecting, managing, and citing your research sources”, Sponsored by Z. Smith Reynolds Library, January 30th, 2020
- Participant, Faculty/Staff Training, “Canvas Early Adopter Training”, Sponsored by Information Systems, December 4th, 2019
- Participant, Faculty Learning Community Training, “Teaching and Advising International Students”, September 24, 2019
- Participant, Faculty Learning Community Training, “Making it Explicit: Advancing Equity through Clear Expectations”, Sponsored by the Center for Advancement of Teaching, September 10th, 2019
- Participant, Faculty/Staff Training, “Responding to Students in Crisis”, Sponsored by the Center for the Advancement of Teaching, April 3, 2019

Participant, Faculty Training, “Becoming a ‘Model Teacher’”, Sponsored by the Center of the Advancement of Teaching, March 20th, 2019

Participant, SEACSM Annual Meeting, Greenville, SC February 14-16, 2019

Facilitator, Faculty/Adviser Training, “Alcohol Use on Campus: Why Faculty and Lower Division Advisers Should Care and What They Can Do”, Sponsored by the Alcohol and Other Drugs Coalition, October 10th, 2018

Participant, Faculty/Staff Training, “DegreeWorks Advisor Training”, Sponsored by Registrar’s Office, September 26th, 2018

Participant, Faculty/Staff Training, “Avoid Faculty Frustration, Misunderstandings, & Burnout”, Sponsored by THRIVE, April 18th, 2018

Participant, Faculty Training, “Panel: Re-energize Your Teaching with Stories of Success from Wake Forest Faculty and Students”, Sponsored by the WFU Teaching and Learning Collaborative, April 10th, 2018

Participant, Faculty/Staff Training, “Rethinking Accessibility in the Classroom”, Sponsored by the WFU Learning Assistance Center and Disability Services, March 28th, 2018

Participant at SEACSM Annual Meeting, Chattanooga, TN February 15-17, 2018

Facilitator, Faculty/Adviser Training, “Alcohol Use on Campus: Why Faculty Should Care and What They Can Do”, Sponsored by the Alcohol and Other Drugs Coalition, February 14th, 2018

Participant, Faculty/Staff Training, “The Hazing Equation: Understanding the Impact on College Campuses”, Sponsored by the Dean of Students, February 9th, 2018

Participant, Community Training, “Suicide Prevention Training”, Sponsored by the WFU Professional Development Center, February 9th, 2018

Participant, Community Training, “CARE Team Overview (Organizational Acumen)”, Sponsored by the CARE Team, January 26th, 2018

Participant, Panel Discussion, “The Opioid Crisis”, Sponsored by the WFU Neuroscience Club, November 30th, 2017

Participant, Professional Development Workshop, “Cross-Cultural Mental Health Support with Dr Chen”, Sponsored by the Center for Global Programs and Studies, November 17th, 2017

Participant, Panel Discussion, “What’s Next with Title IX?”, Sponsored by Division of Campus Life, Provost Office, Title IX Office, Women’s Center, University Counseling Center, and the Safe Office, October 4th, 2017

Participant, Faculty/Staff Training, “Student Conduct Hearing Panelist Training”, Sponsored by the Dean of Students, August 16th, 2017

Participant, Professional Development Workshop, “Engaging with Active Learning Classrooms: How my Teaching Has Changed”, Sponsored by the WFU Teaching and Learning Collaborative, March 22nd, 2017

Participant at SEACSM Annual Meeting, Greenville, SC, February 16-18, 2017

Participant, Professional Development Workshop, “When Realities and Expectations Collide: The Intersectionality of Mental Health Concerns and Learning in Academic Settings”, Sponsored by the WFU Teaching and Learning Collaborative, October 20th, 2016

Participant, New Faculty Teaching Community (Bi-weekly Book Discussion on “How Learning Works”), Sponsored by the WFU Teaching and Learning Collaborative, Fall 2016

PUBLICATIONS

Wrights A.P., Fain C.W., Miller M.E., Rejeski W.J., Williamson J.D., Marsh A.P. (2014) Assessing physical and cognitive function of older adults in continuing care retirement communities: Who are we recruiting? *Contemp Clin Trials*. Dec 12;40C:159-165. doi: 10.1016/j.cct.2014.12.003

Marsh, A. P., Haakonssen, E. H., Wrights, A. P., Pecorella, A., Ip, E., & Rejeski, W. J. (2010). A Self-Report Measure of Physical Function in Older Adults using Computer Animation: The Virtual Short Physical Performance Battery (vSPPB): 2339 Board #218 June 3 3:30 PM - 5:00 PM. *Medicine & Science in Sports & Exercise*, 42(5), 592
510.1249/1201.MSS.0000385476.0000367038.a0000385473.

Rejeski, W. J., Marsh, A. P., Chmelo, E., Prescott, A. J., Dobrosielski, M., Walkup, M. P., Kritchevsky, S. (2009). The Lifestyle Interventions and Independence for Elders Pilot (LIFE-P): 2-year follow-up. [Comparative Study Multicenter Study Randomized Controlled Trial Research Support, N.I.H., Extramural]. *J Gerontol A Biol Sci Med Sci*, 64(4), 462-467. doi: 10.1093/gerona/gln041

PRESENTATIONS AND AWARDS

Presenter, UNCG EdD Dissertation Showcase, May 4th, 2022

Guest Lecturer (HES 783), “Enhancing Student Engagement”, November 7, 2019

Presenter, Actual Versus Virtual SPPB Scores: Development of a Unique Self-Report Measure 2008 Wake Forest Graduate School Research Day, Winston-Salem, NC

Recipient of the Team Science Award by the Wake Forest School of Medicine, September 2018

Recognized for exemplary achievement in research, on a team which includes multi-disciplinary and multi-departmental team members that demonstrate a remarkable scientific produce that makes an impact.