

Abbie P Wrights

Department of Health and Exercise Science
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EDUCATION

EdD Kinesiology (*In progress*) Anticipated Graduation Date May 2022
University of North Carolina Greensboro, NC

M.S. Health and Exercise Science May 2008 Wake Forest University, Winston-Salem, NC

B.A. Athletic Training May 2006
Messiah College, Grantham, PA
Graduated Magna Cum Laude

EXPERIENCE

Assistant Professor of the Practice, Wake Forest University July 2017-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 as well as one section of both HES 100 and 101 summer session (2018 & 2019); instructor of FYE fall semester 2019; assist in updating curriculum 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, Learning Assistance Center, 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

Water Aerobics Instructor, Salem Towne Retirement Community May-August 2007

CERTIFICATIONS

American College of Sports Medicine- Certified Clinical Exercise Physiologist

CPR/AED/First Responder

NATA BOC Certified Athletic Trainer (2006-2008)

ADVISING/SERVICE ACTIVITIES

Wake Forest University Mental Health Coalition, Member March 2019-Present

Wake Forest University Lower-Division Adviser August 2018-Present

“Project Wake” Book Discussion Leader (New Deac Week) August 2018

Trainer - Certified TIPS Trainer for University Programs March 2018-Present

Wake Forest University Alcohol and Other Drug Coalition, Member November 2017-Present

Wake Forest HES Department Advancement Committee, Member September 2017-Present

Wake Forest HES Department Social 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 (2017-2018)

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

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? *ContempClin 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., Kritchewsky, S. (2009). The Lifestyle Interventions and Independence for Elders Pilot (LIFE-P): 2-year follow-up. [ComparativeStudyMulticenter StudyRandomized 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

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

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.