

Sara Beaudry-Wiltse, PhD(abd), MSS, ATC, LAT

801-830-0188 - sara.beaudry@gmail.com - Salt Lake City, UT

- Effective Virtual Instructor
- Experienced Educational Program Builder
- Creative Curriculum Design
- Mindful Leadership Skills
- Team Organization
- Strategic Thinker
- Clear and Concise Teacher and Speaker
- Multi-Department Partnership Creator
- Trustworthy Independent Worker
- Dependable Budget Manager

HIGHER EDUCATION EXPERIENCE

NOORDA COLLEGE OF OSTEOPATHIC MEDICINE - Provo, Utah

2020-Present

Director of Interprofessional Education and Wellness

- Oversees implementation and execution of Interprofessional curriculum, including collaboration and incorporation into classes across the curriculum, reviewing objectives and syllabi, soliciting input and ideas, presenting recommendations, and more.
- Create, develop and manage campus wide wellness program for students, staff and faculty.
- Develop and implement campus wide wellness programs for faculty, students, staff and community events.
- Organize and chair campus clubs, including Integrative Health, Wellness and Interprofessional Education
- Provide for a comfortable learning environment and maintain a dynamic curriculum with a vision for growth.
- Have exceptional written, oral presentation and listening skills. Yet also work independently across cross-functional teams. Be self-motivated and self-disciplined, yet flawlessly collaborate with internal and external constituents as needed.
- Ensures essential course elements as defined by relevant governing body and accreditation standards.
- Assures curriculum submission by established timelines, including collaboration with academic affairs and curriculum department.
- Effectively aligns interprofessional education activities within college of medicine curriculum, including chairing IPE committee and addressing relevant concerns for affective patient-centered care, including ethical and professional responsibilities among inter-professional teams.
- Lead the development, approval and implementation of patient-centered, interprofessional education offerings that exceed IPE core standards, core competencies and accreditation requirements to improve teamwork and systems-based practice across professions.
- Design, implement, and supervise training for faculty participating in IPE activities promoting evidence based, effective instructional method for faculty involved in the design, implementation and evaluation of IPE.
- Serve as an educator ensuring quality and integrity in course content, expertise within the curriculum, and excellent delivery modalities for the coursework.
- Ensures timely and current curriculum and interrelated content for learning experiences to increase student understanding of the subject matter, making suggestions and recommendations where appropriate.
- Effectively working as a team member to enhance and improve the curricula through potential collaborative efforts within the college as well as outside professionals and community members.
- Develops and maintains a working knowledge of various teaching and assessment approaches to provide needed variety for students and assessments.
- Demonstrate innovation, resourcefulness, and be detail oriented, with excellent follow through. Able to handle multiple projects in stressful situations while meeting deadlines, achieving excellent results and maintaining positive relationships.

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EXPLO - Boston, MA

2022

Curriculum designer and Lead Instructor

- Design sports medicine curriculum for a two week intensive as an intro to sports medicine and a future career in athletic training
- Conceptualize and design curriculum from scratch, including learning objectives, activities, and detailed curriculum
- Develop curriculum to be presented by instructors on-site, which required organization and a detailed buildout of every presentation, including curriculum maps, schedule, activity plans, videos, and more

WESTMINSTER COLLEGE – Salt Lake City, Utah

2008-Present

Professor in College of Health and Human Performance

- Teach Sports Medicine Educational and Human Performance courses
- Design and implement new curriculum based on evidence-based research
- Teach high-demand, wait-listed class, on Integrative Health Modalities in Westminster College School of Nursing
- Years of experience in virtual/distance teaching and online course development

Program Chair - Sports Management Major and Minor, Gore Business School

2016 - 2019

- Initiated interest, need and opportunity for Sports Management Program (Major and Minor) at Westminster College, including formal proposal to Dean and Provost
- Conducted and evaluated research to appropriately structure curriculum for new program
- Attended numerous faculty discussions pursuant to inaugurating the new Sports Management program
- Designed and produced new curriculum, learning objectives and goals for Sports Management program in agreeance with national accreditation and campus-wide college learning goals
- Created and submitted substantial change forms for new program and courses through curriculum process
- Coordinated with appropriate programs on campus to utilize existing courses in new program curriculum
- Attended curriculum and faculty committee meetings to discuss, change and launch proposal
- Designed financial feasibility and sustainability for program
- Advise and recruit students for major and minor through Sports Management program
- Recruit and hire adjunct faculty for core curriculum courses within program

UNIVERSITY OF UTAH – Salt Lake City, Utah

2016- 2019

Instructor/Lecturer- Athletic Training and Physical Therapy Department

- Professor for courses within the Sports Medicine, Athletic Training and Physical Therapy Program
- Worked on committee to advise and design curriculum for new Entry-Level Masters Education Program and the transition from Baccalaureate Program to Masters degree program
- Assisted in CAATE accreditation visit preparation and follow-up
- Designed, organized and implemented comprehensive practical testing program for Athletic Training Program Students
- Member of admission selection committee for Athletic Training Program
- Conducted site visits to clinical rotation site and preceptors
- Mentorship of students in the Athletic Training program

WEBER STATE UNIVERSITY AND

2008-2018

UNIVERSITY OF UTAH ATHLETIC TRAINING PROGRAMS

Clinical Preceptor for Entry Level Masters Program and Bachelors Program Athletic Training Students

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UTAH VALLEY UNIVERSITY – Orem, Utah 2011 – 2015
Guest lecturer in Department of Health and Human Performance

READY RESPONSE EMERGENCY SERVICES SCHOOL – Salt Lake City, Utah 2014-2015
Guest instructor, EMT courses

UTAH JUNIOR GRIZZLIES HOCKEY – Salt Lake City, Utah 2012-2014
Yearly instruction at youth summer intensive camp regarding nutrition, stretching, strength training, injury prevention

CONFERENCE SPEAKING ENGAGEMENTS

Classic Grounded Theory International Virtual Conference April 2022
Poster topic: Discovering Adulthood: A Classic Grounded Theory Study
Conference moderator

Nellis Air Force Base - Integrative Health Conference July 2021
Topic: Interprofessional Education and Collaboration: A Foundation for Integrative Health

Guest Presentation - Student Nurses of Westminster College March 2021
Topic: Burnout, Wellbeing, and Integrative Health

PATH National Virtual Conference May 2020
Topic: Practical Applications to Preventing Burnout

Adaptive Sports, USA National Conference November 2019
Topic: Impacts of Stress on Athlete Performance and Wellbeing

Veterans Wellness Conference, Hosted by the National Ability Center December 2019
Topic: Practical Applications to living a Harmonized and Intentional Life

Utah Athletic Trainers Association, Annual Conference December 2019
Topic: Practical Applications to Preventing Burnout and Living an Intentional Life

MANAGEMENT EXPERIENCE

UTAH HEALTHCARE INTERPROFESSIONAL EDUCATION COOPERATIVE

Founder and President 2022 - Present

- Founded and organized an interprofessional education cooperative to serve healthcare educational programs in Utah to facilitate interprofessional opportunities for their students
- Organize and hold quarterly meetings to facilitate communication and cooperation
- Maintain and update digital files and correspondence to facilitate the mission of the organization
- Take initiative to identify and address the needs of the organization and interprofessional education for healthcare programs in Utah

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UTAH ATHLETIC TRAINERS ASSOCIATION

Secretary Board of Directors

2021 - Present

- Maintain documentation and organizational needs of Utah Athletic Trainers Association
- Execute maintenance and updates on association website
- Prepare meeting minutes and other administrative needs for organization
- Own registration for the annual association meeting

Student Committee Chair

2015 – 2019

- Reinvigorated UATA Student Committee to support and embolden Student Athletic Trainers at the State organization level
- Conducted market research on what would best serve the UATA Student Population
- Implemented mentorship and networking opportunities between Certified Athletic Trainers and emerging students
- Designed, planned and executed excursions for student athletic trainers to see different venues for athletic training in non-traditional athletic training settings, such as professional sports and performance arts
- Maintained communication and contact with the governing board of the Utah Athletic Trainers Association
- Incorporated student leadership into the committee for projects, opportunities and other involvement
- Maintained monthly communication with Athletic Training Program Administrators at the Colleges and Universities throughout the state of Utah

Public Relations Committee Member

- Launched state-wide Athletic Trainers Month campaign including billboards, press releases, etc.
- Coordinated fundraising with local companies for over \$5,000 worth of donations in-kind for National Athletic Trainers month, three years running
- Communicated with Board of Directors regarding budget, upcoming events, and other committee needs

NATIONAL ABILITY CENTER - Park City, Utah

2018 - 2020

Competition Program Manager

- Oversees entire competition program, including two paralympic teams and four cognitive disability teams.
- Oversees, controls and manages a combined budget of over \$450,000 yearly
- Manages a staff of over a dozen dedicated and specialized coaches
- Responsible for grants, partnerships, donations and other relationships with the competition program
- Manages and arranges athlete appearances and public involvement with teams and athletes
- Involved in recruitment and retention of athletes, as well as athlete needs
- Risk management and incident report follow-through and policy change
- Liaison with executive board and management regarding program and teams
- Other management duties required in program
- Abuse prevention specialist. Developed policy for organization and actively train staff
- Host and execute multiple program events every year, including paralympic ski race and boardercross snowboard race, demonstration events and more on a yearly basis.

WESTMINSTER COLLEGE COLLEGIATE SNOWBOARD TEAM –Salt Lake City, Utah

2012-2019

Program Director

- Manage collegiate snowboard team of 10 men and 10 women in all facets of competition and team management
- Manage budget of \$60,000+ including salary and travel
- Hire and manage coaching staff
- Schedule season and travel to achieve desired competition and training schedule throughout the year
- Develop continual growth of team at highest level of competition in order to continue history of yearly National Championships

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UNITED STATES COLLEGIATE SNOWBOARD TEAM -Trentino, Italy

December 2014

Program Director

- Program director for team of 16 collegiate snowboarders and four coaches representing the USA at the World University Games, the largest international competition in the world, second only to the Olympics
- Coordinated fundraising efforts of over \$90,000 through corporate and private donations. Obtained 501 (c)3 status, business licenses, monetary accounts and other necessary financial obligations
- Planned and coordinated international travel for team of 20 to and from Salt Lake City, Utah to Italy and then back to various home towns for the holidays
- Operated budget of over \$90,000 to successfully train, transport 16 athletes to compete in international competition
- Worked with FIS, USSA and WADA for international competition registrations and compliance
- Compiled staff that consisted of coaches, sports psychologist and videographer to travel and support team while competing in the games
- Organized gifts for sponsors including a documentary, signed posters and paraphernalia from games, thank you cards, signed individual photographs of athletes, etc.

UNITED STATES COLLEGIATE SNOWBOARD ASSOCIATION

2014-Present

Western Region Director of Snowboard and Freeski

- Serve as liaison between national governing body and teams/athletes/coaches in the western states to provide adequate competition and administration for collegiate snowboard and freeski athletes
- Instrumental in introducing a qualification process to the USCSA National Championships for western riders
- Works with board of directors to address and solve problems of teams and athletes in the west
- Act as liaison between USCSA and USSA leagues as well as local USASA directors

INTEGRATIVE HEALTH AND SPORTS MEDICINE EXPERIENCE

INTEGRATIVE HEALTH COACH

2020 - 2021

Ingomu Learning - online coaching platform

- Hosting bi-weekly learning communities (open classroom opportunity) regarding different integrative health techniques and how to use them in personal practice
- Offer one-on-one sessions for personal integrative health coaching
- Interact as part of a team of over 130+ coaches for self-improvement and community betterment

EMERGE DIAGNOSTICS - Salt Lake City, Utah

2020

Electromyography Functional Assessment Technician

- Effectively and efficiently obtain biofeedback baseline screenings on patients and clients.
- Maintain biofeedback systems of monitors, sensors, and more.
- Act as liaison between organization and contract companies.
- Host patients and clients with professionalism and efficiency.
- Report baseline evaluations appropriately and within an acceptable timeframe.
- Troubleshoot and correct any issues with biofeedback equipment.
- Confirm schedules and needs of client companies and patients onsite.

WESTMINSTER COLLEGE – Salt Lake City, Utah

2008 - 2018

Sports Medicine Provider / Certified Athletic Trainer

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- Provide exceptional athletic training coverage to several collegiate teams throughout multiple seasons with primary sport coverage history of men's soccer, men's basketball, women's basketball, women's soccer, snowboard, track and cross country and men's lacrosse - including treatment times, practice, games and travel
- Managed yearly physicals with over 280 athletes, utilizing multiple doctors and advanced healthcare professionals
- Assist athletics and athletic training department in transition from NAIA to NCAA division II, including rewriting of policy, updated practices and compliance training
- Highly involved in hiring of new staff and facilities management
- Rewrote policy and procedure regarding concussions, emergency action plans, standing orders, NCAA policies, doctor relations and rehabilitation
- Supervise athletic training students and taught athletic training labs and college courses
- Maintain continuous communication and coordination with local EMS services as well as write emergency protocol and instruct a yearly in-service with staff and EMS to ensure proper training and response.
- Liaison with NATA BOC for national provider status and CEU opportunities for staff; including applying for and maintaining national provider number, coordinating training for staff and outside providers, hosting vendors, etc.
- Served as primary response for injury software and the maintenance of software
- Insurance liaison for secondary insurance provided by the college; including but not limited to processing claims, troubleshooting non-payment, monitoring student-athlete injury accounts and facilitating communication between billing departments, the college and our insurance carrier.

INTERMOUNTAIN LIFEFLIGHT – Salt Lake City, Utah

2004 – 2016

Communication Specialist

- Experience with emergency situations and medical care
- Experience working with multi-level EMS and high-level medical care providers
- Experience in communication center facilitating team selection, patient reports, hospital and scene transfers, etc.

UTAH VALLEY UNIVERSITY MEN'S ICE HOCKEY – Orem, Utah

2005 – 2008

BRIGHAM YOUNG UNIVERSITY MEN'S ICE HOCKEY – Provo, Utah

2001 – 2005

Head of Medical Staff – Certified Athletic Trainer

- Conceptualized and implemented entire medical staff including recruitment of medical professionals, organization of medical coverage, evaluations, treatment, rehabilitation, management duties, insurance and compliance to policies and procedures
- Designed and managed one of the most respected medical programs in the American Collegiate Hockey Association which included a certified athletic trainer, orthopedic and general practice physicians, dentists, massage therapists and nutritional counseling
- Managed concise and appropriate budget for medical program and associated costs

INDEPENDENT ATHLETIC TRAINING EVENT COVERAGE

GLOBAL SPORTS PROFESSIONAL HOCKEY SHOWCASES – Las Vegas/Vancouver

2007 – Present

- Organize and provide complete medical and athletic coverage for hockey showcases
- Facilitate medical participation of hundreds of athletes annually from all over the world, working with dozens of coaches and scouts to provide medical information to allow recruitment and subsequent participation of athletes

US SPEEDSKATING SHORT TRACK TEAM

2013 and 2015

Interim ATC during summer training at Utah Olympic Oval – Salt Lake City, UT

US TAEKWONDO NATIONAL CHAMPIONSHIPS

2011 and 2015

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San Jose, California and Austin, Texas

BRAZILIAN JIUJITSU AND MUAY THAI FIGHTS AND TOURNAMENTS Muay Thai Institute and The Phoenix Gym – Salt Lake City, Utah	2014-2015
DEW TOUR – PROFESSIONAL ACTION SPORTS Varied coverage for Skateboard Park, BMX dirt, FMX and BMX park at a variety of stops on the tour	2008-2013
UTE LEAGUE YOUTH FOOTBALL – Salt Lake City, Utah	Summer 2010
JUNIOR OLYMPIC VOLLEYBALL CHAMPIONSHIPS – Salt Lake City, Utah	June 2008

STUDENT ATHLETIC TRAINING EXPERIENCE

NCAA BRIGHAM YOUNG UNIVERSITY FOOTBALL – Provo, Utah	1999 – 2002
<ul style="list-style-type: none">• Student athletic training coverage that provided athletic training coverage for football season and off-season rehabilitation. Oversaw detailed and complicated rehabilitation programs during the offseason with successful return to full athletic participation. Traveled to away games. Worked with athletic training staff for home game and practice coverage. Held daily treatment times in athletic training room.	
SPANISH FORK HIGH SCHOOL – Spanish Fork, Utah	1999-2000
<ul style="list-style-type: none">• Provided student coverage for football, wrestling and track with little oversight. Worked independently and effectively with athletes and coaches.	
WALLA WALLA HIGH SCHOOL – Walla Walla, Washington	1996-1999
<ul style="list-style-type: none">• Spent one year under the direction of an EMT. Was approached as a Junior in High School to run athletic training department for the high school during my junior and senior years. Supervised multiple student athletic trainers. Ran budget and athletic training room hours and facility upkeep. Provided coverage to all high school sports including primary coverage of football, men and women’s basketball, wrestling and outdoor track. Won multiple awards for student achievement and student service.	

EDUCATION

DOCTOR OF PHILOSOPHY –PHD PROGRAM MIND BODY MEDICINE Multiple Emphasis: Stress Management, Integrative Health, and Mindful Leadership Saybrook University – Pasadena, California	December 2021
MASTERS DEGREE OF SPORTS SCIENCE – SPORTS MEDICINE, Emphasis in Sports Psychology United States Sports Academy – Daphne, Alabama	June 2010
MASTERS DEGREE OF SPORTS SCIENCE – SPORTS MANAGEMENT United States Sports Academy – Daphne, Alabama	June 2010
BACHELOR’S OF SCIENCE IN ATHLETIC TRAINING, Minor in Sports Psychology	June 2002

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Brigham Young University – Provo, Utah

ASSOCIATES OF FINE ARTS, General Education
Walla Walla Community College – Walla Walla, Washington
Commencement Speaker

June 1999

RESEARCH

Classic Grounded Theory - Research Modality Microcredential May 2021
Classic Grounded Theory International Conference Moderator May 2021
Doctoral Dissertation - Saybrook University August 2020 to Present

CERTIFICATIONS AND SPECIALTIES

Assisting Individuals in Crisis - ICISF	Current
Safesport and Abuse Prevention ASAP Trainer	Current
Mental First Aid	Current
National Athletic Trainers Association – Member since 2002	BOC#080202011
Licensed in the state of Utah	License #6323994-4810
Licensed in the state of Colorado	License #AT.0001120
Red Cross CPR/AED/First Aid for the Professional Rescuer	Current
National Provider Identifier	#1003154667

- Stress Management speciality/dissertation topic
- Integrative Health practitioner and specialist
- Mindful Leadership specialty
- Reiki Master and Practitioner
- Athlete Abuse Prevention trainer and specialist
- Instrumented Soft Tissue Mobilization (ISTM), including Gua Sha and general soft tissue work
- Kinesio tape application and uses
- Emergency response, Emergency Action Plans and EMS coordination
- Sports psychology, including game day and healing rehabilitation
- Custom mouthguards and splints
- Concussion management, including return to play and return to learn protocols
- FMS/SMFA
- Powerlifting, Olympic lifting and kettlebell technique – Strongfirst trained
- Classic Grounded Theory - Research Methodology Microcredential

CURRENT VOLUNTEER EXPERIENCE

Utah Athletic Trainers Association - Board of Directors, Secretary	2021 - Present
DAT Student Mentor - Indiana State University, Doctorate of Athletic Training Program	2021 - Present
ATs Care, Utah support team - National Athletic Trainer Association	2017 - Present
National Federation of Press Women - Scholarship Judge	2021- Present

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Utah Athletic Trainers Association – UATA Public Relations Committee	May 2013-2020
Utah Athletic Trainers Association – UATA College Student Committee Chair	2015 - 2019
Westminster College Student Ice Hockey Club – Faculty Advisor	2010 - 2018

ATTENDED WORKSHOPS AND CONFERENCES

Lower limb injuries and rehabilitation specializations <i>United States Olympic and Paralympic Medical Team</i>	August 2020
Leadership During COVID <i>Utah Department of Business and Leadership</i>	November 2020
IPEC Institute <i>Interprofessional Education Collaborative</i>	December 2020
NATA Legislative Bootcamp and Third-Party Reimbursement Intensive	July 2020

PROFESSIONAL REFERENCES

Curtis Wildes, DO PhD, ATC, LAT Optymyzd Owner and Practitioner - Sports Medicine Osteopathic Provider	cell 262-389-1093 curtis.wildes@gmail.com
Rick Hackford, MEd, LAT, ATC, LMT Westminster College – Head Athletic Trainer	cell 801-573-6066 office 801-832-2355 rhackford@westminstercollege.edu
Justine Jones Westminster College – Women’s Soccer Assistant coach	cell 208-473-1760 jnjones@westminstercollege.edu
Scott Hogg USCSA Media Director, Business Owner	cell 706-255-8077 scottbosshogg@gmail.com
Dr. Todd Barber Owner/Chiropractic Physician at Alpine Spinal Rehab	cell 801-360-5907 drtbarber@gmail.com
Jess Tidswell, DPT, LAT, ATC University of Utah, Professor and Athletic Trainer	office 801-581-7494 jessica.tidswell@hsc.utah.edu
Jill Sewell Allen, PA,C, Ret AT Franciscan Surgical Services	cell 253-278-4789 jillannaallen@gmail.com
Marci Bender National Ability Center, Equestrian Program Manager	office 435-649-3991 marcib@discovernac.org
Josh Pittman	office 801-832-2364

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Westminster College – Head Men’s Soccer coach

jpittman@westminstercollege.edu