

Christina A. Heilman, PhD, ATC, CSCS

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EDUCATION

- 2011 PhD, University of Utah
Emphasis: Psychosocial Aspect of Sport
Cognate: Experiential Education
- 2002 MS, South Dakota State University
Emphasis: Exercise Science
- 2000 BS, South Dakota State University
Emphasis: Athletic Training

CERTIFICATIONS

- 2011 Higher Education Teaching Specialist
Combines coursework and teaching experiences to improve teaching skills
- 2006-2014 Wilderness First Responder (WFR)
Provide first aid in the backcountry. Updated every two years.
- 2001 Board-Certified Strength and Conditioning Specialist (CSCS) #20115541
Physical conditioning and periodization for athletes and exercisers
Certified by the National Strength and Conditioning Associations
Continuing education credits updated every three years
- 2000 Board-Certified Athletic Trainer (ATC) #070002025
Evaluate, rehabilitate and prevent athletic injuries
Board-Certified by the National Athletic Trainers' Association Board of Certification.
Continuing education credits updated every three years

HONORS

- 2012 Association for Applied Sport Psychology (AASP) Dissertation of the Year Award
Dissertation Title: *A mixed methods approach examining alpine ski racing as a context for positive youth development*. AASP is the international professional organization in the field of sport, exercise and health psychology.
- 2011 Outstanding Graduate Student in Sport Psychology
Department of Exercise and Sport Science (ESS), Salt Lake City, UT
- 2010 Outstanding Service to the Department: Graduate Student
Department of ESS, Salt Lake City, UT
- 2009 College of Health Educational Resource Development Council Scholarship
College of Health, Salt Lake City, UT
Recipient of this scholarship demonstrates excellence in their field and focuses on the needs of women and children
- 2009 N.P. Nielson Scholarship
Department of ESS, Salt Lake City, UT
This scholarship aids a deserving doctoral student to continue the pursuit of academic excellence
- 2000 Outstanding Athletic Training Student
Department of Health, Physical Education, and Recreation (HPR), Brookings, SD
The athletic training staff awards one senior athletic training student for their achievements as a student and professional activity
- 2000 Amundson Athletic Training Scholarship
Department of HPR, Brookings, SD
Awarded to one senior athletic training student who will continue their education in the field

WORK EXPERIENCE

- 2011-Present Mindset, Driggs, ID
Mental skills training to enhance performance and personal excellence in sports and exercise.
Coach youth to elite athletes in over 20 different sports, such as Black Diamond Equipment professional climbers, USSA alpine and freeride 13-18 year olds, competitive ultrarunners, collegiate and high school athletes and recreational golfers –to name a few
- 2008-2013 National Outdoor Leadership School, Teton Valley, ID
Educate 14 and 15-year olds about wilderness travel, leadership, community building, and life skills while backpacking ~45 miles over a two-week summer expedition
- 2006-2011 University of Utah Graduate Student Lecturer, Salt Lake City, UT
Primary teacher for a variety of undergraduate classes in sport psychology, research and fitness
- 2006-2007 Grand Targhee Professional Ski Patrol, Alta, WY
+2011-2016 Maintain the health and safety of guests through emergency first aid and avalanche control
- 2002-2006 Assistant Certified Athletic Trainer (ATC) /Lecturer, University of Wisconsin –Oshkosh, Division III
Head ATC:
Men’s and Women’s Cross Country, Track, and Swimming and Diving
Women’s Soccer, Basketball, Golf, Volleyball, Fastpitch, and Gymnastics
Lecturer for CAAHEP accredited program:
Taught 100-400 level courses in the Department of Kinesiology
Competency Co-Coordinator:
Created and revised athletic training competencies
Clinical Instructor:
Mentored 2-4 undergraduate students each semester
- 2005 United States Olympic Center (USOC) Athletic Training Volunteer, Colorado Springs, CO
Volunteered athletic training services to USOC wrestlers, boxers and gymnasts for two weeks and was invited to the second tier for working as an USOC athletic trainer
- 2000-2002 South Dakota State University Graduate Assistant, Division II, Brookings, SD
1st Year: Provided care and coverage to three local high schools
2nd Year: Head ATC for Women’s Collegiate Soccer, Basketball, and Fastpitch
Additionally, managed athletic training room, supervised undergraduate athletic training students and assisted in teaching CAAHEP accredited undergraduate courses.
- 2000-2001 Orthopedic Institute Certified Athletic Trainer Intern, Sioux Falls, SD
Provided medical services for various athletic events (disabled, recreational, professional).
Assisted with rehabilitation and modality treatments to orthopedic patients in the clinic

UNIVERSITY TEACHING EXPERIENCE

- 2008-2011 University of Utah Lecturer
ESS 3340: Sport and Exercise Psychology, 2 classes, 70-80 students
ESS 2500: Exploration of Movement Science & Research, 5 classes, 35-45 students
- 2007-2011 University of Utah Fitness Instructor
ESS 1062-1073: Ski Conditioning, Flexibility for Sport, Circuit Training, Aqua Tone
- 2002-2006 University of Wisconsin-Oshkosh Lecturer
PE 104 Basic First Aid, 25 students
PE 113 Introduction to Strength and Conditioning, 3 classes, 15 students each
PE 170 Medical Documentation, 2 classes 30 students each
PE 173 Anatomy and Kinesiology, 45 students
PE 338 Upper Extremity Evaluation and Management, 3 classes, 6-10 students
PE 438/342 Therapeutic Modalities, 4 classes, 6-10 students
PE 486 Research in Athletic Training and Physical Education, 2 classes, 2-10 students
PE 487 Practicum V: Athletic Training Skills Review and Refine for Seniors, 2 students
- 2000-2002 South Dakota State University Lecturer
PE 354 Prevention and Care of Athletic Training Injuries Lab, 2 classes, 25 students

INVITED LECTURES & PROFESSIONAL PRESENTATIONS

- Heilman, C.** (June, 2017). *TrailManners: Psychology of Recovery/Injury Podcast Interview*, 60-minutes
- Heilman, C.** (November, 2016). *TrainingBeta: How to Stay Calm for Climbing Podcast Interview*, 60-minutes
- Heilman, C.** (August, 2015). *Black Diamond Equipment Climber Bootcamp: 3-Day Sport Psychology Training for 3 Professional Climbers*. Earth Treks Gym. Golden, CO
- Heilman, C. & Wilson, M.** (July & August, 2015). *Taking Your Game From the Range to the Course: Two Part Series with a Golf Pro and Sport Psychology Coach*. Huntsman Springs Golf Members. Driggs, ID
- Heilman, C.** (July, 2015). *Tools to Improve Performance and Health*. Huntsman Springs Wellness Members. Driggs, ID
- Heilman, C.** (June, 2015). *Brain-Body Golf Performance*. Huntsman Springs Golfers. Driggs, ID
- Heilman, C.** (February, 2015). *Mental Tools for the Injured Athlete*. Big Sky Athletic Training Sports Medicine Conference. Big Sky, MT; 200 participants.
- Heilman, C.** (January, 2015). *Sport Psychology Hype*. Idaho State University Athletic Training Masters Program. Pocatello, ID; 10 students
- Heilman, C.** (Winter 2014-2015). *Sport Psychology: Confidence & Biofeedback*. Jackson Hole Ski Education Foundation – Alpine U14, U16, Freeride, Jackson, WY; 50 athletes, 3 presentations, 60-minutes.
- Heilman, C.** (December, 2014). *Peak Performance*. Jackson Hockey Team. Jackson, WY; 20 athletes 75-minutes.
- Heilman, C.** (July, 2014). *Mental Tools to A.C.E. Your Performance*. Teton Springs Golf Club. Victor, ID; 20 golfer, 60-min
- Heilman, C.** (February, 2014). *Live Well Workshop: Physical and mental conditioning to optimize wellness*. Dreamchasers. Driggs, ID; 10 participants, 75-minutes/6 sessions
- Heilman, C.** (Winter, 2013-14). *Sport Psychology: Mental Assessment & Peaking Under Pressure*. Jackson Hole Ski Education Foundation –Alpine U16, Jackson, WY; 20 athletes, 2 presentations, 60-minutes
- Heilman, C.** (Winter, 2013-14). *Sport Psychology: Mental Assessment & Peaking Under Pressure*. Jackson Hole Ski Education Foundation –Alpine U14, Jackson, WY; 30 athletes, 2 presentations, 60-minutes
- Heilman, C.** (November, 2013). *Ski and Snowboard Supervisor Workshop: Creating Motivation & Building a Team*. Jackson Hole Mountain School, Jackson, WY; 40 supervisors, 4-hour workshop
- Heilman, C.** (November, 2013). *Ski and Snowboard Instructor Performance Psychology: Peaking Under Pressure & Focus*. Jackson Hole Mountain School, Jackson, WY; 40 instructors, 90-minutes/2 sessions
- Heilman, C.** (November, 2013). *Sport Psychology: Intro, Peaking Under Pressure, & Routines*. Jackson Hole Ski Education Foundation -Freeride, Jackson, WY; 20 athletes, 60-minutes/3 sessions
- Heilman, C.** (October, 2013). *Sport Psychology: Motivation, Anxiety, & Imagery*. Eastern Idaho Technical College, Driggs, ID; 2 athletes, 60-minutes/3 sessions
- Heilman, C.** (September, 2013). *Live Well Workshop: Physical and mental conditioning to optimize wellness*. Dreamchasers. Driggs, ID; 6-10 participants, 3 separate class times, 75-minutes/6 sessions
- Heilman, C.** (September, 2013). *Mental Wellness: Stress Management & Overcoming Negative Self-Talk*. Teton Valley Hospital, Driggs, ID; 10 participants, 2 presentations (Stress, Self-Talk), 45-minutes
- Heilman, C.** (March, 2013). *Sport Psychology: Intro, Goal Setting, Performance Anxiety*. Teton Valley Ski Education Foundation, Youth Alpine, Driggs, ID; 5 athletes, 3 presentations, 60-minutes
- Heilman, C.** (March, 2013). *Sport Psychology: Motivation, Anxiety, & Imagery*. Eastern Idaho Technical College, Driggs, ID; 4 athletes, 60-minutes/3 sessions
- Heilman, C.** (February, 2013). *Sport Psychology: Motivation, Anxiety, & Imagery*. Central Wyoming College, Jackson, WY; 7 athletes, 60-minutes/3 sessions
- Heilman, C.** (February, 2013). *Sport Psychology: Brain Science & Imagery*. Jackson Hole Ski Education Foundation –Alpine FIS & U16, Jackson, WY; 20 athletes, 2 presentations, 60-minutes
- Heilman, C.** (April, 2013). *Live Well Workshop: Physical and mental conditioning to optimize wellness*. Dreamchasers. Driggs, ID, 8 participants, 2 separate class times, 60-minutes/6 sessions
- Heilman, C.** (February, 2013). *Live Well Workshop: Physical and mental conditioning to optimize wellness*. Dreamchasers. Driggs, ID; 8 participants, 60-minutes/6 sessions
- Heilman, C.** (February, 2013). *Stress Reduction Techniques for High School Freshman*. Teton Valley High School, Driggs, ID; 25 students, 2 presentations, 45-minutes
- Heilman, C., Newton, M. & Houston, M.** (October 2012). *A mixed methods approach for examining alpine ski racing as a context for positive youth development*. Association for Applied Sport Psychology Conference, Atlanta, GA; 15-minute Lecture-Symposium

INVITED LECTURES & PROFESSIONAL PRESENTATIONS (cont.)

- Heilman, C.** (January, 2012). *Sport Psychology: Intro, Goal Setting, Peaking Under Pressure*. Jackson Hole Ski Education Foundation –Alpine FIS & J3, Jackson, WY; 20 athletes, 60-minutes/6 sessions
- Stark, A., **Heilman, C.**, Newton, M. & Crawford, C. (October, 2011). *High school sport: The influence of the social psychological climate on motivation*, Association for Applied Sport Psychology Conference, Honolulu, HI, 15-minute Lecture-Symposium
- Heilman, C.** & Wallace, M. *Excelling as a Professor*, (March, 2011). University of Utah ESS 7953 College Teaching II, 5 graduate students, 50 minute panel discussion
- Heilman, C.** (Sept, 2008, Jan & Sept, 2009, Feb, 2010). *The Field of Motor Behavior*, University of Utah ESS 2500 Exploration of the Movement Science, 35-50 students, 50 minute lecture,
- Heilman, C.** (Sept, 2008, Feb, 2009). *Athletic Training Intro*, University of Utah ESS 2500, 35-50 students, 50 minute
- Heilman, C.** & Gonzalez, S. (March, 2010). *Goal Setting for Exercise Adherence Workshop: Discover effective ways to set up, manage and achieve fitness goals*, University of Utah Faculty, 45 minute workshop
- Heilman, C.** (August 2009, 2010). *Succeeding in Graduate School*, University of Utah, 30-min panel discussion
- Heilman, C.**, Gonzalez, S., & Addy, S. (October, 2009). *Goal Setting in Sports Workshop: Educate and provide implementation strategies for goal setting in sport*. Salt Lake Community, 45 minute workshop
- Heilman, C.** (October, 2009) *Understanding Learning: Yoga Teacher Training (YTT) Workshop*, University of Utah, 2 hour
- Newton, M., **Heilman, C.**, Jackson, K. (August, 2008) *Caring About Character and Positive Youth Development Workshop: For returning PE specialists and counselors in the Park City school district*, The Park City Board of Education. 8 hour presentation
- Newton, M., Destani, F., & **Heilman, C.** (Jan, 2008). *Building Character Through Sport and the Larger Academic Setting*. The Utah Office of Education (UOE) invited us to give a lecture on character education. The UOE is attempting to integrate a Life Skills curriculum into schools across the state. They consider character a critical life skill. K-12 educators from across the state of Utah were invited to attend. The 5-hour lecture was very well received. Evaluations averaged over 4.5 on a 5 point scale.
- Heilman, C.** (Oct, 2002-2005). *Athlete Awareness Committee: Disordered Eating Presentation* for 600 collegiate athletes, University of Wisconsin -Oshkosh, 60 minute presentation
- Heilman, C.** (April, 2004). *Female Athlete Triad: Presented signs, symptoms, treatment and prevention of the Female Athlete Triad to coaches and teachers around the state of Wisconsin*, Wisconsin Strength and Conditioning Symposium, 60 minute presentation
- Heilman, C.** (July, 2004). Presented to state-wide high school senior females about the athletic training profession *Badger Girls State Conference*. University of Wisconsin-Oshkosh, 60 minutes, July, 2004

SCHOLARLY ACTIVITY

PUBLICATIONS

- Vuckovich, M., Schoorman, R., **Heilman, C.**, Kacob, P., & Benowitz, N. (2005). Caffeine herbal/ephedra combination increases resting energy expenditure, heart rate, and blood pressure. *Clinical and Experimental Pharmacology and Physiology*, 32, 47-53.

BOOKS

- Heilman, C.** (2017). *Elevate Your Excellence: The Mindset and Methods that Make Champions*, Momentum Press: San Francisco, CA (in press, October).
- Starkey, C. & Johnson, G. (2005). *Athletic Training & Sports Medicine 4th ed.* American Academy of Orthopedic Surgeons. Jones and Bartlett Publishers: Sudbury, MA.
- Textbook Editor: Chapter 19: Face and Related Structure Pathologies
- Textbook Reviewer: Chapter 2: Soft Tissue Injury Management
Chapter 17: Additional Spine and Torso Therapeutic Exercise
- Starkey, C. (2004). *Therapeutic Modalities 3rd ed.* F.A. Davis: Philadelphia.
- Composed powerpoints to coincide with all textbook chapters and is available for university course instructors

RESEARCH

2009-2011 Sportspersonship and Motivation in High School Athletes, Research Assistant, Salt Lake City, UT
Assisted with data collecting, analyzing and journal article writing about fostering character development in high school athletes

RESEARCH (cont.)

2007- 2009 Youth City Research Assistant, Salt Lake City, UT
Analyzed data on the effects of youth summer programs for the city mayor and Youth City organization

2008 Utah Physical Education Research Assistant, Salt Lake City, UT
Collected data in middle school physical education class using accelerometers to determine the amount of physical activity and situational motivation in three different activities, circuit training, ultimate football, and dance dance revolution

2002 Concussion Prevention Initiation Experiment, Oshkosh, WI
Study developed by Kevin Guskiewicz investigating how mild head injuries affect balance and cognition. Led research and organized logistics for undergraduate students to conduct concussion baseline testing (balance, memory, attention) in collegiate football players

2000 Caffeine and Ephedrine Research Assistant, Brookings, SD
Monitored participants heart rate, blood pressure, perceived mental status, energy expenditure, and other health related issues for three hours after an acute dose of 150 mg caffeine and 20 mg of herbal ephedrine

RESEARCH, GRANTS

2009 College of Health Research and Creative Grant
Newton, M., Hannon, J., Gao, Z., Wells, M., & **Heilman, C.**
Title: Predictors of Sportspersonship and Motivation in High School Athletes
Amount: \$7,500; Awarded: \$6,270

COMMUNITY FUNDED GRANTS

2013 Valley School District Grant (January, 2013)
Heilman, C. & McKeown, S.
Title: Fun Girl Fitness
Amount: \$750; Awarded \$750

2013 Sliver Star Communications (April, 2013)
Heilman, C. representing Teton Valley Mental Health Coalition (non-profit)
Title: Biofeedback Units and Training
Amount: \$500; Awarded: \$500

SERVICES

2011-2014 Teton Valley Mental Health Coalition -Secretary

2010-2014 AASP Conference Program Reviewer –rate conference abstracts

2012 RUNdevous Running Club Volunteer, 1.5 hr/week for 2 months

2012 Teton High School i2i Freshman Orientation, 1 day event

2011 Elizabeth Fuhriman Gardner Prize: Invited Graduate Student Committee Member, University of Utah

2005-2011 National Ski Patrol Volunteer, Wisconsin and Utah (currently professionally in Wyoming)

2009-2011 Utah Sport Psychology Research Team: President & Research Coordinator, University of Utah

2008-2009 Retention, Promotion, and Tenure Committee, University of Utah

2008-2009 Youth Tele Tribe Volunteer, Park City, UT, 1 day/month

2006 YMCA Girl Scout Camp Volunteer, Oshkosh, WI

2005-2006 Wisconsin Search and Rescue, Menasha, WI

2005 Teva Mountain Games Athletic Training Volunteer, Vail, CO

2002-2006 Fox Valley High School Job Shadow Volunteer: for teens interested in athletic training

2002-2006 University of Wisconsin-Oshkosh: Athlete Awareness Committee

PROFESSIONAL MEMBERSHIP

2009-Present Applied Association for Sport Psychology, Member
2000-2008 National Athletic Trainers' Association, Member
2007-2008 American Alliance for Health, Physical Education, Recreation, and Dance, Member
2001-2007 National Strength and Conditioning Association, Member

PROFESSIONAL DEVELOPMENT

2007-Present Big Sky Sports Medicine and Athletic Training Conference
2007-2012 AASP International Conference, 4-days
2012 Acceptance and Commitment Therapy: Science, Mindfulness, and Pragmatism, 2-Hour Workshop
2012 Compassion Fatigue Training, 1-Day Workshop
2011 Domestic Violence Awareness, 1-Day Workshop
2011 National Outdoor Leadership School (NOLS) Avalanche Course, 1-Day Workshop
2008 National Outdoor Leadership School (NOLS) Instructor Course, 3 weeks
2007 Utah American Alliance for Health, Physical Education, Recreation, and Dance Conference
2003-2005 Wisconsin Athletic Training Conference, 3-days
2003 Wisconsin Strength and Conditioning Symposium, 2-days
2003 National Athletic Trainers' Association National Conference, 5-days
1999-2002 Mid Athletic Trainers' Association Conference, 3-days

PERSONAL HOBBIES

Skiing: alpine, telemark, backcountry and nordic
Rockclimbing: sport, trad and bouldering
Biking: road and sometimes mountain
Trail running
Backpacking
Triathlons
Yoga
Whitewater rafting
Outdoor music festivals
Volunteering in the community
Gardening
Cooking
Exploring Mother Nature
Hosting pot lucks
Eating
Reading
Sleeping