

Chad Ethan Smith PhD, CSCS
Associate Professor
Health, Physical Education, & Recreation
Weber State University

I. EDUCATION

University of Utah, Salt Lake City, UT. Doctor of Philosophy Exercise and Sport Science, Sport Pedagogy Emphasis; August 2009-December 2012. Dissertation Topic: The Effects of a Postactivation Potentiation Warm-up On Subsequent Sprint Performance.

Southern Utah University, Cedar City, UT. Masters of Science in Sports Conditioning and Performance May 2008 - December 2009. Thesis Topic: The Influence of Six Weeks of Complex Training Employing Squats Combined with Countermovement Squat Jumps and Kettlebell Swings Combined with Countermovement Squat Jumps on Vertical Jump Performance.

Southern Utah University, Cedar City, UT. Bachelor's of Science in History August 2006-May 2008. Topic: World War II Veterans in Lehi, Utah.

Dixie State College, St. George, UT. Associate of Science August 2004-May 2006.

II. EMPLOYMENT

Current Employment:

Associate Professor – Weber State University, College of Education, Department of Health Promotion and Human Performance. July 2012-Present.

Courses Taught:

- PEP 2500 Skills, Drills, and Strategies for Coaches
- PEP 3290 Methods of Teaching Fitness For Life (online)
- PEP 3242 Skill Development and Methods of Teaching Court Sports
- PEP 3240 Skill Development and Methods of Teaching Field Sports
- PEP 3400 Sport Psychology for Coaches (face-to-face & online)
- PEP 3620 Methods Teaching of K-12 Physical Education and Health
- PEP 3630 K-6 Methods of Teaching Physical Education
- PEP 3280 Teaching Methods of Strength and Conditioning
- PEP 3270 Teaching Aerobic Conditioning
- PEP 2500 Sport Pedagogy
- PEP 4860 Field Experience Coaching
- PEP 2100 Introduction to Coaching Sport
- PEP 2700 Sociohistorical Aspects of Sport (online)
- MSAT 6080; 6085; 6090; 6095 Research Methods

- PE 1080 Strength Training
- PE 1068 Kettlebell Conditioning
- PE 1070 Cross Training For Fitness
- PE 1235 Flag Football
- PE 2810 Ultimate Frisbee

Other Responsibilities:

- **Moyes College of Education IRB Committee:** As part of this committee, it is expected to review IRB submissions for our college.
- **University Council on Teacher Education:** Committee duties include reviewing any changes to curriculum in teacher education programs throughout Weber State University
- **Moyes Endowment Committee:** responsibilities include reviewing applications for funding on various projects within the Weber State University College of Education
- **Textbook Review Committee:** involved reviewing textbooks within the department of Health and Human Performance; compiling committee data, and writing review outcomes.
- **Weber State Weightlifting Club Team Advisor:** involved providing advisement in the organization, creation, and management of the team.
- **Physical Education, Kinesiology, and Health Promotion Job Search Committees:** included evaluation of candidates through paper review, telephone and face-to-face interviews.
- **Bachelor of Integrated Studies (BIS) Degree Mentoring:** responsibilities have included mentoring and serving on committees for students working on their senior projects.
- **Master's Thesis Advisor:** Fulfilled responsibilities in advisement and mentoring for graduate students working on their Master's Theses within the Master's of Athletic Training Program at Weber State University.
- **Program and Curriculum Changes:** During the 2014-2015 academic year, I was charged with taking the lead on making changes to the Physical Education, and Sport Coaching programs and their curriculum. This involved the creation of a Physical Education and Health composite major, and a Physical Education and Sport Coaching composite major, as well as adding and removing several courses to these programs. Prior to

this I also assisted in program and curriculum development during the 2012-2013 academic year.

- **Program Director Physical Education and Sport Coaching 2015-2020:** Director responsibilities include compilation of yearly reports; organization of course schedules; reporting of pertinent information to the program and department; and overseeing curriculum change.
- **University Recreation and Club Sports Council:** Beginning in the Fall of 2015 I was asked to serve as faculty advisor for this committee. Duties include determining allocation of club sport funding, creation of new club sports, disciplinary decisions related to club violations, etc.
- **Weber State University Charter Academy:** From 2015-2016 I served as an executive board member and treasurer for the charter academy.
- **Ogden School District Athletics Advisory Committee:** Beginning Fall 2016 I was invited to serve as part of this committee which provides counsel and informs policy making for athletics in the Ogden School District.
- **Shape Utah Executive Committee:** From 2015-2018 I served in various capacities on this committee. The first year as president-elect, the second as president, and the third as past-president.
- **Department Chair 2020-Present:** Comes with a variety of duties; including, but not limited to: compilation of yearly department reports; organization of course schedules; overseeing department budgets; evaluation of faculty and staff; reporting of pertinent information to the department and Dean; and overseeing curriculum change ect.
- **Moyes College of Education Leadership Committee 2020-Present:** This committee involves collaboration with other department chairs, the Associate Dean, and Dean to determine College and Department Policies, as well as voting on various initiatives and allocation of college funding.

Previous Employment:

Graduate Teaching/Research Assistant - University of Utah, College of Health, Department of Exercise and Sport Science. Salt Lake City, UT. August 2009-May 2012.

Courses Taught:

- ESS 3551 Human Motor Development
- ESS 2510 Introduction to Teaching P.E.
- ESS 4387/6387 Resistance Training for Health and Rehabilitation (online)
- ESS 1085 Elementary Weight Lifting

Research Responsibilities:

- Conducted research on physical activity in the community and public schools for the University of Utah's "Magnify Your Life" project in Magna, Utah
- Assisted in research on low back health in youth as part of a Cooper Institute Research Grant.

Other Responsibilities:

- Worked for University of Utah's Health and Wellness lab conducting biometric screenings
- Conducted both lab and field-based testing on students' physical fitness
- Student Teacher Supervision-supervised 3 students
- Assisted in article reviews for *The Physical Educator*, scholarly journal
- Mentored Exercise Physiology students as part of the requirements of the Advanced Exercise Physiology course
- P.E. Curriculum Coordinator and Instructor for Providence Hall K-6 Charter School, in Herriman, UT
- Worked as a Strength and Conditioning coach for Judge Memorial's state winning swim team
- Football instructor for visiting Japanese students.

Assistant Strength and Conditioning Coach, Fitness Instructor/Trainer & Elementary School P.E. Coach-Dixie State College, St. George Utah, 2005-2009.

- Assistant Strength and Conditioning Coach- designed the resistance training and conditioning program for Dixie State's World Series Softball Team (2008-2009) and assisted in conducting training sessions for the soccer and baseball teams; also trained individual athletes on the Football team. Additional responsibilities included conducting summer strength and conditioning camps for youth, and conducting fitness assessments for both the public and for students/faculty.
- Fitness Instructor/Trainer- conducted health and fitness assessments; assisted in the design and implementation of the "Biggest Improver" exercise class, and competition involving a 6 week training program for overweight/obese individuals; also was the designer and instructor for the

“Has Been Camp” which was a summer conditioning camp for former athletes; provided personal training for members of the community and college.

- Elementary School P.E. Coach- in conjunction with Dixie State College and Washington School District, was a “Buff Kids” P.E. coach for two years at East Elementary in St. George, UT, which involved designing lesson plans and teaching P.E. to 5th and 6th graders.

Fitness Consultant; Strength and Conditioning Camp Director- At The Crossroads Youth Facility, St. George, UT, 2008-2009.

- Included teaching classes on exercise motivation and adherence, as well as designing and conducting a 6 week strength and conditioning camp.

Physical Therapist Aide- Advanced Physical Therapy, St. George, UT, 2006-2007.

- Responsibilities included assisting the Physical Therapists in the rehabilitation of individuals recovering from injury and surgery, and improving the health and functional strength of the elderly, disabled persons, and individuals with chronic diseases, through the means of electric stimulation, ultrasound therapy, resistance training, flexibility training, balance training, and/or soft tissue massage.

Golf Course Maintenance Worker- St. George Golf Club, St. George, UT, Summer 2007.

- Provided landscaping and maintenance services for the city golf course.

Ranch Hand-Lazy S&K Livestock (family farm), Lehi, UT, 1994-Present.

- Assisted in maintaining a 500 head cow-calf herd, and assumed responsibilities in dry farming.

Additional Coaching/Training Experience:

- Youth and High School Football Strength and Conditioning Coach Westlake High School Saratoga Springs Utah 2012-2013.
- Junior High Football Coach Saratoga Springs, UT 2012.
- Youth Soccer Coach Saratoga Springs, UT 2013.
- Youth NFL Flag Football Coach Eagle Mountain, UT 2014.

- Personal Training for youth through geriatric ages, athletes and non-athletes 2006-Present.
- Youth Basketball and Football Coach Eden, UT 2015-Present
- Weber High School Track and Field Coach, Pleasant View, UT 2022-Present

III. PROFESSIONAL AFFILIATIONS

- SHAPE America
- American College of Sports Medicine
- SHAPE Utah
- NSCA (Current)

Certifications:

- NSCA CSCS (2022-Present)
- Red Cross CPR & First Aid (Current)
- UHSAA Coaching Certificate (2022-Present)

Conferences (Attended):

Utah Alliance for Health, Physical Education, Recreation, and Dance – State Convention, 2010, South Jordan.

American Alliance for Health, Physical Education, Recreation, and Dance – National Convention, 2010, Indianapolis, IN.

Utah Alliance for Health, Physical Education, Recreation, and Dance- State Convention, 2011, Park City.

American Alliance for Health, Physical Education, Recreation, and Dance- National Convention, 2012, Boston, MA.

Utah Alliance for Health, Physical Education, Recreation, and Dance – State Convention, 2013, Brigham Young University.

Utah Alliance for Health, Physical Education, Recreation, and Dance – State Convention, 2014, University of Utah.

SHAPE (American Alliance for Health, Physical Education, Recreation, and Dance- National Convention), 2015, Seattle, WA.

SHAPE—Southwest District Regional Conference, 2015, Park City, UT.

SHAPE- National Convention, 2016, Minneapolis, MN.

SHAPE Utah – State Convention, 2016, Ogden, Utah.

Kaysville, UT.

SHAPE America National Convention, 2018, Nashville, TN.

NSCA National Convention, 2022, Online.

IV. REFEREED PUBLICATIONS

Smith, C., Hannon, J.C., McGladrey, B.M., Shultz, B., Eisenman, P., & Lyons, B. (2014). The effects of a postactivation potentiation warm-up on subsequent sprint performance. *Human Movement*, 15(6), 36- 44 .

Smith, C., Lyons, B., Hannon, J.C. (2014). A pilot study involving the effect of two different complex training protocols on lower body power. *Human Movement*, 15(3), 141-146.

Lyons, B., Mayo, J., Thomas, C., Wax B., & **Smith, C.** (2015). Bench press variations: Options for teachers and coaches. *E-Journal of the Mississippi Alliance for Health, Physical Education, Recreation, and Dance*.

Smith, C., Hannon, J.C., Brusseau, T., Fu, You, Burns, R. (2016). Physical activity behavior patterns during school leisure time in children. *International Journal of Kinesiology and Sport Science*.

Lyons, B., Lyter, P., Mayo, J., Wax B., & **Smith, C.** (2017). Deadlift Variations: Options for strength and conditioning. *E-Journal of the Mississippi Alliance for Health, Physical Education, Recreation, and Dance*.

Non-Refereed Publications

Smith, C. (2014). 10 minutes of exercise. *UAHPERD Newsletter*, 1(1), 2.

Smith, C. (2016). President's Message. <https://uahperd.weebly.com/presidents-message.html>

In Progress:

Smith, C. (in progress) Youth Strength training: Should strength training be included in Elementary Schools?

Thielges, M., & **Smith, C.** (in progress). Comparison of an active versus passive warm-up on vertical jump performance.

V. PRESENTATIONS

Presenter-2010 AAHPERD– National Convention, Indianapolis, IN. Student Work In Progress Poster Session- **Smith, C.** The Influence of Six Weeks of Complex Training Employing Squats Combined with Countermovement Squat Jumps and Kettlebell Swings Combined with Countermovement Squat Jumps on Vertical Jump Performance.

Co-Presenter-2011 AAHPERD-National Convention, San Diego, CA. Student Work in Progress Poster Session- Burns, R., **Smith, C.**, Huang, C. Relationships Between Exercise Self-Efficacy, Behavior, and Physical Fitness.

Presenter-2011 – Utah Alliance for Health, Physical Education, Recreation, and Dance Convention, Park City, UT- **Smith C.**, Lyons B. Helping Young Athletes Achieve Flow State in Sport.

Co-Presenter-2012- AAHPERD-National Convention, Boston, MA. McGladrey B., **Smith C.** Developing Athlete Expectations and a Team Credo.

Presenter-2013- Utah Alliance for Health, Physical Education, Recreation, and Dance Convention, Brigham Young, UT- **Smith C.** Warm-ups for Power Athletes.

Presenter-2013- Utah Alliance for Health, Physical Education, Recreation, and Dance Convention, Brigham Young, UT- **Smith C.**, Lyons B. Philosophical Questions for Coaches and Rec Leaders.

Presenter-2014- Utah Alliance for Health, Physical Education, Recreation, and Dance Convention, University of Utah- **Smith C.** Kettlebell Training.

Presenter-2014- Utah Alliance for Health, Physical Education, Recreation, and Dance Convention, University of Utah- **Smith C.** Supplemental Methods of Speed Development: Sprint Resistance and Sprint Assistance.

Presenter-2014- Future Educators Association and Continuing Education Conference, Ogden, UT- **Smith C.** Physical Education and Coaching.

Co-Presenter-2015- SHAPE America-National Convention and Exposition, Seattle, WA. McGladrey B. & **Smith C.** Effects of an Academic Course on Students' Resistance Training Knowledge.

Co-Presenter-2015- American College of Sports Medicine 62nd Annual Meeting, 6th World Congress on Exercise is Medicine, San Diego, CA- Burns R., Hannon

J.C., **Smith C.**, Brusseau T. Multi-level Modeling of Observed Physical Activity Behaviors in Elementary School Children using SOPLAY.

Presenter-2015- SHAPE- Southwest District Regional Conference, Park City, UT- **Smith, C.** Strength Training for elementary school students.

Co-Presenter-2016- SHAPE America-National Convention and Exposition, Minneapolis, MN. McGladrey B. & **Smith C.** Strategies for Evaluating Coaches.

Co-Presenter-2018- SHAPE America-National Convention and Exposition, Nashville, TN. McGladrey B. & **Smith C.** Strategies for Effective Field Experiences in Coaching Education.

VI. Review Work

- Assisted in article reviews for *The Physical Educator*, scholarly journal (2012)
- PETE/HETE Conference Reviewer (2015)
- UAHPERD Conference Reviewer (2013-2017)

VII. Achievements/Accolades prior to Weber State:

- Awarded Assistantship at the University of Utah
- Awarded Academic Scholarship at SUU
- Named to the Dean's List nearly every semester at SUU
- Awarded Football Scholarship at the University of Utah
- Awarded Football Scholarship at Dixie State College
- Competed in College Football and Track
- Competed with the United States Bobsled Team
- Gained experience and training in Track & Field under the instruction of former Olympian Tiffany-Lott-Hogan
- Recipient of the Utah Chapter Scholar-Leader-Athlete Award