

## Dorothy (Dart) L. Schmalz



Year Elected TALS Fellow: 2025

Highest Degree: Ph.D., The Pennsylvania State University

Current Position: Professor & Chair

University/Organization: University of Utah, Salt Lake City, UT

Bio:

Dorothy "Dart" Schmalz is Professor and Chair in the Department of Parks, Recreation, and Tourism in the College of Health at the University of Utah. She earned her Ph.D. from Penn State in Leisure Studies with a concentration in health and sport psychology. Upon completing her Ph.D. in 2004, Dr. Schmalz held a position as a Research Associate in the Childhood Obesity Research Lab at Penn State. Before joining the University of Utah faculty in 2018, Dart was a faculty member in the Department of Parks, Recreation, and Tourism Management at Clemson University from 2005-2017. As a faculty member at Clemson, she was honored with awards of Excellence in Graduate Student Advising & Mentoring (2015) and Excellence in Interdisciplinary Research (2016).

Dart's primary research focus over her career has been on experiences of stigma, predominantly weight related stigma, on the adoption of and engagement in health behaviors. More recently, her research focus has turned to the connections between nature exposure on human health, with an eye toward the reciprocal links on human influence on environmental health. As part of this interest, she helped launch and serves as co-Leader for Nature and Human Health-Utah (NHH-UT), a research/practice collaborative aimed at increasing scientific understanding of the effects of nature on health and wellbeing. She is also a member of the Executive Board of the Nature and Health Alliance (NHA). Broadly, she is passionate about the role of recreation, leisure, and lifestyle as key components in the life side of the work/life balance equation to promote health, wellbeing, decrease stress, and improve mental health. Her work in these areas has been supported through Federal and community agencies, private donations, and the REI Cooperative Action Fund.

She has published her research in leisure, public health, and psychology journals, and presented at countless national and international conferences. She has served as Associate Editor of *Leisure Sciences*, Senior Associate Editor of *Journal of Leisure Research*, and co-edited special issues of *Journal of Leisure Research* and *Journal of Positive Psychology*. Dart is currently co-editing a 2<sup>nd</sup> edition of *Leisure, Health, and Wellness: Making the Connections* with Dr. Laura Payne (University of Illinois), Dr. Megan Janke (Berry College), and Dr. Elizabeth Orsega-Smith (University of Delaware).