

COURTNEY L. SCHULTZ, PH.D.

HEALTH AND TECHNOLOGY PARTNERS, LLC
PHONE: 262.490.2151 EMAIL: Courtney@HealthandTechnologyPartners.com

EDUCATIONAL BACKGROUND

NC State University	Parks, Recreation and Tourism Management	Ph.D. (2019)
University of Missouri	Parks, Recreation and Tourism College Teaching	M.S. (2014) Minor
University of Missouri	Natural Resources & Recreation Management Journalism	B.S. (2011) Minor

PROFESSIONAL APPOINTMENTS

2018 – Present	Executive Director , Health and Technology Partners, LLC
2020 – Present	Instructor , University of Missouri School of Natural Resources Parks, Recreation and Sport
2019 – Present	Research Consultant , Northwestern University Department of Anthropology
2019 – 2021	Research Fellow , Park Rx America
2014 – 2018	Research Assistant , NC State University Department of Parks, Recreation, and Tourism Management
2013 – 2014	Graduate Instructor , University of Missouri Department of Parks, Recreation and Tourism
2012 – 2014	Research Assistant , University of Missouri Department of Parks, Recreation and Tourism
2012 – 2013	Teaching Assistant , University of Missouri Department of Parks, Recreation and Tourism

PEER REVIEWED PUBLICATIONS

8. Gallagher, A.M., **Schultz, C.L.**, Eisenman, D., Bratman, G., & Errett, N. (In Review). National parks are critical to climate resilience: A call to protect green infrastructure. *The Lancet Planetary Health*.

7. Christiana, R.W., Besenyi, G.M., Gustat, J., Horton, T.H., Penbrooke, T.L., & **Schultz, C.L.** (2021). A scoping review of the health benefits of nature-based physical activity. *Journal of Healthy Eating and Active Living* 1(3), 142-160.
6. **Schultz, C.L.**, Bocarro, J.N., Sene-Harper, A., Lee, K., Fearn, M., & Floyd, M.F. (2019). Whose National Park Service? An examination of Relevancy, Diversity and Inclusion Programs from 2005-2016. *Journal of Park and Recreation Administration*, 37(4), 51-69.
5. Guo, T., Smith, J.W., Moore, R.L., & **Schultz, C.L.** (2017). Integrating off-site visitor education into landscape conservation and management: An examination of timing of educational messaging and compliance with low-impact hiking recommendations. *Landscape and Urban Planning*, 164, 25-36.
4. **Schultz, C.L.**, Wilhelm Stanis, S.A., Sayers, S.P., Thombs, L.A., & Thomas, I.M. (2017). A longitudinal examination of improved access on park use and physical activity in a low-income and majority African American neighborhood park. *Preventive Medicine* 95(suppl), S95-S100.
3. **Schultz, C.L.**, Layton, R., Edwards, M.B., Bocarro, J.N., Moore, R.L., Tepperberg, S., Bality, A., & Floyd, M.F. (2016). Potential measures for linking park and trail systems to public health. *Journal of Park and Recreation Administration*, 34(1), 4-23.
2. **Schultz, C.L.**, Sayers, S.P., Wilhelm Stanis, S.A., Thombs, L.A., Thomas, I.M., & Canfield, S.M. (2015). The impact of a signalized crosswalk on traffic speed and street-crossing behaviors of residents in an underserved neighborhood. *Journal of Urban Health*, 92(5), 910-922.
1. Bocarro, J.N., Floyd, M.F., Edwards, M.B., **Schultz, C.L.**, Smith, W., Baran, P., Moore, R., & Cosco, N. (2015) Social and environmental factors related to boys' and girls' park-based physical activity. *Preventing Chronic Disease*, 12, E97-E107.

TECHNICAL AND PROJECT REPORTS

6. **Schultz, C.L.** (2021). *Workforce Development: Resource Guide and Workbook for Parks and Recreation*. Ashburn, VA: National Recreation and Park Association.
5. **Schultz, C.L.**, Horton, T.H., & Henderson, J. (2020). *Exercise Outdoors! Middle School Curriculum and Activity Guide*. Washington, DC: Park Rx America.
4. **Schultz, C.L.**, & Bocarro, J.N (2020). *National Association of State Park Directors Health and Nature Partnership Toolkit*. Raleigh, NC: National Association of State Park Directors.
3. **Schultz, C.L.**, Bocarro, J.N., Hipp, J.A., Kanters, M.A., & Floyd, M.F. (2018). *Thinking Outside the Pillbox: Prescribing Parks for Community-Clinical Connections and Health*. NC State University, Department of Parks, Recreation & Tourism Management. Submitted to the North Carolina Division of Public Health and the Community and Clinical Connections for Prevention and Health Branch.

2. **Schultz, C.L.**, Bocarro, J.N., Floyd, M.F., & Fearn, M. (2017). *2016 Relevancy, Diversity, and Inclusion Service-Wide Inventory*. NC State University, Department of Parks, Recreation & Tourism Management. Submitted to Office of RDI, National Park Service.
1. **Schultz, C.L.**, Layton, R., Edwards, M., Bocarro, J., Moore, R., Tepperberg, S., Bality, A., & Floyd, M. (2016). *Potential Measures for Linking Park and Trail Systems to Public Health*. NC State University, Department of Parks, Recreation & Tourism Management. Submitted to the National Park Service and Centers for Disease Control and Prevention.

BOOK CHAPTERS

1. Bocarro, J.N., Henderson, J., & **Schultz, C.L.** (In Review). Parks and health: The power of parks as a health promotion strategy. In P. Fix, L. Larson, K. Lekies, S. Park, K. Scholl, K. Tidball, & T. Stein (Eds.), *The transformative power of parks*. Sagamore Venture Publishing.

NON-PEER REVIEWED PUBLICATIONS

1. Beller Stryer, S., **Schultz, C.L.**, & Horton, T.H. (2020). Creating Healthier School Communities Through Nature. *School Business Affairs*, 86(10), 12-15.

REFEREED CONFERENCE PRESENTATIONS *INDICATES STUDENT ADVISEE

39. Besenyi, G., Schooley, B., Wilhelm Stanis, S., **Schultz, C.L.**, Durtschi, J. & Kaczynski, A. (2021). ParkAdvisor: Novel Technology to Evaluate and Improve Local Parks for Diverse Stakeholders. Paper presented at SHIFT Conference. Grand Junction, CO.
38. **Schultz, C.L.**, Weidner, L., Berg, K., Crumpton, E.*, Kosciolk, G.*, & Horton, T.H. (2021). Examining the Expert Opinions of Land Management, Healthcare, and Other Professionals on the Health Benefits of Nature. Paper presented at SHIFT Conference. Grand Junction, CO.
37. **Schultz, C.L.**, Berg, K., Weidner, L., & Horton, T.H. (2021). Developing the Awareness of Scientific Knowledge & Nature Belief Survey: An Expert Opinion Survey. Paper presented at Active Living Conference. Virtual.
36. **Schultz, C.L.**, Bocarro, J., Floyd, F. & Bennett, G. (2020). Supporting Healthcare Providers' Engagement with Nature-based Prescriptions. Poster presented at SHIFT Summit. Virtual.
35. **Schultz, C.L.**, & Bocarro, J. (2020). Health & Nature Program Partnership Toolkit for Land Managers. Poster presented at SHIFT Summit. Virtual.
34. **Schultz, C.L.**, (2020). Health & Nature Partnerships. Paper presented at Oregon Outdoor Recreation Summit. Portland, OR.

33. Henderson, J., **Schultz, C.L.**, Zarr, R, Scribner, M., & Stryer, S. (2020). Park Rx: Achieving Wellness Through Outdoor Recreation. Paper presented at National Outdoor Recreation Conference. Knoxville, TN.
32. **Schultz, C.L.**, Bocarro, J.N., Bennett, G.G., & Floyd, M.F. (2020). Examining Healthcare Providers Decision-Making and Engagement with Nature Prescriptions. Poster presented at Active Living Conference. Orlando, FL.
31. **Schultz, C.L.**, Horton, T.H., Henderson, J., Scribner, M., Faison, D., & Zarr, R. (2020). Connecting Youth to Nature through Park Prescriptions in Schools. Poster presented at Active Living Conference. Orlando, FL.
30. **Schultz, C.L.**, Horton, T.H., Henderson, J., Scribner, M., Faison, D., & Zarr, R. (2019). A Protocol for School-based Park Prescriptions: Connecting Students to Nature. Poster presented at SHIFT. Jackson Hole, WY.
29. **Schultz, C.L.** (2019). Nature Rx: A Leisure Examination Through a Race Lens. Paper presented at Race Symposium. Clemson, SC.
28. **Schultz, C.L.**, Bocarro, J.N, Hipp, J.A., & Kanters, M. (2019). The Utility of Common Technology for Park Prescriptions Clinical Programs. Poster presented at Active Living Conference. Charleston, SC.
27. **Schultz, C.L.**, Bocarro, J.N, Hipp, J.A., & Kanters, M. (2019). Creating Community Health Through Customized SMART Prescriptions for Physical Activity and Nutrition. Poster presented at Active Living Conference. Charleston, SC.
26. Taff, D., Hodge, C., Larson, L.R., ...**Schultz, C.L.** (2018). Health Parks Healthy People: Research to Improve the Science and Practice. Panel Discussion for 2018 International Association for Society and Natural Resources Conference. Salt Lake City, UT.
25. **Schultz, C.L.**, Bocarro, J.N., Hipp, J.A., & Floyd, M.F. (2018). Development and Evaluation of a Park Rx Park Audit Tool and Inventory. Paper presented at the International Society of Physical Activity & Health Congress, London, England.
24. **Schultz, C.L.**, Bocarro, J.N., & Hipp, J.A. (2018). Evaluating Physical Activity Prescriptions in Rural Healthcare Clinics. Poster presented at the International Society of Physical Activity & Health Congress, London, England.
23. **Schultz, C.L.**, Lee, K., Bocarro, J.N, & Floyd, M.F. (2018). The Characteristics of Relevancy, Diversity, and Inclusion Programs in the National Park Service. Paper presented at The Academy of Leisure Sciences Annual Conference. Indianapolis, IN.
22. **Schultz, C.L.**, Wilhelm Stanis, S.A., & Sayers, S. (2018). The Impact of a Signalized Crosswalk on Community Behavior: A Four-Year Study. Poster presented at Active Living Research Annual Conference. Banff, Canada.

21. **Schultz, C.L.**, Bocarro, J.N., Hipp, J.A., & Floyd, M.F. (2018). Park Prescription Referrals in Primary-Care Settings: A Systematic Review. Poster presented at Active Living Research Annual Conference. Banff, Canada.
20. **Schultz, C.L.**, Bocarro, J.N., Lacks, M., & Floyd, M.F. (2018). Park Prescriptions in Primary Healthcare: Assessing Knowledge and Concepts Across Medical Provers, Community Partners, and Patients. Poster presented at Active Living Research Annual Conference. Banff, Canada.
19. Guo, T., Smith, J.W., Moore, R.L. & **Schultz, C.L.** (2017) Does the Timing of Educational Messaging Influence Compliance with Low-Impact Hiking Recommendations? Paper presented at George Wright Society Biannual Conference. Norfolk, VA.
18. **Schultz, C.L.**, Wilhelm Stanis, S.A., Thombs, L., & Sayers, S. (2017). Redesigned Outdoor Fitness Trail: Impacts on Physical Activity in a Low-Income Neighborhood Park. Paper presented at Active Living Research Annual Conference. Clearwater Beach, FL.
17. Larson, L.R., Jennings, V., Allen, D., Zarr, R., **Schultz, C.L.**, & Taff, D. (2017). Nature-Based Health Promotion Across Diverse Populations. Panel Discussion for National Council for Science and the Environment's 17th National Conference and Global Forum. Washington, DC.
16. Carlton, T., & **Schultz, C.L.** (2016). Measuring Health in Your Community Using iSOPARC. Paper presented at North Carolina Recreation and Park Association Annual Conference. Charlotte, NC.
15. Guo, T., **Schultz, C.L.**, & Moore, R.L. (2016). Juggling Multiple Expectations: Challenges in Preparing Doctoral Students for the Professoriate. Paper presented at Academy of Leisure Sciences Annual Conference. Greensboro, NC.
14. **Schultz, C.L.**, Guo, T., Moore, R.L., & Moore, A. (2016). Examination of Reflection as a Learning Tool in Study Abroad Programs. Paper presented at Academy of Leisure Sciences Annual Conference. Greensboro, NC.
13. **Schultz, C.L.**, Wilhelm Stanis, S.A., Sayers, S., & Thomas, I. (2016). A Longitudinal Examination of Improved Access on Park Use and Physical Activity in an Underserved Neighborhood Park. Paper presented at Active Living Research Annual Conference. Clearwater Beach, FL.
12. **Schultz, C.L.**, Layton, R., Edwards, M., Merriam, D., Bality, A., Bocarro, J.N., Floyd, M.F., & Moore, R.L. (2016). Linking Park and Trail Systems to Public Health: Suggested Measures. Paper presented at Active Living Research Annual Conference. Clearwater Beach, FL.
11. Penbrooke, T., Compton, D.M., Jordan, D., **Schultz, C.L.**, Edwards, M.B., Bocarro, J.N., & Kim, K. (2016). Gathering Youth Voices for Community Physical Activity Planning Impacts: Results and Implications from Community Youth Activity and Nutrition Surveys (YANS). Poster presented at Active Living Research Annual Conference. Clearwater Beach, FL.

10. Guo, T., **Schultz, C.L.**, Floyd, M.F., & Moore, R.L. (2015). Non-Probability-Based Sampling in Reaching Diverse Groups and Communities. Paper presented at the National Recreation and Park Association Annual Conference. Las Vegas, NV.
9. Merriam, D., **Schultz, C.L.**, & Bality, A. (2015). Measuring the Health Impacts of Parks and Trails—A Roundtable Discussion. Paper presented at the 2015 National Outdoor Recreation Conference. Annapolis, MD.
8. **Schultz, C.L.** (2015). Parks and Trails Metrics: Supporting Health Promotion. Panelist for Nature’s Transformational Power: Health Metrics and Measures Linked to Healthy Parks, Healthy People for the 2015 George Wright Society Biannual Conference. Oakland, CA.
7. **Schultz, C.L.**, Sayers, S., Wilhelm Stanis, S.A., & Thomas, I. (2015). A Longitudinal Study: The Impact of a Signalized Crosswalk on Crossing Behaviors in a Low-Income Minority Neighborhood. Paper presented at the Active Living Research Annual Conference. San Diego, CA.
6. Penbrooke, T.L., Compton, D.M., Layton, R., Edwards, M.B., & **Schultz, C.L.** (2015). Positioning Parks and Recreation as Public Health Providers. Poster presented at the Active Living Research Annual Conference. San Diego, CA.
5. **Schultz, C.L.**, Sayers, S., Wilhelm Stanis, S.A., & Thomas, I. (2014). The Impact of a Signalized Crosswalk on Park Use and Active Recreation in a Low-Income Neighborhood. Paper presented at the Northeastern Recreation Research Symposium. Cooperstown, NY.
4. **Schultz, C.L.**, Wilhelm Stanis, S.A., Sayers, S., & Thomas, I. (2014). The Impact of a Signalized Crosswalk on Crossing Behaviors in a Low-Income Minority Neighborhood. Paper presented at the Active Living Research Annual Conference. San Diego, CA.
3. **Schultz, C.L.**, & Shear, S. (2013). Leading Discussions Effectively. Paper presented at the Celebration of Teaching. Columbia, MO.
2. **Schultz, C.L.**, Wilhelm Stanis, S.A., Sayers, S., & Thomas, I. (2013). Impact of Accessibility on Park Use and Active Recreation in a Low-Income Columbia, MO Neighborhood. Poster presented at the Northeastern Recreation Research Symposium. Cooperstown, NY.
1. Thomas, I., Okamura, S., Sayers, S., Wilhelm Stanis, S.A., & **Schultz C.L.** (2013). The Impact of Environmental Changes on Active Living in an Underserved Neighborhood in Columbia, Missouri: Public Policy Implications. Poster presented at the Active Living Research Conference. San Diego, CA.

INVITED PRESENTATIONS AND WEBINARS

17. Floyd, M.F., Ledford, L., & **Schultz, C.L.**, (2021). Nature and Human Health. North Carolina Forever Webinar Series 2021. Virtual.

16. **Schultz, C.L.**, (2021). Nature and Health Connections. Rethink Outside Fellowship Guest Speaker. Virtual.
15. Fuhrmann, A., **Schultz, C.L.**, & González, I. (2021). Mobility. Paper presented at Nurses Drawdown Webinar Series 2021. Virtual.
14. Beller Stryer, S., **Schultz, C.L.**, & Burton, J. (2021). Park Rx: Exploring an Innovative Prescription Program. New England Public Health Training Center. Virtual. 1.0 CECH webinar accredited by the NEPHTC.
13. **Schultz, C.L.** (2021). Telling a Story of Community Health Through Nature Engagement. Paper presented at National Recreation Foundation. Virtual.
12. **Schultz, C.L.** (2021). Nature Rx: Using Nature to Improve Your Mental Health. Paper presented at The Conservation Foundation DuPage Environmental Summit. Virtual.
11. **Schultz, C.L.** (2020). Finding Balance in the System for Nature-based Health Interventions. Paper presented at PAPREN Parks and Green Space Work Group. Virtual.
10. **Schultz, C.L.** & Elia, M. (2020). Leveraging Health Information Technologies to Increase Health Information Technologies to Increase Nature-based Care. Paper presented at HitLab Innovators Summit. Virtual.
9. Miller, J., Earlywine, A., Bumberry, B., & **Schultz, C.L.** (2020). Healthy Benefits of Nature During a Pandemic. Paper presented at Missouri Conservation Partners Roundtable. Virtual.
8. Bratman, G., Mahamane, S., Derrien, M., & **Schultz, C.L.**, (2020). The Benefits of Natural Spaces: Exploring the Nexus of Healing, Wellbeing, Social Justice and Access to Wilderness and Other Natural Settings. Paper presented at National Wilderness Workshop. Virtual.
7. Zarr, R., Bartlett-Hackenmiller, S., Wolf, K., & **Schultz, C.L.** (2020). Nature & Human Health: Evidence & Action. 1.0 AMA CME webinar accredited by the APHA.
6. Demorest, S., Elia, M., Gaffney, D., Jakubec, S.L., Joullian, C., Lord, E., & **Schultz, C.L.** (2020). Nature's Healing Path: Connection to the Outdoors for the Health and Wellbeing of School Nurses and Schools. 1.5 contact hours CE webinar accredited by the ANCC.
5. **Schultz, C.L.** (2020). Recreation Conversations: Physical and Mental Health. Webinar organized by the Forest Preserve District of Will County.
4. **Schultz, C.L.**, & Larsen, J. (2020). Nature's Health Path: Connecting Nature with Human Health Workshop. Webinar organized Wehr Nature Center and the University of Wisconsin-Madison Division of Extension.
3. Gaines, P., Bocarro, J., Mealing, S., **Schultz, C.L.**, & Zarr, R. (2020). Health Related Benefits of Parks. Webinar organized by the National Association of State Park Directors and Clemson University.

2. Santos Burres, A., **Schultz, C.L.**, Christiana, R. Urroz, J., & Sabgir, D. (2019). Best Practices for Park Rx. Panel Discussion for SHIFT. Jackson Hole, WY.
1. **Schultz, C.L.** (2019). Healing in Our Nature Spaces: A Scalable Park Prescription Model. Plenary Speaker for the Association of Fish & Wildlife Agencies 109th Annual Meeting. St. Paul, MN.

TEACHING EXPERIENCE

- PRST 1010** **Introduction to Sport, Recreation and Tourism**[†] – 16-week Online General Education Undergraduate Course. Redesigned course and taught 3 semesters between Fall 2020-Present.
- PRST 1010** **Introduction to Sport, Recreation and Tourism**[†] – 8-week Online General Education Undergraduate Course. Redesigned course and taught 1 Summer session between 2021-Present.
- PRST 1010** **The American Leisure Experience**[†] – Online General Education Undergraduate Course. Taught 1 semester Spring 2020.
- PRT 449** **Human Dimensions of Natural Resources in Australia**^{*} – F2F Study Abroad Course. Co-instructor 2 semesters between 2015-2017.
- PRT 450** **Sustaining Natural Environments in Australia**^{*} – F2F Study Abroad Course. Co-instructor 2 semesters between 2015-2017.
- PRT 3215** **Program Development in Leisure Services**[†] - F2F Undergraduate Course. Taught 3 semesters between 2013-2014.
- PRT 504** **Data Management and Applications in Parks, Recreation, Tourism and Sports Management**^{*} – Online Distance Education Graduate Course. Teaching assistant for 1 semester in 2018.
- PRT 506** **Organizational Behavior and Leadership in PRTM**^{*} – Online Distance Education Graduate Course. Teaching assistant for 1 semester in 2015.
- PRT 2111** **Introduction to Planning and Evaluation of Leisure Environments**[†] - F2F Undergraduate Course. Teaching assistant for 1 semester in 2012.
- Guest Lecture** **KIN 612: Policy, Built Environment and Physical Activity** – Kansas State University. September 2021.

PROFESSIONAL SERVICE

Advisory Board Member
Hike It Baby, Portland, OR

Advisory Council Board Member
Emerging Leaders Program SHIFT

Executive Program Committee
2021 Active Living Conference, Virtual

Program Committee Member
2019 – Present SHIFT Conference

Conference Abstract Reviewer
2019 – Present Active Living Conference
2020 – Present SHIFT

Journal Manuscript Reviewer
Journal of Park and Recreation Administration
Journal of Healthy Eating and Active Living

AWARDS AND HONORS

2020 Children and Nature Network Inside Out Leadership Summit – selected participant

2019 SHIFT’s Emerging Leader Selected Participant – awarded to exemplary early career leaders in the outdoor recreation field

2019 Race Symposium Travel Award

2018 Thomas I. Hines Fellowship

2018-2019 Fletcher Graduate Fellowship from the North Carolina Recreation and Parks Scholarship Foundation

2015 Society of Outdoor Recreation Professionals Student Conference Scholarship

2014 National Rho Phi Lambda Outstanding Graduate Student Scholarly Activity Award

2014-2015 Graduate Fellowship – NC State University doctoral research award

2014 Graduate Professional Council Travel Award University of Missouri

2014 Mizzou Advantage Graduate Student Travel Award

2013 Graduate Professional Council Travel Award University of Missouri

2013 Northeastern Recreation Research Symposium Tom & Muriel More Student Registration Scholarship