

# **Camille Thomas**

**Assistant Provost and Professor of Kinesiology at Southern Utah University**

Cedar City, UT, US

Specializing in coaching psychology, exercise prescription and the pathophysiology of cancer, cardiovascular disease, stroke, and diabetes.

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## **Biography**

Dr. Camille Thomas is a professor of kinesiology and outdoor recreation at Southern Utah University. Dr. Thomas specializes in disease prevention, coaching psychology, exercise prescription and the pathophysiology of cancer, cardiovascular disease, stroke, and diabetes. She also teaches skills for coaching, soccer, racquetball, volleyball, weight training, swimming, cycling, and basketball. Soccer, however, is her real passion. One of her most time-consuming projects yet is an ongoing analysis of the past two World Cup competitions to discover successful strategies. Dr. Thomas earned a bachelor's degree and a Ph.D. in physical education from Brigham Young University, and a master's degree in physical education from Northern Illinois University.

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## **Industry Expertise**

Writing and Editing, Education/Learning, Research, Sport - Amateur

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## **Areas of Expertise**

Weight Management, Exercise Science, Plyometric Training, Biomechanics of Exercise, Methods of Sports Conditioning and Nutrition, Psychological Aspects of Sports Performance & Conditioning, Sport Specific Conditioning, Coping Strategies, Diabetes, Cardiovascular Disease, Exercise Prescription, Disease Prevention, Coaching Psychology, Pathophysiology of Cancer, Coaching Theory, Physical Education, Kinesiology, Advanced Techniques of Sports Conditioning, Skill Analysis, Nutrition

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## **Affiliations**

American College of Sports Medicine?, Society of Health and Physical Educators, National Strength and Conditioning Association

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## **Education**

**Brigham Young University**

Ph.D. Physical Education

**Northern Illinois University**

M.A. Physical Education

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