

# MICKI LYNN HRNCIR

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Phoenix, AZ 85004

## EDUCATION

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- MS** The University of New Mexico, Community Health Education May 2013
- BA** The University of New Mexico, Secondary Education May 2010

## PROFESSIONAL CREDENTIALS

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**Master Certified Health Education Specialist (MCHES)** October 2019  
Master Certified Health Education Specialists possess verified skill-sets and denote competency, commitment, versatility, and independent critical thinking skills.

**National Board-Certified Health and Wellness Coach (NBC-HWC)** March 2020  
NBHWC has collaborated with the National Board of Medical Examiners (NBME). The National Board Certification credential (NBC-HWC) represents the profession's highest standard.

## ADMINISTRATIVE EXPERIENCE

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- Program Director (co-director)  
Health Sciences, Healthy Lifestyle Fitness Science, BS undergraduate degree 2022 to 2023
- Interim Program Director  
Health Education & Health Promotion, BS undergraduate degree May 2023 to Aug 2023
- Program Director  
Public Health, BS undergraduate degree 2020 to 2022
- Academic Program Leader 2018 to 2020  
Population Health undergraduate degree portfolio

## TEACHING EXPERIENCE

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**Arizona State University, Phoenix Arizona** Dec 2014 to Present  
**Associate Teaching Professor**, College of Health Solutions

- **Taught HEP 102** Foundations and Principles of Health Education and Health Promotion, an undergraduate course averaging 40 students per semester, covering the following topics: health education specialist competencies, ethics, health philosophy, levels of prevention, risk factors, scientific research and writing.
  - Taught established curriculum in person and online
- **Taught HEP 241** Health Education Methods in Injury Prevention and Personal Preparedness, an undergraduate course averaging 60 students per year, covering the following topics: national datasets, recreation and transportation injuries, childhood injury, emergency preparedness, and crisis communication.
  - Developed, syllabus, all course materials, quizzes, exams, and homework

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- **Taught EXW 302** Fundamentals of Wellness, an undergraduate course averaging 40 students per class, covering the following topics: wellness, healthy behavior, avoiding risk, preventing disease, and wellness for lifetime.
  - Taught established curriculum online
- **Taught EXW 321** Consumer Health, an undergraduate course averaging 20 students per year, covering the following topics: health care approaches, consumer awareness, personal safety and health services, and protection of the consumer.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught EXW 341** Injury Prevention, an undergraduate course averaging 30 students per semester, covering the following topics: sports injury prevention, childhood injury prevention, fire safety, and injury prevention program planning.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught CHS 340** Health Theory, an undergraduate course averaging 100 students per semester, covering the following topics: the social ecological model, the Health Belief Model, Transtheoretical Model, Theory of Planned and Behavior, Social Cognitive Theory.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught EXW 350** Substance Abuse & Addictive Behavior, an undergraduate course averaging 50 students per class, covering the following topics: theories of addiction, the major categories of psychoactive substances, drug trafficking, prevention and treatment.
  - Taught established curriculum online
- **Taught EXW 361** Social Media and Marketing in Health Promotion, an undergraduate course averaging 30 students per class, covering the following topics: health literacy, communication, social media, and social marketing theory.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught EXW 380** Body Image for Wellness, an undergraduate course averaging 40 students per class, covering the following topics: body image research, positive body image practices, and body image disorders and issues.
  - Taught established curriculum online
- **Taught EXW 400** Stress Management for Wellness, an undergraduate course combined with a graduate section, averaging 40 students per class, covering the following topics: the physiology of stress, maladaptive behaviors, resilience, and techniques for reducing stress.
  - Taught established curriculum online
- **Taught HEP 443** Emotional Health & Interpersonal Relationships, and undergraduate course averaging 45 students per class, covering the following topics: research about emotions, self-awareness, effective expression and communication practices, developing relationships.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught EXW 446** Health Promotion Planning & Evaluation, and undergrad course averaging 10 students per class, covering the following topics: planning health interventions, evaluating data collection tools, ethics, and professionalism
  - Developed, syllabus, all course materials, quizzes, exams, and homework

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- **Taught HEP 454** Health Promotion Program Planning & Implementation, an undergraduate course combined with a graduate section, averaging 25 students per class, covering the following topics: needs assessments, program planning skills, health education intervention design, and implementation plans.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught HEP 456** Health Promotion Program Evaluation, an undergraduate course combined with a graduate section averaging 20 students per class, covering the following topics: evaluation design, data collection & analysis, human subjects ethics, and report writing.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught HEP 466** Health Promotion Program Management and Administration, an undergraduate course averaging 25 students per class, covering the following topics: teamwork and professionalism in the workplace, managing and staffing employees, management of financial resources, and leadership.
  - Developed, syllabus, all course materials, quizzes, exams, and homework
- **Taught PBH 435** Environmental and Occupational Health, and international undergraduate course averaging 40 students per class, covering the following topics: ecology, air pollution, water pollution, chemical and occupational exposures, and pest control.
  - Taught established curriculum online and co-designed the new course in 2023
- **Taught HEP 490** CHES Exam Preparation, an undergraduate course averaging 30 students per class, covering the following topics: Areas of Responsibility for Health Education Specialists
  - Taught established curriculum online

#### **Undergraduate Students Advised**

- Elise Skeeters. Barrett Honors Thesis “Social Media Campaign for Chronic Traumatic Encephalopathy”. Expected May 2024
- Ameer Hagler, “Survey Development, Administration and Analysis for Care for the Caregiver Organization”. Completed May 2022
- Barrett Honors Thesis Project – K. Luego “Hope for College Students During COVID-19”. Completed May 2021
- Anne Shikles, “Methods of Injury Prevention in the Workplace”. Completed November 2018
- Jaime Richardson, “Movement and Flexibility Role in Injury Prevention”. Completed November 2018
- Michael Gaines, “Improve Our College Student’s Mental Health”. Completed March 2018
- Undergraduate Honors Students – Angelica Chan and Jose Duran, “Effects of Positive Affirmations on Depressive Symptoms among Female and Male Senior Barrett Honors Students”. Completed October 2017

#### **Graduate Students Advised**

- Angelica Lopez. “Mindfulness for College Students with Autism”. Completed May 2023
- Brianna Scott “Taking Control of My Diabetes: A Health Education Program for Adults Living in a Long-Term Care Facility. Completed May 2018
- K. Olsen, Capstone Project “Worksite Wellness” an online program. Projected December 2019
- Frank Medina, “Health Literacy Curriculum for Health Education Program for the Latino Population”. Completed 2020
- Jennifer Engelman, Capstone Project “Working Toward Wellness: A Worksite Wellness Program”. Completed April 2018
- Emma Celozza, “Health Education Job Search”. Completed in 2017
- Jennifer Galbreath “Self-Esteem and College Teaching” Completed 2018

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**The University of New Mexico, Albuquerque, NM**

Aug 2013 to May 2014

**Adjunct Faculty, Health Education Sports Sciences**

- **Taught HED 260** Foundations of Health Promotion
- **Taught HED 306** Conflict Mediation
- **Taught HED 333** Emotional Health
- **Taught HED 451** Teaching Methods in Health Education
- **Taught HED 477** Stress Management
- **Taught HED 577** Stress Management

**Graduate Teaching Assistant, Health Education Sports Sciences**

Aug 2012 to May 2013

- **Taught HED 209** HIV Aids Prevention
- **Taught HED 306** Conflict Mediation
- **Taught HED 321** Violence Prevention
- **Taught HED 333** Emotional Health

**Albuquerque Public Schools, Albuquerque NM**

May 2008 to May 2013

**Substitute Teacher, Pathways Academy June 2009 to Dec 2014**

- **Taught K-12, Special Ed., Social Studies, Language Arts, Math and Science**
  - Administered or developed lesson plans, created a supportive learning environment in the absence of the general teacher, and administered grades as needed.

**Substitute Teacher, All City Schools**

May 2009 to May 2012

- **Taught Art, Science, Math, Language Arts, Band, Physical Education, Pre-school through high school**
  - Administered or developed lesson plans, created a supportive learning environment in the absence of the general teacher, and administered grades as needed.
  - Was requested regularly by familiar elementary and middle schools

**Teacher, Ernie Pyle Middle School**

Aug 2010 to May 2011

- **Taught Special Ed. Physical Science**
  - Developed unit lesson plans, overall class structure, active learning projects, administered classroom management and behavioral interventions, and collaboration on Individualized Education Plans (IEPs), and administered all grades.
  - Served as after school tutor through third party partnership for underserved schools

**Student Teacher, South Valley Academy High School**

Aug 2009 to May 2010

- **Taught Language Arts and Technical Writing**
  - Developed unit lesson plans, overall class structure, active learning projects, and administered all grades.

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## **SPECIAL PROJECTS AND PRESENTATIONS**

### ***Administrative Tools for College***

1. Hrnrcir, M. (2023). Personalized Report for Health Education and Promotion Faculty. Tool used to communicate with faculty about degree program assessment findings and strengths and weaknesses of program benchmarks.
2. Hrnrcir, M. (2022). University Services and Facilities Committee Suggestion Box, ASU Senate. Tool used to collect suggestions from senators.

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3. Hrnrcir, M. (2022). Personalized Report for Public Health Faculty. Tool used to communicate with faculty about degree program assessment findings and strengths and weaknesses of program benchmarks.
4. Hrnrcir, M. (2019). Semester Report Student Mental Health Concerns. College of Health Solutions. Tool for Faculty and Administrative Use.
5. Hrnrcir, M. (2019). CONHI CHS Curriculum Comparison Initial Report. Tool for Administrative Use.
6. Hrnrcir, M. (2018). Temporary Low Enrollment Class Scheduling Process, Procedure, and Policy. College of Health Solutions. Tool for College Wide Use.
7. Hrnrcir, M. (2018). Translational Team Application Form Original and Revised Drafts. College of Health Solutions. Tool for College Wide Use.
8. Hrnrcir, M. (2018). Translational Team Guidebook Original and Revised Drafts. College of Health Solutions. Tool for College Wide Use.
9. Hrnrcir, M. (2016). Peer Observation of Teaching for Online Courses Evaluation Form. Adopted for use by SNHP 2016-2019.

## ***Written Submissions***

1. Hrnrcir, M. (2021). Section Proposal for Health and Wellness Coaching Model for J.W. Marriot Hotel.
2. Kizer, E. and Hrnrcir, M. (2021). Public Health Specialist Job Trends Article. Zippia:  
<https://www.zippia.com/public-health-specialist-jobs/trends/>
3. Hrnrcir, M. (2019). Faculty Collaborative Curriculum Grant Proposal: Interdisciplinary Health Behavior Theory Course. (not funded)
4. Hrnrcir, M. (2019). Textbook Chapter Review: Emotional Intelligence. Kendall Hunt Publishing Company.
5. Hrnrcir, M. (2016). The Growing Interest of preventing Disease and Improving Quality of Life: ASU Prepares Health Education Specialists for the 21st Century. College of Health Solutions Alumni Letter.

## ***Presentations***

1. Hrnrcir, M. (2021). Hand Washing and Public Health Hygiene. Barrett The Honors College and The College of Health Solutions Cohort.
2. Hrnrcir, M. (2021). Pedestrian Safety Summer Camp. Barrett The Honors College and The College of Health Solutions Cohort.
3. Hrnrcir, M. (2020). Think Inside the Box: Innovation Teaching Strategies. Arizona State University, College of Health Solutions, faculty workshop in person/virtual.
4. Hrnrcir, S. and Hrnrcir, M. (2017). A Paradigm for Online Design: The Basic Bits Lessons Learned. Arizona State University, College of Health Solutions.
5. Hrnrcir, S. and Hrnrcir, M. (2017). A Paradigm for Online Design: The Basic Bits. ASU Learning Innovation Showcase, Arizona State University.

## ***Workshop Facilitation***

1. Gregory-Mercado, K. and Hrnrcir, M. (2023). Faculty Workshop: Developing Vignette Assessments for Health Coaching Courses – a valid educational assessment tool to elicit critical thinking and unique problem solving. 10 attendees
2. Hrnrcir, M. (2021). HEP 443 Emotional Health & Interpersonal Relationships Deep Dive Session: Cultural Awareness. Collaboration with Health Education and Health Promotion Curriculum Committee. Seven attendees.
3. Hrnrcir, M. (2019). Health Theory Collaboration Workshop – a group process involving various layers of college faculty and leadership for the design of comprehensive curricula. 14 attendees.

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### ***Collaborative Curriculum Projects***

(In-progress)

Hrnair, M. and Gregory-Mercado, K. (2023). HEP 466 Health Promotion Program Management and Administration, an undergraduate course dedicated to management, leadership, and finance in health education and health coaching.

(In-review)

Hrnair, M., Helitzer, D., and Der-Ananian, C. (2023). Program Planning, Implementation, and Evaluation undergraduate and graduate courses aligned with 2020 Health Education Specialist Practice Analysis (HESPA) competencies.

(In-review)

Gray, T., Gregory-Mercado, K., and Hrnair, M. (2023). EXW 101 Foundations of Health and Fitness Science, an undergraduate course dedicated to foundations and principles of fitness science, health education, and health coaching.

(University-reviewed course)

Savaglio-Battles, L. and Hrnair, M. (2023). PBH 435 Environmental and Occupational Health, an undergraduate online course for local and international. Received designation for Literacy and Critical Inquiry general education requirements for Arizona State University.

(Instructional Design and College-reviewed modules)

Hrnair, M. (2020). Self-Care Checkup Module, open to all ASU faculty, staff, students, published spring 2020, self-enroll here **URL: <https://canvas.asu.edu/enroll/TM4FWK>**

(College-reviewed course)

Hrnair, M. Scribner, C., Carr, N., Chisum, J., Pearl, J. (2019). Interdisciplinary Health Behavior Theory & Application Course, an undergraduate online and immersion course, 7.5 weeks and 15-week format.

(College-reviewed modules)

Etheridge-Woodson, S., Walker, X., Burman, Y., Hall, A., Hrnair, M. (2019). College of Health Solutions (CHS) and Herberger Institute for Design and the Arts (HIDA), Translational Teams and Design & Arts Corps Project. Learning Modules for CHS and HIDA students participating in experiential learning.

(College-reviewed modules)

Hrnair, M. and Sandback, B. (2019-2020). Translational Team Bootcamp (TBC) Modules. Canvas course created for anyone working with the Metabolic Health Translational Team including students, staff, and community partners.

### **INSTITUTIONAL SERVICE**

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ASU Faculty Senate voting member	2019 to 2023
University Services and Facilities Committee	2020 to 2023
Committee for Campus Inclusion (CCI)	2015 to 2016
Subcommittee for Policing, Privilege and Policy Seminar (CCI)	2015 to 2016
Translational Team Planning Committee	2018 to 2019
Downtown Campus Representative, Excellence in Inclusion and Diversity Awards Ceremony	2015 to 2016
Clown Town Community Event on behalf of College of Health Solutions	2015
Served on several College of Health Solutions (CHS) committees:	

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- Committee on Committees
- Annual Review Committee
- CHS Curriculum Committee
- Faculty Wellness & Vitality Committee
- Mentoring Program
- Scholarship Committee
- Faculty Success Committee
- Population Health Curriculum Committee
- Health Education and Health Promotion Curriculum Committee
- Healthy Lifestyle Fitness Science Curriculum Committee
- Exercise and Wellness Curriculum Committee
- College of Health Solutions Recruitment Events
  - Freshmen Welcome Day
  - Family Day 2018
  - Faculty Panelist for Bridge Scholarship 2019
  - Summer Camp for Barrett Honors Program 2021
  - Summer Bridge Program for CHS 2019
  - ASU Homecoming Tent Attendant 2022

## PROFESSIONAL TRAINING

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### Conference Attendance

- Health Coach Summit and Conference, Lifestyle Medicine University Foundation. July 2023 (22 hours)
- Lilly Conference on College Evidence-Based Teaching & Learning, January 2020 (12 hours)
- Art & Science of Health Promotion Conference, San Diego, 2018 (12 hours)
- Arizona Sanitarian's Conference, Arizona Public Health Department, November 2020 (14 hours)
- Building Healthy Lifestyles Conference Attendee, Tempe, AZ, February 2018 (5 hours)
- Building Healthy Lifestyles Conference Attendee, Arizona State University, Tempe, AZ, March 2016 (12 hours)
- The Teaching Professor Conference, Atlanta GA, May 2015 (3 days)

### Seminar

- Sim X Virtual Reality Simulation Lab, College of Health Solutions November 2023 (3 hours)
- Speech and Hearing Science Clinical Tour, College of Health Solutions, November 2023 (2 hours)
- U.S. Surgeon General National Tour: Made to Connect, Dr. Vivek Murthy, Arizona State University, November 2023 (1 hour)
- Student Veteran Proving Grounds Training, The ASU Pat Tillman Veterans Center, August 2023 (2 hours)
- Student Veteran Proving Grounds Training, The ASU Pat Tillman Veterans Center, March 2023 (1 hour)
- Understanding and Teaching International Students, Renee Klug, October 2017 (1 hour)
- CHS Leadership Series: Lessons in Privilege and Bias, Phoenix, AZ, (5 hours). January 2019
- Dissemination & Implementation (D&I) Seminar, Arizona State University, January 2019 (5 hours)
- Policing, Privilege and Policy in the 21st Century, ASU CCI Event, Arizona State University, Phoenix AZ, January 2016 (4 hours)
- SAFETalk Suicide Intervention Training, Blue Cross Blue Shield of Arizona, Phoenix AZ, December 2015 (4 hours)

### Workshops

- CHS Teaching Academy Beta Test Graduate, College of Health Solutions Instructional Design Training, 2021 (30 hours)
- Urban Serving Universities (USU) Social Determinants of Health Innovation, University of Cincinnati, September 2019 (12 hours)

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- Organizational Excellence Community of Practice, Tempe Campus, May 2019 (4 hours)
- Leading the College to Success Retreat, Arizona State University, Phoenix, AZ, March 2019 (8 hours)
- Interdisciplinary Translation and Team Science Workshop, Arizona State University, Phoenix, AZ, February 2019 (5 hours)
- Remaking Education Attendee and Participant, Olin College of Engineering and Emerson College, Boston, MA, November 2018 (8 hours)
- Quality Matters Workshop for Online Teaching, Arizona State University, Scottsdale, AZ, May 2016 (8 hours)

## Trainings

- Coaching for Emotional Wellbeing, Best Possible Self Institute. November 2023
- Lifestyle Medicine and Food as Medicine Course, American College of Lifestyle Medicine, September 2023
  - Earned certificate (5.5 hours)
- Health and Wellness Coach Certificate Program, Arizona State University, October 2020
  - Earned certificate (75 hours)
- Worksite Wellness Specialist Certificate Program, National Wellness Institute, May 2020
  - Earned certificate (14 hours)
- Focused Holistic Facilitation Process Design Course, MGR Consulting, September 2019
  - Earned certificate (5 hours)
- Focused facilitating People and Conflict Course, MGR Consulting, July 2019
  - Earned certificate (5 hours)
- Focused Introductory Facilitation Skills Course, MGR Consulting, June 2019
  - Earned certificate (5 hours)
- Thinking Behind Choices training Intrinsic Solutions International. May 2019
  - Earned certificate (24 hours)
- Prevent Gun Violence: Self Study Course: Health Education Partners, July 2017
  - Earned certificate (16 hours)

## PROFESSIONAL AFFILIATIONS

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National Board for Health and Wellness Coaches	2021 to Present
National Commission for Health Education Credentialing	2014 to Present

## RELEVANT COMMUNITY SERVICE

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- Watt's College 5k Walk, run, roll United Way fundraiser, Tempe AZ, November 2023
- Base & Meridian Wildlife Area Cleanup, Tolleson, AZ, 2018
- Peoria Health Fair, Student Health Outreach for Wellness (SHOW) Community Initiative, Peoria, AZ, 2018
- ASU A Day of Social Outreach, Adubon Owls Project, Phoenix, AZ, 2018
- ASU A Day of Social Outreach, UMOM Volunteer, Phoenix, AZ, 2016
- Certified Emergency Response Team (CERT), Phoenix Fire Department, Phoenix, AZ, 2015 to 2017

## CLINICAL & PRACTICAL EXPERIENCE

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- Outreach Coordinator, Health Education Dept. Student Health & Counseling, The University of New Mexico
- Program Coordinator, Health Education Dept. Student Health & Counseling, Healthy Weight Program, The University of New Mexico
- Youth Program Leader & Coordinator, Department of Senior Affairs, City of Albuquerque

## AWARDS

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**SUN Awards**

The SUN Award is an easy way to give specific, immediate recognition to ASU co-workers. It is a thoughtful, positive way to honor an employee for supporting university goals.

<b>SUN Award:</b> Exemplary Service & Social Embeddedness	2023
<b>SUN Award:</b> Exemplary Service & Demonstrating Leadership	2023
<b>SUN Award:</b> Exemplary Service & Supporting Student Success	2022
<b>SUN Award:</b> Peer Support	2022
<b>SUN Award:</b> Supporting Student Success	2020
<b>Spirit Award</b>	2019
Academic Program Leader for demonstrating good spirit	

**COMPUTER SKILLS**

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**Applications:** Microsoft Office Suite, Google Docs, Computer Generated Artificial Intelligence (ChatGPT), Grammarly

**Platforms:** Canvas Learning Management System, Blackboard Learning Management System, Rise 360 (Articulate)