

Matthew J. Gage, PhD, ATC

Work

Liberty University
Health Professions Department
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EDUCATIONAL BACKGROUND

Doctor of Philosophy Brigham Young University, Provo, UT
Graduated: December 2009
Major Area: Exercise Sciences
Concentration: Physical Medicine and Rehabilitation

Master of Science Eastern Kentucky University, Richmond, KY
Graduated: July 1998
Major Area: Physical Education
Concentration: Sports Administration

Bachelor of Arts University of Northern Iowa, Cedar Falls, IA
Graduated: May 1997
Major Area: Elementary Education
Minor Areas: Athletic Training, Coaching, & Math

PROFESSIONAL EXPERIENCE

Liberty University, Lynchburg, VA

- Associate Professor/ Clinical Coordinator, Health Professions Department (Athletic Training Education Program), August 2012 - Present

Indiana State University, Terre Haute, IN

- Assistant Professor, Department of Applied Medicine & Rehabilitation (Athletic Training Education Program), August 2009 – July 2012

Brigham Young University, Provo, UT

- Doctoral Teaching Assistant, Exercise Sciences Department, August 2005 – July 2009

University of Northern Iowa, Cedar Falls, IA

- Assistant Athletic Trainer, Clinical Education Coordinator, & Instructor, Athletic Training Division, August 1998 – May 2005

Eastern Kentucky University, Richmond, KY

- Graduate Teaching Assistant & Athletic Trainer, Physical Education Department, August 1997 – May 1998

ACADEMIC COURSES INSTRUCTED

Liberty University

- ATTR 220 Practicum I
- ATTR 221 Practicum II
- ATTR 225 Clinical Kinesiology
- ATTR 300 Evaluation of Athletic Injury I
- ATTR 301 Evaluation of Athletic Injury I Laboratory
- ATTR 302 Evaluation of Athletic Injury II
- ATTR 320 Practicum III
- ATTR 321 Practicum IV
- ATTR 402 Practical Application of Therapeutic Exercises
- ATTR 420 Practicum V

Indiana State University, Terre Haute, IN

- ATTR 110 Introduction to Health Professions
- ATTR 212 Care & Prevention of Athletic Injuries
- ATTR 212L Care & Prevention of Athletic Injuries Lab
- ATTR 225 Medical Terminology
- ATTR 255 Clinical Education I
- ATTR 256 Clinical Education II
- ATTR 356 Clinical Education IV
- ATTR 362 Foundations of Therapeutic Modalities and Rehabilitation
- ATTR 456 Clinical Education VI
- ATTR 475 Therapeutic Exercise
- ATTR 475 Applied Therapeutic Rehabilitation and Reconditioning
- ATTR 610 Sports Injuries
- ATTR 661 Evidence Based Rehabilitation of the Kinetic Chain
- ATTR 698 Research Project
- ATTR 699 Master's Thesis

Brigham Young University, Provo, UT

- EXSC 320 Basic Athletic Training
- EXSC 321 Basic Athletic Training Lab
- EXSC 394 Athletic Training Clinical Education I
- EXSC 395 Athletic Training Clinical Education II
- EXSC 494 Athletic Training Clinical Education III
- EXSC 495 Athletic Training Clinical Education IV

University of Northern Iowa, Cedar Falls, IA

- 42T:023 Introduction to Athletic Training
- 42T:033 Emergency Care in Athletic Training
- 42T:133 Upper Body Injury Assessment
- 42T:134 Upper Body Injury Assessment Clinical Experience
- 42T:137 Lower Body Injury Assessment
- 42T:138 Lower Body Injury Assessment Clinical Experience
- 42T:144 Therapeutic Modalities Clinical Experience
- 42T:158 Therapeutic Exercise Clinical Experience
- 420:018 Prevention and Care of Injuries for the Physically Active
- 420:019 Prevention and Care Laboratory

Area Seven Education Agency, Cedar Falls, IA

- Prevention and Care of Athletic Injuries
- Prevention and Care of Athletic Injuries Lab

Eastern Kentucky University, Richmond, KY

- HPR 180 Fitness and Wellness
- HPR 282 Exercise, Movement, and Sports Skills

PROFESSIONAL ACADEMIC EXPERIENCES

Liberty University, Lynchburg, VA

Associate Professor/ ATEP Clinical Coordinator – August 2012 – Present

- Teach undergraduate athletic training courses
- Serve as the Clinical Coordinator

Indiana State University, Terre Haute, IN

Assistant Professor – August 2009 – Present

- Teach graduate and undergraduate athletic training courses
- Serve as an Approved Clinical Instructor
- Serve on ISU's Athletic Training Education Graduate and Research Committees
- Serve as the Chairperson of the Research Committee for the Department of Applied Medicine and Rehabilitation
- Serve as the Director of the Applied Medicine Research Center
- Serve as a member of the Department of Applied Medicine and Rehabilitation Athletic Training Education Program Committee
- Serve as the Department of Applied Medicine and Rehabilitation's representative for the College Academic Affairs Committee
- Served as a member of the Department of Applied Medicine and Rehabilitation's Inter-Professional Committee

Brigham Young University, Provo, UT

Doctoral Teaching Assistant—August 2005 – July 2009

- Taught physical activity courses
- Taught athletic training courses
- Served as an Approved Clinical Instructor
- Served as research coordinator to Dr. Ty Hopkins
- Served as Documentation Committee Chairperson for BYU's ATEP Self-study
- Served on BYU's Teaching Partnership Committee
- Visited field experience sites

University of Northern Iowa, Cedar Falls, IA

Athletic Training Education Program Clinical Coordinator - January 2004 – May 2005

- Served as the Clinical Instructor Educator
- Facilitated the development of clinical education component for the entry-level Athletic Training Education Program
- Managed field experience rotations
- Established new field experience rotations
- Coordinated annual field experience rotation summaries
- Conducted annual meetings with field experience supervisors
- Managed the distribution and collection of field experience hours
- Built and maintained professional relationships between University of Northern Iowa Athletic Training Education Program and field experience sites

University of Northern Iowa, Cedar Falls, IA

Athletic Training Instructor/Approved Clinical Instructor - - August 1998 – May 2005

- Taught entry level and advanced athletic training classes
- Served as a clinical instructor and supervised athletic training students in the collegiate athletic training setting

UNI Athletic Training Camp, Cedar Falls, IA

Co-Camp Director - July 2003

- Organized the camp brochure
- Helped organize the curriculum and taught portions of the curriculum

UNI Athletic Training Camp, Cedar Falls, IA

Camp Counselor/Instructor - - Summer 1993, 1994, 1995

- Counselor/Instructor for twenty high school students interested in athletic training
- Stayed overnight in the dorm to supervise and assist campers

PRESENTATIONS

Oral Research Presentation

- **Gage, MJ**, Hopkins, JT, Seeley, MK, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, & Sudweeks, RR. The Effect of an Eight-Week Training Program on Muscle Activation in Healthy & Chronic Ankle Instability Subjects. – *Accepted for presentation at the National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO, June 2012*
- Callahan, M, **Gage MJ**, Nesser, T, Ferng, SF. Comparison of Muscle Activation During the Active Straight Leg Raise and Double Straight Leg Lowering Test – *Accepted for presentation at the National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO, June 2012*
- Finn ME, Yeargin SW, Eberman LE, **Gage MJ**, McDermott BP, Gray MT, Niemann AJ. Effect of fluid administration on ad libitum fluid consumption and hydration status. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011
- Yeargin SW, Finn ME, Eberman LE, McDermott BP, **Gage MJ**, Niemann AJ, Gray MT. Effect of Water Bottle Fluid Delivery on Ad Libitum Fluid Consumption and Hydration Status . National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011
- **Gage MJ**, Hopkins, JT, Seeley, MK, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, Sudweeks, RR. The effect of an eight-week training program on abdominal muscle thickness in chronic ankle instability and healthy subjects. National Athletic Trainers' Association Annual Meeting and Symposia, Philadelphia, PA, June 2010
- **Gage, MJ**, Hopkins, JT. Comparison of Abdominal Muscle Activation and Center of Pressure During Static and Dynamic Movements. National Athletic Trainers' Association Annual Meeting and Symposium, St. Louis, MO, June 2008
- **Gage, MJ**, Hopkins, JT. Increased Abdominal Muscle Activation and Center of Pressure During Static and Dynamic Movements. Rocky Mountain Athletic Trainers Association Annual Meeting, Denver, CO, April 2007
- **Gage, MJ**, Evans, T. Case study: Acute Idiopathic Swelling in the Arm of a Female Collegiate Volleyball Player, National Athletic Trainers' Association Annual Meeting. Baltimore, MD, June 2004

Poster Presentation

- Lattimer, L, **Gage MJ**, Demchak, T, Dominguese, D. Gender differences in muscle activation during a functional drop jump. – *Accepted for presentation at the National Athletic Trainers' Association Annual Meeting and Clinical Symposium, St. Louis, MO, June 2012*
- **Gage MJ**, Hopkins, JT, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, Sudweeks, RR, Seeley, MK. Eight-Weeks of Abdominal Training Reduces Vertical Ground Reaction Forces During a Landing Task. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011
- **Gage, MJ**, Hopkins, JT. Thematic Poster Presentation: The Comparison Of Lower Extremity Energy Absorption Between Healthy And Chronic Ankle Instability Subjects During A Single Leg Drop Landing. National Athletic Trainers' Association Annual Meeting and Symposium, San Antonio, TX, June 2009
- **Gage, MJ**, Myrer W, Hopkins, JT Seeley, M. Reliability of Measuring Active and Relaxed Abdominal Muscle Thickness Using Rehabilitative Ultrasound Imaging. ASCM Annual Meeting, Indianapolis, IN, May 2008
- Fredericks, D, Guyon, PW, Parker, S, Hopkins, JT, **Gage, MJ**, Feland, JB, Hunter, I, Stretch Reflex Alteration Acutely Following Whole Body Vibration. ASCM Annual Meeting, Indianapolis, IN, May 2008
- **Gage, MJ**, Myrer W, Hopkins, JT Seeley, M. Reliability of Measuring Active and Relaxed Abdominal Muscle Thickness Using Rehabilitative Ultrasound Imaging. Rocky Mountain Athletic Trainers Association Annual Meeting, Phoenix, AZ, May 2008
- **Gage, MJ**, Williams, RB, Knight, KL. Bridging the Gap Between Athletic Training Academia and Clinical Athletic Trainers. Rocky Mountain Athletic Trainers Association Annual Meeting, Salt Lake City, UT, April 2006

Invited Presentations

- **Gage, MJ**, Williams, RB. Special Interest Group: Education: Integration of Academic & Clinical Athletic Trainers. National Athletic Trainers' Association Annual Meeting and Symposium, St. Louis, MO, June 2008
- **Gage MJ**, Long, BC. 2008 National Athletic Trainers' Association Multimedia Showcase: Basic Athletic Training and Wrapping DVD. National Athletic Trainers' Association Annual Meeting and Symposium, St. Louis, MO, June 2008
- **Gage, MJ**. Building Bridges between Academic and Clinical Athletic Trainers. Rocky Mountain Athletic Trainers Association Annual Meeting, Denver, CO, April 2007
- **Gage, MJ**, Miller, KC. Assessing and Implementing Evidence Based Research. Rocky Mountain Athletic Trainers' Association Annual Meeting. Salt Lake City, UT. April 2006.
- **Gage, MJ**, Careers in Athletics. Sports Talk: Following the Cats. Cedar Falls, IA, April 2003.
- **Gage, MJ**. Wrestling Weight Certification and Weight Loss. Sports Talk: Following the Cats. Cedar Falls, IA, January 2003.
- **Gage, MJ**. Career in Athletic Training. Waterloo Junior High School Career Day. Waterloo, IA, April 2000.
- **Gage, MJ**. Taping and Wrapping techniques in Athletic Training. Sports Medicine Symposium for Cheerleading Coaches. Richmond, KY, June 1998.
- **Gage, MJ**. Career in Athletic Training. Waco Elementary Career Day. Waco, KY, May 1998.

PUBLICATIONS & CURRENT RESEARCH

Published Manuscripts

- Kingsley, JD, Zakrajsek, R, Nesser, T., **Gage MJ**. Effects of motor imagery versus stretching on anaerobic performance . J Strength Cond Res 2013; 27: 265-269.
- **Gage, MJ**, Williams, RB, Knight, KL. Bridging the gap between academic and clinical athletic trainers. Int J Athl Ther Train 2012; 17 (1):2-7.
- Draper, DO, **Gage, MJ**. Pulsed shortwave diathermy and joint mobilization restore range of motion to a patient with adhesive capsulitis of the shoulder: a case study. Athl Train Sports Health Care 2010; 2 (1): 31-35.
- Hopkins, JT, Pak, JO, Robertshaw, AE, Feland, JB, Hunter, I, **Gage, MJ**. Whole body vibration and dynamic restraint. Int J Sports Med 2008; 29 (5): 424-8.
- Hopkins, JT, Fredericks, D, Guyon, PW, Parker, S, **Gage, MJ**, Feland, JB, Hunter, I. Whole body vibration does not potentiate the stretch reflex. Int J Sports Med 2009; 30 (2): 124-129.

Manuscripts Under Peer Review

- Yeargin SW, Finn, M, Eberman LE, McDermott BP, **Gage MJ**, Niemann A. Effect of Fluid Delivery Method on Hydration Status and Fluid Consumption. *Submitted to the Journal of Athletic Training*.
- Finn M, Yeargin SW, Eberman LE, **Gage MJ**, McDermott BP, Niemann A, Gray M. Effect of Fluid Administration on Hydration Status and Fluid Consumption in Active Individuals. *Submitted to the Journal of Athletic Training*.

Projects in Progress

- **Gage, MJ**, Hopkins, JT, Seeley, MK, Draper, DD, Hunter, I, Feland, JB, Myrer, JW, & Sudweeks, RR. The Effect of an Eight-Week Training Program on Abdominal Muscle Thickness in Chronic Ankle Instability & Healthy Subjects. *Manuscript Development*
- **Gage, MJ**, Myrer W, Hopkins, JT Seeley, M. Reliability of Measuring Active and Relaxed Abdominal Muscle Thickness Using Ultrasound Imaging in Healthy Subjects. *Manuscript Development*
- Lattimer, L, **Gage MJ**, Demchak, T, Dominguese, D. Gender differences in muscle activation during a functional drop jump. *Manuscript Development*
- Callahan, M, **Gage MJ**, Nesser, T, Ferng, SF. Comparison of Muscle Activation During the Active Straight Leg Raise and Double Straight Leg Lowering Test - *Manuscript Development*
- **Gage, MJ**, Hopkins, JT, Schafer, D. Comparison of Abdominal Muscle Activation and Center of Pressure During Static and Dynamic Movements. - *Manuscript Development*
- **Gage, MJ**, O'Brien, M, Hopkins JT. Lower Extremity Energy Absorption in Subjects With Functional Ankle Instability During a Single Leg Drop Landing. –*Manuscript Development*
- **Gage MJ**, Hopkins, JT, Myrer, W, Feland, JB, Hunter, I, Draper, D, Sudweeks, R. Strengthening the Lateral Abdominal Muscle may Influence Balance, Postural Control and Lower Extremity Muscle Activation. – *Manuscript Development*
- Dorpinghaus, N, **Gage MJ**, Yoder A, Kingsley JD, Dominguese, D. The effects of a gluteus medius training protocol on muscle activation and postural control. - *Data Collection*
- **Gage, MJ**. The effects of abdominal hollowing on lower extremity muscle activation during a single leg drop-landing. *Data Collection*
- Nesser, T, **Gage MJ**. Core muscle activation during the Front Squat, Back Squat, Overhead press and Push Press. *Data Analysis*

CONFERENCE RESPONSIBILITIES

Moderator

- National Athletic Trainers' Association Annual Meeting & Symposium. St. Louis, MO, June 2012,
 - Core Stability
- Rocky Mountain Athletic Trainers' Association Annual Meeting. Denver, CO; April 2007
 - American Red Cross Professional Rescuer CPR/AED Update
 - Effective Use of Aquatic Therapy in the rehabilitation of Athletes
 - Clavicular Fractures in the High School Athlete
- National Athletic Trainers' Association Annual Meeting and Clinical Symposium; Atlanta, GA, June 2006
 - Clinical Assessment Technology – Lower Extremity
- Rocky Mountain Athletic Trainers' Association Annual Meeting. Salt Lake City, UT; April 2006
 - Concussion Assessment and Return to Play Criteria
 - Kinetic Chain Assessment

STUDENT MENTORING

Undergraduate Research Mentoring

- Erika Lomax and Krystal Barnhorst. The effects of abdominal hollowing on lower extremity muscle activation during a single leg drop-landing, , Indiana State University, Spring 2012- Present
- Heather McDonald and Marie O'Brien: Lower extremity energy absorption in subjects with functional ankle instability during a single leg drop landing, Brigham Young University, Fall 2007
- Doug Schafer: Comparison of abdominal muscle activation and center of pressure during static and dynamic movements, Brigham Young University, 2006-2007
- Heather McDonald: Comparison of abdominal muscle activation and center of pressure during static and dynamic movements, Brigham Young University, Fall 2006

Graduate Research Mentoring

Masters' Thesis Committee Chair

- Nathan Dorpinghaus: The effect of gluteus medius training on muscle activation, postural control, and center of pressure, Indiana State University, Fall 2010 – Summer 2012
- Lauren Lattimer: Comparison of lower extremity and trunk muscle activation between genders during a dynamic movement, Indiana State University, Fall 2009 –Summer 2011
- Megan Callahan: Comparison of muscle activation during the active straight leg raise and double straight leg lowering test, Indiana State University, Fall 2009 –Summer 2011

Masters' Thesis Committee Member

- Mary Green: Diagnostic ultrasound imaging to measure the thickness of the transversus abdominis muscle during a supine abdominal bridge, University of South Carolina, Fall 2012- Present

- Kayla Stankowski: The effects of playing surfaces on landing mechanics during a jump rebound-landing task, Indiana State University, Fall 2010 – Summer 2012
- Megan Finn: Effect of fluid administration on hydration status and fluid consumption, Indiana State University, Fall 2009 – Summer 2011

GRANTS

External Funding

- Dorpinghaus, N, **Gage MJ**. Great Lakes Athletic Trainers Association Research Grant. “The effects of a gluteus medius training protocol on muscle activation and postural control”. *Declined \$1500.00*
- **Gage MJ**, Jutte, L. Great Lakes Athletic Trainers Association Research Grant. “Reliability of measuring cross-sectional area of various lower extremity muscles”. *Declined \$1500.00*
- **Gage MJ**. Great Lakes Athletic Trainers Association Research Grant. “Comparison of lower extremity /trunk muscle activation during single leg drop landings with and without abdominal hollowing”. *Declined \$1500.00*

Internal Funding

Indiana State University

- **Gage, MJ**. Center for Student Research and Creativity Grant. “Comparison of lower extremity /trunk muscle activation during single leg drop landings with and without abdominal hollowing”. January 2012 *Funded \$2000.00*.
- Lattimer, L. & **Gage, MJ**. College of Graduate and Professional Studies Student Research Grants. Gender differences in muscle activation during a functional drop jump. February 2011. *Funded \$500*.
- Dorpinghaus, N. & **Gage, MJ**. College of Graduate and Professional Studies Student Research Grants. The effect of gluteus medius training on muscle activation, postural control, and center of pressure. February 2011. *Funded \$300*.
- Callahan, M. & **Gage, MJ**. College of Graduate and Professional Studies Student Research Grants. Comparison of muscle activation during an active straight leg raise and double straight leg lowering test. October 2010. *Funded \$600*.
- **Gage, MJ**. Information Technology Innovations Mini-Research Grant. “Comparison of lower extremity /trunk muscle activation during single leg drop landings with and without abdominal hollowing”. June 2010. *Funded \$2365.00*

Brigham Young University

- Mary Lou Fulton Chair. “Strengthening the lateral abdominal muscle may influence balance, postural control and lower extremity muscle activation”. *Funded \$10,500.00*
- Mary Lou Fulton Chair. “2008 NATA Travel Grant”. *Funded \$1395.00*
- Mary Lou Fulton Chair. “2008 ACSM Travel Grant”. *Funded \$1787.00*
- Mary Lou Fulton Chair. Lower extremity energy absorption in subjects with functional ankle instability during a single leg drop landing. *Funded \$3085.00*
- Mary Lou Fulton Chair. “RMATA Travel Grant”. *Funded \$1201.00*
- Mary Lou Fulton Chair. Inter-rater & intersession reliability of measuring abdominal muscle thickness with real-time ultrasound” *Pending \$625.00*
- Mary Lou Fulton Chair. “Comparison of abdominal muscle activation and center of pressure during static and dynamic movements.” *Funded. \$569.90*.
- Mary Lou Fulton Chair. “Athletic Training and Wrapping Video.” *Funded \$500.00*

PROFESSIONAL CLINICAL ATHLETIC TRAINING EXPERIENCE

University of Northern Iowa, Cedar Falls, IA

Assistant Athletic Trainer/ ATEP Clinical Coordinator -- August 1998 – May 2005

- Head athletic trainer for women's volleyball, wrestling, and baseball
- Director of Sports Medicine for the 2004 NWCA All-star Classic
- Director of Sports Medicine for the 2001 & 2002 First/Second Rounds NCAA Women's Volleyball Championship hosted by University of Northern Iowa
- Director of Sports Medicine for the annual University of Northern Iowa Open Wrestling Tournament
- Director of Sports Medicine for the 2000 NCAA Division I West Regional Wrestling Tournament
- Co-site coordinator of on-campus NCAA Drug Testing
- Organized annual physical exams and maintain health information forms
- Coordinator of insurance paperwork for volleyball and wrestling
- Recruited and supervised graduate assistant athletic trainers
- Author of the University of Northern Iowa Athletic Training Exposure Control Plan
- Served as the Athletic Training Education Program Clinical Coordinator
- Administrative duties include being the Medical Consultant Liaison, Marketing Department Liaison, Coordinator of West Gym Athletic Training Room, Athletic Training Fundraising Chairperson, Coordinator of National Athletic Training Month Activities and Alumni Liaison

University of Northern Iowa, Cedar Falls, IA

Interim Head Athletic Trainer -- August 2001

- Served as the head athletic trainer with football
- Organized physicals for football, women's volleyball, and soccer
- Maintained the athletic training budget and ordered supplies
- Orientated two new graduate assistants, an assistant athletic trainer, and head athletic trainer to the University of Northern Iowa

Eastern Kentucky University, Richmond, KY

Athletic Training Graduate Assistant - - August 1997 – July 1998

- Served as a clinical instructor in a CAAHEP accredited curriculum program
- Taught weekly student athletic trainer in-services
- Oversaw men's basketball, men's and women's cross-country
- Worked football practices and games routinely
- Supervised morning and evening treatments

Berea College, Berea, KY

Interim Head Athletic Trainer - - March 1998

- Served, as the interim head athletic trainer while the head athletic trainer was gone
- Oversaw the daily operations in the athletic training room and supervised student athletic trainers
- Supervised baseball, softball, men's and women's track

Kentucky All "A" Classic, Richmond, KY

Co-Sports Medicine Coordinator - - January 28, 1998 – February 1, 1998

- Coordinated sports Medicine coverage for the boys' and girls' high school basketball tournament

University of Kentucky Sports Medicine Clinic, Lexington, KY

Athletic Trainer - - December 1997 – January 1998

- Worked at Lafayette High School, until the placement vacancy was filled
- Served as head athletic trainer for boys' basketball, wrestling, cheerleading, and girls' basketball
- Supervised student athletic trainers

CLINICAL ATHLETIC TRAINING ACTIVITIES

Terre Haute Walk Now for Autism Speaks, Terre Haute, IN

Certified Athletic Trainer – September 17, 2011

- Supervised athletic training students
- Worked in a professionally with physician assistants to provide medical coverage

NCAA Division I National Cross Country Meet, Terre Haute, IN

Certified Athletic Trainer – November 2009, 2010, 2011

- Served as one of the athletic trainers in main medical facility
- Supervised athletic training students

NCAA Division I Pre-National Cross Country Meet, Terre Haute, IN

Certified Athletic Trainer – October 2009, 2010

- Served as one of the athletic trainers in main medical facility
- Supervised athletic training students

USA Wrestling Folk style National Tournament, Cedar Falls, IA

Host Certified Athletic Trainer -- April 2004

- Served as the host athletic trainer for HEALTHSOUTH, Inc.
- Provided athletic training coverage for the wrestling tournament

University of Northern Iowa Athletic Training Camp, Cedar Falls, IA

Athletic Training Camp Co-Director/Instructor -- July 2003

- Served as co-director for the high school athletic training camp
- Organized the camp brochure
- Taught on various athletic training topics

University of Northern Iowa Sports Camps, Cedar Falls, IA

Athletic Trainer -- July 2003

- Provided athletic training coverage for UNI Volleyball Camps

Iowa High School Athletic Association State Football Championships, Cedar Falls, IA

Athletic Trainer - - November 1998, 1999, & 2000

- Oversaw and provided athletic training coverage to the championships

University of Northern Iowa Sports Camps, Cedar Falls, IA

Director of Sports Medicine - - June 1998 – August 1998

- Director of Sports Medicine for summer youth sports camps
- Organized student athletic trainers to cover all of the sports camps and worked various camps

Junior National Wrestling Regional Championship, Waterloo, IA

Medical Staff - - July 1998

- Volunteer medical coverage for the youth wrestling tournament covered by the Covenant Sports Injury Center

Iowa Games, Cedar Falls, IA

Medical Staff - - June 1998

- Volunteer medical coverage for adult and youth soccer

NATA Board of Certification Exam, Richmond, KY

Oral Practical Model - - February 1, 1998 & April 19, 1998

- Served as a model for the oral practical portion of the exam

Bluegrass State Games, Lexington, KY & Richmond, KY

Medical Staff - - January 1998

- Supplied medical coverage to youth and adult basketball, hockey, martial arts, and power tumbling
- Performed on site evaluations and initial treatments of injuries

PROFESSIONAL & UNIVERSITY COMMITTEES & SERVICE

Professional

- Reviewer for the Great Lakes Athletic Trainers' Association Winter Meeting, Free Communications, November 2011- Present
- Reviewer for the National Athletic Trainers' Association Annual Meeting and Symposium Proposal, 2010- Present
- Reviewer for the *International Journal of Athletic Therapy and Training*, June 2010 – Present
- Reviewer for the *Journal of Sport Rehabilitation*, December 2009 – Present
- Reviewer for the *Journal of Athletic Training*, July 2008 – Present
- National Athletic Trainers' Association Research and Education Foundation State (Iowa) Chairperson. August 2001-July 2005
- MAATA Research and Education Grant Committee Member, August, 2001- July, 2005

University

University of Northern Iowa Search Committees

- Assistant Athletic Trainer Search Committee, July 2001
- Wrestling Head Coach Search Committee Advisor, June 2000
- Head Baseball Coach Search Committee Member, August 1998

College

Indiana State University

- College of Nursing, Health, and Human Services, Curriculum and Academic Affairs Committee Chairperson, August 2011 – Present
- College of Nursing, Health, and Human Services, Curriculum and Academic Affairs Committee Member, August 2010 – Present

Brigham Young University

- Brigham Young University Teaching Partnership Committee, BYU Faculty Center. January 2006 – May 2006

Departmental

Indiana State University

- Chairperson of the Department of Applied Medicine and Rehabilitation's Blackboard Task Force, September 2011-Present
- Member of the Department of Applied Medicine and Rehabilitation Research Committee, August 2011-Present
- Member of the Graduate Athletic Training Program Admissions Committee, January 2010- Present
- Member of the Department of Applied Medicine and Rehabilitation's Inter-Professional Committee, September 2010 – August 2011
- Member of the search committee for the following positions: Physical Therapy Program Director and Faculty Positions, September 2010 – August 2011
- Member of the Department of Applied Medicine and Rehabilitation's Athletic Training Education Committee, August 2010 - Present
- Chair of the Department of Applied Medicine and Rehabilitation's Research Committee, August 2010 -August 2011
- Member of the search committee for the following positions: Physician Assistant Program Director, Clinical Coordinator, and Faculty Positions, March 2010 – May 2010
- Member of the search committee for the following positions: Physical Therapy Program Director, Clinical Coordinator, and Faculty Positions, March 2010 – May 2010
- Director of the Applied Medicine Research Center, January 2010 - Present
- Indiana State University Athletic Training Family Weekend Open House Organizer, September 26, 2009
- Indiana State University Athletic Training Education Program Graduate Committee Member, August 2009 – August 2010
- Indiana State University Athletic Training Education Program Research Committee Member, August 2009 - August 2010

Brigham Young University

- Brigham Young University Athletic Training Education Program Self-Study Documentation Committee Chairperson. August 2006 – May 2008

University of Northern Iowa

- University of Northern Iowa Athletic Training CAAHEP Accreditation Committee. August 1998- October 2000

COMMUNITY COMMITTEES & SERVICE ACTIVITIES

Wabash Valley Independent Living and Learning (WILL) Center, Terre Haute, IN January 2011 – June 2012

- Serve as an executive board member

Maryland Community Church Mow Team Member, Terre Haute, IN May 2011 – June 2012

- Serve by mowing the church property once a month

Riley Elementary School Christmas Program, Riley, IN December 8, 2011

- Served as a parking assistant

“Body Shop” Anatomy Workshop, Terre Haute, IN

November 1 & 3, 2011

- Taught upper extremity cadaver anatomy to high school students from rural Indiana communities

Terre Haute Walk Now for Autism Speaks, Terre Haute, IN

September 2011

- Serve as a board member for the Terre Haute Walk Now for Autism Speaks
- Organize inter-professional medical coverage for the event

West Central Indiana Area Health Education Center, Terre Haute, IN

Summer 2010 & 2011

- Taught elementary and middle school students in rural and underprivileged areas about human anatomy and introduced them to healthcare professions

Maryland Community Church Small Group Leader, Terre Haute, IN

September 2010 – December 2010

- Lead small groups focused on strengthening marriages

Riley Recreational Youth Basketball League, Riley, IN

Basketball Coach – Winter 2009-2010, 2010-2011

- Coached a 2nd and 3rd grade coed team
- Coached a 4th and 5th grade coed team

Terre Haute Community Health Fair, Terre Haute, IN

Booth Leader -- January 31, 2010

- Organized students to participate in the health fair
- Administered general health history questionnaires to attendees
- Provided recommendations based on their questionnaires

Regional Family Life Weekend to Remember, Park City, UT,

Team Member -- January 2007 – October 2008

- Made recruiting calls
- Coached church group coordinators

Springville Recreation Department, Springville, UT

Volunteer Coach -- Summer of 2007 & 2008

- Served as a volunteer coach pitch baseball league coach

Christ Evangelical Church, Orem, UT

Small Group Leader-- February 2006-December 2006

- Lead Homebuilders Marriage Small Group

Orchard Hill Reform Church Member, Cedar Falls, IA

- Leadership Board Deacon, January 2004- July 2005
- Founding Leader of Marriage Ministry, March 2004 – July 2005
- Children's Building Addition, Core Team Member, May 2004- July 2005
- 4th Grade Great Adventure Small Group Leader, September 2003 – May 2004
- Vacation Bible School 6th Grade Guide, August 2004
- Vacation Bible School 5th Grade Guide, August 2003
- Vacation Bible School 6th Grade Guide, August 2002
- 6th Grade Great Adventure Small Group Leader, August 2000- May 2001

HONORS AND AWARDS

- 2012 Indiana State University Teaching Award for First Year Students
- 2009 Brigham Young University's Department of Exercise Sciences Doctoral Student of the Year Recipient
- 2008 National Athletic Trainers' Association Research and Education Foundation Doctoral Scholarship Recipient
- 2008 National Athletic Trainers' Association Multimedia Contest, 1st place non-commercial category for "Basic Athletic Training Taping and Wrapping DVD"
- University of Northern Iowa Athletic Training Service Award, May 2004
- Training and Conditioning Magazine, "Collegiate Female Comeback Athlete of March 2004"
- University of Northern Iowa Student Athletic Trainers Organization President, May 1994 – May 1995
- Shrine Bowl Participant, 1991
- Iowa American Legion Boys' State Participant, 1991
- Americanism Award, 1989
- Eagle Scout, 1989

PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine, Member
- National Athletic Trainers' Association, Certified Member
- Mid Atlantic Athletic Trainers' Association, Member
- Virginia Athletic Trainers' Association, Member

CERTIFICATIONS & LICENSURE

- NATA Certified Athletic Trainer, #119702521
- American Red Cross CPR/AED for Professional Rescuers and Healthcare Providers
- Clinical Instructor Educator Trained