

# Robert J. Bonser

## Curriculum Vitae

423 Poplar Forest Drive, Forest, VA 24551  
Phone: Cell –434-942-2982 · Office – 434-582-2156

### EDUCATION

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- (DAT) Doctor of Athletic Training, University of Idaho Winter, 2016  
Specialization: Athletic Training  
Dissertation: *Evaluation and Treatment of Chronic Lower Extremity Musculoskeletal Conditions From A Regional Interdependence Perspective: A Dissertation In Clinical Practice Improvement*
- (MA) in Exercise and Sports Science, University of North Carolina Chapel Hill Spring, 2012  
Specialization: Athletic Training  
Thesis: *The Effect of Foot Type on Star-Excursion Balance and Time-to-Boundary Measures During Single-Leg Balance Tasks*
- (BS) in Athletic Training, Frostburg State University Spring, 2010  
Specializations: Athletic Training, Psychology

### FACULTY AND ACADEMIC EXPERIENCE

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#### Liberty University

- Associate Professor of Athletic Training 2019-present  
Co-Clinical Education Coordinator 2020-present

#### Waynesburg University

- Assistant Professor of Athletic Training 2018-present  
Clinical Education Coordinator 2015-present  
Instructor of Athletic Training 2015-2017

#### Erskine College

- Clinical Education Coordinator 2013-2015  
Instructor of Athletic Training 2012-2015

#### UNC Chapel Hill

- Undergraduate Teaching Assistant 2010-2012

## COURSES TAUGHT

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### Graduate Courses

#### **Liberty University PhD in Health Science**

Leadership in Professional Practice

Spring 2022-Present

#### **Liberty University Masters of Athletic Training**

Clinical Reasoning

Spring 2023-Present

Healthcare Translational Research and Statistics

Fall 2021-Present

Examination and Treatment III

Spring 2022-Present

Clinical Integrations III

Summer 2022-Present

Manual Therapy

Fall 2022-Present

#### **Waynesburg University**

Clinical Experience II

Spring 2019

General Medical Conditions

Spring 2019

Therapeutic Interventions II

Spring 2019

Clinical Experience I

Fall 2018

Thesis/Capstone I

Fall 2018

Emergency Response/Athletic Injuries

Summer 2018

Foundations of Athletic Training

Summer 2018

### Undergraduate Courses

#### **Liberty University**

Weight Training/Conditioning

Spring 2023-present

Musculoskeletal Injury Assessment Laboratory

Spring 2023-present

Musculoskeletal Terminology and Clinical Documentation

Fall 2019-present

Upper Extremity Injury Evaluation

Fall 2019-2022

Clinical Musculoskeletal Anatomy

Fall 2019-present

Clinical Education III

Spring 2020-2022

Evidence-Based Research in Athletic Training

Spring 2020-2022

Healthcare Evidence-Based Research Analysis

Fall 2020-present

#### **Waynesburg University**

Personal and Community Health & Wellness

Spring 2015-2019

Seminar in Athletic Training and Health Sciences

Spring 2015-2019

Athletic Training Clinical Practicum IV

Spring 2015-2019

Internship in Exercise Science

Fall 2016, 2018

Athletic Training Clinical Practicum III

Fall 2015-2018

Therapeutic Exercise

Fall 2015-2018

Sports Medicine Concepts & Injuries

Spring 2015-2018

Introduction to Athletic Training

Fall 2015-2017

#### **Erskine College**

Introduction to Athletic Training

Fall 2012-2014

Emergency Response

Spring 2012-2014

## UNC Chapel Hill

Outdoor Sports

Racquet Sports

Self-Defense

Intermediate Jogging

Spring 2012

Fall 2011

Spring 2011

Fall 2010

## STUDENT RESEARCH ADVISING

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### Finished Student Projects

(2023) Mikayla Coghill. *Effects of Blood Flow Restriction Training Compared with Resistance Training on Morphological Changes of the Achilles Tendon: A Critically Appraised Topic*. Liberty University Research Week Poster Presentation.

(2023) Ashton Eicher. *Effects of Vestibular Rehabilitation in Patients with Dizziness and Balance Problems Following Traumatic Brain Injury: A Critically Appraised Topic*. Liberty University Research Week Poster Presentation.

(2023) Ashley Sennett. *The Effects of Blood Flow Restriction (BFR) on Muscle Activation and Hypertrophy in Patients with Chronic Ankle Instability (CAI): A Critically Appraised Topic*. Liberty University Research Week Poster Presentation.

(2023) Michael Jones. *Comparing Balance Training and Strength Training Protocols on Individuals with Sub-Acute Ankle Sprains or Chronic Ankle Instability: a Critically Appraised Topic*. Liberty University Research Week Poster Presentation.

(2023) William Lee, Logan Allen, Robert Bonser. *The Effects of Minimalist Footwear on Running Economy*. Liberty University Research Week Poster Presentation.

(2022) Abigail Kolacz, Matt Gage, Robert Bonser, John Coots. *Utilizing Multidimensional Rehabilitation to Treat Concussions: A Validation Case Study*. Liberty University Research Week Poster Presentation. **(Third Place Award: Applied Research)**

(2022) Quinn Macdonald, Robert Bonser, John Coots. *New Techniques for Treating Lateral Ankle Sprains: A Case Series*. Liberty University Research Week Poster Presentation. **(Second Place Award: Applied Research)**

(2021) Jake Gachowski, Robert Bonser, John Coots. *Acute Traumatic Navicular Fracture: A Rare Case Study*. Liberty University Research Week Poster Presentation.

(2021) Josh Smith, Robert Bonser. *Techniques for Treating Achilles Tendinopathy in a Lacrosse Player – A Case Study*. Liberty University Research Week Poster Presentation.

(2016) Kourtney Skinner, **Robert Bonser**, Drue Stapleton. *A Validation Case Study: The Use of Electromyographic Biofeedback for Post ACL Rehabilitation*. NATA National Symposium for Free Communication Baltimore, MD

(2016) Kaitlynn Cullen, Michelle Sandrey, Damien Clement, **Robert Bonser**. *Development of Ethics Education Guidelines for Undergraduate Athletic Training Education Programs*. West Virginia University Masters Thesis

## CLINICAL EXPERIENCE

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### Waynesburg University

Athletic Trainer (Long-term/Post-surgery Rehabilitation) 2015-2017

### Erskine College

Assistant Athletic Trainer (Men's Soccer & Men's Volleyball) 2012-2015

### University of North Carolina Chapel Hill

Graduate Assistant Athletic Trainer (UNC Football & Fencing) 2010-2012

## SCHOLARSHIP

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### Professional Publications

**Bonser, R. J.**, Hansberger, B. L., Loutsch, R. A., Gendron, C. L., & Baker, R. T. (2022). Fibular Glide Mobilization With Movement for the Treatment of Acute Lateral Ankle Sprains: A Critically Appraised Topic, *International Journal of Athletic Therapy and Training* 27(4), 165-169.

Hansberger, B., Loutsch, R., Stanford, E., Zeigel, A., **Bonser, R.**, ... Nasypany, A. (2019) Evaluating the Relationship between Clinical Assessments of Apparent Hamstring Tightness: A Correlation Analysis. *International Journal of Sports Physical Therap*, 14(2), 253-263

**Bonser, R. J.**, Hancock, C. L., Hansberger, B. L., Loutsch, R. A., Stanford, E. K., Zeigel, A. K., ... Cheatham, S. (2017). Changes in Hamstring Range of Motion After Neurodynamic Sciatic Sliders: A Critically Appraised Topic. *Journal of Sport Rehabilitation*, 26(4), 311–315.

Hancock, C., Hansberger, B., Loutsch, R., Stanford, E., Zeigel, A., **Bonser, R.**, ... Nasypany, A. M. (2016). Changes in Hamstring Range of Motion Following Proprioceptive Neuromuscular Facilitation Stretching Compared With Static Stretching: A Critically Appraised Topic. *International Journal of Athletic Therapy and Training*, 21(5), 1–7

### Professional Presentations

**Bonser, R.** (2021) Mobilization with Movement for the Treatment of Acute Lateral Ankle Sprain: An Evidence-Based Review. Approved by the Board of Certification to offer 1 Evidence-Based Practice Continuing Education credit for attendees. *Virginia Athletic Trainer's Association Symposium*. Virtual Conference

**Bonser, R.** (2019). Mobilization with Movement for the Treatment of Acute Lateral Ankle Sprain: An Evidence-Based Review. Approved by the Board of Certification to offer 1 Evidence-Based Practice Continuing Education credit for attendees. *Waynesburg University Spring Athletic Training Symposium.* Waynesburg, PA

**Bonser, R.** (2019). Physical Wellness. *Waynesburg University Lifetime Fitness Guest Speaker.* Waynesburg, PA

**Bonser, R.** (2018). Physical and Social Wellness. *Waynesburg University Lifetime Fitness Guest Speaker.* Waynesburg, PA

**Bonser, R.** (2016-2018). Nutrition and Hydration for Runners: Beyond the Basics. *Waynesburg University Running Forum.* Waynesburg, PA

Hansberger, H. **Bonser, R.** (2016). Neurodynamics: The Missing Link In Lower Extremity Orthopedic Evaluation. *National Athletic Trainers' Association 67<sup>th</sup> Clinical Symposia.* Baltimore, MD

**Bonser, R.** (2016). Treating Hamstring Tightness: An EBP Review of Neurodynamics versus Stretching. *Waynesburg Evidence-Based Practice Symposium.* Waynesburg, PA

Baker RT, Warren L, Nasypany A, **Bonser R**, Hancock C, Hansberger B, Loutsch R, Stanford E, & Zeigel A. (2015). Apparent hamstring tightness: Removing stretching from your daily practice. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia.* St. Louis, MO

Chapman, E., Hansen, J., Schroeder, K., **Bonser, R.** (2015). Breathing Pattern Disorders: A Missing Link in the Orthopedic Evaluation Process. *National Athletic Trainers' Association 66<sup>th</sup> Clinical Symposia.* St. Louis, MO

**Bonser, R.** (2014). Performance Enhancement Specialist Screening. South Carolina Athletic Trainers' Association Annual College Workshop. Columbia, SC.

## VOLUNTEER SERVICE

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### Faculty

Liberty University Faculty Athletic Committee Chair	2022-2023
Liberty University Faculty Athletic Committee Vice Chair	2021-2022
Liberty University Faculty Athletic Committee Member	2020-present
Curriculum and Educational Policy Committee Chair	2018-2019
Formed and circulated meeting agendas	
Facilitated meetings to discuss curriculum proposals and adopt changes	
Reviewed and sent meeting minutes to members and administration	
Presented proposals to faculty and administration at faculty convocations	
Faculty Council Member (Comprised of the 6 committee chairs and provost)	2018-2019
Curriculum and Education Policy Committee Member	2016-2019

Faculty Mentor Program Advisor	2016-2019
Assigned 1 student per semester at risk of dropping out of school	
Met weekly, discussed study strategies, mentored/motivated to succeed	
Successfully mentored 3 students (all raised their GPA)	
NetVue Mini-Grant & Morgantown Marathon service trip coordinator	2018
Wrote and obtained a NetVue Mini-Grant for a student service trip	
Helped serve Thanksgiving dinner to the Waynesburg students	2017
Interviewed on “Faith and Learning in Athletic Training” on a TV show “The Journey”	2016
Interviewer for Presidential Scholarship Competition	2013-2015
Convocation Committee Member	2013-2014
Erskine New Faculty Orientation Speaker: “Integrating Faith and Learning in the Classroom”	2013
Convocation Guest Panel: “Vocation and Calling”	2013
Fellowship of Christian Athletes Speaker: “The Holiness of God”	2013
CPR Instructor for Coaches at Erskine College	2012

### **Community**

CPR Instructor for Waynesburg University Fitness Interns	2019
Waynesburg Boyscout Fitness Badge session Leader	2018
Waynesburg High School STEM Camp “Acute Injury Care” session Leader	2017
CPR/AED Instructor for Community at Eva K. Bowlby Library	2016-2017
CPR/AED Instructor for Community members	2012-2014
Dance Marathon Faculty Advisor (Fundraising for Children’s Hospital)	2013-2014

### **Church**

Koinonia Adult Sunday School Lead Team – Timberlake Baptist Church	2021-present
Small Group Adult Bible Study Leader – Timberlake Baptist Church	2021-present
Children’s Ministry Lead Team – Timberlake Baptist Church	2020-present
Medical Team – Timberlake Baptist Church	2020-present
Guest Preacher for Three Local Congregations	2016-2019
Grace Chapel Baptist Church – “Never Graduate From the Gospel” (Col. 1:15-23)	2018
Grace Reformed Church – “Christ In You: The Hope of Glory” (Col. 1:24-29)	2018
Greene Community Church – “Alive Together With Christ” (Col. 2:8-15)	2018
Greene Community Church – “Rooted and Built Up In Christ” (Col. 2:1-7)	2018
Grace Reformed Church – “Never Graduate From the Gospel” (Col. 1:15-23)	2017
Greene Community Church – “Christ In You: The Hope of Glory” (Col. 1:24-29)	2017
Greene Community Church – “Never Graduate From the Gospel” (Col. 1:15-23)	2017
Home Study Group Leader on Parenting “Shepherding a Child’s Heart” by Tedd Tripp	2017
Home Study Group Leader on “Lessons From the Upper Room” by Sinclair Ferguson	2016
Church Worship Team - Guitar Lead and Singer. Greenwood PCA Church	2012-2015
Adult Sunday School Leader. Greenwood PCA Church	2013-2014
“Chasing What Matters” by Richard W. Smith	2014
“The Cross-Centered Life” by C.J. Mahaney	2013

### **Profession**

Voluntary Journal Reviewer 2015-present (as needed)

*International Journal of Sports Physical Therapy*

2018-present

*Journal of Sports Rehabilitation*

2015-present

## CONFERENCES/WORKSHOPS ATTENDED

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National Athletic Trainers' Associate Symposium. Indianapolis, IN	2023
Mid-Atlantic Athletic Trainers' Association Symposium	2022
Virginia Athletic Trainers' Association Symposium. Virtual	2021
National Athletic Trainers' Association Symposium. Virtual	2021
Mid-Atlantic Athletic Trainers' Association Symposium. Virtual	2020
Virginia Athletic Trainers' Association Symposium. Harrisonburg, VA	2020
National Athletic Trainers' Association Educator's Conference. Grapevine, TX	2019
National Athletic Trainers' Association Educator's Conference. Grapevine, TX	2017
Total Motion Release Workshops: Levels 1-3	2016
National Athletic Trainer's Association 67 <sup>th</sup> Clinical Symposia. Baltimore, MD	2016
Mulligan Manual Therapy Workshop: Upper Extremity (13 hours)	2015
National Athletic Trainers' Association 66 <sup>th</sup> Clinical Symposia. St. Louis, MO	2015
Myokinesthetics System Workshop: Upper Extremity (20 hours)	2014
Mulligan Manual Therapy Workshop: Lower Extremity (13 hours)	2014
South Carolina Annual College Workshop. Columbia, SC	2014
National Athletic Trainers' Association 64 <sup>th</sup> Clinical Symposia. Las Vegas, NV	2013
MAATA Annual Symposium. Greenville, SC	2013
Graston <sup>®</sup> Technique Workshop: Level 1	2012
MAATA Annual Symposium. Virginia Beach, VA	2010

## CERTIFICATIONS/LICENSURE

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Licensed Athletic Trainer (Virginia)	2019-present
NATA Leadership Development Certificate	2019
Total Motion Release Certified (Level III)	2016-present
Licensed Athletic Trainer (Pennsylvania)	2012-2019
NASM Performance Enhancement Specialist Certified	2012-present
CPR/First Aid for Professional Rescuer and BLS Instructor Certified	2012-present
Graston <sup>®</sup> Technique Certified (Level I)	2011-present
BOC Certified Athletic Trainer (ATC)	2010-present
CPR/AED Certified	2008-present
NPI # 1811387186	

## HONORS/AWARDS

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Frostburg State University Tony Zaloga Award (Leader within the profession)	2022
Leon Green (Father Of Idaho Recreation) Scholarship Recipient	2015
UNC Chapel Hill Exercise and Sports Science – Excellence in Teaching Award	2012
Frostburg State University Summa Cum Laude (3.99 GPA)	2010

President's Leadership Circle Scholarship Recipient	2009
Delaney Leadership Scholarship	2007-2009
Academic Excellence Scholarship	2005-2009

## **ORGANIZATION MEMBERSHIPS**

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Virginia Athletic Trainer's Association (VATA)	2019-present
Pennsylvania Athletic Trainer's Society (PATS)	2015-2019
National Athletic Trainer's Association (NATA)	2009-present
South Carolina Athletic Training Association (SCATA)	2012-2015
Mid-Atlantic Athletic Trainer's Association (MAATA)	2010-2015