

Robert J. Bonser

Curriculum Vitae

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

EDUCATION

- (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

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

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

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

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

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 67th 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 66th 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 66th Clinical Symposia.* St. Louis, MO

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

VOLUNTEER SERVICE

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 |

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| 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

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| 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

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| 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

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| Voluntary Journal Reviewer 2015-present (as needed) | |
| <i>International Journal of Sports Physical Therapy</i> | 2018-present |
| <i>Journal of Sports Rehabilitation</i> | 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 th Clinical Symposia. Baltimore, MD | 2016 |
| Mulligan Manual Therapy Workshop: Upper Extremity (13 hours) | 2015 |
| National Athletic Trainers' Association 66 th 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 th Clinical Symposia. Las Vegas, NV | 2013 |
| MAATA Annual Symposium. Greenville, SC | 2013 |
| Graston [®] 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 [®] 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 |

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| 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 |