

Jennifer M. Plos, EdD, AT-Ret

Professor
Department of Kinesiology

Western Illinois University
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Education

2007	Ed.D.	Nova Southeastern University Major: Health Care Education Dissertation: <i>Evaluation of Athletic Training Clinical Instruction via the Perceptions of Various Stakeholders</i>	Fort Lauderdale, FL
2000	M.S.	Western Illinois University Major: Exercise Science Thesis: <i>The Effects of Combined Nonthermal Ultrasound and Ice on the Prevention of the Pain and Joint Angle Changes Associated with Delayed Onset Muscle Soreness</i>	Macomb, IL
1995	B.S.	University of Wisconsin–Parkside Major: Biological Sciences, Athletic Training & Coaching Research Project: <i>Circadian Cycle and Reaction Times in Softball Players</i>	Kenosha, WI

Administrative/Student Services Experience

August 2018-July 2021:
Western Illinois University

Director, Athletic Training Program

Responsibilities:

- Direct all aspects of undergraduate Athletic Training (AT) program
- Manage balanced budget for AT program
- Coordinate and oversee the collection of program assessment data
- Review & revise assessment plan annually to ensure alignment with Commission on Accreditation of Athletic Training Education (CAATE) Standards
- Prepare annual CAATE accreditation reports & rejoinders
- Prepare annual University program assessment reports
- Demonstrate compliance with accreditation Standards
- Collaborate with Preceptors & Academic Faculty in the implementation of academic and clinical education learning outcomes
- Oversee curricular matters for students admitted into the AT program (e.g. disciplinary actions, certification requirements, etc.)
- Write & implement policies and procedures for AT program
- Serve as the University liaison between the community and program
- Oversee the facilitation of the Athletic Training Student Association
- Maintain a continuing two-way flow of information and recommendations between the AT Program Committee, AT Program Faculty, and the Department Chair
- Obtain Request for Quotations (Bids) for AT equipment/supplies
- Maintain Affiliated Site Agreements with off-campus clinical sites

August 2004-July 2018:
Western Illinois University

Clinical Education Coordinator, Athletic Training Program

Responsibilities:

- Coordinate on- and off-campus student clinical education rotations
- Mentor Preceptors in duties & responsibilities
- Supervise clinical education experiences
- Maintain student records of clinical hours
- Disseminate and analyze evaluations of students, sites, and Preceptors
- Schedule pre-admission students for observation hours
- Distribute pre-admission evaluations to student mentors & Preceptors
- Lead monthly student and Preceptor meetings
- Conduct routine site visits to clinical education rotations
- Help Program Director with writing annual self-study report
- Assist Program Director with Accreditation Report and Site Visit

August 2018-July 2021:
Western Illinois University

Academic Advisor, Athletic Training Program

Responsibilities:

- Serve as Academic Advisor for athletic training students
- Work with students on academic plans
- Provide guidance toward academic & professional pursuits
- Assist with registering for courses
- Review Ward reports for academic deficiencies & course needs

August 2018-July 2021:
Western Illinois University

Internship Coordinator, Athletic Training Program

Responsibilities:

- Assist students in locating appropriate internship sites
- Discuss internship requirements with students & site supervisors
- Obtain Affiliated Site Agreements
- Collect documentation required by CAATE (accrediting body)
- Serve as University liaison with internship sites & supervisors
- Address problems/issues that arise during internship assignment
- Read & record daily logs, self-evaluations, & supervisor evaluations
- Collect Senior Exit Surveys for summary & assessment
- Assign final grades for students completing the internship course

August 2019-July 2020:
Western Illinois University

Graduate Coordinator, MS in Kinesiology Program

Responsibilities:

- Provided academic advising for graduate students enrolled in the Kinesiology master's degree, including the development of individual plans of study
- Maintained a continuing two-way flow of information and recommendations between the Graduate Committee, the Department Chair, the Graduate Coordinator for Sport Management, and the Graduate Faculty
- Served as a liaison for the Kinesiology graduate program and the COEHS and the Graduate Studies office
- Coordinated Graduate Teaching/Research Assistant program
- Prepared required annual program assessment reports
- Reviewed assessment plan to ensure alignment with mission and goals of the KIN Graduate Program
- Developed and implemented annual student recruitment plan
- Developed and coordinated the implementation of capstone experiences for students enrolled in the KIN graduate program
- Spearheaded and completed new & revised curriculum at department, college and university levels
- Revised KIN grad program website
- Served on the Graduate Academic Affairs Committee (GAAC)

Teaching Experience

August 2021-Present:

Western Illinois University

Professor

University Status: -Tenured faculty member in the Department of Kinesiology, within the College of Education & Human Services
-Full-time faculty member with teaching assignments in the Undergraduate Kinesiology Program, Sports Health & Wellness Minor & Kinesiology Graduate Program
-Full voting rights and responsibilities

Courses Taught:

Sports Health & Wellness Minor

-Introduction to Sports Health & Wellness (online course)
-Management of Athletic Injuries
-Field Experience in Sports Health I
-Field Experience in Sports Health II
-Professional Workshop in Sport and Exercise
-Injury Recognition (online course)
-Advanced Sports Health & Wellness (online course)

Kinesiology Undergraduate Program

-Anatomy & Physiology II

Kinesiology Graduate Program

-Critical Incident Stress Management
-Critical Readings in Kinesiology
-Internship in Kinesiology
-Internship in Sport Management
-Leadership in Sport

August 2016-July 2021:

Western Illinois University

Associate Professor

University Status: -Tenured faculty member in the Department of Kinesiology, within the College of Education & Human Services
-Full-time faculty member with teaching assignments in the Athletic Training Program, Sports Health & Wellness Minor, & Kinesiology Graduate Program
-Full voting rights and responsibilities

Courses Taught:

Athletic Training

-Introduction to Athletic Training
-Prevention & Care of Athletic Injuries
-Pharmacological Issues in Athletic Training
-Medical Conditions and Pathologies in Athletic Training
-Athletic Training Administration
-Senior Seminar in Athletic Training

Sports Health & Wellness Minor (non-AT majors)

-Introduction to Sports Health & Wellness (online course)
-Management of Athletic Injuries
-Field Experience in Sports Health I
-Field Experience in Sports Health II
-Injury Recognition (online course)
-Advanced Sports Health & Wellness (online course)

Kinesiology Graduate Program

-Critical Incident Stress Management
-Leadership in Sport

Health Education (Department of Health Sciences)

-First Aid

August 2011-Present:
Western Illinois University

Graduate Faculty - Full Membership, Kinesiology Department

Privileges:

- Decision-making rights toward academic policy, graduate standards, & degree requirements
- Eligibility to make recommendations concerning graduate programming
- Voting rights on all issues pertaining to graduate education
- Eligibility to chair capstone experiences (i.e. theses, major papers, final projects)

August 2009-July 2016:
Western Illinois University

Assistant Professor

University Status:

- Tenure-track faculty member in the Department of Kinesiology, within the College of Education & Human Services
- Full-time faculty member with primary assignment to the Athletic Training Program
- Full voting rights and responsibilities

Courses Taught: Athletic Training

- Prevention & Care of Athletic Injuries
- Lower Extremity Evaluation & Assessment
- Pharmacological Issues in Athletic Training
- Medical Conditions & Pathologies in Athletic Training
- Athletic Training Administration
- Senior Seminar in Athletic Training

August 2002-July 2009:
Western Illinois University

Instructor

University Status:

- Non-tenure track faculty member in the Department of Kinesiology, within the College of Education & Human Services
- Full-time faculty member with primary assignment to the Athletic Training Program
- Full voting rights and responsibilities

Courses Taught: Athletic Training

- Intro to Athletic Training
- Prevention & Care of Athletic Injuries
- Clinical Education & Experience in AT I
- Lower Extremity Evaluation & Assessment
- Upper Extremity Evaluation & Assessment
- Clinical Education & Experience in Athletic Training II
- Therapeutic Exercise
- Pharmacological Issues in Athletic Training
- Medical Conditions & Pathologies in Athletic Training
- Athletic Training Administration

August 1998-May 2000:
Western Illinois University

Graduate Assistant/Instructor, Athletic Training Education Program

Courses Taught:

- Prevention & Care of Athletic Injuries for Non-AT Majors
- Clinical Education & Experience in Athletic Training II

2016-2022:
American Red Cross

Basic Life Support (BLS) for Health Care Providers Instructor

1998-Present:
American Red Cross

First Aid/CPR/AED Instructor

Athletic Training Employment/Professional Related Experience

2000-2002:

Alverno College, WI

Head Athletic Trainer

- Responsibilities
- Directed sports medicine services for entire athletic department
 - Served the healthcare needs of athletes, students, faculty, & staff
 - Provided evaluation, treatment, & rehabilitation for injured athletes
 - Developed emergency action plans for athletic venues
 - Maintained medical records
 - Assisted with pre-participation physicals
 - Completed inventory, purchase requests, & vendor bids for athletic training supplies and equipment
 - Participated in program & personnel evaluations
 - Assisted with recruitment & hiring of staff members
 - Managed the athletic training budget
 - Collaborated in the design & construction plan for a new athletic training facility
 - Conducted first aid/CPR training for coaches, faculty, & staff

1998-1999:

Western Illinois University,
IL

Graduate Assistant Athletic Trainer

- Responsibilities
- Provided athletic training services for Men's Soccer, Women's Soccer, & Baseball
 - Supervised & evaluated athletic training students in clinical education rotations

1996-1998:

University School of
Milwaukee, WI

Athletic Training Intern

- Responsibilities
- Assisted Certified Athletic Trainer with daily outreach services and event coverage to local high school

1995-1997:

Milwaukee Medical Clinic –
Advanced Health Care, WI

Physical Therapy Technician

- Responsibilities
- Assisted Athletic Trainers, Physical Therapists & Occupational Therapists with treatment & rehabilitation of patients of various ages and medical conditions in an outpatient rehabilitation department
 - Applied modality treatments including ultrasound, phonophoresis, electrical stimulation, iontophoresis, warm & cold whirlpools, cryocuffs, paraffin baths, fluidotherapy, moist heat packs, therapeutic massage
 - Assisted with goniometry measurements and cybex testing
 - Performed inventory and ordering of supplies
 - Developed a physical therapy technician training manual
 - Sized, fitted, & instructed patients in ambulation using crutches, canes, or walkers
 - Cleaned and maintained treatment rooms, exercise equipment, modalities
 - Assisted with patient chart preparation, distribution to clinicians, & re-filing

Scholarly/Professional Activities

Publications: Refereed

Plos, J.M., Polubinsky, R.L., Narvaez, M., & Flaherty, N.M. (2023). Helmet fitting: One size does not fit all! *Strategies: A Journal for Physical and Sport Educators*, 36(4), 8-21.

Plos, J.M., Crowley, K., Polubinsky, R.L., & Cerullo, C. (2021). Implementing suicide prevention training into an athletic training curriculum: An introductory model. *Athletic Training Education Journal*, 16(2), 87-100.

Plos, J.M., & Polubinsky, R.L. (2014). Coach, are you ready to save a life? Injury and Care Knowledge Check for Sudden Cardiac Arrest, *Strategies: A Journal for Physical and Sport Educators*, 27(2), 3-9.

Polubinsky, R.L., & **Plos, J.M.** (2013). Sports medicine knowledge for coaches: Keeping the shoulder healthy in the weight room. *Journal of Coaching Education*, 6(1), 61-75.

Polubinsky, R. L., **Plos, J. M.**, Piper, T. J., & Nelson, J. (2010). The Interplay between Functional and Structural LBP: An Intervention Strategy. *Athletic Therapy Today*, 15(6), 8-14. (Current Journal Name: *International Journal of Athletic Training and Therapy*).

Plos, J. M., Polubinsky, R. L., & McKown, J. (2008). Nail-Patella Syndrome in a High School Athlete. *Athletic Therapy Today*, 13(1), 13-16.

Polubinsky, R. L., & **Plos, J. M.** (2007). Building camaraderie with fun, fitness, and friendly competition. *Journal of Physical Education, Recreation & Dance*, 78(2), 25-30.

Grant Activity

Plos, J.M., Cerullo, C.A., Cerullo, C., Wilson, E.A., Hendrickson, H., & Mishkind, M. (2023, June). *VitalCog: Suicide Prevention Navigator Program*. NCAA Innovations in Research and Practice Grant. National Collegiate Athletic Association (NCAA) – Received funding of \$17,500.

Plos, J.M., & Narvaez, M.A. (2019, July). *International ATs are Health Care Initiative*. Ethnic Diversity Enhancement Grant through the National Athletic Trainers' Association Ethnic Diversity Advisory Committee – Received full funding of \$4,993.

Plos, J., Andreadis, A., & Polubinsky, R. (2015, April). *The effects of binaural beat technology on athletic training students' cognitive and psychomotor performance*. WIU University Research Council Grant (\$5,000). Unfunded.

Michellini, K. & **Plos, J.** (2015, February). *Effects of MRSA Carrier Knowledge on Athletic Trainers' Compliance with Prevention and Management Standards and Recommendations*. NATA Research and Education Foundation Masters Research Grant (\$1,000) – Unfunded.

Polubinsky, R.L., & **Plos, J. M.** (2010, November). Illinois Association for Health, Physical Education, Recreation and Dance Program Enhancement Grant: Wii Rehab & Fitness Initiative – Received full funding of \$3981.29.

Polubinsky, R.L., & **Plos, J.M.** (2005, July). Ethnic Diversity Enhancement Grant through the National Athletic Trainers' Association Ethnic Diversity Advisory Committee – Received full funding of \$4653.30.

Presentations: Refereed

International Presentations

Plos, J.M. (2019, October 18). *Basic taping techniques for common toe & foot conditions*. UNAL XXVII Congreso Internacional FOD, Nuevo Leon, MX.

Plos, J.M. (2019, October 17). *Basic wrapping & taping techniques for ankle sprains*. UNAL XXVII Congreso Internacional FOD, Nuevo Leon, MX.

National Presentations

Plos, J.M., & Cerullo, C.A. (2023, June). *Development and implementation of a suicide prevention program: Overview for the clinical athletic trainer*. National Athletic Trainers' Association Clinical Symposia & AT Expo, Indianapolis, IN.

Kessler, M.K., **Plos, J.M.**, & Schwartz, M. (2016, June). *Mesenteric lymphadenitis in a male high school tennis player*. National Athletic Trainers' Association Clinical Symposia & AT Expo, Baltimore, MD.

Kuhar, K.E., **Plos, J.M.**, Polubinsky, R.L. & Wigglesworth, J. (2015, June). *The effect of magnesium sulfate in conjunction with water therapies on delayed onset muscle soreness*. National Athletic Trainers' Association Clinical Symposia & AT Expo, St. Louis, MO.

Lins, L.A.B., **Plos, J.M.**, Polubinsky, R.L., & Wigglesworth, J.K. (2013, June). *NCAA Division I soccer players' use of over-the-counter pain relievers*. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, Las Vegas, NV.

Michelini, K.J., **Plos, J.M.**, & Martin, G.M. (2013, June). *Exertional rhabdomyolysis in a high school athlete*. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, Las Vegas, NV.

Plos, J.M. & Polubinsky, R. L. (2013, April). *From A-Z: 26 Injury prevention and care applications for coaches*. NASPE/Sport and Coaching. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention & Expo, Charlotte, NC.

Plos, J.M. & Polubinsky, R. L. (2013, April). *Skin conditions in sports: What is that rash/lesion?* NASPE/Sport and Coaching. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention & Expo, Charlotte, NC.

Mezzano, S., Piper, T., Radlo, S., & **Plos, J.** (July 13, 2012). *Muscle Group Attractiveness as Perceived by the Opposite Sex*. National Strength & Conditioning Association National Conference and Exhibition, Providence, RI.

Kuhar, K.E., & **Plos, J. M.** (June 28, 2012). *Type I Complex Regional Pain Syndrome: Reflex Sympathetic Dystrophy in a Female Collegiate Soccer Player*. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, St. Louis, MO.

Plos, J.M., & Polubinsky, R. L. (2012, March). *Could there be more to your athlete's headache?* NASPE/Sport and Coaching. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Convention & Expo, Boston, MA.

Polubinsky, R. L., **Plos, J. M.**, & Leiting, K. A. (June 22, 2011). *Range of Motion Limitations for an Athlete with Nail-Patella Syndrome*. National Athletic Trainers' Association Annual Meeting & Symposium, New Orleans, LA.

Plos, J.M., & Saladino, H. A. (June 20, 2011). *Tethered Cord Syndrome and Myelomeningocele in a Competitive Tumbler-Collegiate Cheerleader: A Case Report*. National Athletic Trainers' Association Annual Meeting & Symposium, New Orleans, LA.

Polubinsky, R. L., & **Plos, J. M.** (March 31, 2011). *Concussions: A No Brainer*. American Alliance for Health, Physical Education, Recreation, and Dance National Convention, San Diego, CA.

Plos, J. M., & Polubinsky, R. L. (March 19, 2010). *Weight Training Concerns for Athletes with Nail-Patella Syndrome*. American Alliance for Health, Physical Education, Recreation, and Dance 2010 National Convention, Indianapolis, IN.

Plos, J. M., & Polubinsky, R. L. (June 20, 2008). *Nail-Patella Syndrome in a High School Wrestler*. Poster Presentation National Athletic Trainers' Association 2008 Annual Meeting and Symposium, St. Louis, MO.

Plos, J. M. (June 19, 2008). *Evaluation of Athletic Training Clinical Instruction via the Perceptions of Various Stakeholders*. National Athletic Trainers' Association 2008 Annual Meeting and Symposium, St. Louis, MO.

State Presentations

Plos, J. M., & Polubinsky, R. L. (November 21, 2014). *Hands on Training in Caring for Non-Musculoskeletal Injuries*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) State Convention, St. Charles, IL.

Polubinsky, R.L., & **Plos, J. M.** (November 18, 2011). *Injury Prevention for the Throwing Athlete*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) State Convention, St. Charles, IL.

Plos, J.M., & Polubinsky, R.L. (November 18, 2011). *Concussions: Roles and Responsibilities for Coaches and Parents*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) State Convention, St. Charles, IL.

Polubinsky, R. L., & **Plos, J. M.** (November 19, 2010). *Fainting to Sudden Death*. Illinois Association for Health, Physical Education, Recreation, and Dance State Meeting, St. Charles, IL.

Plos, J. M. & Polubinsky, R. L. (November 19, 2010). *Meet the Tinea Family: Are They Living in Your Locker Room?* Illinois Association for Health, Physical Education, Recreation, and Dance State Meeting, St. Charles, IL.

Plos, J. M., & Polubinsky, R. L. (November 20, 2009). *Injury Prevention and Recognition*. Illinois Association for Health, Physical Education, Recreation, and Dance State Convention, St. Charles, IL.

Polubinsky, R. L., & Plos, J. M. (November 21, 2008). *Using Stretching for Injury Prevention*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) State Meeting, St. Charles, IL.

Plos, J. M. (November 20, 2008). *Nail-Patella Syndrome*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) State Meeting, St. Charles, IL.

Polubinsky, R. L., & Plos, J. M. (November 18, 2005). *Recognition and Care for Common Injuries, Illnesses, and Other Conditions*. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) State Meeting, St. Charles, IL.

Presentations: Non-Refereed

National Presentations

Brace, T.N., Stancy, K.R., & Plos, J.M. (2014, June). *Student athletes' satisfaction with athletic training services provided by same or opposite gender athletic training students*. National Athletic Trainers' Association Clinical Symposium & AT Expo, Indianapolis, IN.

Davis, C.J., Daniel, S.T., Beckner, R.D., Patton, S.C., & Plos, J.M. (2014, June). *Rural coaches' knowledge and perceptions of the profession of athletic training*. National Athletic Trainers' Association Clinical Symposium & AT Expo, Indianapolis, IN.

Hagenow, D.P., Shride, J.R., Suncin, G.E., & Plos, J.M. (2014, June). *Effects of Kinesio tape on hamstring flexibility*. National Athletic Trainers' Association Clinical Symposium & AT Expo, Indianapolis, IN.

Montoya, U. M., & Plos, J. M. (2014, June). *Athletic training students' accuracy in diagnosing fractures using tuning fork and stethoscope vs. percussion and stethoscope techniques*. National Athletic Trainers' Association Clinical Symposium & AT Expo, Indianapolis, IN.

Polubinsky, R. L., & Plos, J. M. (May 29, 2010). *The Athletic Trainer's Concerns with Various Exercises for Certain Pathologies*. Co-Author. National Strength and Conditioning Association – Illinois State Sport Specific Training Clinic, Buffalo Grove, IL.

State Presentations

Polubinsky, R. L., & Plos, J. M. (April 16, 2010). *Basic First Aid for Outdoor Adventure*. Co-Presenter. Illinois Association for Health, Physical Education, Recreation, and Dance Midstate Conference, Macomb, IL.

District Presentations

Polubinsky, R. L., & Plos, J. M. (September 19, 2003). *Basic Athletic Training – Asthma and Dehydration Issues*. Co-Presenter. Western District Illinois Association for Health, Physical Education, Recreation, and Dance - Western Illinois University, Macomb, IL.

University Campus & Community Presentations

Plos, J. M. & Piper, T. J. (March 28, 2018). *Athletic Training verse Exercise Science – Career Preparation & Choices*. Co-Presenter. Lunch and Learn Series – Pleasant Valley High School, Davenport IA.

McMillan, C., Plos, J., & Cole, M. (October 2, 2012). *Critical Analysis of Using the iPad in Movement Sciences*. Center for Innovation in Teaching & Research Workshop, Western Illinois University, Macomb, IL

Plos, J. M. (April 8, 2011). *Using SoftChalk Software to Enhance Student Study Skills*. Annual WIU Symposium on Teaching, Research, and Creative Activities – Faculty Showcase, Macomb, IL.

Plos, J. M. (March 22, 2010). *Proper Foot Care & Shoe Selection*. Western Illinois University Heart Smart Program, Macomb, IL.

Plos, J. M., & Polubinsky, R. L. (April 7, 2009). *C.H.A.T. – Challenges and Rewards of Teaching*. Co-Presenter. Center for Innovation in Teaching & Research Spring 2009 Program. Western Illinois University, Macomb, IL.

Jensen, M., McIlvaine-Newsad, H., & Plos, J. (April 3, 2009). *Teaching to Different Learning Styles*. Panel Discussion. Western Illinois University's 3rd Annual Innovations in Teaching Forum. Western Illinois University, Macomb, IL.

Plos, J. M. (October 20, 2008). *Proper Foot Care & Shoe Selection*. Western Illinois University Heart Smart Program, Macomb, IL.

Plos, J. M. (September 9, 2008). *The Sports Medicine Team: The Physical Educator/Coach's Roles & Responsibilities*. Invited Speaker for Intro to Physical Education course for Physical Education Teacher Education majors.

Plos, J. M. (October 30, 2007). *Proper Foot Care & Shoe Selection*. Western Illinois University Heart Smart Program, Macomb, IL.

Plos, J. M. (April 5, 2006). *Proper Foot Care & Shoe Selection*. Western Illinois University Heart Smart Program, Macomb, IL.

Piper, T. J., & **Plos, J. M.** (March 29, 2006). *Teaching, Testing, & Training Weight Lifting Techniques Through Technology*. Western Illinois University's College of Education and Human Services Seventh Annual Tech Fest, Macomb, IL.

Plos, J. M. (November 8, 2005). *Proper Foot Care & Shoe Selection*. Western Illinois University Heart Smart Program, Macomb, IL.

Anderson, M. K., Polubinsky, R. L., & **Plos, J. M.** (November 17, 2004). *NCAA CHAMPS / Life Skills Program: Nutrition for Athletes*. Co-Presenter. CHAMPS Life Skills Program, Western Illinois University, Macomb, IL.

Polubinsky, R. L., & **Plos, J. M.** (November 14, 2003). *Athletic Training verse Physical Therapy – Career Choices*. Co-Presenter. Lamoine Valley Education System – Spoon River College, Macomb, IL.

Polubinsky, R. L., & **Plos, J. M.** (November 2002). *Athletic Training verse Physical Therapy – Career Choices*. Co-Presenter. Lamoine Valley Education System – Spoon River College, Macomb, IL.

Book Reviews

Foundations of Exercise Training for Rehabilitation Professionals: An Evidence-Based Approach to Moving Beyond Therapeutic Exercise. Publisher: FA Davis Company. Review Date: September, 2013

Therapeutic Exercise of the Physically Active, B. H. Long (Text Proposal and Sample Chapter). Publisher: Lippincott, Williams, & Wilkins. Review Date: March-April, 2011

Emergency Response Management for Athletic Trainers, M. G. Miller & D. C. Berry. Publisher: Lippincott, Williams, & Wilkins. Review Date: November, 2010.

Taping and Wrapping Made Simple, B. Abell. Publisher: Lippincott, Williams, & Wilkins. Review Date: November, 2007.

National Conference Proposal Reviews

2015 SHAPE America National Convention and Expo, March 17-21, 2015

2014 AAHPERD National Convention and Exposition, April 1-5, 2014

Thesis Projects

Graduate Thesis

Thesis Chair: Dawson, R. (May 2023). *Prevalence and Current Components of the Anterior Cruciate Ligament Return to Sport Test Battery Used by Illinois Athletic Trainers*.

Committee Member: Haverkamp, R. (May 2022). *Confidence Restoration Following Athletic Injury in Relation to Perceived Social Support*.

Committee Member: Beard, S. M. (July 2020). *NCAA DII Athletic Trainers' Perceptions of Sport Psychology Professionals and Services Provided*.

Thesis Chair: Thompson, A. D. (May 2020). *Isokinetic Hamstring: Quadriceps Strength Ratios and Peak Torque Over a Collegiate Soccer Season*.

- Committee Member: Gerhardt, K. (May 2020). *NCAA Division III Athletes' Use of Mental Skills and Strategies to Cope with Mental Barriers during the Injury Process.*
- Thesis Chair: Neeley, K. M. (May 2019). *Comparison of Hinton-Boswell vs. Closed Basket-weave Taping in Limiting Amount of Ankle Inversion*
- Thesis Chair: Davis, C. J. (July 2016). *The Effectiveness of a Closed Basket Weave Ankle Taping with Neutral Heel Locks vs. Eversion Heel Locks in Limiting the Amount & Rate of Ankle Inversion Following 30 Minutes of Exercise*
- Committee Member: Trivedi, P. (August 2016). *Lower Extremity Fatigue & Throwing Performance.*
- Thesis Chair: Lange, J. M. (May 2016). *Examination of Hamstrings to Quadriceps Strength Ratios in Female, NCAA Division I, Soccer & Volleyball Athletes over the Course of a Competitive Season.*
- Thesis Chair: Michelini, K. J. (May 2015). *The Effects of MRSA Carriage Knowledge on Athletic Trainers Compliance with Prevention and Management Standards and Recommendations.*
- Thesis Chair: Johnson, J. (July 2014). *The Effect of Kinesio Tape on Peroneal Activity during Therapeutic Exercises in Patients with Chronic Ankle Instability.*
- Thesis Chair: Kuhar, K. (May 2014). *The Effect of Magnesium Sulfate in Conjunction with Water Therapies on Delayed Onset Muscle Soreness.*
- Committee Member: Post, E. (March 2014). *Athletic Trainer Awareness and Prevention of Methicillin Resistant Staphylococcus Aureus (MRSA).*
- Committee Member: Mezzano, S. (May 2009). Graduate Thesis: *Gender Perceptions of Muscle Groups and Training Preferences of the Opposite Sex.*

Undergraduate Honors Thesis

- Thesis Chair: Crowley, K. (May 2019). *Teaching Suicide Prevention in Athletic Training: An Introductory Approach.*
- Thesis Chair: Lins, L. (December 2011). *NCAA Division I Student Athletes' Use of Over-the-Counter Pain Relievers.*
- Thesis Chair: Leiting, K. A. (May 2009). *A Case Report: Flexibility and Range of Motion Limitations in a High School Athlete with Nail-Patella Syndrome.*

Graduate Capstone Projects

- Chair: Putnam, K. (May 2021). *Feasibility Study for a Student-Athlete Nutrition Fueling Station.*
- Committee Member: Dieringer, J. (January 2021). *Business Plan for Opening a Private Sport Performance Facility.*
- Chair: Ramkivist, V. (December 2020). *A Coaches' Guide to Athlete Burnout and a Preventative Stress Management Program.*

Research Papers, Research Studies, Honors Projects, & Independent Study Projects

Graduate Research Papers

- Faculty Advisor: Adeoya, O. I. (July 2016). *Effect of Inversion Therapy on Pain Intensity at the Knee Joint in Patients with Osteoarthritis.*
- Faculty Advisor: McKown, J. (Summer 2006). *Nail-Patella Syndrome Research Paper.*

Undergraduate Research Papers

Faculty Advisor: Fox, B. (May 2007). Research Paper: *Proper Footwear for Specific Sports*.

Faculty Advisor: Tyrrell, B. (December 2004). Research Paper and Presentation: *Concussions & Brain Injury*.

Undergraduate Research Studies

Faculty Advisor: Allen, J., & Fahrenbach, C. (April 2019). *Effects of Beta Binaural Beats on Cognitive & Psychomotor Performance*

Faculty Advisor: Amegan, K., Marino, J., & McKillip, C. (April 2019). *Effects of Thermal Ultrasound on Pain Associated with DOMS*

Faculty Advisor: Bankhead, D. (April 2019) *Effects of Music Tempo on Taping Time*

Faculty Advisor: Bracher, R., & Schrodt, D. (April 2019). *Effects of Alpha Binaural Beats on Cognitive & Psychomotor Performance in Athletic Training Students*

Faculty Advisor: Carleton, K., Lionberger, D. & Tompkins, J. (April 2019). *Use of an Online Training Program to Enhance Athletic Training Students' PEDro Scale Accuracy Scores*

Faculty Advisor: Brace, T., & Stancy, K. (December 2013). *Student-Athletes' Satisfaction and Preferences of Athletic Training Services Provided by Same or Opposite Gender Athletic Training Students*

Faculty Advisor: Davis, C., Daniel, S., Patton, S., & Beckner, R. (December 2013). *Knowledge and Perceptions of Rural High School Coaches on the Profession of Athletic Training: A Pilot Study*

Faculty Advisor: Hagenow, D., Shride, J., & Suncin, G. (December 2013). *The Effects of Kinesio Tape on Hamstring Flexibility*

Faculty Advisor: Patton, S. (December 2013.) *A Case Report: Narcolepsy without Cataplexy in an Athletic Training Student*

Faculty Advisor: Montoya, U. (December 2013). *Athletic Training Students' Accuracy in Diagnosing Fractures Using the Tuning Fork and Stethoscope Technique versus the Percussion and Stethoscope Technique*

Faculty Advisor: Crabill, M. (May 2013). *The Effect of Athletic Training Students' Knowledge of Circadian Rhythm Chronotype on Testing Performance*

Faculty Advisor: Michelini, K. (December 2012). *Case Study: Exertional Rhabdomyolysis in a High School Athlete*

Faculty Advisor: Saladino, H. (May 2011). *Case Study: Tethered Spinal Cord in a Competitive Tumbler*.

Faculty Advisor: Bailey, B. (December 2006). *Case Study: Thoracic Outlet Syndrome in an Athletic Training Student*.

Undergraduate Honors Projects

Faculty Advisor: Burlingham, B. (December 2021). Case Study: *Postural Orthostatic Tachycardia Syndrome in a Female Collegiate Soccer Player*.

Faculty Advisor: Crowley, K. (May 2018). Research Proposal: *Efficacy of Commonly Used Cleaning Products on Infectious Bacteria in Athletic Training Rooms*

Faculty Advisor: Schwartz, M. (May 2015). Research Proposal: *Mesenteric Lymphadenitis in a Male High School Tennis Player*

Faculty Advisor: Schwartz, M. (February 2015). Research Proposal: *The Effect of Three Different Recovery Methods on Heart Rate Recovery Time in Runners*

- Faculty Advisor: Lins, L. (May 2011). Research Proposal: *Prophylactic Use of Non-Steroidal Anti-Inflammatory Drugs in Collegiate Athletes*.
- Faculty Advisor: Schallhorn, M. (May 2011). Research Paper: *Wii-Hab: Integrating Gaming Technology and the Rehab of Athletic Injuries*.
- Faculty Advisor: Schallhorn, M. (December 2010). Developmental Project: *The Athletic Trainer's Pocket Guide to Commonly Used Medications*.
- Faculty Advisor: Leiting, L. (December 2007): Research Proposal: *Performance Enhancing Drugs/Supplements used by WIU Athletes*.

Independent Studies

- Faculty Advisor: Potempa, J. (January – May, 2023). *KIN 294 (Sport First Aid) Lab Assistant*
- Faculty Advisor: Flaherty, N. (May – December, 2020). *Proper Football Helmet Fitting - Journal Manuscript*
- Faculty Advisor: Pacetti, M. (January – May, 2020). *Injury Prevention & Rehabilitation of Naval Recruits – Day in the Life of a Naval Special Warfare Athletic Trainer - Presentation for Athletic Training Students*
- Faculty Advisor: Peach, A. (January – May, 2020). *Comparison Paper: WIU vs FSU Swimming & Diving Programs*
- Faculty Advisor: Blasing, J. (August – December, 2019). *Athlete Common Injuries & Rehabilitation Reference Book*
- Faculty Advisor: Cacchione, A. (August – December, 2019). *Comparison Paper: Athletic Training in United States versus Mexico*
- Faculty Advisor: Lieffers, K. (August – December, 2019). *Benefits of Certified Athletic Trainers for Rural Law Enforcement and Firefighters – Grant Proposal Research*
- Faculty Advisor: Reed, M. (August – December, 2019). *Power Training Techniques for Athletic Training Students – Course*
- Faculty Advisor: Shelton, K. (August – December, 2019). *MS in KIN – Curriculum Focus Groups' Outcomes Report*
- Faculty Advisor: Wilson, N. (August – December, 2018). *AT 300 (Therapeutic Modalities) Lab Assistant*
- Faculty Advisor: Amegan, K. (January – May, 2018). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Bankhead, D. (January – May, 2018). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Fahrenbach, C. (January – May, 2018). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Lionberger, D. (January – May, 2018). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Allen, J. (January – May, 2017). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Peterson, M. (January – May, 2017). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Allen, J. (August – December, 2016). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Robertson, R. (August – December, 2016). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*
- Faculty Advisor: Thurman, B. (August – December, 2016). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Carleton, K. (January – May, 2016). *Athletic Training Service Learning & AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Hollopeter, E. (January – May, 2016). *Athletic Training Service Learning & AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Lofthouse, B. (January – May, 2016). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Parks, S. (January – May, 2016). *Athletic Training Service Learning*

Faculty Advisor: Schrodtr, D. (January – May, 2016). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Thurman, B. (January – May, 2016). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Carleton, K. (August – December, 2015). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Lofthouse, B. (August – December, 2015). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Carta, L. (August – December, 2014). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Myers, J. (August - December, 2014). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Suncin, G. (January-May, 2014). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Crabill, M. (May 2013). Development of a Research Proposal: *The Effect of Athletic Training Students' Knowledge of Circadian Rhythm Chronotype on Testing Performance.*

Faculty Advisor: Goray, J. (May 2013). *Creative Project: National Athletic Training Month – Educational Video – “Every Body Needs an Athletic Trainer”*

Faculty Advisor: Melendez, M. (January – May 2012). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Webster, W. (January – May 2012). *Research Assistant: Wii Rehab*

Faculty Advisor: Hall, Q. (January – May 2012). *Research Assistant: Wii Rehab*

Faculty Advisor: Colon, A. (January – May 2012). *Research Assistant: Wii Rehab*

Faculty Advisor: Januszewski, M. (December 2011). *Review of Literature: Effects of Kinesio Taping on Hamstring Flexibility.*

Faculty Advisor: Painter, S. (August – December 2011). *Athletic Training Service Learning*

Faculty Advisor: Thornton, C. (January – May 2011). *Wii Rehab & Fitness Initiative*

Faculty Advisor: Saladino, H. (May 2011). *Tethered Spinal Cord Syndrome Lit Review & IRB Research Proposal*

Faculty Advisor: Voss, S. (January – May 2011). *AT 110 (Prevention & Care of Athletic Injuries) Lab Assistant*

Faculty Advisor: Lawlor, B. (December 2010). Developmental Project: *Manual Muscle Testing Instructional DVD.*

Faculty Advisor: Hamilton, K., Llewellyn, C., & Maloney, K. (May 2010). Developmental Project: *Injury Evaluation Process: Skill Demonstration for Beginning Athletic Training Students Video.*

Faculty Advisor: MacFadyen, J. (May 2010). Developmental Project: *Preparing for the BOC Exam: Student Resource Study Guide.*

- Faculty Advisor: Cates, B., DeRose, A., Moritz, P., Rigg, K., & Smith, R. (December 2009). Developmental Project: *Basic First Aid, Equipment Fitting, and Taping Skills Instructional Video*.
- Faculty Advisor: Hamilton, K. (May 2009). Developmental Project: *Career Choices: Athletic Training vs. Exercise Science Video*.
- Faculty Advisor: Wohrley, E. (May 2009). Administrative Project: *WOTS UP Analysis of WIU's Athletic Training Education Program*.
- Faculty Advisor: Deege, B., Mori, S., Oliverio, S., & Speer, T. (December 2008). Developmental Project: *Development of an Instructional Advanced Taping Video*.
- Faculty Advisor: Mori, S. (December 2008). Research Presentation: *Kinesio-taping: Function and Application Techniques*.

Professional Certifications/Licensures

Licensed Athletic Trainer: State of Illinois – [1998-2000; 2002-2022]

Licensed Athletic Trainer: State of Wisconsin – [2000-2002]

Certified Athletic Trainer: National Athletic Trainers' Association Board of Certification – [1998-2023; AT-Ret]

Basic Life Support (BLS) for the Healthcare Providers Instructor Certification: American Red Cross – [2016-2022]

First Aid /CPR-PR/AED Instructor Certification: American Red Cross – [1998- Present]

Basic Life Support (BLS) for Healthcare Providers Certification: American Red Cross – [Expires: 10/11/23]

Clinical Instructor Educator: National Athletic Trainers' Association – [January 2003-2013]

Professional Accrediting Agencies

Site Visitor: Commission on Accreditation of Athletic Training Education (CAATE) – [2008-2020]

Professional Memberships/Affiliations

National Athletic Trainers' Association (NATA) – [1998-Present]

Great Lakes Athletic Trainers' Association (GLATA) – [1998-Present]

Illinois Athletic Trainers' Association (IATA) – [2002-Present]

Wisconsin Athletic Trainers' Association (WATA) – [1998-2002]

American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) – [2005-2015]

Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) – [2005-2015]

Other Scholarly/Professional Activities

Western Illinois University College of Education & Human Services Faculty Innovator Program (8/2010 - 5/2012)

Piper, T. J. & Plos, J. M. (2006). *Mastery Approach for Completions of NATA Lifting Competencies – Online Assessment*. <http://www.wiu.edu/users/tjp104/PiperLiftingQuiz.html>

Western Illinois University College of Education & Human Services Faculty Innovator Program (8/2004 – 5/2006)

Service Activities

Professional Service

Medical Staff Coordinator. (March 4, 2017). *American Drug-Free Powerlifting Federation Single Event Nationals*. Macomb, IL.

Medical Staff Co-Coordinator. (March 7, 2015). *American Drug-Free Powerlifting Federation Single Event Nationals*. Macomb, IL.

Sport Health Care Representative. (2012-2015). *National Association for Sport and Physical Education Sport Steering Committee*. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD).

Moderator. (June 27, 2012). *Feature Presentation: REAP: The Benefits of Good Concussion Management*. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, St. Louis, MO.

Moderator. (June 21, 2011). *Feature Presentation: Exposing the Limitations of Evidence Based Practice in Therapeutic Modalities*. National Athletic Trainers' Association Annual Meeting & Clinical Symposium, New Orleans, LA.

Judge. (November 7, 2010). *College Jeopardy Trivia Bowl*. Illinois Athletic Trainers' Association State Meeting & Clinical Symposium.

Board of Certification Examiner. (March 2000 – April 2007). National Athletic Trainers' Association.

Member. (1999-2002). *W.A.T.A. Lifestyles Committee*. Wisconsin Athletic Trainers' Association.

University Service

University

Member. (2022-2025). *ODES/CITR Advisory Committee*. Western Illinois University.

Member. (September 2022). *Provost Awards of Excellence – Excellence in Service Award Selection Committee*. Western Illinois University.

Member. (September 2021). *Provost Awards of Excellence – Excellence in Teaching Award Selection Committee*. Western Illinois University.

Member. (September 2018). *Provost Awards of Excellence – Excellence in Teaching Award Selection Committee*. Western Illinois University.

Judge. (March 2018). *WIU 2018 Graduate Research Conference: Poster Session*. Western Illinois University.

Judge. (March 2017). *WIU 2017 Graduate Research Conference: Poster Session*. Western Illinois University.

Senator. (2016-2019). *Faculty Senate*. Western Illinois University.

COEHS Representative. (2016-2019). *Senate Nominating Committee*. Western Illinois University.

Judge. (March 2016). *WIU 2016 Graduate Research Conference: Poster Session*. Western Illinois University.

Member. (2011-2014). *Student Laureate Selection Committee*. Western Illinois University.

Member. (April 2009). *Provost Awards of Excellence – Excellence in Teaching Award Selection Committee*. Western Illinois University.

College

Member. (2022-2023). *College of Education and Human Services Department Personnel Committee (DPC) Chair Committee*. Western Illinois University.

Member. (2021-2023). *College of Education and Human Services Termination/Sanction Pool Committee*. Western Illinois University.

Member. (2021-2022). *College of Education and Human Services Department Personnel Committee (DPC) Chair Committee*. Western Illinois University.

Member. (2017-2020). *College of Education and Human Services Faculty Excellence Awards Committee*. Western Illinois University.

Member. (2017-2019). *College of Education and Human Services Grade Appeal - Undergraduate Committee*. Western Illinois University.

Member. (2017-2019). *College of Education and Human Services Academic Integrity Committee*. Western Illinois University.

Member. (2015-2018). *College of Education and Human Services Scholarship Committee*. Western Illinois University.

Member. (2014-2017). *College of Education and Human Services Faculty Excellence Awards Committee*. Western Illinois University.

Member. (2012-2015). *College of Education and Human Services Scholarship Committee*. Western Illinois University.

Member. (2012-2013). *College of Education and Human Services Travel Awards Committee*. Western Illinois University.

Member. (2011-2014). *College of Education and Human Services Faculty Excellence Award Committee*. Western Illinois University.

Department

Chair. (August 2022-July 2023). *Department Personnel Committee (DPC)*. Kinesiology Department, Western Illinois University.

Chair. (July 2022-December 2022). *Sport Management Assistant Professor Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Chair. (May 2022-July 2022). *Sport Management Assistant Professor Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Chair. (August 2021-July 2022). *Department Personnel Committee (DPC)*. Kinesiology Department, Western Illinois University.

Chair. (October 2020-May 2021). *C.T. Vivian Diversity Teaching Scholar in Sport Management Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Chair. (October 2020-May 2021). *Sport Management Assistant Professor Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Chair. (October 2019-May 2020). *Sport Management Assistant Professor Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Chair. (August 2019-July 2020). *Graduate Committee*. Kinesiology Department, Western Illinois University.

Chair. (May-July 2018). *Athletic Training Master's Program Director Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Member. (October 2017-May 2018). *Exercise Physiology Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Member. (November 2016-March 2017). *Biomechanics/Anatomy & Physiology Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Member. (2017-2020). *Department Personnel Committee (DPC)*. Kinesiology Department, Western Illinois University.

Chair. (2017-2019). *Grade Appeal Committee*. Kinesiology Department, Western Illinois University.

Member. (2015-2017). *Department Service and Awards Committee*. Kinesiology Department, Western Illinois University.

Member. (2015-2017). *Grade Appeal Committee*. Kinesiology Department, Western Illinois University.

Member. (2013-2015). *Department Service and Awards Committee*. Kinesiology Department, Western Illinois University.

Faculty Advisor. (2013-2021). *Athletic Training Student Association*. Kinesiology Department, Western Illinois University.

Volunteer Athletic Trainer. (2011-2020). *Donna Phillips Fun Run & Dog Walk*. Kinesiology Department, Western Illinois University.

Member. (2009-2021). *Undergraduate Athletic Training Program Committee*. Kinesiology Department, Western Illinois University.

Member. (January-May 2009). *Library Budget Committee*. Kinesiology Department, Western Illinois University.

Member. (2008-2018). *Faculty Award Committee*. Kinesiology Department, Western Illinois University.

Member. (August-December 2007). *A&P/AT Faculty Search Ad Hoc Committee*. Kinesiology Department, Western Illinois University.

Chair. (2005-2019). *Recruitment & Scholarships Committee*. Kinesiology Department, Western Illinois University.

Member. (2005-2010). *Brophy Hall Safety Committee*. Kinesiology Department, Western Illinois University.

Member. (2005-2007). *Undergraduate Program & Grade Appeal Committee*. Kinesiology Department, Western Illinois University.

Member. (August 2005–May 2006). *Unit B Department Criteria Committee*. Kinesiology Department, Western Illinois University.

Member. (August 2005-May 2006). *Adapted Physical Education Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Member. (January-May 2005). *Brophy Hall Renovation Project Ad Hoc Committee*. Kinesiology Department, Western Illinois University.

Member. (August 2004-May 2005). *Recruitment, Retention, Screening, & Scholarships Committee*. Kinesiology Department, Western Illinois University.

Member. (September-November 2004). *Brophy Hall Risk Management Ad Hoc Committee*. Kinesiology Department, Western Illinois University.

Member. (October-December 2003). *Fitness/Wellness Instructor Ad Hoc Search Committee*. Kinesiology Department, Western Illinois University.

Faculty Co-Advisor. (2002-2012). *Athletic Training Student Association*. Kinesiology Department, Western Illinois University.

Member. (2002-2021). *Athletic Training Review Committee*. Kinesiology Department, Western Illinois University.

Community Service

Medical Staff Volunteer. (2007-2022). Athletic training services/first aid. Senior Olympics.

Medical Staff Volunteer. (October 2005). Athletic training services/first aid. Chicago Marathon.

Medical Staff Volunteer. (2003-2022). Athletic training services/first aid. Special Olympics.

First Aid/CPR/CPR PR/AED Instructor. (2003-2016). American Red Cross.

Honors & Awards

Teaching

Award Winner: *2017-2018 Provost's Award for Academic Excellence – Excellence in Teaching Award* – Western Illinois University.

Award Winner: *2017 College of Education and Human Services (COEHS) Outstanding Teaching Award* – Western Illinois University.

Award Winner: *2008-2009 Provost's Award for Academic Excellence – Excellence in Teaching Award* – Western Illinois University.

Award Winner: *2008 College of Education and Human Services (COEHS) Outstanding Teaching Award* – Western Illinois University.

Service

Award Winner: *2021 Provost's Award for Excellence in University/Community Service Award* – Western Illinois University.

Award Winner: *2020-2021 College of Education and Human Services (COEHS) Outstanding University/Community Service Award* – Western Illinois University.