

RENEE L. POLUBINSKY, Ed.D., AT-Ret, CSCS-Ret

Professor & Interim Assistant Dean, College of Education and Human Services
Western Illinois University
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Education

Ed.D.	Nova Southeastern University Health Care Education with a Concentration in Athletic Training Dissertation: <i>Outcomes Assessment of an Athletic Training Education Program for Accreditation</i>	Fort Lauderdale, FL
M.Ed.	University of Cincinnati Health Promotion and Cardiovascular Fitness	Cincinnati, OH
B.S.	University of Wisconsin – Milwaukee Physical Education with an emphasis in Athletic Training	Milwaukee, WI

Professional Employment & Promotions

July 1, 2023 – Present *Interim Assistant Dean for the College of Education and Human Services (COEHS)*
Western Illinois University

- Responsibilities: The College of Education and Human Services (COEHS) Interim Assistant Dean is a leader in the areas of assessment, accreditation, continuous improvement, and P-16 partnerships and provides support to promote the college mission of educational excellence, intellectual growth, and service to the larger community. More specifically described in the following duties below.

Personnel:

- Overseeing implementation of the Collective Bargaining Agreement
- Overseeing ACE sheets, course scheduling, and overload requests
- Overseeing adjunct requests
- Consulting with Department Chairs regarding personnel issues
- Overseeing faculty and chair searches
- Overseeing arrangements for faculty and staff with special requests
- Representing the Dean's office in formal and informal faculty and staff grievances
- Overseeing student grade appeals and other classroom-related matters requiring immediate resolution
- Overseeing faculty onboarding process
- Supervise the COEHS Advising Center

Continuous Improvement:

- Overseeing the Undergraduate and Graduate Academic Affairs Committees for the College (UAAC, GAAC, CCPI, CGE, Faculty Senate)
- Reviewing all curriculum from academic units within the College

- Assisting with the oversight of assessment reporting within the College
- Overseeing program reviews
- Coordinate with Admissions, the Registrar, and the Associate Provost for Undergraduate and Graduate Studies as needed
- Leading the college faculty advisory committee

Outreach:

- Overseeing and facilitating outreach initiatives across the college
- Overseeing the development of relationships with outside community entities
- Leading efforts to develop relationships with regional/state 2-year colleges (2+2, 3+1, High School Pipeline Programs)
- Coordinating with regional high schools in developing career pathway partnerships

Research:

- Planning and implementation of faculty development activities
- Assisting with the facilitation of faculty grant writing and research
- Overseeing/development of student research opportunities

Other:

- Overseeing Dean's Office Scholarships
- Overseeing College Scholar and Lincoln Laureate award processes
- Overseeing COEHS Faculty Excellence Awards
- Overseeing COEHS Alumni Awards

July 1, 2022 – June 30, 2023 *Interim Associate Dean for Administration, Faculty Development and Research; College of Education and Human Services (COEHS)*
Western Illinois University

- Responsibilities:
 - Curriculum
 - Overseeing the Undergraduate and Graduate Academic Affairs Committees for the College (UAAC, GAAC, CCPI, CGE, Faculty Senate);
 - Reviewing all curriculum from academic units within the College;
 - Assisting with the oversight of assessment reporting within the College;
 - Overseeing program reviews;
 - Coordinating with Admissions, the Registrar, and the Associate Provost for Undergraduate and Graduate Studies.
- Personnel
 - Overseeing implementation of the Collective Bargaining Agreement;
 - Overseeing ACE sheets, course scheduling, and overload requests;
 - Overseeing adjunct requests;
 - Consulting with Chairs/Directors regarding personnel issues;
 - Overseeing faculty and chair/director searches;
 - Overseeing arrangements for faculty and staff with special requests;
 - Representing the Dean's office in formal and informal faculty and staff grievances;
 - Overseeing Human Services student grade appeals and other classroom-related matters requiring immediate resolution.

- Facilities and Technology
 - Overseeing all matters related to the physical facilities and equipment and technology of COEHS;
 - Representing COEHS at University meetings regarding use, repair, or replacement of facilities, equipment and technology;
 - Collaborating with Chairs/Directors and other COEHS reps to identify anticipated facility, equipment and technology needs;
 - Serving as Building Representative for Horrabin Hall, Brophy Hall and Horn Field Campus.
- Faculty Development and Research
 - Overseeing faculty onboarding process;
 - Planning and implementation of faculty development activities;
 - Assisting with the facilitation of faculty grant writing and research.
- Budget
 - Serving as budget consultant for COEHS;
 - Serving as the manager of COEHS summer school budget;
 - Assisting with decisions regarding budget.
- Other
 - Overseeing Dean's Office Scholarships;
 - Overseeing College Scholar and Lincoln Laureate Award processes;
 - Overseeing COEHS Faculty Excellence Awards;
 - Overseeing the COEHS Research Colloquium;
 - Overseeing the Faculty Advisory Council.

May 10, 2023 – Present *Graduate Coordinator, Public Health Program & Post-Baccalaureate Certification in Health Services Administration*
Western Illinois University

- Responsibilities include:
 - Determine acceptance status of entry-level graduate students
 - Advising for returning graduate students including developing degree plans, petitions, course revalidations, etc.;
 - Attendance at Graduate Studies meetings;
 - Directing and guiding graduate students in Appeals and Petition process;
 - Meetings with prospective students;
 - Meetings with disgruntled students;
 - Attend Graduate Committee Meetings;
 - Filing paperwork for transmittals, students records and letters of recommendation.

July 30, 2018 – June 30, 2022 *Chair, Department of Kinesiology*
Western Illinois University

- Responsibilities:
 - Provide leadership for instructional, scholarly/professional, and service activities for an academic department, including the enhancement of faculty strengths and abilities through professional development via study, research, service, and participation in professional organizations;
 - Prepare and administer department budgets while attracting external sources;
 - Facilitate development and implementation of short- and long-range departmental goals;
 - Schedule and administer programs;

- Manage facility requests from Athletics, Campus Recreation, community associations and schools for the areas of aquatics, the gymnasiums, and summer camp facilities;
- Engage in student recruitment and retention activities and assess effectiveness and efficiency of departmental recruitment and retention efforts;
- Manage initiatives aimed at student and alumni relations;
- Maintain department website and oversee social media activities;
- Provide evaluation of faculty as per the Department Criteria for retention, promotion and tenure;
- Assign and supervise faculty workloads and teaching assignments;
- Provide evaluation of department Civil Service staff;
- Submit required written evaluations of faculty members to Dean for retention, promotion, tenure, and professional achievement award and merit considerations as well as providing annual written evaluations of non-instructional staff members to the appropriate University offices as required;
- Make recommendations for the hiring of full- and part-time faculty members, civil service staff, and graduate assistants;
- Facilitate requests and concerns as expressed by students and provide appropriate follow-up;
- Attend and participate in all meetings called by the Dean, Provost and President;
- Plan and implement graduation receptions for both fall and spring program graduates;
- Facilitated bringing HyVee Kids Fit to WIU campus;
- Established a collaboration with Memorial Hospital and Focus Fitness;
- Guided the merge of the Nutrition and Dietetics Program into the Department of Kinesiology;
- Implemented an Injury Prevention and Rehab Clinic (IPaRC) for Military Science Cadets and the Marching Leathernecks;
- Developed and oversaw the curriculum process for new course developments and the Kinesiology Graduate Program's major revision to move to 30 credit hours and a one-year option;
- Assisted with the development of the new Sports Health & Wellness minor;
- Supported the discussion and document submission for the International Universities Strength & Conditioning Association for accreditation;
- Worked with two major donors to renovate the Brophy Hall conference room;
- Assisted in the development and curriculum approval process for dual degree with UANL in Mexico and the graduate program in Kinesiology and Sport Management.

August 2013 – Present *Professor*

Western Illinois University

- Tenured faculty member with full graduate faculty status in the Department of Kinesiology and within the College of Education and Human Services.

August 1, 2019 – Present *Graduate Coordinator, Sport Management Program*

Western Illinois University

- Responsibilities include:
 - Achieved the approval to offer the Sport Management Program on a second campus;
 - Organized several meetings with businesses near the QC campus to solicit support for the expansion of the program to the second campus;
 - Secured many Graduate Assistantships near the Quad Cities campus, including for TBK Bank Sports Complex, Augustana College and the YMCA;
 - Developed and got approved the Integrated Bachelor's in Recreation, Park and Tourism Administration to a Master's in Sport Management;

- Developed and got approved the 4+1 Integrated Bachelor's with Augustana College and MS in Sport Management;
- Confirming and coordinating Sport Management course offerings and sequencing;
- Advising for returning graduate students including developing degree plans, petitions, course revalidations, etc.;
- Attendance at Graduate Studies meetings;
- Writing Annual Sport Management Program Assessment of Student Learning Reports;
- Directing and guiding graduate students in Appeals and Petition process;
- Meetings with prospective students;
- Meetings with disgruntled students;
- Recruiting trips to colleges, universities, community colleges, career fairs, and graduate program expos;
- Attend Graduate Committee Meetings;
- Filing paperwork for transmittals, students records and letters of recommendation;
- Interviewing for Graduate and Teaching Assistantship positions;
- Planned two alumni panels to speak to current graduate students.

August 1, 2019 – Present *Sport Management Program Internship Coordinator*
Western Illinois University

- Responsibilities include:
 - Plan and conduct internship orientations;
 - Create, update, and maintain site agreements between the internship sites and the University;
 - Process applications, enrollment, and enter permissions for graduate students to register for the internship course;
 - Serve as the instructor of record for the internship course;
 - Maintain accurate records of requirements for the internship students;
 - Maintain and distribute intern student evaluations to the site supervisors;
 - Host and facilitate the required culminating presentations for the internships.

July 1, 2017 – May 31, 2018 *Interim Chair, Department of Kinesiology*
Western Illinois University

- Responsibilities include:
 - Confirming and coordinating faculty teaching assignments;
 - Soliciting and securing adjunct faculty;
 - Attendance at meetings with the Dean, COEHS Chairs, WIU Council of Chairs;
 - Attendance at new faculty reception, Founder's Day, new student convocations, honors and graduation ceremonies (including at the QC campus);
 - Directed Grade Appeals process;
 - Meetings with disgruntled students or students filing complaints;
 - Meetings with individual faculty members regarding student complaints;
 - Holding monthly Department Meetings;
 - Submitting curricular changes through University process of approval;
 - Participating all Discover Westerns both in Student Rec Center and Department meetings;
 - Scheduling courses for future semesters;
 - Reviewing and verifying transfer course articulations;
 - Assisting with the submission of reports including, the SPA Report, Program Reports, and the General Education Assessment Reports;
 - Writing and submitting the Department Consolidated Report;
 - Interviewing faculty candidates and completing the job offer process;
 - Facilitating new faculty orientation;

- Completing chair evaluations for faculty retention portfolios;
- Reviewing of PAA documents, retention/promotion portfolios, and 4-year appraisal reviews;
- Maintaining oversight of all budgets and spending;
- Initiating Department's first capital campaign funding;
- Initiating a new student welcome and senior send-off chair tradition;
- Updating the faculty awards display and scholarship plaques;
- Arranging meetings with Provost and Dean regarding transition of AT degree;
- Hosting events such as Senior Olympics renaming, scholarship donor receptions, graduation receptions, the first annual coaches' seminar;
- Assisting with arrangements for Phantom Regiment Drum and Bugle Corp to use Brophy Hall;
- Approving contracts for the use of Brophy Hall space and coordinated use by campus groups, including Athletics;
- Recruitment efforts;
- Updating catalog and program flat sheets/recruiting materials.

August 2002 – August 2018 *Director, Athletic Training Program*
Western Illinois University

- Responsibilities include:
 - Coordinating and directing the undergraduate Athletic Training Program;
 - Supervising clinical experiences;
 - Maintaining student records;
 - Preparing Annual Reports;
 - Teaching in the undergraduate curriculum;
 - Introduction to Athletic Training
 - Therapeutic Exercise
 - Therapeutic Modalities
 - Upper Extremity
 - Head, Neck, Spine, & Abdomen
 - 5 different levels of clinicals (AT 211, AT 301, AT 311, AT 401, AT 411)
 - Maintaining athletic training budgets;
 - Athletic training program recruitment;
 - Serving as an Academic Advisor for all the athletic training students admitted to Program;
 - Maintaining program accreditation through fulfillment of CAATE Standards as well as implementing the Educational Competencies, writing Annual Reports, Self-Study Reports and any subsequent rejoinders if necessary.

January 2013 – July 2014 *Athletic Training Program Clinical Education Coordinator*
Western Illinois University

- Responsibilities include:
 - Coordinating all on-campus and off-campus student rotations;
 - Mentoring Preceptors;
 - Scheduling monthly meetings;
 - Supervising clinical education experiences;
 - Maintaining student record of clinical hours;
 - Disseminating evaluations of students, sites and Preceptors for all rotations;
 - Scheduling the pre-admission students for observation hours and disseminating evaluations from student mentors and Preceptors;
 - Athletic training student monthly meetings;
 - Routine site visits for clinical education experiences.

August 2008 – 2013 *Associate Professor*

Western Illinois University

- Tenured faculty member with full graduate faculty status in the Department of Kinesiology and within the College of Education and Human Services.

April 2008 – Present *Graduate Faculty*

Western Illinois University

- Tenure-track faculty member with full graduate faculty status in the Department of Kinesiology, within the College of Education and Human Services.

August 2002 – July 2008 *Assistant Professor*

Western Illinois University

- Tenure-track faculty member in the Department of Kinesiology, within the College of Education and Human Services.

August 2004 – August 2018 *Athletic Training Internship Coordinator*

Western Illinois University

- Responsibilities include:
 - Assisting undergraduate athletic training students on locating an appropriate internship site;
 - Making the initial contact for inquiry;
 - Provide an in-service meeting to all internship candidates to discuss specific requirements proper methods for completing paperwork, and grading criteria;
 - Develop and send the Affiliated Site Agreements;
 - Collect all items as required by accreditation body (CAATE);
 - University liaison with the internship site and assist field supervisors with evaluation criteria;
 - Handle all problems or issues that arise during the internship assignment;
 - Read all daily logs, self-evaluations, supervisor evaluations, and final summaries;
 - Collect Senior Exit Surveys for summary;
 - Assign grades to all students enrolled in the internship experience.

August 2002 - 2004 *Athletic Training Program Clinical Education Coordinator*

Western Illinois University

- Responsibilities include supervising clinical experiences, maintaining student records, and annual reports. Other duties include preadmission student interviews and scheduling observation hour rotations as well as evaluations.

July 1999 – July 2002 *Assistant Professor, Associate Athletic Trainer, & Clinical Coordinator*

Concordia University Wisconsin, Mequon, WI

- Responsibilities included:
 - Teaching courses in the athletic training and exercise science curriculums
 - Rehabilitation Techniques
 - Recognition & Evaluation I Lab
 - Recognition & Evaluation II
 - Modalities
 - First Aid
 - Manual Muscle Testing
 - Advanced First Aid & Emergency Procedures
 - Lifetime Fitness
 - Theory & Techniques of Coaching Softball

- Senior Seminar
- Evaluation, treatment, and rehabilitation of injured collegiate athletes;
- Supervision of athletic training students in all aspects of rehabilitation, practice and event coverage;
- Serve as an Academic Advisor;
- Assisted in the CAAHEP-accreditation candidacy paperwork;
- Worked on the Annual Report;
- Secured affiliated sites for clinical rotations;
- Co-authored the athletic training student handbook and policies and procedures manual;
- Served on four committees:
 - Campus Health and Safety
 - Exercise Leadership
 - Cleary Act Audit Team
 - Student Life Assessment Committee (Served as Chair)

1991 – 1999 *Coordinator of Athletic Training Services*
Advanced Health Care, Milwaukee, WI

- Primary responsibilities included:
 - Outpatient rehabilitation care for orthopedic patients;
 - Provide outreach athletic training services to a local high school;
 - Supervised three athletic trainers;
 - Billing the outreach sites for services;
 - Maintaining contractual agreements with the area high schools;
 - Assisted with the implementation of the Shape Down Program, which is a weight management program for children and teens;
 - Facilitated the monthly Journal Club.

1997 – 1999 *Associate Lecturer*
University of Wisconsin – Milwaukee, Milwaukee, WI

- Sole instructor for all of the First Aid & CPR courses for the Department of Human Kinetics.

1989 – 1991 *Instructor (In fulfillment of a Graduate Assistant position)*
University of Cincinnati, Cincinnati, OH

- Instructor for the Health & Nutrition Sciences Department which involved teaching the Personal Health Behaviors and Mental Health Issues courses, as well as teaching a section of Tennis.

1987 – 1989 *Assistant Athletic Trainer/Associate Lecturer*
University of Wisconsin – Milwaukee, Milwaukee, WI

- Responsible for the healthcare needs of university athletic teams and supervision of athletic training students in the internship program for certification. I also taught all First Aid & CPR courses for the Department of Human Kinetics.

1986 – 1987 *Athletic Trainer*
North Shore Sports Medicine Center, Whitefish Bay, WI

- Provided sports medicine services to a local high school on a part-time basis.

1986 – 1987 *Substitute Teacher*
Milwaukee Public Schools, Milwaukee, WI

- Worked as a substitute teacher while waiting for a contract with the Milwaukee Public Schools.

Scholarly Activities

Publications

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. (2012). Launching the Journal of Athletic Enhancement. Editorial. *Journal of Athletic Enhancement*, 1(1), 105. doi:10.4172/jae.1000e105.

Polubinsky, R.L., & Bales, D. (2011). Position Statement: Availability and Access to Automated External Defibrillators in Schools During Participation in Physical Activity. *National Association for Sport and Physical Education*, located at: <http://www.shapeamerica.org/advocacy/positionstatements/pa/index.cfm>

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.

Lyman, L., Ewing, M., Martino, N., Perry, J., Marley, K., Dunn, J., Graham, T., Hunter, M., **Polubinsky, R.**, Schoenstedt, L., Olsen, M., Rushing, G., & Long, K. (2009). Position Statement Revision: A Coach's Guide to Parental Roles and Responsibilities in Sport. *National Association for Sport and Physical Education*, located at: <http://www.aahperd.org/naspe/standards/SPOS.cfm>

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.

Grants

Maksymicz, T., Plos, J.M., **Polubinsky, R.L.**, & Cerullo, C. (2018, May). American Heart Association: Back to Sports Grant for Athletic Trainers. (\$649.00). Funded.

Plos, J., Andreadis, A., & **Polubinsky, R.** (2015). The effects of binaural beat technology on athletic training students' cognitive and psychomotor performance. WIU URC Grant (\$5,000.00). 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. Published in the *Illinois Journal for Health, Physical Education, Recreation, and Dance* (Fall 2014, Vol 74).

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

Plos, J.M., & **Polubinsky, R. L.** (2006, February). SMARTER Kids Foundation Grant: The Effect of Peer Education and Utilization of SMART Board Interactive Whiteboard on Psychomotor Skill Proficiency – Unfunded.

Presentations

National Presentations:

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*. Free Communications at the National Athletic Trainers Association Clinical Symposium & 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*. Free Communications at the National Athletic Trainers' Association Clinical Symposium & AT Expo, 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.

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*. Free Communications at the 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*. Free Communications at the National Athletic Trainers' Association 2008 Annual Meeting and Symposium, St. Louis, MO.

Polubinsky, R.L., & Gabbei, R. (March 16, 2007). *Developing Physical Education Teachers' and Athletic Trainers' Expertise: A Cross-Disciplinary Discussion*. Poster Presentation American Alliance for Health, Physical Education, Recreation & Dance National Convention, Baltimore, MD.

District Presentations:

Polubinsky, R.L. (December 3, 2005). *From Prehab to Rehab: The Shoulder Complex*. The Great Lakes Strength, Conditioning, & Fitness Association, Inc, Mequon, WI.

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.

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.

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.

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 State Meeting, St. Charles, IL.

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

Polubinsky, R.L. (November 11, 2007). *Leadership and Professionalism*. Illinois Athletic Trainers Association State Meeting & Clinical Symposium in Springfield, 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 State Meeting, St. Charles, IL.

Community Presentations:

Polubinsky, R.L. (March 6, 2012). *Leadership and Professionalism*. Phi Epsilon Sigma Honor Society, Western Illinois University.

Polubinsky, R.L. (March 22, 2010). *Proper Foot Care & Shoe Selection*. Repeated five additional times (10/26/09; 3/23/09; 10/20/08; 4/5/06; & 11/8/05). 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.

Polubinsky, R.L. (January 5, 2006). *Athletic Training Careers*. 8th Grade Reality Store, Western Area Career System / Spoon River College, Canton, IL.

Polubinsky, R.L. (December 2005). *Athletic Training Education Programs and Physician Involvement*. McDonough District Hospital Medical Board, 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.

Plos, J.M., & **Polubinsky, R.L.** (October 2003). *Approved Clinical Instructor Training Workshop*. Western Illinois University, Macomb, IL.

Polubinsky, R.L. (November 2003 & November 2002). *Athletic Training verse Physical Therapy – Career Choices*. Lamoine Valley Educational System, Canton, IL.

Polubinsky, R.L. (1998). *Managing Your Diet, Weight and Fitness*. Women's Health Seminar at Milwaukee Medical Clinic. Milwaukee, WI.

Polubinsky, R.L. (1994). *How to Start and Maintain an Exercise Program*. Milwaukee Medical Clinic Sports Medicine Series, Milwaukee, WI.

Reviews

Book Reviewer (Sept-Oct, 2015). *Special Tests for Neurologic Examination, 2nd Edition*, J. R. Scifers Publisher: Slack Inc.

National Conference Proposal Reviewer. (July – August 2014). 2015 National Athletic Trainers' Association Annual Meeting & Symposium. Special Topics Submission ID#: 4240, 4260, 4265, 4269, 4272, 4275, 4281, 4299, 4321, 4335, 4342, 4347, 4358, 4379, 4385, 4393, 4403, 4405.

National Conference Proposal Reviewer. (July – August 2013). 2014 National Athletic Trainers' Association Annual Meeting & Symposium. Affiliate Learning Lab Submission ID#: 3059; Learning Lab Submission ID #: 3006, 3014, 3019, 3030, 3064, 3068, 3075, 3076, 3089, 3103, 3121, 3122, 3130, 3139, 3140, and 3150.

Book Reviewer. (March – April, 2011). *Therapeutic Exercise of the Physically Active*, B. H. Long (Text Proposal and Sample Chapter). Publisher: Lippincott, Williams, & Wilkins.

Book Reviewer. (November, 2011). *Emergency Response Management for Athletic Trainers*, M. G. Miller & D. C. Berry. Publisher: Lippincott, Williams, & Wilkins.

National Conference Proposal Reviewer. (July – August 2010). 2011 National Athletic Trainers' Association Annual Meeting & Symposium. Submission ID#s: 2608, 2718, 2719, 2720, 2723, 2724, 2726, 2727, 2730, 2731, 2732, 2733, and 2734.

Book Reviewer. (2007). *Taping and Wrapping Made Simple*, B. Abell. Publisher: Lippincott, Williams, & Wilkins.

Book Chapter Reviewer. (2008). *Power Training: Chapter 9: Screening and Testing*, T. J. Piper, & M. A. Waller.

National Conference Proposal Reviewer. (August 2008). 2009 American Alliance for Health, Physical Education, Recreation & Dance Convention. Research Consortium Submissions Reviewer in the area of Sports Medicine and for National Association for Sport and Physical Education (NASPE) in the area of Sports Health Care.

Book Reviewer. (2006). *Athletic Training: An Introduction to Professional Practice*, W. Prentice. Publisher: McGraw-Hill.

National Conference Proposal Reviewer. (March 2004 – April 2005). 2006 American Alliance for Health, Physical Education, Recreation, and Dance.

Book Reviewer. (2005). *Foundations of Athletic Training*, Anderson, Hall, & Martin. Publisher: Lippincott, Williams, & Wilkins.

National Conference Proposal Reviewer. (March – August 2004). 2005 American Alliance for Health, Physical Education, Recreation & Dance Convention. Research Consortium for National Association for Sport and Physical Education (NASPE) in the area of Sports Medicine.

Professional Activities and Service

International:

Editorial Board, Journal of Athletic Enhancement (June 2012 – December 2012)

The Journal of Athletic Enhancement (JAE) addresses the aspects of enhancement process, use of performance-enhancing substances, psychological and physical health of the athlete; rehabilitate injuries related to sport or recreational activity. JAE also promotes rigorous research that makes a significant contribution in advancing knowledge for athletic enhancement issues, development of health and social problems.

National:

Moderator. (June 22, 2023). *Feature Presentation: Development & Implementation of a Suicide Prevention Program: An Overview for the Clinical Athletic Trainer (Also available On-Demand)*. National Athletic Trainers' Association Clinical Symposia & AT Expo in Indianapolis, IN with Jennifer Plos, EdD, AT-Ret as the presenter.

Medical Staff Co-Coordinator for the American Drug-Free Powerlifting Federation Single Event Nationals (March 7, 2015)

Macomb, Illinois

Chair, Hidden Disabilities Task Force for National Association for Sport and Physical Education (Nov 2010 – Oct 2011)

Development of a Fact Sheet and Communication Strategies for Coaches Working with Athletes with Hidden Disabilities; American Alliance for Health, Physical Education, Recreation & Dance

Delegate, National Association for Sport and Physical Education (April, 2008 – 2011)

American Alliance for Health, Physical Education, Recreation & Dance through the National Association for Sport and Physical Education

Chair, NASPE Position Statement on Availability and Accessibility of AEDs in the School/ Sport Setting (July, 2008 – April, 2011)

American Alliance for Health, Physical Education, Recreation & Dance

Member, National Association for Sport and Physical Education Position Statement Revision Task Force: A Coach's Guide to Parental Roles and Responsibilities in Sport (July, 2008 – March, 2009)

American Alliance for Health, Physical Education, Recreation & Dance

Member, National Association for Sport and Physical Education Sport Steering Committee (April, 2008 – April, 2011)

American Alliance for Health, Physical Education, Recreation & Dance

Moderator. (June 21, 2011). *Special Topic: The Neurological Evidence for Muscle Cramping.* National Athletic Trainers' Association Annual Meeting & Clinical Symposium in New Orleans, LA with Kevin Miller, PhD, ATC, CSCS as the keynote presenter.

Moderator. (June 20, 2011). *Feature Presentation: AC Joint Mechanics and Management Techniques.* National Athletic Trainers' Association Annual Meeting & Clinical Symposium in New Orleans, LA with Thomas Branch, MD and Mark Albert, ATC, PT, SCS as the keynote presenter.

Presider. (April 2, 2009). *Ethical Responsibilities and Preparedness of Coaches in Emergency Care Situations.* American Alliance for Health, Physical Education, Recreation & Dance National Convention in Tampa, FL.

Moderator. (June 20, 2008). *Minicourse: Throwing Biomechanics and Rehab Strategies for Softball.* National Athletic Trainers' Association Annual Meeting & Clinical Symposium in St. Louis, MO with Sherry Werner, PhD as the keynote presenter.

District:

Co-Chair of the Education Program for the 2012 Great Lakes Athletic Trainers' Association Annual Meeting & Symposium (June, 2010 – March, 2012)

District 4 – Regional Committee

Co-Chair of the Education Program for the 2007 Great Lakes Athletic Trainers' Association Annual Meeting & Symposium (January, 2005 – March, 2007)

District 4 – Regional Committee

Certified Athletic Trainer for Midwest Girl's Cup Championship Rugby (Apr. 28-29, 2001)
Midwest Rugby Union

Medical Staff Coordinator for the Great Midwest Challenge (2000-2001)
Great Midwest Challenge Gymnastics

State:

Four-year Reappointment to the Illinois Board of Athletic Trainers (April 1, 2016 – Jan, 2019)
Illinois Department of Financial and Professional Regulation – State Board

Chair, Communications Committee (Nov. 2014 – Nov 2015)
Illinois Athletic Trainers Association

Secretary, Illinois Athletic Trainers' Association Board of Directors (Oct. 2014 – Nov. 2015)
Elected Position as Secretary – State Board

Member, Archives Committee (Nov. 2014 – Nov. 2015)
Illinois Athletic Trainers Association

Consultant, Young Professionals Committee (Nov. 2014 – Nov. 2015)
Illinois Athletic Trainers Association

Medical Reserve Corp Member (August 19, 2014 – 2020)
McDonough County Health Department

Critical Incident Stress Management Team, Secretary (May 19, 2013 – 2020)
Illinois Athletic Trainers Association

Member, Critical Incident Stress Management Team (May 19, 2013 – 2020)
Illinois Athletic Trainers Association

Four-year Reappointment to the Illinois Board of Athletic Trainers (April 1, 2012 – April 1, 2016)
Illinois Department of Financial and Professional Regulation – State Board

Member, Illinois Board of Athletic Trainers (April 1, 2008 – April 1, 2012)
Illinois Department of Financial and Professional Regulation – State Board

Member, Communications Task Force (November, 2007)
Illinois Athletic Trainers Association, Inc.

Secretary, Illinois Athletic Trainers' Association Board of Directors (2005-2007)
Elected Position as Secretary – State Board

Faculty Mentor for a Fourth Year Medical Student at the University of Illinois completing a research project on Improving Quality of Care in Young Athletes re: Diabetes and Seizure Disorders (March 3, 2007)
McDonough District Hospital, Macomb, IL

Medical Staff for the Chicago Marathon (2005)

Supervised 9 athletic training students from WIU at the Chicago Marathon

Medical Staff Coordinator for Senior Olympics (April, 2004 – 2020)

Western Illinois Senior Olympics

Medical Staff Coordinator for Area Special Olympics (2002-2006)

Macomb, Illinois

Member, Women in Athletic Training Committee (November, 2004 - 2010)

District 4 Representative – Illinois

Job Shadow Host (2003-2010)

Canton Rotary Club

Program Director for Wisconsin Athletic Trainers' Association Annual Meeting (2000)

2000 Annual State Meeting & Symposium

Member, Shirley Martin Women's Fast Pitch League Board of Directors (2000-2001)

Milwaukee, Wisconsin

Member, W.A.T.A. Lifestyles Committee (1999-2002)

Wisconsin Athletic Trainers' Association

Medical Staff for the Badger State Games (1991-2002)

Wisconsin Summer Olympic Games

Committee Member & Medical Staff for the Arthritis Foundation (1991-1992)

Wisconsin Chapter for Camp M.A.S.H. (Make Arthritis Stop Hurting)

Community:

Volunteer Athletic Trainer for the Macomb Extreme Triathlon (4/30/16)

Also recruited other athletic trainers and students to cover this event
Macomb, IL

University:

Member, Focus Group for Athletic Strategic Planning (Spring 2023)

Western Illinois University

Member, Search Committee for Dean of the College of Education and Human Services (2022-23)

Western Illinois University

Chair, Graduate Grade Appeal Committee (2022-23)

Western Illinois University

Chair, Search Committee for Director of Internal Auditing (Fall 2022)

Western Illinois University

Member, Search Committee for Director of Athletics (Spring 2022)

Western Illinois University

Member, Rev. Dr. C.T. Vivian Diversity Teaching Scholars Committee (12/18/20-5/21/21)

Western Illinois University

Volunteer Athletic Trainer for the Leatherneck Battalion 5K Run (4/23/16)

Also recruited other athletic trainers and students to cover this event

Western Illinois University

Member, Provost's Advisory Council (Fall 2015 – Fall 2016)

Western Illinois University

Chair, Faculty Senate Summer School Committee (October 12, 2010 – Spring 2011)

Western Illinois University

Member, Faculty Senate Summer School Committee (October 12, 2010 – Fall 2013)

Western Illinois University

Invited Member of the Faculty Leadership Sessions with WIU Presidential Candidates

(Nov. 16th & 30th, Dec. 2nd, 7th, & 9th 2010) Keeney Room of Spencer Recreation Center

Member, Graduate Committee (2010-2011)

Lori Buresh, RPTA, Western Illinois University

Chair, Criterion 3 Subcommittee: Core Component 3d The University's learning resources support student learning and effective teaching. Higher Learning Commission-North Central Association of Colleges and Schools re-accreditation (January, 2009 – 2011)

Western Illinois University

Member, Criterion 3 Committee (addressing the instruction, assessment of student learning outcomes, and evaluation) for re-accreditation from the Higher Learning Commission-North Central Association of Colleges and Schools (September, 2008-2011)

Western Illinois University

Member, Provost's Awards of Excellence Committee for Excellence in Internationalizing the Campus Committee (Fall 2010)

Western Illinois University

Evaluator, Emergency Preparedness Exercise in the Leslie F. Malpass Library (8/10/10)

Western Illinois University

Member, Center for Innovation in Teaching and Research Advisory Committee (Fall 2010)

Western Illinois University

Member, Athletic Department Search Committee (July 2009 – August, 2009)

Western Illinois University – Athletics Department

Member of Provost's Award for Excellence in Teaching Committee (August, 2008)

Western Illinois University

Member, College of Education and Human Services Dean's 4-Year Review Committee (Spring 2008)
Western Illinois University

Member, Outstanding Academic Advisor Committee (August, 2007 – August, 2009)
Western Illinois University

Member, Council for Student Welfare Committee (September, 2004 - 2006)
Western Illinois University

Third Party Provider for Western Illinois University with the American Red Cross (February 17, 2005)
Macomb, IL

Faculty Representative for Western Illinois University to the NCAA Peer Review Team (February, 2005)
Macomb, IL

Advisor for the 5th Annual Illinois Athletic Trainers' Association College Bowl WIU Team (2003)
IATA Annual Meeting in Naperville, Illinois

Chair, Student Life Assessment Committee (2001-2002)
Concordia University Wisconsin

Member, Health & Safety Committee (2001-2002)
Concordia University Wisconsin

College:

Member, Search Committee for College of Education and Human Services Dean (2022-23)
Western Illinois University

Chair, Graduate Academic Affairs Committee (2022-2023)
Western Illinois University

Member, Dean's Faculty Council (2016-2017)
Western Illinois University

Distinguished Alumni Awards Selection Committee (2014-2017)
Western Illinois University

Panelist for Making Schools Safe: A Multidisciplinary Discussion during COEHS Showcase (4/19/10)
Western Illinois University

Member, Safe Schools Initiative (March 29, 2010 - 2012)
Western Illinois University

Department:

Advisor for the Sport Management Association (2022-Present)
Western Illinois University

Chair, Graduate Thesis Committee, Western Illinois University

- Kylie Gerhardt (2019-2020) *“NCAA Division III Athletes’ Use of Mental Skills and Strategies to Cope with Mental Barriers During the Injury Process”*
- Skylar Beard (2019-2020) *“NCAA DII Athletic Trainers’ Perceptions of Sports Psychology Professionals and Services Provided”*

Volunteer Athletic Trainer for the Donna Phillips Fun Run & Dog Walk (2010 - 2016)

Also recruited other athletic trainers and students to cover this event.
Western Illinois University

Member, Graduate Thesis/Project Committee, Western Illinois University

- Rachel Dawson (May 2023). *“Importance and Prevalence of the Anterior Cruciate Ligament Return to Sport Test Battery”*
- Anna Viktoria Ramkvist, (Dec. 2020). *“A Guide to Student-Athlete Burnout and a Preventative Stress Management Program”*
- Aaron Thompson, (May 2020). *“Isokinetic Hamstring: Quadriceps Strength Ratios and Peak Torque Over a Collegiate Soccer Season”*
- Katie Neeley, (May 2019). *“Comparison of Hinton-Boswell vs. Closed Basket-weave Taping in Limiting Amount of Ankle Inversion”*
- Holly Hall (2017-2018) *“The Inclusion of Disability Content in Athletic Training Curriculum and Clinical Experiences”*
- Dagmar Ralphs (2016-2017) *“Determinants of Return to Play Outcome Following ACL Reconstruction: A Comprehensive Study”*
- Chelsea Davis (2015-2016) *“The effects of the closed basket weave ankle taping with neutral heel locks vs. eversion heel locks on the amount and rate of ankle inversion”*
- Kelsey Michelini (2014-2015) *“The effects of MRSA carriage knowledge on athletic trainers’ compliance with prevention and management standards and recommendations”*
- Kristin Kuhar (2013-2014) *“The effects of magnesium sulfate and contrast water therapy on the signs and symptoms of delayed onset muscle soreness”*
- Erica Post (2012-2014) *“Knowledge, preventative practices, self-efficacy, and awareness of MRSA in athletic trainers working with athletes in low contact or non-contact sports”*
- Allison Talley, (2003-2004) *“The effect of a twenty-minute ice application on ankle agility”*

Supervisor, Graduate Student Independent Study Western Illinois University

- Daytona Dooley (Summer 2023): Provided supervision and collaboration for the development of a manuscript focusing on youth softball anxiety and burnout.

- Devon Blackmon (Spring 2023): Provided supervision of an examination of sport management curricular models in relation to organized or separate statistics courses.
- Raven Herlitz (Fall 2022): Provided supervision and guidance for developing and creating video clips on the proper safety and use of weight lifting machines located at Focus Fitness in Carthage, IL. The goal is to encourage community members to use the equipment and reduce their anxiety by being able to view short instructional videos.
- Jonny Swanson (Summer 2022): Provided supervision of an independent study and paper development for Jonny Swanson and his experiences working at the Coach Wooten Basketball Camps.
- Kerby Callison (Summer 2021): Provided professional supervision and guidance of Kerby Callison as he researched and developed a professional paper on the effects of NIL on Collegiate Athletics.
- Kelsey Michelini (Fall 2014): Provided professional supervision of Kelsey Michelini, ATC, in the area of Athletic Training Program Director. She was provided tasks including off-site scheduling of approximately 34 students, tracking clinical hours, and preparing a marketing video.

Supervisor, Graduate Student Interns Western Illinois University

- Stephanie Ticks, ATC (Spring 2022): Provided professional supervision of Stephanie Ticks, ATC, in the area of Athletic Training Program Education. She was provided opportunities to guest lecture and to prepare and implement labs for two courses in the Sport Health and Wellness Minor.
- Kristin Kuhar, ATC (Spring 2014): Provided professional supervision of Kristin Kuhar, ATC, in the area of Athletic Training Program Director. She was provided tasks including off-site scheduling of approximately 40 students, course guest lecture opportunities, tracking clinical hours, organizing the National Athletic Training Month activities, developing a Remedial Education study session, and working to create a better tracking system for the CAATE Competencies.

Member, Undergraduate Honors Thesis Committee, Western Illinois University

- Lins, L. (2010-2011) *“NCAA Division I Student Athletes’ Use of Over-the-Counter Pain Relievers”*
- Keith Leiting, K. (2008-2009) *“A Case report: Flexibility and Range of Motion Limitations in a High School Athlete with Nail-Patella Syndrome”*

Undergraduate Honors Project/Independent Study – Faculty Advisor: Western Illinois University

Beckner, R. (Spring 2013)
 Little, A. (Spring 2013)
 Rogers, K. (Spring 2011)
 Olimene, S. (Spring 2011)

Western Illinois University Department Committees:

Undergraduate Athletic Training Program Committee:

Standing Member & Chair (2009-2021)

Grade Appeal Committee:

(2015-2016) Chair
(2014-2015) Member

Kinesiology Department Chair Search Committees:

(October 22, 2009 – May 14, 2010) **Chair** of Committee
(Sept 2004 – 2005) Member
(Feb-May 2004) Member

Faculty Position Search Committees:

(July 2013 – Oct. 2013) **Chair** of Committee
(October, 2007 – February, 2008) **Chair** of Committee
(April, 2007 – June, 2007) Member
(Sept 2005 – Feb 2006) Member (2 Positions)

Department Personnel Committee:

(2014-2017) Member
(2010-2013) Member
(2009-2010) Alternate Member
(2008-2009) Member

Graduate Committee:

(2011-2012) Member

Ad Hoc Fundraising Committee:

(2011) **Co-Chair** for the Donna Phillips Run/Walk Committee

Ad Hoc Enrollment Committee:

(Jan. 2011 – April 2011) Member

Safety Committee

(Fall 2009–2013) **Chair** of Committee

Risk Management and Safety Committee

(Dec 2004 – May 2007) **Chair** of Committee
(Sept. – Dec. 2004) Member

Reaccreditation Committee for the Commission on Accreditation of Athletic Training Education

(Fall 2008-Spring 2010) **Chair** of Committee
(2005) **Chair** of Committee [Accrediting body was the Commission on Accreditation of Allied Health Education Programs (CAAHEP)]

Undergraduate Curriculum Committee

(February 13, 2009) Athletic Training Representative to the Committee

Faculty Awards Committee

(2008-2013) Member

Undergraduate Program and Grade Appeal Committee

(2006-2008) Member

(2003-2005) Member

Recruitment, Retention, Screening, & Scholarships Committee

(2002-2017) Member

Faculty Mentor, Teaching Assistant (Futhey) in AT 301, AT 311, & AT 401 (Spring 2006)

Western Illinois University

Advisor for the Athletic Training Student Association (2002 – 2013)

Western Illinois University

Member, Thesis Committee (Fall, 2002 – May, 2003)

Stephanie Ludtke, ATC, Concordia University Wisconsin

Member, Concordia University Exercise Science Advisory Board (2000 - 2002)

Mequon, Wisconsin

Medical Staff for the N.A.I.A. National Volleyball Championships (1987)

University of Wisconsin – Milwaukee

Honors & Awards

Twenty Year Service Award, Western Illinois University: May 2, 2022

Athletic Trainer Service Award, National Athletic Trainers' Association, Feb. 1, 2017

Fifteen Year Service Award, Western Illinois University: April 25, 2017

Hall of Fame Award, Illinois Athletic Trainers Association, Nov. 13, 2016

Provost's Award for Excellence in University/Community Service for 2016, Western Illinois University (Sept. 23, 2016)

Outstanding Community and University Service Award, presented by Western Illinois University's College of Education and Human Services (Aug. 18, 2016)

Nominated by a student to be recognized at the Inaugural Faculty Appreciation Luncheon hosted by the Disability Resource Center at Western Illinois University: March 12, 2015

Professional Achievement Awards at Western Illinois University:

August 2018

August 2013

August 2016

August 2012

August 2015

August 2011

August 2014

August 2009

Professional Travel Awards, College of Education and Human Services at Western Illinois University:

May 2013
April 2012

Invited professor to Student-Athlete Academic Excellence Banquet. Student-athlete invites a professor that has influenced their academic career. Western Illinois University: March 26, 2013

Gonfalon Carrier for Graduation Commencement Ceremonies, Western Illinois University: December 17, 2011 & May 12, 2012

Ten Year Service Award, Western Illinois University: April 24, 2012

Excellence in Service Award presented by Western Illinois University's College of Education and Human Services, May 2, 2011

Honoring Our Professors of Excellence (H.O.P.E.) Award, University Housing & Dining Services, Western Illinois University, April 5, 2010

Provost's Award for Excellence in Teaching, Western Illinois University, October 23, 2007
Excellence in Teaching Award presented by Western Illinois University's College of Education and Human Services, August 30, 2007

Faculty Excellence Service Award presented by the Western Illinois University Office of Student Activities Students of Color, April 26, 2007

Athletic Hall of Fame presented by Messmer High School, Milwaukee, WI, October, 2003

Other Achievements / Certifications / License

Completed Mental Health First Aid Training (May 18, 2018)

American Red Cross Basic Life Support Instructor (Since June 9, 2016)

Group Crisis Intervention Trained through International Critical Incident Stress Foundation (Since Nov, 2015)

Run, Hide, Fight Training in the event of an Active Shooter, Western Illinois University (7/14/15)

Retraining Certification: Individual Crisis Intervention and Peer Support, International Critical Incident Stress Foundation (November 8-9, 2014)

MOOC: Ethical Decision-Making in the Health Care Professions (Awarded 4/8/14)
Dalhousie University Halifax, Nova Scotia, Canada (3/10/14 - 3/31/14)

MOOC: Exploring the Student Affairs in Higher Education Profession (Awarded 3/21/14)
Colorado State University (1/21/14 - 3/21/14)

Suicide Prevention Training, Western Illinois University (3/5/14)

Professional Supervisor Certificate, Western Illinois University Employee Development (April 11, 2013)

Individual Crisis Intervention and Peer Support Trained through the International Critical Incident Stress Foundation (Since March 13, 2013)

National Academy of Sports Medicine (NASM): Corrective Exercise Specialist (Since 2011) #1397128

American Red Cross Professional Rescuer Instructor (Since 2005)

Illinois Licensed Athletic Trainer (Since 2003; Retired 2022) #096-001916

National Athletic Trainers' Association Clinical Instructor Educator (Since 2003)

Board of Certification Examiner (1999 – April 2007)

National Provider Identifier (2006) #1134193691

National Strength & Conditioning Association (NSCA): Certified Strength & Conditioning Specialist (Since 1999; Retired 12/31/23) #9910097

American Red Cross Responding to Emergencies Instructor (Since 1991)

American Red Cross Instructor for First Aid and CPR (Since 1987)

American Red Cross First Aid, CPR, AED (Since 1986)

Board of Certification: Certified Athletic Trainer (Since 1986; Retired 2022) #41617

Professional Memberships

National Athletic Trainers' Association (NATA)
NPI (2006) #1134193691

Great Lakes Athletic Trainers' Association (GLATA)

Illinois Athletic Trainers' Association (IATA)