

Amanda J. (Sinclair) Elder, EdD, ATC
University of Colorado Colorado Springs
Department of Health Sciences
1420 Austin Bluffs Pkwy, Colorado Springs, CO 80918
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EDUCATION:

- 1999-2001 Oklahoma State University, Stillwater, OK
Doctor of Education in Applied Educational Studies
Emphasis: Exercise Science
- 1995-97 San Jose State University, San Jose, CA
Master of Arts in Kinesiology
NATA Accredited Graduate Athletic Training Program
- 1991-94 Adams State College, Alamosa, CO
Bachelor of Arts in Exercise Physiology and Leisure Science
Emphasis: Athletic Training, Secondary Physical Education
Minor: Biology Education

PROFESSIONAL EXPERIENCE:

- 2008-present Associate Professor, Tenured (Assistant Professor 2008-2012)
Program Coordinator, MSc Sports Medicine (advisor, Athletic Training Track)
Department of Health Sciences
University of Colorado Colorado Springs, Colorado Springs, CO
- 2001-08 Associate Professor, Tenured (Assistant Professor 2001-2007)
Clinical Coordinator of Athletic Training Education (CAATE accredited)
Graduate Faculty
Department of Health, Human Performance & Recreation
Southeast Missouri State University, Cape Girardeau, MO
- 2000-01 Visiting Instructor
School of Applied Health and Educational Psychology
Oklahoma State University, Stillwater, OK
- 1999-2000 Graduate Assistant Instructor
Department of Health and Human Performance
Oklahoma State University, Stillwater, OK
- 1996-2015 Certified Athletic Trainer, Justin Sportsmedicine Team Program Associate
- Wrangler National Finals Rodeo, Las Vegas, NV 2014-2015
 - National Western Stockshow and Rodeo, Denver, CO 2009-2016
 - Colorado State Fair & Rodeo, Pueblo, CO 2015
 - Elizabeth Rodeo, Elizabeth, CO 2015
 - Pikes Peak or Bust Rodeo, Colorado Springs, CO 2010-2013
 - Sikeston Jaycee Bootheel Rodeo, Sikeston, MO, 2001-08
 - Guymon Pioneer Days Rodeo, Guymon, OK 1999-2003
 - Red River Rodeo, Wichita Falls, TX, 2001
 - 89er Days Rodeo, Guthrie, OK, 2001
 - Timed Event Championship Rodeo, Guthrie, OK, 2001
 - Dodge Prairie Circuit Finals Rodeo, Guthrie, OK 2000
 - California Rodeo, Salinas, CA 1996, 1997

- Professional Bull Riders, San Jose, CA 1997
 - Grand Nationals Rodeo, Daly City, CA 1996
- 2004-2008 Certified Athletic Trainer
Health Facilities Rehabilitation, Sikeston, MO
 - Professional Bull Riders, Sikeston, MO
- 2009, 2014 Certified Athletic Trainer, special contracts
1998-2005, Orthopaedic Center of the Rockies Sportsmedicine, Fort Collins, CO
 - Pikes Peak or Bust Rodeo, Colorado Springs, CO, 2014-2015
 - Douglas County Fair & Rodeo, Castle Rock, CO 2015
 - Collegiate Rodeo Athletic Trainer, Sterling, Fort Collins, CO, Torrington, WY 2009
 - National High School Finals Rodeo, Gillette, WY 2004-2005
 - National High School Finals Rodeo, Farmington, NM 2002-03
 - College Finals Rodeo, Casper, WY 2002
 - National High School Finals Rodeo, Springfield, IL 2000-01
 - Bullistic Professional Rodeo Bullfight Competition, Lawton, OK 1998-99
 - High School National Finals Rodeo, Gillette, WY 1999
 - Guymon Pioneer Days Rodeo, Guymon, OK 1998
- 2000-04 Certified Athletic Trainer
Bullistic Professional Rodeo Bullfight Competition, Lawton, OK
- 2000 Intern, Anterior Cruciate Ligament Surgery and Rehabilitation
PRISM Research Foundation
Rocci Trumper, M.D., Supervisor
Orthopaedic Center of the Rockies, Fort Collins, CO
- 2000 Certified Athletic Trainer
OrthoArkansas Sportsmedicine
International Finals Rodeo, Oklahoma City, OK
- 1997-1999 Head Certified Athletic Trainer
Instructor of Health Physical Education and Recreation
Senior Women's Administrator
Oklahoma Panhandle State University (NCAA Div. II), Goodwell, OK
 - Athletic training services, medical coordination for football, cross-country, basketball, baseball, softball, golf and rodeo teams.
- 1995-97 Head Certified Athletic Trainer
Cupertino High School, Cupertino, CA
 - Administration, care, treatment and medical coordination for the football, field hockey, cross-country, volleyball, swimming/diving, water polo, wrestling, basketball, track & field, baseball, softball, soccer, tennis and badminton.
 - Supervised two student athletic trainers
- 1995, 1997 Certified Athletic Trainer
San Jose-Cleveland Ballet Company, San Jose, CA
 - Care of dancers before and after San Jose Performances
- 1995, 1997 West Team Certified Athletic Trainer
East-West Shrine Classic & Pageant All-Star Football Game
Stanford University, Palo Alto, CA

REFEREED PUBLICATIONS:

Hunnicut J, Elder C, **Sinclair Elder AJ**, Dawes J. (2016) The effects of a plyometric training program on on-ice jump performance in collegiate figure skaters. Manuscript submitted for publication for the *International Journal of Exercise Science*. 9(2):175-186.

Sinclair Elder AJ, Scott WS, Kluge MA, Elder CL. (2016) CyberEx Internet-Based Group Exercise For Rural Older Adults: A Pilot Study. Manuscript submitted for publication in *Activities, Adaptation & Aging*. In Press (June 2016).

Kadel R, **Sinclair Elder, AJ**, Elder C, Dawes J. (2016) Strength and Conditioning for Injury Prevention in College Goat Tying. *Strength and Conditioning Journal*. 38(1):51-60.

Sims GC, **Sinclair Elder AJ**, Elder C, Harris M. (2015) Assessment of Lightning Safety Knowledge Among Youth Sport Coaches. *The Sports Journal*. Dec 28, online <http://thesportjournal.org/article/category/sports-medicine/> (awaiting DOI).

Wagganer JD, Pujol TJ, Langenfeld ME, Barnes JT, **Elder AJ**, Elder CL, Tucker JE. (2015) A workload selection procedure for the Astrand-Rhyming Test for Females. *Perceptual and Motor Skills*. 120(3):687-699.

Eisner MT, Elder C, **Sinclair Elder AJ**, Kelly Buening, C. (2014) Athletes perceptions of the collegiate strength and conditioning coaches. *Journal of Athletic Enhancement*. DOI: 10.4172/2324-9080.1000159

McKenney, KJ, **Sinclair Elder, AJ**, Elder CL, Hutchins AM. (2013) Myofascial release as a treatment for orthopedic conditions: A systematic review. *Journal of Athletic Training*. 48(4):522-527.

Sinclair AJ, Holman T, Elder C, Easter B, Stenger-Ramsey T. (2010) Utilization of Emergency Action Plans by Collegiate Academic Recreation Programs. *SCHOLE: A Journal of Leisure Studies and Recreation Education*. 25:11-20.

Shah R, **Sinclair AJ**, (2010) Utilization of prolotherapy for facilitation of ligament and tendon healing. *Athletic Therapy Today*. 15(6):25-27.

Sinclair AJ & Smidt C. (2009) Analysis of 10 years of injury in high school rodeo. *Clinical Journal of Sports Medicine*. 19:383-387.

Sinclair AJ, Pujol, TJ. (2006) Adapting upper body resistance training exercises for individuals with carpal tunnel syndrome. *Strength & Conditioning Journal*. 28(6):2-8.

Sinclair AJ, Ransone, JW. (2004) Physical activity and its relationship to rodeo injury and success. *Journal of Strength & Conditioning Research*. 18:873-877.

PUBLICATIONS SUBMITTED

Ortiz R, **Sinclair Elder AJ**, Elder CL, Dawes JJ. (2016) A systematic review on the effectiveness of active recovery interventions on the athletic performance of professional, collegiate, and competitive level adult athletes. Manuscript in preparation for submission to the *Journal of Science & Medicine in Sport*.

PUBLISHED REVIEWS

Sinclair, AJ. (2001, September). [Book review of 3 introductory athletic training textbooks]. *Athletic Therapy Today*, 6(5). Human Kinetics: Champaign, IL.

PRESENTATIONS AT MEETINGS:

Sinclair Elder AJ, Helfer, M. Prevalence of Concussion Reported to the Justin Boots Sports Medicine Team: 2011-2014. Accepted presentation at the Injured Rodeo Athlete Justin Sports Medicine Conference, December, Las Vegas, NV.

Sinclair Elder AJ. (2015) Translation of Published Lightning Safety Guidelines into Practice, Invited peer reviewed presentation at the Colorado Athletic Trainers' Association Annual Symposium, May, Colorado Springs, CO. (Presentation was reviewed and approved as an Evidence-based Practice continuing education session by the Board of Certification). Also resulted in:

Sinclair Elder AJ. (2015) Translation of Published Lightning Safety Guidelines into Practice, Invited presentation for the Children's Hospital of Colorado Sports Medicine Department, July, Denver, CO.

Sinclair Elder AJ, Hunt, MM, (2015) Grade Less While Students Learn More. Peer reviewed abstract accepted for presentation at the National Athletic Trainers' Association Research and Education Foundation Athletic Training Educators' Conference, February, Dallas, TX.

Sinclair Elder AJ. (2014) Review of 2011-2013 Justin Sportsmedicine Team Injury Reports. Invited presentation at the Management of the Injured Rodeo Athlete Justin Sports Medicine Conference, December, Las Vegas, NV.

Bowers SD, **Sinclair Elder AJ**, Hunnicutt JL. (2014) Content Analysis of Eating Disorder Policies and Procedures of Collegiate Institutions. Peer reviewed paper presented at the National Athletic Trainers' Association Annual Symposium, June, Indianapolis, IN.

Sinclair Elder, AJ, Elder CL, Hunt M. Why Do I Need CATs in My Clinic?. Invited presentation for the 2014 Colorado Athletic Trainers Association Annual Meeting. May/June, Denver, CO.

Elder, CL, **Sinclair Elder, AJ.** *Using Literature Triage to Improve your Practice.* Peer reviewed abstract accepted for presentation for the 2013 Colorado National Strength and Conditioning Association State Fall Clinic, November, Denver, CO.

Sinclair Elder, AJ, Elder, CL. *So Many Journals... So Little Time: Using Literature Triage to Improve your Practice.* Peer reviewed abstract accepted for presentation for the 2013 Rocky Mountain Athletic Trainers' Association Annual Symposium, April, Denver, CO.

Sims, G, **Sinclair Elder, AJ**, Elder, CL, Harris, M. Assessment of Lightning Safety Knowledge Among Youth Sport Coaches. Peer reviewed abstract accepted for presentation for the 2013 Rocky Mountain Athletic Trainers' Association Annual Symposium, April, Denver, CO.

Sinclair, AJ. Girls Rock! Climb to Your Dreams. Invited Keynote Address at the 13th Annual Girls in the Middle Conference, Otero Junior College, La Junta, CO, March, 2011

Sinclair AJ. *Athletic Training Behind the Chutes: Caring for the Rodeo Athlete.* Invited peer-reviewed oral presentation accepted for the 2011 National Athletic Trainers' Association Annual Symposium, June, New Orleans, LA.

Romer B, Fox J, Johnson D, Romer T, **Sinclair A**, Wimar W. *Phase lengths of division-one American collegiate triple jumpers.* Peer reviewed abstract accepted for presentation at the 2011 National ACSM Symposium, Denver, CO.

Romer B, Johnson D, Romer T, **Sinclair A.** *Phase ratios of collegiate triple jumpers.* Peer reviewed poster presentation at the 2011 Southeast ACSM Annual Meeting, Feb, 2011, Greenville, SC.

Miller K, **Sinclair AJ**, (2010) *Dismount angles of the goat tyer athlete*. Peer reviewed poster presented at the 2010 National Strength & Conditioning Assoc. Annual Symposium, June, Orlando, FL.

Easter B, **Sinclair AJ**, Holman T, Elder C, Stenger-Ramsey T. (2009) *Emergency Action Plan Status in Athletics and Recreation*. Presentation given at the 2009 Sport and Recreation Law Association Conference, San Antonio, TX.

Sinclair AJ, Elder CL (February 2008) *Core Stabilization*. Invited lecturer for the Student Southeast Athletic Trainers' Association Symposium, Atlanta, GA.

Elder CL, **Sinclair AJ** (February 2007) *Flexibility & PNF Techniques*. Invited lecturer for the Student Southeast Athletic Trainers' Association Symposium, Atlanta, GA.

Pulley T, **Sinclair AJ**, Elder, CL, Easter, B. (2006) *Assessment of Athletic Department Emergency Action Plans*. Peer reviewed poster presented at the 2006 NATA Annual Meeting & Symposium, June, Atlanta, GA.

Barnes JT, **Sinclair AJ**. (May, 2006) *Hydration During Exercise in the Heat*. Presentation for Cape Girardeau Chamber of Commerce "Shape Up Cape" program, Cape Girardeau, MO.

Elder CL, **Sinclair AJ** (February 2006) *Flexibility & PNF Techniques*. Invited lecturer for the Student Southeast Athletic Trainers' Association Symposium, Atlanta, GA.

Sinclair AJ, Smidt C, Harvey J, Connally P. (2006) *Analysis of injury occurrence and care for 8 years of the National High School Finals Rodeo*. Presentation given as a replacement for a speaker unable to attend at the 2006 Missouri Athletic Trainers' Association Annual Meeting & Symposium, Cape Girardeau, MO. [This presentation was previously given at the 2005 NATA Annual Meeting & Symposium.]

Sinclair AJ, Sofo, S. (November, 2005) *Get Fit, Using My Body*. Guest presenter for Cape Girardeau Girl Scouts of America, Cape Girardeau, MO.

Sinclair, AJ, Smidt, C, Harvey, J, Connally, P. (June, 2005) *Analysis of injury occurrence and care for 8 years of the National High School Finals Rodeo*. Peer reviewed presentation at the 2005 NATA Annual Meeting & Symposium, Indianapolis, IN.

Sinclair AJ, Elder CL. (January, 2005) *Athletic Training Education Program Admission Requirements—How does the type of school affect the admission standard*. Peer reviewed poster presented at the 2005 National Athletic Trainers' Association Educator's Conference, Montgomery, TX.

Sinclair AJ. *Orbital & Ocular Injuries: Initial Assessment & Treatment*. Invited Speaker for the National Athletic Trainers' Association Annual Symposium, June 2003. (This presentation also resulted in an online virtual continuing education presentation for the National Athletic Trainers' Association Education Council, February 2004-present.)

Sinclair AJ. (November, 2003) *Care of sports injuries*. Guest speaker for Cape Girardeau Girl Scouts of America, Cape Girardeau, MO.

Elder CL., Barnes JT., **Sinclair AJ**. (June, 2003) *A comparison of four bioelectrical impedance analysis instruments for the measurement of body composition on collegiate gymnasts*. Peer reviewed free communications paper presentation at the National Athletic Trainers' Association Annual Symposium, St. Louis, MO.

Martin, KD, Elder CL, Pujol TJ, Giboney MA, Lancaster JN, Tucker LA, Vanhoevelaak LA, Barnes JT, **Sinclair AJ**. (June, 2003) *Back extension range of motion with use of sternal measurement and inclinometers*. Peer reviewed poster presentation at the ACSM Annual Meeting, San Francisco, CA.

Waggoner, J.D., Pujol, T.J., Langenfeld, M.E., **Sinclair, A.J.**, Tucker, J.E., Elder, C.L. (June, 2003) *A workload selection procedure for the Astrand-Rhyming test for females*. Peer reviewed poster presentation at the ACSM Annual Meeting, San Francisco, CA.

Palmer, T.M. & **Sinclair, A.J.** (2003, January). *Field experience and effective classroom instruction*. Peer reviewed poster presentation at the National Athletic Trainers' Association Educators' Conference, Del Lago, TX.

Sinclair, A.J., Kulling, F., Edgely, B., Ransone, J.W., & Williams-Miller, J. (June, 2002). *The Relationship of Injury and Success of Rodeo Athletes*. Peer reviewed free communications presentation at the National Athletic Trainers' Association Annual Symposium, Dallas, TX.

Sinclair, A.J. (April, 2001). *Pediatric Sports Health Issues*. Presentation to the Pediatric Nurse Practitioner Students and Faculty at Oklahoma University Health Sciences Center, Oklahoma City, OK.

Palmer, T.M. & **Sinclair, A.J.** (April, 2001). *Mentoring Future Faculty: Perspectives from the Trenches*. Paper presented at the Oklahoma State University Graduate Student Symposium, Stillwater, OK.

Sinclair, A.J. & Palmer, T.M. (January, 2001). *Mentoring the Future Athletic Training Educator—Perspectives from the Certified Athletic Trainer Doctoral Student*. Peer reviewed presentation at the National Athletic Trainers' Association Educators' Conference, Dallas, TX.

Ransone, J.W. & **Sinclair, A.J.** (June, 1998). *Prediction of Maximal Isokinetic Knee Strength*. Peer reviewed presentation at the National Athletic Trainers' Association Annual Symposium, Baltimore, MD.

Sinclair, A.J. (September, 1997). *On-Field Management of Athletic Injuries*. Presentation at a meeting of the Guymon Emergency Medical Services Society, Guymon, OK.

GRANTS:

Elder, A.J. (2015) Online course enhancement grant for HSCI 4610 Sport Injury Prevention. UCCS Faculty Resource Center Grant Program. \$3000. Funded.

Development of course enhancement proposal, revision of course to meet Quality Matters standards.

Sinclair, A.J., Neely, M. (2013) Writing to enhance critical thinking in athletic training education. Pre-proposal submitted for review by the NATA Research and Education Foundation.

Development of concept, primary author.

Sinclair, A.J., Elder, CL (2011) Headin' for Healin': A Youth Rodeo Concussion Education Curriculum. Colorado Traumatic Brain Injury Trust Fund Educational Grant Program. \$6360. Funded.

Development of concept, primary author.

Sinclair, A.J. (2011) Incidence and Knowledge of Concussion in Youth Rodeo. UCCS Committee on Research and Creative Works. \$4543. Funded.

Sinclair, A.J., Peterson, T (2009) Assessment Development and Enhancement Retreat for Health Sciences Graduate Programs. UCCS Student Achievement Assessment Committee Grant. \$1,126.46. Funded

Development of grant idea, contribution of assessment content for retreat.

Sinclair, A.J. (2008). Video Performance Analysis of Female Rodeo Athletes in the Goat Tying Event. Received from the Faculty Assembly Women's Committee, Women's and Ethnic Studies Fall 2008 Research and Curriculum Development Mini-Grants, \$500.00. Funded

Development of research protocol, and writing of grant proposal, data collection and analysis.

Elder, C.L., **Sinclair, A.J.**, & Langenfeld, M (2004) Concussion assessment of adolescents utilizing IMPACT©. Grant received from the Grants and Research Funding Committee of the Faculty Senate, Southeast Missouri State University, \$1400. Funded
Development of research protocol, revision of grant proposal.

Sinclair, A.J., Elder, C.L. (2001). *Pilot investigation of heart rate during rodeo rough stock events*. Grant received from the Grants and Research Funding Committee of the Faculty Senate, Southeast Missouri State University, \$1,451. Funded
Conception of idea, data collection, review of results.

COURSES TAUGHT

University of Colorado Colorado Springs, Colorado Springs, CO

Undergraduate Courses:

HSCI 1020 Personal Health & Wellness [OL]
HSCI 4010 Health Science Research [OL/L]
HSCI 4610/BIOL 4230 Sport Injury Prevention [OL/L]

Graduate Courses:

BIOL 5230 Sport Injury Prevention
HSCI 6010 Health Sciences Graduate Seminar
HSCI 6050 Advanced Evaluation of the Lower Extremity
HSCI 6080 Advanced Evaluation of the Upper Extremity
HSCI 6090 Graduate Research Project
HSCI 6120 Health Sciences Leadership (previously Sports Medicine Administration)
HSCI 6150 Health Sciences Internship
HSCI 6170 Special Topics: Sudden Death in Athletics
HSCI 6170 Special Topics: Advanced Athletic Training Skills
HSCI 6630 Manual Therapy for Athletic Trainers
HSCI 7000 Health Science Thesis
HSCI 9600 Independent Study--Graduate

Southeast Missouri State University, Cape Girardeau, MO

Undergraduate Courses:

HL 120 Health Perspectives
HL 251 Introduction to Athletic Injuries
HL 263 Sports Injury Management
HL 281 Practicum in Athletic Training I
HL 322 Advanced Injury Assessment II
HL 383 Practicum in Athletic Training III
HL 384 Practicum in Athletic Training IV
HL 444 Rehabilitation of Sport Injuries
PE 464 Kinesiology
DA130 Ballroom Dance

Graduate Courses:

HL 511 Applied Anatomy
HL 690 Seminar in Nutrition & Exercise Science

Oklahoma State University, Stillwater, OK

HHP 1822 Pedagogy of Rhythms and Movement
HHP 2653 Applied Anatomy
HHP 3663 Kinesiology & Biomechanics
LEIS 2322 Recreational Dance
HHP 3663 Kinesiology & Biomechanics
HHP 2102 First Aid

LEIS 2322 Recreational Dance
HHP 2603 Total Wellness

Oklahoma Panhandle State University, Goodwell, OK

HPER 2061 Social Dance
HPER 2102 First Aid
HPER 2122 Care & Prevention of Athletic Injuries
HPER 2272 Practicum in Athletic Training I
HPER 3153 Applied Anatomy & Physiology
HPER 3123 Advanced Athletic Training
HPER 3262 Kinesiology
HPER 3272 Practicum in Athletic Training II
HPER 4272 Practicum in Athletic Training III
HPER 4792 Adapted Physical Education

RECOGNITIONS:

2013 UCCS Teacher of the Year
2011 UCCS iWAC Participant, Writing Across the Curriculum
2010-2011 CU President's Teaching and Learning Collaborative, scholar
2006 Athletic Trainer of the Year
Missouri Athletic Trainers' Association
2006 Project Charlie Facilitator of the Year
Cape Girardeau Area Project Charlie (Chemical Abuse Resistance Lies in Education)
2003, 2006 Department Nominee for College Service Award
Department of Health, Human Performance & Recreation
Southeast Missouri State University
2000 Tosa Medical Post-graduate Scholarship Recipient
Mid-America Athletic Trainers' Association
1999 Award Presenter, Student Athletic Trainers' Award Luncheon
National Athletic Trainers' Association Annual Symposium, Kansas City, MO
1996 G.E. "Moose" Detty Graduate Scholarship Recipient
National Athletic Trainers' Association--Research and Education Foundation
1995 Physical Education Major of the Year--Adams State College
National Association of Sport and Physical Education

PROFESSIONAL ORGANIZATIONS:

1993-2016 National Athletic Trainers' Association, Certification #049502524
2010-2016 Colorado Department of Regulatory Agencies, Registered Athletic Trainer #585
2008-2016 Colorado Athletic Trainers' Association
2008-2016 Rocky Mountain Athletic Trainers' Association
2000-2011 American College of Sports Medicine, Membership #570095
2001-2008 Missouri State Board of the Healing Arts, Licensed Athletic Trainer #2001018690
1998-2008 Mid-America Athletic Trainers' Association
2001-2008 Missouri State Athletic Training Association
1998-2001 Oklahoma State Athletic Training License, License #AT191
1998-2001 Oklahoma Athletic Trainers' Association
1995-1997 Far West Athletic Trainers' Association
1995-1997 California Athletic Trainers' Association

SERVICE:

University Service:

University of Colorado Colorado Springs, Colorado Springs, CO
▪ Committees

- Health Sciences Curriculum Committee, member 2008-09, chair 2009-16
- Health Sciences Ad-hoc Instructor Search Committee, su 2014
- Health Sciences Task Force on Course Size, lead, 2013
- Health Sciences Sport Nutrition Faculty Search, 2010-11
- Beth-El College of Nursing & Health Sciences College Assembly, member 2008-16
- Vice President 2011-13
- Beth-El College of Nursing & Health Sciences Faculty Affairs Council, member 2012-14, co-chair 2013-14
- Beth-El College of Nursing & Health Sciences Strategic Planning Council, member 2009-12
- Beth-El College of Nursing & Health Sciences Faculty Workgroup, member 2009
- Beth-El College of Nursing & Health Sciences Academic & Professional Conduct Committee, 2008-09
- UCCS Graduate Executive Committee, member 2008-16
- UCCS University Budget Advisory Committee, member 2014-2016
- UCCS Non-tenure Track Faculty Multi-year Contract Task Force, chair, 2013-14
- UCCS Center for Sports Medicine and Exercise task force member, 2014
- UCCS General Education Explore Sub-team, member 2012
- UCCS Task-force on NTTF Multi-year Contracts, co-chair, 2013-14
- UCCS Faculty Assembly Past-President, 2014-15
- UCCS Faculty Assembly President, 2013-14
- UCCS Faculty Assembly President-elect, 2012-13
- UCCS Faculty Assembly Secretary, 2011-12
- UCCS Faculty Executive Committee, 2011-2015
- UCCS Faculty Assembly, College Representative, 2009-11
- CU Faculty Council and Executive Committee, member 2013-14
- Graduate Thesis Committees
 - Christina Landreth, 2015-16, Committee Chair
 - Lizzie Heil, 2015-16
 - Anna Higgins, 2014-15, Committee Chair
 - Virginia Winn, 2014-15, Committee Chair
 - Christa Pamperian, 2014-15
 - Stephen Woodworth, 2014-15
 - Robert Ortiz, 2013-14, Committee Chair
 - Lisa Strotman Maez, 2013-14
 - Jennifer Hunnicutt, 2013-14
 - Deana Clasen, 2012-13, Committee Chair
 - Ashley Pulvermacher, 2012-13, Committee Chair
 - Wendy Scott, 2012-13, Committee Chair
 - Mary Therese Eisner, 2012-13
 - Grace Sims, 2011-12, Committee Chair
 - Laarni Yogore, 2008-09, 2010-11, Committee Chair
 - Kristin Meinz, 2009-10, Committee Chair
 - Kara Miller, 2009-10, Committee Chair
 - Raleigh Tillman, 2009, Committee Chair
 - Pam Smith, 2008-09
 - Graduate Project Committees
 - Caitlin Moeller, 2016
 - Nicol Hart, 2015-16
 - Brianna Wagner, 2015-16
 - Mary Helfer, 2015

- Cori Klassen, 2015
- Tessa Boccumini, 2014-15
- Spenser Bowers, 2013
- Kelli Ferguson, 2013
- Samatha Griffith, 2013
- Katlin Hickerson, 2013
- Tamineh Tolentino, 2012-13
- Kelly Alexander, 2012
- Sarah Holton, 2012
- Diana Hosack, 2012
- Robyn Kadel, 2012
- Molly Mattea, 2012
- Emily O'Keefe, 2012
- Kim Oderwald, 2010
- Lauren Beers, 2010
- Jennifer Cleland, 2010
- David Dovey, 2009
- Ryan Fonkert, 2010
- Christy Grissom, 2010
- Terriha Horton, 2010
- Amie Kern, 2010
- Katie Krall, 2010
- Braden Romer, 2010
- Rohit Shah, 2010
- Casey Zielinski, 2009
- Student Advising
 - Advising of average 16 graduate students in MSc in Sports Medicine
Southeast Missouri State University, Cape Girardeau, MO
- Committees
 - Department Physical Education Faculty Search, 2008
 - Department Alumni Affairs, Chair, 2003-07
 - Department Health Management Faculty Search, 2005-06
 - Department Generalist Instructor Search, 2004
 - Department Administrative Assistant Search, 2002
 - Department Physical Education Faculty Search, 2002-03
 - College Professional Development, Chair, 2004-08
 - College Human Subjects, 2002-06
 - College Teaching Enhancement 2002-04
 - SEMO Grants & Research Funding Committee member, 2007-2008
 - SEMO Grants & Research Funding Committee alternate, 2003-2006
 - SEMO University Honors Program Review, 2002-03
- Thesis Committees
 - Nedra Harrington, 2007-2008
 - Lance Eaker, 2004-09, Committee Chair
 - Tracy Pulley, 2004-06, Committee Chair
 - Jason Butler, 2006
 - Melissa Pagan, 2002-03
 - Jennifer Lancaster, 2002-03
 - Jared Gabbel (Adams State College, Alamosa, CO), 2002-04
- Student Recruitment
 - Southeast Show Me Days (prospective student fair)
 - Southeast First Step (new student orientation and advising)
 - Prospective Student Advising

- Advisement of approx. 52 athletic training, exercise science, & pre-PT students
 - Clinical Instructor Educator
 - Approved Clinical Instructor Workshop Coordinator
 - Department Newsletter Publishing, Editor
 - Special Event Certified Athletic Trainer, Athletic Department
 - Southeast Athletic Training Student Association, Faculty Advisor
- Oklahoma State University, Stillwater, OK
- Assist with management of directed observation athletic training students.
 - Assist with clinical competency assessment of student athletic trainers.
 - Assist with completion of self-study for CAAHEP accreditation.
 - Develop and manage the OSU athletic training web site
- Oklahoma Panhandle State University (NCAA Div. II), Goodwell, OK
- Committees
 - Head Men's Basketball Coach selection committee, member
 - Head Women's Basketball Coach selection committee, member
 - Bowman Scholarship Selection Committee, member
 - NCATE Accreditation Committee—Dept. of Health, Physical Education and Recreation, member
 - Academic advisement of 12 students
 - Supervision of 13 athletic training students
 - Course development for existing athletic training option
 - HPER 3123 Advanced Athletic Training and lab sessions
 - HPER 2272, 3272, 4272 Practicum in Athletic Training I, II & III
 - Development of departmental drug testing protocol
 - Drug testing site coordination and administration
 - Student athlete secondary insurance claim tracking
 - Substitute Women's Basketball coach (1-0 record)

Professional Service:

- | | |
|------------|--|
| 2015-2016 | Data and Research Coordinator
Justin Boots Sports Medicine Team |
| 2001-2016 | Site Visitor
Commission on Accreditation of Athletic Training Education Programs (CAATE)
[Formerly the Joint Review Committee on Athletic Training for CAAHEP] |
| 2014-2016 | Scholarship Committee Member
National Athletic Trainers' Association-Research and Education Foundation |
| 2013-2016 | Election Committee Chair
Colorado Athletic Trainers' Association |
| 1997-2016 | American Red Cross Instructor, Professional Rescuer CPR/AED, Workplace First Aid/CPR/AED |
| 2014-2015 | Curriculum Consultant on Professional Master's Degree Program Development
Spalding University, Louisville, KY |
| 2006-2013 | Annual Report Committee Member
Commission on Accreditation of Athletic Training Education Programs (CAATE) |
| 2011, 2014 | Presenter, Girls in the Middle STEM Conference
Otero Junior College, La Junta CO, March |

- 2013 Guest Speaker, Mo in the Mountains Tennis Training Camp
Maureen Connolly Brinker Tennis Foundation, Colorado Springs, CO, July 1, 2013
- 2012 Consultant for National Junior College Athletic Association
Worked with NJCAA Health and Safety Group while in Colorado Springs to identify measures for pre-participation examination document.
- 2010 Hosted National Institute for Restorative Exercise CEU activity at UCCS, Aug 6-7, 2010
- 2010 Manuscript Reviewer
Sports Health Journal
- 2009-2011 Athletic Injury Corner, National Little Britches Rodeo Association
(bi-annual educational brochures developed and provided to the association)
- 2007-2008 Southeast Missouri Youth Sports Medicine Advisory Board
One of two individuals responsible for the development of this group for dissemination of accurate information for youth sport in the region.
- 2006 Athletic Training Education Program Site Reviewer Workshop
Commission on Accreditation of Athletic Training Education Programs (CAATE)
- 2005-06 Annual Meeting Committee Chair
Missouri Athletic Trainers' Association
- 2000,2003-07 Practical Examination Model, November National Certification Exam
National Athletic Trainers' Association Board of Certification
- 2001 Oklahoma State Representative
National Athletic Trainers' Association Research and Education Foundation
- 2001 Clinical Instructor Educator Workshop
National Athletic Trainers' Association
- 2001 Athletic Training Education Program Site Reviewers Workshop
Joint Review Committee on Athletic Training

Community Service:

- 2015-16 Quilt of Valor Foundation, member (topper)
- 2011-13 Reading Tutor (substitute 2012-13)
Children's Literacy Center, Colorado Springs, CO
- 2003-08 Project Charlie (drug, alcohol & self-esteem education)
School Coordinator, Board of Directors member—2005-2008
Facilitator, 2nd & 4th grade, Franklin Elementary School, Cape Girardeau, MO
- 2002-08 Stephen Minister (lay care-giving ministry)
La Croix First United Methodist Church, Cape Girardeau, MO
- 2005-08 Advisory Board Member
Alzheimer's Association of Southeast Missouri

2005-2006 Missionary
 Russia Initiative, construction & youth church camp, Moscow Russia, July 2006
 New Orleans Clean Up, demolition, New Orleans, LA, March 2006
 Hands Together Mexico, construction, Rio Bravo, Mexico, March 2005
 La Croix First United Methodist Church, Cape Girardeau, MO

2005 Blitz Build Volunteer
 Cape Girardeau County Habitat for Humanity

2000 Volunteer
 Southeastern Colorado Water Safety Council

2000 Volunteer
 Colorado Division of Wildlife

2000 Volunteer Dance Instructor, International Student Dinner and Entertainment
 First United Methodist Church of Stillwater, Stillwater, OK

1998 Volunteer
 Otero Junior College Kids College Adventure Camp, La Junta, CO

CONFERENCES & WORKSHOPS ATTENDED:

- National Athletic Trainers' Association Annual Symposium, June
 - Indianapolis, IN, 2014
 - Las Vegas, NV, 2013
 - New Orleans, LA, 2011
 - Philadelphia, PA, 2010
 - San Antonio, TX, 2009
 - St. Louis, MO, 2008
 - Atlanta, GA, 2006
 - Indianapolis, IN, 2005
 - St. Louis, MO, 2003
 - Dallas, TX, 2002
 - Los Angeles, CA, 2001
 - Nashville, TN, 2000
 - Kansas City, MO, 1999
 - Salt Lake City, UT, 1997
 - Orlando, FL 1996
 - Dallas, 1994
- Rocky Mountain Athletic Trainers' Association Symposium
 - Denver, CO, April 2013
 - Denver, CO, April 2010
- Colorado Athletic Trainers' Association Symposium & Business Meeting
 - Colorado Springs, CO May 2015
 - Denver, CO May 2014
 - Denver, CO May 2013
 - Colorado Springs, CO, May 2011
 - Denver, CO, April 2010
 - Edwards, CO, Nov 2009
 - Highlands Ranch, CO, May 2009.
- National Athletic Trainers' Association Research & Education Foundation Educators' Conference,
 - January/February
 - Dallas TX, 2015

Dallas TX, 2013
National Harbor MD, 2009
Dallas TX, 2007
Montgomery TX, 2005
Montgomery TX, 2003
Dallas TX, 2001

- Justin Sports Medicine Annual Rodeo Symposium, Las Vegas, NV
Dec. 2010-2011, 2013-2015
- Global Leadership Summit, Colorado Springs, CO, August 2014-2015
- SportsMedEd Musculoskeletal Tissues Course, Denver, CO, June 2012.
- Graston Technique Module 1 *Instructor*, Denver, CO, Sept. 2015.
- Graston Technique Module 2 Training & Certification, Las Vegas, NV, Nov. 2010.
- Graston Technique Module 1 Training, Lombard, IL, Sept. 2010.
- Fundamentals & Techniques of Evaluation and Management for the Spine—Level II, Michigan State University, East Lansing, MI, July 2008.
- 2nd International Conference on Rodeo Sportsmedicine and Research, Oklahoma City, OK, January, 2008
- Fundamentals & Techniques of Evaluation and Management for the Spine—Level I, Michigan State University, East Lansing, MI, May 2007.
- Missouri Athletic Trainers' Association Annual Symposium & Business Meeting, Cape Girardeau, MO, June 2006
- Differential Diagnosis and Manual Therapy of Primary Disc-Related Disorders of the Lumbar Spine (International Academy of Orthopedic Medicine-US), Cape Girardeau, MO, March, 2006.
- Joint Review Committee on Athletic Training Site Reviewers Re-Training Workshop, Montgomery TX, January, 2005
- Improving Performance through Nutrition, Southeast Missouri State University, September, 2004
- 1st International Conference on Rodeo Sportsmedicine and Research, Calgary, AB, July, 2004.
- New Developments in the Management of Sports Concussions, Southeast Missouri State University, January, 2004
- Joint Review Committee on Athletic Training Site Reviewers Workshop, Los Angeles, CA, June, 2001
- National Athletic Trainers' Association Education Council Clinical Instructor Educator Workshop, Los Angeles, CA, June, 2001
- Oklahoma Athletic Trainers' Association Symposium and Conference, Tulsa, OK, January, 2000.
- California Athletic Trainers' Association Meeting, San Jose, CA, November 1995