

Nicole M. Cattano

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EDUCATION

Ph.D. Kinesiology

- Temple University, Philadelphia, PA December 2014
- Dissertation Topic: “Biomarker Response After an Acute Running Bout in Participants with and without an Acute Knee Injury History”

M.P.H. Master’s in Public Health

- West Chester University, West Chester, PA May 2004

B.S. Exercise and Sport Science

- University of North Carolina at Greensboro May 2001

TEACHING & PROFESSIONAL RESPONSIBILITIES

Teaching

Associate Professor-Department of Sports Medicine

West Chester University, West Chester, PA

- Promoted July 2017

August 2017-current (Courses taught)

- Evidence Based Practice in Sports Medicine (SMD 505)
- Therapeutic Exercise Lab (SML 511)
- Therapeutic Exercise Lab (SML 311)
- Human Cadaver Anatomy Dissection Lab (SMD 501)

Program Support

Graduate Program Coordinator

August 2017-current

- Post-professional Master’s Concentration

Assistant Professor-Department of Sports Medicine

West Chester University, West Chester, PA

- Tenured and Promoted July 2012

August 2012-current (Courses taught)

- Selected Topics in Sports Medicine (SMD 693)
- Evidence Based Practice in Sports Medicine (SMD 505)
- Human Cadaver Anatomy Dissection Lab (SMD 501)
- Sports Injury Management IV (SMD 418)
- Sports Injury Management II (SMD 316)
- Pathology and Evaluation of Athletic Injuries III (SMD 313)
- Pathology and Evaluation of Athletic Injuries II (SMD 312)
- Therapeutic Exercise Lab (SML 311)
- Therapeutic Modalities Lab (SML 310)
- Foundations of Sports Medicine (SMD 100)

Curricular Development & Support

West Chester University, West Chester PA

- Revised Selected Topics in Sports Medicine (SMD 693) to cover Prevention in Sports Medicine – Spring 2016
- Creation of new graduate course Injury Risk and Prevention Strategies in Sports Medicine (SMD 640) for entry level-master’s – Fall 2015
- Co-created new graduate course Evidence Based Practice in Sports Medicine (SMD 505) course – Fall 2015
- Revised Therapeutic Exercise for Athletic Training Lab (SML-511) course for transition to Entry Level Master’s program – Summer 2015
- Assisted with allocation and repurposing of Athletic Training Skills Laboratory Space – Spring 2015

- Co-created Human Cadaver Anatomy Dissection Lab (SMD 501) course – Fall 2013
- Co-facilitated Human Cadaver Laboratory Space Development in Sturzebecker – 2012-2013

Instructor-Department of Sports Medicine

West Chester University, West Chester, PA

- Tenure track beginning August 2007

August 2007-2012 (Courses taught)

- Sports Injury Management I (SMD 315)
- First Aid for Health Professionals (SMD 204)
- Pathology and Evaluation of Athletic Injuries III (SMD 313)
- Therapeutic Modalities Lab (SML 310)
- Foundations of Sports Medicine (SMD 100)

August 2004-2007(Courses taught as Temporary faculty member)

- Pathology and Evaluation of Athletic Injuries III (SMD 313)
- Therapeutic Exercise (SMD 311)
- Athletic Training Techniques (SMD 272)
- First Aid and Athletic Training (SMD 271)
- First Aid for Health Professionals (SMD 204)
- Foundations of Sports Medicine (SMD 100)

August 2004-present

- Preceptor for athletic training education program - undergraduate students
- Preceptor / Approved Clinical Instructor (ACI) for athletic training education program
- American Safety & Health Institute (ASHI) Basic Life Support & First Aid Instructor

Professional (Clinical / Non-Teaching) Responsibilities

Certified Athletic Trainer

West Chester University, West Chester PA

August 2004-present (Sport Responsibilities)

- Men's and Women's Basketball, Volleyball
- Board of Certification (BOC)#: 040202171
- Pennsylvania Licensed Athletic Trainer #: RT003195
- National Provider Identifier #: 1588876296

SCHOLARLY ACTIVITY

Peer Reviewed Publications

- Herzog MM, Driban JB, **Cattano NM**, Cameron KL, Tourville TW, Marshall SW, & Pietrosimone B. Risk of Developing Knee Osteoarthritis Over Twenty-Four Months in Patients that Decrease Walking Speed during a Twelve Month Period: An Analysis of the Osteoarthritis Initiative. Submitted to The Journal of Rheumatology, ACCEPTED FOR PUBLICATION on April 5, 2017.
- **Cattano NM**, Driban JB, Cameron KL, & Sitler MR. Impact of physical activity and mechanical loading on biomarkers typically used in osteoarthritis assessment: Current concepts and knowledge gaps. *Therapeutic Advances in Musculoskeletal Disease*, ACCEPTED FOR PUBLICATION on August 17, 2016. DOI: 10.1177/1759720X16670613
- **Cattano NM**, Driban JB, Barbe MF, Tierney R, Amin M, & Sitler MR. Physical Activity and Quality of Life Relate to Changes in Collagen Turnover and Inflammation After an Acute Running Bout. *Journal of Orthopaedic Research*. ACCEPTED FOR PUBLICATION on March 29, 2016: DOI 10.1002/jor.23250. PMID: 27035929
- **Cattano NM**, Driban JB, Barbe MF, Tierney R, Amin M, & Sitler MR. Biochemical Response to Moderate Running Bout in Participants with and without an Acute Knee Injury History. *Journal of Athletic Training*, 2016; 51(5): xxx-xxx Online ahead of print. DOI: 10.4085/1062-6050-51.5.09. PMID: 27186917
- Driban JB, Hootman JM, Sitler MR, Harris KP, & **Cattano NM**. Is Participation in Certain Sports Associated with Knee Osteoarthritis? A Systematic Review. *Journal of Athletic Training*, 2015; ACCEPTED FOR PUBLICATION – In Press. DOI: 10.4085/1062-6050-50.2.08. PMID: 25574790
- Harris KP, Driban JB, Sitler MR, **Cattano NM**, & Balasubramanian E. Tibiofemoral Osteoarthritis After Surgical or Nonsurgical Treatment of Anterior Cruciate Ligament Rupture: A Systematic Review. *Journal of*

Athletic Training, 2015; ACCEPTED FOR PUBLICATION – In Press. DOI: 10.4085/1062-6050-49.3.89. PMID: 25562459

- Harris KP, Driban JB, Sitler MR, **Cattano NM**, & Hootman JM. Five-year clinical outcomes following a randomized trial of ACL treatment strategies: an evidence based practice paper. *Journal of Athletic Training*, 2015; 50(1): 110-112. DOI: 10.4085/1062-6050-49.3.53. PMID: 25322347
- Driban JB, **Cattano NM**, Balasubramanian E, Sitler MR, Amin M, Glutting J, Barbe MF. Saline-Assisted Aspirations for Collecting Synovial Fluid From Noneffused Knees: Technique and Validation. *Journal of Sport Rehabilitation*, November 2013 TR(09). DOI: 10.1123/JSR.2013-0040. PMID: 24231733
- **Cattano NM**, Barbe MF, Massicotte VS, Sitler MR, Balasubramanian E, Tierney R, & Driban JB. Joint trauma initiates knee osteoarthritis through biochemical and biomechanical processes and interactions. *OA Musculoskeletal Medicine*, 2013; Mar 01; 1(1):3. DOI: 10.13172/2052-9287-1-1-383
- Heinerichs SH, **Cattano NM**, & Morrison KE. Assessing Non-Verbal Communication Skills through Video Recording and Debriefing of Clinical Skill Simulation Exams. *Athletic Training Education Journal*, 2013; 8: 17 – 22. DOI: 10.4085/08010217
- Driban JB, Boehret SA, Balasubramanian E, **Cattano NM**, Glutting J, & Sitler MR. Medication and supplement use for managing joint pain among patients with knee and hip osteoarthritis. *BMC Musculoskeletal Disorders*, 2012; 13(1):47. DOI: 10.1186/1471-2474-13-47 PMC3337291. PMID: 22458305
- **Cattano NM**, Driban JB, Balasubramanian E, Barbe MF, Amin M, & Sitler MR. Biochemical comparison of osteoarthritic knees with and without effusion. *BMC Musculoskeletal Disorders*, 2011; 12: 273. DOI: 10.1186/1471-2474-12-273 PMC3260108. PMID: 22122951
- Hootman JM, Driban JB, Sitler MR, Harris KP, & **Cattano NM**. Reliability and validity of three quality rating instruments for systematic review of observational studies. *Research Synthesis Methods*, 2011; 2: 110-118. DOI: 10.1002/jrsm.41. PMID: 26061679

Continuing Medical Education Content

- Evidence Based Use of Therapeutic Modalities Online CE Course (Human Kinetics) *Sports Medicine Research* Driban JB & Thomas S. Contributor: **Cattano NM**
- Evidence Based Use of Injections and Alternative Therapies Online CE Course (Human Kinetics) *Sports Medicine Research* Driban JB & Thomas S. Contributor: **Cattano NM**
- Evidence Based Approach to ACL Surgery and Rehabilitation Online CE Course (Human Kinetics) *Sports Medicine Research* Driban JB & Thomas S. Contributor: **Cattano NM**
- Evidence Based Assessment and Prevention of ACL Injuries Online CE Course (Human Kinetics) *Sports Medicine Research* Driban JB & Thomas S. Contributor: **Cattano NM**

Non-Refereed Publications

- **Cattano NM**, Driban JB. Running Away from Osteoarthritis. *Lower Extremity Review*, February 2017. <http://lermagazine.com/article/does-history-of-running-protect-against-knee-oa>
- Driban JB, Pietrosimone B, **Cattano NM**, Harkey MS, & Luc BA. Out of Sight, Out of Mind: The Consequences of Injury. *Lower Extremity Review*. January 2015. <http://lermagazine.com/article/knee-oa-as-a-long-term-consequence-of-injury>
- Pietrosimone B, Driban JB, Cameron KL, **Cattano NM**, Blackburn JT, & Tourville T. Osteoarthritis – Not just a disease for the older aged: what generation Y should know about a generation X problem. *Training & Conditioning*. March 2015. <http://www.training-conditioning.com/content/lasting-effects>

Peer Reviewed Abstracts/Poster Presentations

- Seffrin CB, **Cattano NM**, Reed MA, Gardiner-Shires AM. Effect Sizes of Different Instrument-Assisted Soft-Tissue Mobilization Products on Various Outcomes. To Be Presented: Pennsylvania Athletic Trainer's Society Annual Meeting (2017).
- Hartman CA, Morrison KE, Errickson A, Curtis N, Errickson A, **Cattano NM**. Patient Reported Outcomes Over the Course of a Competitive Basketball Season in Participants with and without a Previous Knee Injury History. Rapid fire oral presentation: National Athletic Trainer's Association Annual Meeting (2016).

- LaFleur H & **Cattano NM**. Prevalence and Report Rate of Concussion Signs and Symptoms Survey of Division II Divers. Presented: National Athletic Trainer's Association Annual Meeting (2016).
- Bodine L, Pais A, Byrnes C, **Cattano NM**. Rehabilitation of Persistent Quadriceps Muscle Weakness in a Female Collegiate Basketball Player Post-ACL Reconstruction: A Case Report. Presented: Pennsylvania Athletic Trainer's Society Annual Meeting (2016).
- Gonzalez MW, Reed MA, Fowkes-Godek S, **Cattano NM**. The Effects of Testosterone Boosters on Testosterone, Strength, and Body Composition in Young Trained Males. Presented: American College of Sports Medicine Annual Meeting (2016) Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):52. doi: 10.1249/01.mss.0000485165.78099.1c . PMID: 27359489
- Herzog M, Driban JB, **Cattano NM**, Cameron K, Tourville T, Marshall SW, Pietrosimone B. Risk of Developing Knee Osteoarthritis Over Twenty-Four Months in Patients that Decrease Walking Speed during a Twelve Month Period: An Analysis of the Osteoarthritis Initiative. Presented: Osteoarthritis Research Society International Congress (2016).
- Hartman CA, Morrison KE, Errickson A, Curtis N, Errickson A, **Cattano NM**. Patient Reported Outcomes Over the Course of a Competitive Basketball Season in Participants with and without a Previous Knee Injury History. Presented: WCU Research Day (Spring 2016).
- LaFleur H & **Cattano NM**. Prevalence and Report Rate of Concussion Signs and Symptoms Survey of Division II Divers. Presented: WCU Research Day (Spring 2016).
- Funk J, Stearne D, Morrison EK, **Cattano NM**. The Relationship Between Limb Symmetry Indexes and Strength on Landing Mechanics in Participants with and without an Acute Knee Injury History. Presented: WCU Research Day (Spring 2016).
- Hartman CA, Morrison KE, Errickson A, Curtis N, Errickson A, **Cattano NM**. Patient Reported Outcomes Over the Course of a Competitive Basketball Season in Participants with and without a Previous Knee Injury History. Presented: Eastern Athletic Trainer's Association Annual Meeting (2016).
- Bodine L, Pais A, Byrnes C, **Cattano NM**. Rehabilitation of Persistent Quadriceps Muscle Weakness in a Female Collegiate Basketball Player Post-ACL Reconstruction: A Case Report. Presented: Eastern Athletic Trainer's Association Annual Meeting (2016).
- Keene K, Stearne D, **Cattano NM**, Morrison KE. Effect of Foot Type and Foot Rigidity on Landing Mechanics and Tibial Rotation in an Athletic Population. Presented: Eastern Athletic Trainer's Association Annual Meeting (2016).
- Gonzalez MW, Harding BA, **Cattano, NM**, Fowkes-Godek S, Reed MA. The Effects of Testosterone Boosters on Testosterone, Strength, and Body Composition in Young Trained Males. Presented: Middle Atlantic Regional Chapter-American College of Sports Medicine Annual Meeting (2015).
- Harding BA, Gonzalez MW, Pruitt JR, **Cattano NM**, Reed MA. Method Validation of Testosterone Assays in Samples from Resistance Trained Males. Presented: Middle Atlantic Regional Chapter-American College of Sports Medicine Annual Meeting (2015).
- **Cattano NM**, Driban JB, Barbe MF, Tierney R, Amin M, & Sitler MR. An Acute Moderate Running Bout is Biochemically Tolerated in Participants with an Acute Knee Injury History. *Journal of Athletic Training, 2015; in press.* Presented: National Athletic Trainers' Association Annual Meeting (2015).
- Heinerichs S & **Cattano NM**. Engaging Athletic Training Students in a Flipped Classroom Results in Superior Learning and Comprehension Levels. *Journal of Athletic Training, 2015; in press.* Presented: National Athletic Trainers' Association Annual Meeting (2015).
- Courtney K, **Cattano NM**, Robbins J, & Fowkes Godek S. The Influence of a Weight Allowance Match on Body Weight, Hydration Status, Hypoglycemic Symptoms, Short Term Memory, and Mood State in High School Varsity Wrestlers. *Journal of Athletic Training, 2015; in press.* Presented: National Athletic Trainers' Association Annual Meeting (2015).
- Dubas R, Miraglia S, & **Cattano NM**. Two time posterior clavicle dislocation in teen football player: a case report. Presented: Eastern Athletic Trainers' Association Annual Meeting (2015).
- **Cattano NM**, Driban JB, Barbe MF, Tierney R, Amin M, & Sitler MR. Self-Reported Physical Activity and Quality of Life Relate to Changes in Collagen Turnover and Inflammation After an Acute Running Bout. *Osteoarthritis and Cartilage, 23:A28-29.* Presented: Osteoarthritis Research Society International Congress (2015).

- McGuigan CJ, Fowkes Godek S, **Cattano NM**, El Kharma O, & Morrison KE. The effects of intravenous cold saline on hyperthermic football players. *Journal of Athletic Training*, 2014; 49(3):S179. Presented: National Athletic Trainers' Association Annual Meeting (2014).
- Driban JB, Boehret S, Balasubramanian E, **Cattano NM**, Glutting J, & Sitler MR. Patients with osteoarthritis and a history of sport participation consume more medication and supplement for managing joint symptoms than patients with osteoarthritis and no history of sport participation: a cross-sectional study. *Journal of Athletic Training*, 2013; 48(3):S223-224. Presented: National Athletic Trainers' Association Annual Meeting (2013).
- Driban JB, Boehret S, Balasubramanian E, **Cattano NM**, Glutting J, & Sitler MR. Medication and supplement use for managing joint pain among patients with knee and hip osteoarthritis. *Journal of Athletic Training*, 2012; 47(3):S186. Presented: National Athletic Trainers' Association Annual Meeting (2012).
- Driban JB, Hootman JM, Sitler MR, Harris KP, & **Cattano NM**. Association between sports participation and the risk of knee osteoarthritis: A systematic review. *Arthritis & Rheumatism*, 2011; 63(Suppl 10):1977. Presented: American College of Rheumatology Annual Scientific Meeting (2011).
- **Cattano NM**, Driban JB, Sitler MR, Balasubramanian E, Barbe MF, & Amin M. Analysis of the biochemical environment of effused and non-effused osteoarthritic knees. *Journal of Athletic Training*, 2011; 46(3): S104. Presented: National Athletic Trainers' Association Annual Meeting (2011).
- Driban JB, **Cattano NM**, Balasubramanian E, Sitler MR, Amin M, Glutting J, & Barbe MF. A method to analyze synovial fluid biomarker concentrations in non-effused knees. *Journal of Athletic Training*, 2011; 46(3): S108. Presented: National Athletic Trainers' Association Annual Meeting (2011).
- Karris KP, Driban JB, Sitler MR, **Cattano NM**, Balasubramanian E, & Hootman J. Tibiofemoral osteoarthritis after surgical and non-surgical treatment of the anterior cruciate ligament rupture: a systematic review. *Journal of Athletic Training*, 2011; 46(3): S106. Presented: National Athletic Trainers' Association Annual Meeting (2011).
- Kopec J, Heinerichs S, **Armstrong N**, Bertini T, & Fowkes Godek S. Racial differences in sweat sodium concentration and gross sodium losses in professional and collegiate football players during practices in a hot and humid environment. *Journal of Athletic Training*, 2008; 43(3): S38. Presented: National Athletic Trainers' Association Annual Meeting (2008).
- Bertini T, **Armstrong N**, Kopec J, McCrossin J, & Fowkes Godek S. Differences in sweat sodium concentration in professional ice hockey players when exercising in two different environmental conditions. *Journal of Athletic Training*, 2008; 43(3): S72. Presented: National Athletic Trainers' Association Annual Meeting (2008).

Manuscripts/Articles Under Review

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Manuscripts In Preparation

- Physical Activity Levels in College Students with and without Previous Knee Injury
- The Relationship Between Limb Symmetry Indexes and Strength on Landing Mechanics in Participants with and without an Acute Knee Injury History
- Patient Reported Outcomes Over the Course of a Competitive Basketball Season in Participants with and without a Previous Knee Injury History
- Patients with osteoarthritis and a history of sport participation consume more medication and supplement for managing joint symptoms than patients with osteoarthritis and no history of sport participation: a cross-sectional study
- Engaging Athletic Training Students in a Flipped Classroom Setting Results in Superior Learning and Comprehension Levels
- The Influence of a Weight Allowance Match on Body Weight, Hydration Status, Hypoglycemic Symptoms, Short Term Memory, and Mood State in High School Varsity Wrestlers
- Commercial Testosterone Boosters and Their Physical & Hormonal Effects on Healthy Young Males

Research in Progress

- A Comparison of Biomarker Changes in Patients with and without a Knee Injury History: An Analysis of the Osteoarthritis Initiative – Data Analysis

Grants

- Pennsylvania Athletic Trainers' Society (PATs) Research Grant - Physical Activity Levels, Patient Reported Outcomes, Landing Mechanics, and Plantar Pressure Comparisons in Physically Active College Students with and without a Knee Injury History. Requested \$4,100 – **Funded** for \$3,300- June 2016.
- WCU Foundation for Faculty and Student Research (FaStR) Grant - Physical Activity Levels, Patient Reported Outcomes, Landing Mechanics, and Plantar Pressure Comparisons in Physically Active College Students with and without a Knee Injury History. \$10,000 - *Not selected for funding* – January 2016
- Department of Defense Congressional Directed Medical Research Program - Impact of an Acute Bout of Exercise on Serum Biomarker Concentrations in ACL Injured Subjects and Matched Controls. Pre-application submitted – *Not selected for full application submission* – August 2015
- WCU College of Health Sciences Student-Faculty Research Grant – Physical and Mental Effects of a Competitive High School Wrestling Season. **Funded** for \$925 – November 2013
- Temple University pre-doctoral fellowship Summer Research Experience Award – Biomarker Response After an Acute Running Bout in Participants with and without an Acute Knee Injury History. **Funded** for \$4,000 – May 2013.
- PASSHE Highmark Health Care Program – Implementation and Study of Reciprocal Peer Teaching in a Graduate Cadaver Anatomy Class. **Funded** for \$6,027 – December 2012
- WCU Special Provost Stimulus Funds-Biomarker Response After an Acute Running Bout in Participants with and without an Acute Knee Injury History. **Funded** for \$5,000- April 2010
- PASSHE Faculty Professional Development Council (FPDC)-Effects of Intraarticular Corticosteroid Injections on Biochemical Markers of Clinically Effused Osteoarthritic Knees. **Funded** for \$8,000. March 2010
- WCU Faculty Development Grant-Analysis of Biochemical Environment of Osteoarthritic Knees. **Funded** for \$3,581-December 2008
- WCU College of Health Sciences Student-Faculty Research Grant-Do Ice Hockey Players Show Evidence of Heat Acclimatization? **Funded** for \$1,000.00-March 2007

Presentations

International:

- “Self-Reported Physical Activity and Quality of Life Relate to Changes in Collagen Turnover and Inflammation after a Running Bout.” Oral Presentation. Osteoarthritis Research Society International (OARSI) Congress, Seattle, WA, April 2015.

National:

- “An Acute Moderate Running Bout is Biochemically Tolerated in Participants with an Acute Knee Injury History” Thematic Poster presentation (peer-reviewed). National Athletic Trainers' Association (NATA) Annual Meeting, St. Louis, MO, June 2015.
- “Biomarker Changes After a Running Bout Among Individuals with a History of Acute Knee Injury” Oral presentation. Athletic Trainers' Osteoarthritis Consortium (ATOAC) Annual Meeting, St. Louis, MO, June 2015.
- “Biochemical Comparison of Osteoarthritic Knees with and without Effusion.” Thematic Poster presentation (peer-reviewed). National Athletic Trainers' Association Annual (NATA) Meeting and Clinical Symposium, New Orleans, LA, June 2011.

Regional:

- “Optimizing Long-Term Joint Health After Knee Injury” Invited Oral Presentation at Philadelphia Sports Medicine Congress – Philadelphia, PA, June 2017.
- “Optimizing Long-Term Joint Health After Knee Injury” Oral Presentation at University of Delaware Sports Medicine Seminar- Newark, DE, February 2016.
- “Can We Optimize Long-Term Joint Health After Knee Injury?” Oral Presentation at Pennsylvania Athletic Trainer's Society Annual Meeting (PATs)- Gettysburg, PA, June 2015.
- “An Acute Moderate Running Bout is Biochemically Tolerated in Participants with an Acute Knee Injury History” Poster presentation (peer-reviewed). Eastern Athletic Trainers' Association (EATA) Annual Meeting, Philadelphia, PA, January 2015.

- “Biochemical Comparison of Osteoarthritic Knees with and without Effusion” Poster presentation at WCU Research Day-April 2011.
- “Not just a disease of older age: Osteoarthritis in Athletes” Oral Presentation at Pennsylvania Athletic Trainer’s Society Annual Meeting (PATS)- Harrisburg, PA, June 2010.
- “Analysis of the Biochemical Environment of Effused and Non-Effused Osteoarthritic Knees” Invited oral presenter at WCU Research Day-CHS representative, April 2010.
- “On the Move-Exercise with Ease” Oral Presentation at the Arthritis Foundation: Women’s Health Summit-West Chester, PA, September 2009.
- “Exercise Prescription for the Obese Child” Oral Presentation at the WCU Integrative Health Conference- West Chester, PA, March 2009.

Manuscript Reviewer

- Osteoarthritis & Cartilage – Manuscript Reviewer (2017 – current)
- Therapeutic Advances in Musculoskeletal Disease – Manuscript Reviewer (2017 – current)
- Journal of Experimental Orthopaedics – Manuscript Reviewer (2016 – current)
- New England Journal of Medicine – Manuscript Reviewer (2016 – current)
- Medicine & Science in Sports & Exercise – Manuscript Reviewer (2016 – current)
- Journal of Orthopaedic Research – Manuscript Reviewer (2014 – current)
- BMC Musculoskeletal Disorders – Manuscript Reviewer (2012 – current)
- Arthritis Research & Therapy – Manuscript Reviewer (2012 – current)
- Journal of Athletic Training – Manuscript Reviewer (2010 – current)
- Journal of Sport Rehabilitation – Manuscript Reviewer (2011 – current)
- Athletic Training and Sport Health Care – Manuscript Reviewer (2010 – current)

Thesis/Project Mentoring

GRADUATE:

- Anderson H. *Association of Acute Lower Extremity Musculoskeletal Injury Rates and Concussion.* WCU Graduate Student, Master’s Thesis Committee Chair - (2016 – current)
- Bindel MB. *Exploring the Relationships Between Aerobic Fitness, Functional Movement, and Patient Reported Outcomes and its Association with Injury.* WCU Graduate Student, Master’s Research Project Chair- (2017 – current)
- Lundin M. *Foot Type, Rigidity, and Plantar Pressure Loading Characteristics in Physically Active College Students with and without a Knee Injury History,* Master’s Thesis Committee Member - (2016 – current)
- Breymeyer M. *Physical Activity Levels in Physically Active College Students with and without a Knee Injury History.* WCU Graduate Student, Master’s Research Project Chair – (2015 – current)
- Smith C. *Validation of a Concussion Knowledge and Attitudes Survey Instrument in a College Population.* WCU Graduate Student, Master’s Thesis Committee Member – (2015 – 2017)
- Seffrin C. *Systematic Review of Treatment of Tendinopathies with Instrument Assisted Soft-Tissue Mobilization.* WCU Graduate Student, Master’s Thesis Committee Member – (2015 – 2017)
- Funk J. *The Relationship Between Limb Symmetry Indices and Strength on Landing Mechanics in Participants with and without an Acute Knee Injury History.* WCU Graduate Student, Master’s Thesis Committee Chair – (2014 – 2016)
- Hartman C. *Patient Reported Outcomes Over the Course of a Competitive Season in Participants with and without a Previous Knee Injury.* WCU Graduate Student, Master’s Thesis Committee Chair – (2014 – 2016)
- Errickson A. *Patient Reported Outcomes Over the Course of a Competitive Season in Participants with and without a Previous Ankle Injury.* WCU Graduate Student, Master’s Thesis Committee Member – (2014 – 2016)
- Schmidt N. *Effects of Hip Fatigue on Landing Mechanics in Subjects With Anterior Cruciate Ligament Reconstruction Compared to Non-Injured Subjects.* WCU Graduate Student, Master’s Thesis Committee Member– (2014 – 2016)
- Gonzalez M. *Commercial Testosterone Boosters and Their Physical & Hormonal Effects on Healthy Young Males.* WCU Graduate Student, Master’s Thesis Committee Member – (2013 – 2015)

- Harding B. *Method Validation of Testosterone Assays in Samples from Resistance Trained Males*. WCU Graduate Student, Master's Thesis Committee Member – (2013 – 2015)
- Stout L. *The Effects of Hydration on Performance Tasks in Male and Female Collegiate Ice Hockey Players*. WCU Graduate Student, Master's Thesis Committee Member– (2013 – 2015)
- Carver M. *Association of Alcohol Use with Physiologic and Psychological Factors*. WCU Graduate Student, Master's Thesis Committee Member– (2013 – 2015)
- Shah P. *A Comparison of Regional Sweat Electrolyte Concentrations in Collegiate Football Players*. WCU Graduate Student, Master's Thesis Committee Member – (2013-2014)
- Courtney K. *Physical and Mental Effects of a Competitive High School Wrestling Season*. WCU Graduate Student, Master's Thesis Committee Member – (2013-2014)
- Keene K. *Effect of Foot Type and Foot Rigidity on Landing Mechanics and Tibial Rotation in an Athletic Population*. WCU Graduate Student, Master's Thesis Committee Member – (2012-2014)
- McGuigan CJ. *The Effects of Intravenous Cold Saline on Hyperthermic Football Players*. WCU Graduate Student, Master's Thesis Committee Member - 2013
- Caulfield H. *The Efficacy of Four Different Beverages on Rehydration After Exercise-Associated Dehydration*. WCU Graduate Student, Master's Thesis Committee Member – (2013)
- Boehret, SA. *Pharmacological Use Among Osteoarthritis Knee Patients in an Outpatient Orthopedic Practice*-Temple Graduate Master's Student Project Advisement - (2009-2011)
- Schieler, N. *Self Reported Patient Outcomes After Anterior Cruciate Ligament Reconstructions: Assessment of Impending Osteoarthritis*-WCU Graduate Student, Research Project Advisor - (2008-2010)
- Harris, KP. *Systematic Review of The Incidence of Osteoarthritis after Anterior Cruciate Ligament Injury (Surgical vs. Conservative Treatment)*-Temple Graduate Master's Student Project Committee Member - (2008-2010)
- Bertini, T. *Do Ice Hockey Players Show Evidence of Heat Acclimatization*- WCU Graduate Student, Master's Thesis Committee Member – (2006-2008)

UNDERGRADUATE:

- La Fleur H. *Concussions in a Diving Population*. WCU Undergraduate Student, Project Advisor– (2015 – 2016)

Additional Scholarly Activities

- Sports Medicine Research: In the Lab & In the Field (www.sportsmedres.org) Blog writer & Podcast guest (2011-current)
 - Bi-weekly summary posts on new research in sports medicine on website and regular Podcast guest

Additional Training

- Certified Phlebotomist, Certified Venous Access Specialist Association (relative to research – 2013-current)
- Shipping of Dangerous Goods Certification (relative to doctoral research-2009, 2011, 2013)
- SAP Training (2009)
- Sim Man Training (2007, 2008)
- Contribute Web Design Software Training (2007)
- Bod Pod Body Fat Analysis User Training (2007)

SERVICE

Professional Service

- Chair WCU Continuing Education Conference – Updating Your Clinical Toolbox, April 2017.
- Pennsylvania Athletic Trainer's Society (PATS) Southeastern Regional Representative – elected executive board position, (April 2016 – current)
- Co-chair Pennsylvania Athletic Trainer's Society (PATS) Student Symposium Planning Committee, (March 2016)
 - Hosted 260 students from 17 accredited undergraduate athletic training programs in Pennsylvania
- Osteoarthritis Action Alliance, National Research Priorities for Prevention of OA task group Chair, (Spring 2016 – current)
- Pennsylvania Athletic Trainers' Society – Educators Committee Member, (Fall 2015 – current)

- National Athletic Trainers' Association – Annual Meeting Abstract Reviewer, (Spring 2015)
- Eastern Athletic Trainers' Association – Annual Meeting Abstract Reviewer, (Fall 2014 – current)
- Osteoarthritis Action Alliance, Physical Activity Working Group Member, (Fall 2014 – Fall 2015)
- Chair Pennsylvania Athletic Trainers' Society – College/University Athletic Trainers' Committee, (Spring 2014 – July 2016)
- Pennsylvania Athletic Trainers' Society, Member, Technology Committee, (Spring 2013 – current)
- Athletic Trainers' Osteoarthritis Consortium, Resources to Raise Awareness Working Group Member (Fall 2015 – current)
- Athletic Trainers' Osteoarthritis Consortium, Member, (Fall 2012 – current)
- Penn Center for Musculoskeletal Disorders, Affiliate Member, (Fall 2012 – current)
- Osteoarthritis Action Alliance, Injury Prevention Working Group Member, (Fall 2012 – current)
- Co-chair Pennsylvania Athletic Trainers' Society Annual Conference Program Planning Committee, (2012 – 2017)
- Co-chair WCU Continuing Education / Medical Education Conference – Current Topics in Sports Medicine: Evaluation and Rehabilitation of Shoulder, Hip, and Concussion Injuries, November 2013.
- Co-chair WCU Continuing Education / Medical Education Conference - Current Topics in Sports Medicine: Evaluation and Management of Knee, Ankle, and Shoulder Orthopaedic Injuries, January 2013.
- “Optimal Use of NSAIDs” Invited Evidence Based Forum Moderator. National Athletic Trainers Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011.
- Co-chair WCU Continuing Education Conference—Evaluation and Treatment of the Overhead Throwing Athlete, February 2011.
- Co-chair WCU Continuing Education Conference-Introduction to Strain/Counterstrain (Positional Release) Evaluation and Treatment of Musculoskeletal Injuries, April 2009.
- Co-chair Pennsylvania Athletic Trainer's Society (PATS) Student Symposium Planning Committee, February 2008.
 - Hosted 120 students from 11 of the 19 accredited undergraduate athletic training programs
- “Research in Athletic Training” Oral Presentation at PATS Student Symposium-West Chester, PA, February 2008.

University Committee Service

- Faculty Professional Development Council for the PA State System of Higher Education, Peer Reviewer for Grant Applications, (2016 – current)
- Institutional Review Board (IRB) – Vice-Chair (May 2016 – current)
- Institutional Review Board (IRB) – Member (Fall 2015 – current)
- Curriculum and Academics Policy Council (CAPC) Academic Review – Program Review Sub-Committee Chair (Fall 2015 – current)
- Curriculum and Academics Policy Council (CAPC) – Member, College of Health Sciences representative (Spring 2014- current)
- Curriculum and Academics Policy Council (CAPC) Academic Review – Program Review Sub-Committee Member (Fall 2014 – current)
- Head Strength and Conditioning Coach Search Committee Member (April 2016 – September 2016)
- Assistant Director of Intramurals and Sport Clubs Search Committee Member (Fall 2015 – May 2016)
- Strategic Plan Assessment and Advocacy Committee (SPAAC) – Member, Academic Theme Team, appointed member (Fall 2014 – Spring 2016)
- Faculty Athletic Trainer representative for APSCUF contract negotiations team conference call (2014-2015)
- Faculty Senate At-Large Member (2012 – 2015)
- Athletics Strategic Planning Committee Member (2012 – 2014)
 - Athletics Strategic Planning Techno-scientific Subcommittee Chair (2012 – 2014)
- Assistant Director of Group Fitness and Wellness Search Committee Member (2012 – 2013)

- Associate Vice President for Sponsored Research Search Committee Member (2012 – 2013)
- Assistant Director of Group Fitness and Wellness Search Committee Member (2011-2012)
- Assistant Director of Intramurals and Sport Clubs Search Committee Member (2011)
- University Office of Sponsored Research Advisory Council-Invited member (2010-current)
- University Campus Climate Advisory Committee Member-Student Success & Retention Representative (recommended by Chair of Student Success and Retention Committee) (2009-2011)
- University Student Success and Retention Committee Member-College of Health Sciences Representative (2007-2010)
- Pre-Major and Out-of-State Students Subcommittee Member of University of Student Success and Retention Committee (2007)

College of Health Sciences Committee Service

- Simulation Committee (2016 – current)
- Continuing Medical Education Committee (2013 – current)
- Web Site & Technology Committee Member (2010-current)
- Sturzebecker Scholarship Committee Member (2006-current)
- Integrative Health Conference Planning Committee Member- Department of Sports Medicine Representative (2007-2010)
- Long Range Planning Committee Member (2008-current)
- Sim Man Acquisition Ad Hoc Committee Member (2006-2007)
 - \$65,000.00 proposal **funded** by Technology monies
- Ad Hoc Simulation Committee Member (2008-current)

Department Committee Service

- Graduate Program Education Committee Member (2014 – current)
- Tenure and Promotion Committee Member, Scott Heinerichs (2014 – 2015)
- Faculty Search Committee Member (2014 – 2015)
- Faculty Search Committee Member (2013 – 2014)
- Temporary Faculty Evaluation Committee Chair, Daniel Baer (2013 – 2014)
- Graduate Assistant Search Committee Member (2013 – 2014)
- Tenure and Promotion Committee Member, Rachel Lindsey (2013 – 2014)
- Faculty Search Committee Member (2012 – 2013)
- Scholarship Committee Chair (2008-current)
 - 2009 Charge: Identify WCU undergraduate AT students who will potentially represent WCU-ATP on the university, state, regional and national levels.
 - Improved WCU representation at the regional and local levels.
- Curriculum Committee Member (2007-current)
- WCU Student Athletic Training Club Faculty Advisor (2007-2016)
 - 2011-2016: Annual Golf Outing at Ingleside Golf Club – Tournament Director
 - Helped to raise over \$38,000 to support Athletic Training Student club, Scholarships, and Alumni events.
 - 2012-2015: Annual Athletic Training Splints to Sprints 5k
 - Helped to raise over \$7,000 to support Athletic Training Student club.
- SportsWare Adhoc (2004-current)
 - Instructed faculty in the use of an injury tracking/record keeping software on Palm Pilots, iTouches, and computer/internet.
 - Successful transition of sports medicine department to electronic medical record keeping (Fall 2010)
- Graduate Assistant Search Committee Chair (2010-2011)
- Graduate Assistant Search Committee Member (2007-2010)

- Temporary Faculty Search Committee Member (2008)
- Projector and Physician's Exam Room Technology Upgrades
 - \$12,000 proposal **funded** by Technology Fee monies (Spring 2010)
- Humac NORM Upgrade
 - \$10,500 proposal **funded** by Technology Fee monies (Fall 2009)
- Alternative Workload Analysis Ad Hoc Committee Member (2007)
- Conference Planning Committee for Continuing Education Conference Member (02-current)
- Alumni Newsletter Committee Member (2007)

Community Service

- WCU Ski Team Club Faculty Advisor (2006-current)
- CPR & First Aid Re-certification for Athletic Training Majors (2008-current)
- "Evidence Based Medicine" Invited Lecturer in Research Methods I course. Temple University, Philadelphia, PA, September 2011, 2012.
- CPR & First Aid Certification for Head and Assistant Coaches, West Chester University Athletics (2008-2010)
- CPR & First Aid Certification for Rising Juniors, West Chester University (2007, 2008)

Professional Organizations

- National Athletic Trainer's Association (member) (member #: 986719)
- Eastern Athletic Trainer's Association (member)
- Pennsylvania Athletic Trainer's Society (member)
- Arthritis Foundation (member)
- Osteoarthritis Research Society International (member)
- Athletic Trainer's Osteoarthritis Consortium (member)
- Osteoarthritis Action Alliance (member)

Professional Honors and Awards

- West Chester University Outstanding Academic Advisor Award, Omicron Delta Kappa and Undergraduate Studies & Student Support Services, April 2017.
- West Chester University College of Health Sciences, Faculty - Student Collaborative Research Award, April 2016.
- West Chester University Office for Student Leadership & Involvement, 19th Annual Leadership Award, Advisor of the Year, April 2016.
- West Chester University Outstanding Advisor Award, Panhellenic Council & Alpha Sigma Alpha, April 2016
- West Chester University Outstanding Academic Advisor Award, Omicron Delta Kappa and Undergraduate Studies & Student Support Services, April 2015.
- Eastern Athletic Trainers' Association Graduate Student Outstanding Poster Award, January 2015.
- Temple University Graduate Research Fellows' First Summers Research Initiative Award, May 2013.
- Eastern Athletic Trainers' Association Francis J. George Scholarship Award- Doctoral Student Scholarship Award, January 2012.
- National Athletic Trainers' Association Research and Education Foundation Doctoral Student Scholarship Award, May 2011.