



Curriculum Vita November 2025

Sarah M. Mitchell, PhD, ATC, LA

Maiden Name: Marek

Assistant Professor / Graduate Program Director
Health and Human Performance
East Texas A&M University
P.O. Box 3011
Commerce, TX 75429
Work Phone: 903-886-5543
E-Mail: sarah.mitchell@tamuc.edu

EDUCATION

Ph.D. in Kinesiology; Exercise Physiology concentration, Statistics minor, May 2020

Texas Woman's University, Denton, TX

Mentor: David Nichols, PhD

Dissertation: *Physiological responses to running on a land and anti-gravity treadmill*,
<https://hdl.handle.net/11274/12340>,

M.S. in Exercise Physiology; May 2005

University of Texas at Arlington, Arlington, TX

Mentors: A. Louise Fincher, EdD, ATC, LAT and Cindy Trowbridge, PhD, ATC, LAT, CSCS

Thesis: *The Thermal Effects of Pulsed Shortwave Diathermy on Muscle Force Production, Electromyography, and Mechanomyography*

B.S. in Kinesiology; Athletic Training Option; Mathematics Minor, August 2003

Summa Cum Laude Honors

Angelo State University, San Angelo, TX

PROFESSIONAL INTERESTS

Areas related to athletic training, injury prevention, and exercise science.

PROFESSIONAL LICENSES/CERTIFICATIONS

National Athletic Trainers' Association Board of Certification

Certified Athletic Trainer # 110302086 – November 2003

Texas Department of Licensing and Regulation

Licensed Athletic Trainer # AT3015 – February 2004

National Provider Identifier

NPI# 1548773260

Missouri State Board of Registration for the Healing Arts

Licensed Athletic Trainer # 2005021718 – July 2005 to January 2008

American Red Cross

CPR/AED for the Professional Rescuer – 2020-2022

Instructor: Lay Responder First Aid and CPR/AED – December 2007 to present

Instructor: Professional Rescuer CPR/AED – May 2008 to present

EXPERIENCE

Educational

2021 – present	Assistant Professor / Graduate Program Director , Health and Human Performance, East Texas A&M University
2015 – 2021	Instructor/Director of Athletic Training Education/Graduate Coordinator , Health and Human Performance, Texas A&M University – Commerce (Renamed East Texas A&M University in November 2024)
2010 – 2015	Instructor/Director of Athletic Training Education , Health and Human Performance, Texas A&M-Commerce (Renamed East Texas A&M University in November 2024)
2007 – 2010	Instructor/Clinical Coordinator for Athletic Training Education , Health and Human Performance, Texas A&M-Commerce (Renamed East Texas A&M University in November 2024)
2005-2007	Assistant Professor and Assistant Athletic Trainer , Athletic Training, Central Methodist University, Fayette, MO
2003-2005	Graduate Teaching Assistant , Kinesiology, University of Texas at Arlington, Arlington, TX

Professionally Related

2009 – 2011	Contract Athletic Trainer , Baylor SportsCare, Frisco, TX
2004-2005	Outreach Athletic Trainer , Harris Methodist Ft. Worth Hospital, Ben Hogan Sports Therapy Institute, Ft. Worth, TX
Sept. 2004	Contract Athletic Trainer , Motus Center, Inc., Ft. Worth, TX

2004 **Athletic Training Intern**, Ft. Worth Cats Baseball Team, Ft. Worth, TX

2001-2003 **Athletic Training Student**, Angelo State University, San Angelo, TX

TEACHING EXPERIENCE

East Texas A&M University

HHPA 140, Concepts of Athletic Training, 1 credit

HHPA 214, Preventative Techniques in Athletic Training 1 credit

HHPA 249, Clinical Experience in Athletic Training I, 1 credit

HHPA 259, Lower Extremity Injury Assessment, 3 credits (formerly Athletic Injury Assessment I)

HHPA 260, Lower Extremity Injury Assessment Lab, 1 credit (formerly Athletic Injury Assessment I Lab)

HHPA 279, Clinical Experience in Athletic Training II, 1 credit

HHPA 339, Therapeutic Rehabilitation, 3 credits

HHPA 340, Therapeutic Rehabilitation Lab, 1 credit

HHPA 349, Clinical Experience in Athletic Training III, 1 credit

HHPA 369, Upper Extremity Injury Assessment, 3 credits (formerly Athletic Injury Assessment II)

HHPA 370, Upper Extremity Injury Assessment Lab, 1 credit (formerly Athletic Injury Assessment II Lab)

HHPA 379, Clinical Experience in Athletic Training IV, 1 credit

HHPA 441, Therapeutic Modalities, 3 credits

HHPA 442, Therapeutic Modalities Lab, 1 credit (course renamed in 2016)

HHPA 442, Healthcare Administration Lab, 1 credit (prior to 2016)

HHPA 449, Clinical Experience in Athletic Training V, 1 credit

HHPA 459, Assessment of General Medical Conditions, 3 credits

HHPA 460, General Medical Techniques Lab, 1 credit

HHPA 479, Clinical Experience in Athletic Training VI, 1 credit

HHPA 480, Clinical Integration in Athletic Training, 3 credits

HHPK 1301, Foundations of Kinesiology, 3 credits (also HHPK 144 prior to 2018)

HHPK 1338, Concepts of Physical Activity, 3 credits

HHPK 1306, First Aid & Safety, 3 credits (also HHPK 211 prior to 2018)

HHPK 2356, Prevention & Care of Athletic Injury, 3 credits (also HHPK 213 prior to 2018)

HHPK 417, Measurement & Evaluation, 3 credits

HHPK 450, Exercise Physiology, 4 credits

HHPK 516, Current Topics in Health & Human Performance, 3 credits

HHPK 530, Sports Conditioning, 3 credits

HHPK 534, Exercise in Health & Disease, 3 credits

HHPK 595, Critiquing & Conducting Research, 3 credits

HHPK 617, Statistical Procedures in Health & Human Performance, 3 credits

HHPH 1304, Introduction to Personal and Community Health, 3 credits

HHPH 531, Nutrition & Optimal Performance, 3 credits

Central Methodist University

AT 308, Rehabilitation Techniques I, 2 credits
AT309, Rehabilitation Techniques I Lab, 1 credit
PE 216, Nutrition and Athletic Performance, 3 credits
AT 103, Introduction to Athletic Training, 3 credits
AT 310, Rehabilitation Techniques II, 2 credits
AT 311, Rehabilitation Techniques II Lab, 1 credit
PE 210, Personal and Community Health, 2 credits
AT 211, Personal and Community Health Lab, 1 credit

University of Texas at Arlington

Clinical Practicum II (Assistant Instructor), 1 credit
Introduction to Athletic Training Lab, 1 credit
Applied Kinesiology Lab, 1 credit
Clinical Practicum I – 1 credit
Clinical Practicum III (Assistant Instructor) – 1 credit
Pathology and Pharmacology Lab – 1 credit
Weight Training – 1 credit
Biophysical Principles of Human Movement Lab – 1 credit
Pathology and Pharmacology Lab (Assistant Instructor) – 1 credit
Clinical Practicum I (Assistant Instructor) – 1 credit

PROFESSIONAL ASSOCIATIONS AND HONORARIES

Memberships

National Athletic Trainers' Association – 2002 to present
Southwest Athletic Trainers' Association – 2002 to 2005; 2007 to present
Texas Chapter of the American College of Sports Medicine – 2005; 2016 to present
National Academy of Health & Physical Literacy – 2024
Texas Association for Health, Physical Education, Recreation & Dance – 2023-2024
Mid-America Athletic Trainers' Association – 2006 to 2007
Missouri Athletic Trainers' Association – 2006 to 2007

Convention & Symposium Attendance

Southwest Athletic Trainers' Association Annual Meeting & Clinical Symposium: 2004, 2005, 2008-2012, 2014, 2016, 2018-2025
National Athletic Trainers' Association Annual Meeting & Clinical Symposium: 2004-2006, 2008, 2009, 2012, 2013, 2015-2017, 2019, 2020, 2023
Texas Chapter of American College of Sports Medicine Annual Meeting: 2016-2025
National Academy of Health & Physical Literacy, 2024 National Summit, Baton Rouge, LA; April 7-10, 2024
NATA Educator's Conference: 2013, 2015
NATA Clinical Instructor Educator Workshop: February 26-28, 2011 – Washington, DC

Mid-America Athletic Trainers' Association Spring Symposium: 2006, 2007
Girls Can Jump with Laura Ramus: December 2004 – Arlington, TX

COMMITTEE MEMBERSHIPS

National

National Athletic Trainers' Association

June 2009-2015 Research & Education Foundation Scholarship Committee

Regional

Southwest Athletic Trainers' Association

2016-present	Co-Chair, SWATA Student Development Workshop Committee
2010-2016	SWATA Competency Workshop Committee (renamed to Student Development Workshop)
2010-2011	District 6 NATA Foundation Committee

University

East Texas A&M University

2023-2026	Faculty Development Leave Committee
2023-2025	Annual Research Symposium Presentation Judge
2017-2018	Faculty Senate Academic Life Committee
2015-2018	Faculty Senate representative for HHP
2016-2017	Research and Creative Activities Committee

East Texas A&M University – College of Education & Human Services Committees

2022-2024 COEHS Curriculum Committee

East Texas A&M University – Health & Human Performance Committees

2015-present	Graduate Program Committee, Chair
2015-present	HHP Scholarship Committee, Chair
2007-present	Athletic Training Society Faculty Sponsor
2025	Assistant Professor of Sports Management Search Committee, Chair
2024-2025	Associate Professor & HHP Department Head Search Committee
2024-2025	Assistant Professor of Epidemiology Search Committee
Summer 2023	Clinical Instructor of Public Health Search Committee, Chair
2014-2023	Kinesiology & Sports Studies – Human Performance Committee
2007-2023	Strategic Planning Committee
2022-2023	HHP Curriculum Committee
Fall 2022	Administrative Associate III Search Committee
Summer 2022	Assistant Professor of Public Health Search Committee
Spring 2022	Assistant Professor of Kinesiology Search Committee
Spring 2022	Associate Professor & HHP Department Head Search Committee

2021-2022	Assistant Professor of International Sport Management Search Committee, Chair
2015-2022	Academic Integrity Committee
Fall 2021	Administrative Associate III Search Committee
Summer 2021	HHP Nutrition Instructor Search Committee
2017-2018	Ad Hoc Subcommittee for Alumni Reunion
2007-2015	Athletic Training Education Committee (Chair 2010-2015)
Spring 2015	Assistant Professor of Sport & Recreation Management / Athletic Administration Search Committee
Summer 2014	Assistant Professor of Exercise Science Search Committee
2012-2013	FRA Coordinator/HHP Instructor Search Committee
2011	Assistant Professor of Exercise Science Search Committee
2010-2011	HHP Department Head Search Committee
2009-2010	Assistant Professor of Sport & Recreation Management Search Committee
Spring 2009	Assistant Professor for Health & Human Performance Search Committee
Fall 2008	Assistant Professor/Exercise Physiology Search Committee
Spring 2008	Undergraduate Brochure Committee
Spring 2008	Honor's Committee

East Texas A&M University – Athletic Department Committees

Summer 2018	Assistant Athletic Trainer (Volleyball/Men's Basketball) Search Committee
Summer 2016	Assistant Athletic Trainer (Football/Softball) Search Committee
Summer 2012	Assistant Athletic Trainer (Football/Men's Basketball) Search Committee
Summer 2012	Assistant Athletic Trainer (Women's Volleyball/Basketball) Search Committee
2010-2011	Assistant Athletic Trainer Search Committee
Summer 2010	Assistant Athletic Trainer Search Committee

Central Methodist University

2006-2007	Athletic Training Education Program Committee: Self-Study for Reaccreditation
-----------	---

University of Texas at Arlington

2003-2005	College of Education Dean's Student Advisory Group
-----------	--

HONORS, AWARDS, AND LISTINGS

Dr. Henry Ross Lion Hearted Award, HHP, Texas A&M University – Commerce, May 2023
 CLASS Award (Collegiate Learning and Student Succeeding) COEHS, Texas A&M University – Commerce, March 2020

Nominated for Faculty Senate Award for Professional Excellence in Teaching – Innovation Award, Texas A&M University – Commerce, 2019.

Employee Recognition Program Service Award: Texas A&M University – Commerce, September 2011

Teaching Excellence Award from the Texas A&M University System, Spring 2010

Who's Who in Health Sciences Higher Education, 2010

University Scholar Award: University of Texas at Arlington, Academic year 2004-2005

Alert Services, Lem Cox Scholarship: Southwest Athletic Trainers' Association, July 2004

National Athletic Trainers' Association Research and Education Foundation, Masters Scholarship, June 2004

College of Education Graduate Dean's Masters Fellowship: University of Texas at Arlington, Academic years 2003-2005

Lone Star Conference Academic Award for Athletic Training Students: Angelo State University, Academic year 2002-2003

Holland's Award for Athletic Training: Angelo State University, April 2003

Carr Academic Scholarship: Angelo State University, August 2000 – August 2003

Alpha Chi National College Honor Scholarship Society: Angelo State University, Inducted April 2002

PUBLICATIONS

Journals (refereed)

Culpepper, D. and **Mitchell, S.** Division II Basketball Home Court Advantage. *International Journal of Applied Science and Research*. 8(2):128-136, 2025.

Bubenchik, L., Pruitt, S., Culpepper, D., **Mitchell, S.** Covid-19 Stress Levels on Returning Student-Athletes. *International Journal of Applied Science and Research*. 5(3):88-92, 2022.

Mitchell, S.M., Nichols, D., Rigby, B., and Biggerstaff, K. (in progress). Physiological responses to running on a land and anti-gravity treadmill. To be submitted to *Journal of Sport Rehabilitation*.

Cox, Raquesha, and **Mitchell, S.** Effects of an Epidural Steroid Injection on Cervical and Lumbar Radiculopathy. To be submitted to *International Journal of Exercise Science*. (data collection completed)

Mitchell, S.M., Trowbridge, C.A., Fincher, A.L., and Cramer, J.T. Effect of diathermy on muscle temperature, electromyography and mechanomyography. *Muscle and Nerve*. 38:992-1004, 2008.

Cramer, J.T., Beck, T.W., Housh, T.J., Massey, L.L., **Marek, S.M.**, Danglemaier, S., Purkayastha, S., Culbertson, J.Y., Fitz, K.A., and Egan, A.D. Acute effects of static stretching on characteristics of the isokinetic angle-torque relationship, surface electromyography, and mechanomyography. *Journal of Sport Sciences*. 25(6):687-98, 2007.

Egan, A.D., Cramer, J.T., Massey, L.L., and **Marek, S.M.** Acute effects of static stretching on peak torque and mean power output in NCAA Division I women's basketball players. *Journal of Strength and Conditioning Research*. 20(4):778-82, 2006.

Purkayastha, S., Cramer, J.T., Trowbridge, C.A., Fincher, A.L., and **Marek, S.M.** Surface electromyographic amplitude-to-work ratios during isokinetic and isotonic muscle actions. *Journal of Athletic Training*. 41(3):314-320, 2006.

Marek, S.M., Cramer, J.T., Fincher, A.L., Massey, L.L., Dangelmaier, S.M., Purkayastha, S., Fitz, K.A., and Culbertson, J.Y. Static and proprioceptive neuromuscular facilitation stretching elicited acute changes in muscle strength and power output. *Journal of Athletic Training*. 40(2):94-103, 2005.

PRESENTATIONS

International and National

Mitchell, S. & Cox, R. The Effects of an Epidural Steroid Injection on Cervical and Lumbar Radiculopathy. National Academy of Health & Physical Literacy, 2026 National Summit, Orlando, FL; March 2026 (Submitted).

Culpepper, D. & **Mitchell, S.** Anxiety Levels for Return to Play Division I Athletes. North American Society for the Psychology of Sport and Physical Activity. New Orleans, LA; June 5-8, 2024.

Mitchell, S., Culpepper, D. and Horton, D. Home Court Advantage During Pandemic. North American Society for the Psychology of Sport and Physical Activity. New Orleans, LA; June 5-8, 2024.

Culpepper, D. and **Mitchell, S.** Return to Play Readiness in Collegiate Athletes: Effects of COVID. United States Center for Coaching Excellence, North American Development Summit, Columbus, OH; June 10-12, 2024.

Mitchell, S., Pruitt, S., Culpepper, D., & Bubenchik, L. Covid-19 Stress Levels on Returning Students-Athletes. National Academy of Health & Physical Literacy, 2024 National Summit, Baton Rouge, LA; April 7-10, 2024.

Rosselli, A. and **Mitchell, S.** Evidence-Based Best Practices for Online Masters Degrees in Athletic Administration: From Practice to Theory. National Association for Kinesiology in Higher Education. Savannah, GA; January 11, 2019.

Marek, S.M., Fincher, A.L., Trowbridge, C.A., and Cramer, J.T. The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and

mechanomyography. *National Athletic Trainers' Association Annual Meeting and Clinical Symposium.* (Free Communications Poster Presentation) Anaheim, CA; June 29, 2007.

Cramer, J.T., Massey, L.L., **Marek, S.M.**, and A.D. Egan. Time course for the acute effects of static stretching on muscle strength and power output in NCAA Division I Women's Basketball players. *Journal of Strength and Conditioning Research*, 19(4): e11. (Oral/slide Presentation at the NSCA Annual National Conference, 2005, Las Vegas.)

Egan, A.D., Cramer, J.T., Massey, L.L., **Marek, S.M.**, Danglemeier, S., Purkayastha, S., Culbertson, J.Y., and K.A. Fitz. Acute effects of static stretching on the angle-torque relationship during isokinetic leg extensions in women. *Journal of Strength and Conditioning Research*, 19(4): e13. (Poster Presentation at the NSCA Annual National Conference, 2005, Las Vegas.)

Regional

Mitchell, S. Cardiorespiratory Responses on a Land and Anti-Gravity Treadmill. *Southwest Athletic Trainer's Association Annual Meeting.* (oral presentation) Arlington, TX; July 22, 2022.

Marek, S.M., Fincher, A.L., Trowbridge, C.A., and Cramer, J.T. The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and mechanomyography. *Southwest Athletic Trainers' Association Annual Meeting.* (poster presentation) Houston, TX; July 21, 2005.

State and Local

Gerner, S., Aquilino, F., Balderrama, E., Byun, C., Cavazos, R.J., Martinez, C., Riffe, A., **Mitchell, S.**, Oldham, M.D., Bernhardt, V. The Effect of Lower Extremity Bilateral Asymmetries on Performance in Division I Soccer Players. TACSM, Waco, TX. *Int J Exerc Sci*, Conference Proceedings: 2 (16): 149, 2024.

Gerner, S., **Mitchell, S.**, Oldham, M, and Bernhardt, V. Lower Extremity Bilateral Asymmetries and Performance in D1 Soccer Players. TAMUC Annual Research Symposium, 2024.

Cox, R. and **Mitchell, S.** The Effects of an Epidural Steroid Injection on Cervical and Lumbar Radiculopathy. TAMUC Annual Research Symposium, 2024.

Gerner, S., **Mitchell, S.**, Oldham, M., Bernhardt, V. The effect of performance in lower extremity bilateral asymmetries in Division 1 soccer players. TAMUC Annual Research Symposium, 2023.

Shaw, L., **Mitchell, S.**, and Oldham, M. VO2max and Playing Time in Female Collegiate Soccer Players. TAMUC Annual Research Symposium, 2023.

Cox, R., and **Mitchell, S.** Students' Attitudes and Perceptions Towards Fitness Testing. TAMUC Annual Research Symposium, 2023.

Mitchell, S., Nichols, D., Rigby, B., and Biggerstaff, K. Physiological Responses to Running on a Land and Anti-gravity Treadmill. Texas Chapter American College of Sports Medicine, Ft. Worth, TX. *International Journal of Exercise Science*, Conference Proceedings: 2(11), 2019.

Kilcrease, K. and **Mitchell, S.** MTBI's Impact on Collegiate Student Athletes in the Classroom. TAMUC Annual Research Symposium, 2019.

Hummer, T. and **Mitchell, S.** A Comparative Study Between CSMI's HUMAC Balance System and iOS iBalance Fitness and BalancePod Apps. TAMUC Annual Research Symposium, 2017.

Marek, S.M. The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and mechanomyography. (study completed) *UTA Department of Kinesiology Exercise Science Seminar*. Arlington, TX; May 6, 2005.

Marek, S.M., Cramer, J.T., Fincher, A.L., Massey, L.L., Dangelmaier, S.M., Purkayastha, S., Fitz, K.A., and Culbertson, J.Y. Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *Texas Chapter of the American College of Sports Medicine Annual Meeting*. (poster presentation) Dallas, TX; March 4, 2005.

Marek, S.M. The thermal effects of pulsed shortwave diathermy on electromyography and mechanomyography. (study proposal) *UTA Department of Kinesiology Exercise Science Seminar*. Arlington, TX; November 17, 2004.

Marek, S.M. Acute effects of static and PNF stretching on peak torque and electromyographic amplitude during maximal, concentric isokinetic muscle actions at 60 and 300 deg/sec. *UTA Annual Celebration of Excellence by Student*. (poster presentation) Arlington, TX; April 2, 2004.

Marek, S.M. Acute effects of static and proprioceptive neuromuscular facilitation stretching on peak torque during isokinetic muscle actions. *UTA College of Education Research Day*. (poster presentation) Arlington, TX; Spring 2004.

Marek, S.M. Acute effects of static and proprioceptive neuromuscular facilitation (PNF) stretching on muscle strength and joint range of motion. *UTA Department of Kinesiology Applied Kinesiology Research Symposium*. (poster presentation) Arlington, TX; Fall 2003.

Invited Presentations

Kimbrough, S. and **Mitchell, S.** Teaching Excellence...Let's Do This. HHP Fall Retreat. Commerce, TX. (August 2021).

Mitchell, S.M. Domain I: Injury/Illness Prevention and Wellness Protection. *Annual SWATA Athletic Training Student Professional Competency Workshop*. San Marcos, TX. (January 27, 2017).

Mitchell, S.M. Domain I: Injury/Illness Prevention and Wellness Protection. *Annual SWATA Athletic Training Student Professional Competency Workshop*. San Marcos, TX. (January 29, 2016).

Mitchell, S.M. Preparing for Your Interview. *Annual SWATA Athletic Training Student Professional Competency Workshop*. San Marcos, TX. (January 29, 2016).

Mitchell, S.M. Manual Muscle Testing Lab. *6th Annual SWATA Athletic Training Student Professional Competency Workshop*. Arlington, TX. (January 25, 2014).

Mitchell, S. M. Domain II: Clinical Evaluation and Diagnosis, Part II. *5th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 26, 2013).

Mitchell, S. M. Domain II: Clinical Evaluation and Diagnosis, Part I. *5th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 25, 2013).

Mitchell, S. M. Domain II: Clinical Evaluation and Diagnosis, Part II. *4th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 28, 2012).

Mitchell, S. M. Domain II: Clinical Evaluation and Diagnosis, Part I. *4th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 27, 2012).

Marek, S.M. Maintaining a Healthy Lifestyle. *Texas Department of Transportation; Milam County Maintenance Office Safety Meeting*. Cameron, TX; December 15, 2004.

Invited Book Proposal Reviews

Schick, D. *Athletic Taping and Wrapping*. Lippincott, Williams, and Wilkins. June 2005.

Abell, B.A. *Taping and Wrapping Made Simple*. Lippincott, Williams, and Wilkins. May 2005.

GRANTS

Faculty Development Grant to present research at the National Summit for the National Academy of Health & Physical Literacy in Baton Rouge, LA. Awarded for Spring 2024, Amount \$670.

STUDENT THESIS COMMITTEES

East Texas A&M University – Graduate Thesis

Kramarenko, Veronika: Predictive modeling of longitudinal muscle and bone adaptations on explosive performance in collegiate athletes using machine learning techniques. (Committee member) Expected Graduation August 2025.

Martinez, Cheyenne: The Relationship between Knee Injury Risk Factors and Performance Variables in Drop Jump Landing Mechanics. (Committee member) Graduated August 2025.

Tousant, Marshall: 'Super' Shoes: Do They Improve Jump Performance in Division I Athletes? (Committee member) Graduated August 2025.

Aquilino, Francesca: Differences in leg dominance and torque production in track and field D1 athletes. (Committee member) Graduated August 2024.

Gerner, Shelby: The Effect of Lower Extremity Bilateral Asymmetries on Performance in Division I Soccer Players. (Committee member) Graduated May 2024.

Cavazos, Raquel: Does Shoulder Mobility or Upper Body Mass Effect 2-RM Bench Press in Division I Collegiate Football Players? (Committee Member) Graduated May 2024.

Ramirez, Omar: Exercise Habits of College Students Before And During The Covid-19 Pandemic. (Committee member) Graduated August 2022.

Herrera, Guadalupe: Bilateral Asymmetry and Dynamic Balance in Collegiate Athletes. (Committee member) Expected Graduation TBA.

Ogata, Ai: Risk Factors of Medial Tibial Stress Syndrome in Division II Track and Field/Cross-Country Athletes. (Committee member) Graduated May 2019.

Williams, Jeffrey: Lower Extremity Neurodynamic Mobilization And Its Effect On Range Of Motion In Collegiate Football Athletes. (Committee member) Graduated May 2018.

East Texas A&M University – Undergraduate Honor's Thesis

Mason, Sanai: Differences in Female ACLR Participants Dynamic Knee Valgus Compared to Uninjured Control Group Using Drop Jump & Countermovement Jump Test. (Committee member) Expected Graduation May 2025.

Shaw, Lauren: VO2max and Playing Time in Female Collegiate Soccer Players. (Committee chair) Graduated May 2023.

Sprague, Amy: Firefighter: Call Load, Sleep Deprivation and Caloric Expenditure. (Committee member) Graduated May 2023.

Horton, Dempsey: The Effects of Covid-19 on the Home Court Advantage. (Committee member) Graduated May 2023.

Fite, Harrison: Factors affecting collegiate softball pitchers' spin rate. (Committee member) Graduated May 2023.

Kilcrease, Kayla: MTBI's Impact on Collegiate Student Athletes in the Classroom. (Committee chair) Graduation May 2019.

SERVICE ACTIVITIES

Sunnyvale ISD

Parent Teacher Association, Member: 2021-present

Presented at Sunnyvale Intermediate School's STEM Career Day – March 2023-25

Sunnyvale Raiders Youth Sports Association: Assist with K-6th grade basketball, Fall 2023-2025

National Athletic Trainers' Association

Convention Proposal Reviewer – 2014, 2017-2019, 2021, 2024, 2025

Texas Chapter of American College of Sports Medicine

Poster Judge during annual meeting – February 2025

Texas Advisory Board of Athletic Trainers

Clerical Help for Licensure Exam – April 25, 2010

Examiner for Licensure Exam – December 6, 2009, April 26, 2009

Model for Licensure Exam: Ft. Worth, TX – April 27, 2008

Relay for Life – Member of Athletic Training Society Team

TAMU-Commerce – 2008-2016

Susan G. Komen Breast Cancer Foundation 3-Day Walk – Sports Medicine Crew Volunteer

Dallas/Ft. Worth, TX – 2005, 2007-2009, 2011

Annual Celebration of Excellence – Invited Research Poster Presentation Judge

University of Texas at Arlington – March 28, 2008

Commerce Big Event – Community service event

Commerce, TX – April 5, 2008