

Students Taking Research Findings Around Nation, World

RESEARCH FOCUS BY GRETCHEN OLIVER, PH.D., A.T.C., L.A.T.



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Group, and several of those students will travel internationally this summer to present their research at prestigious conferences.

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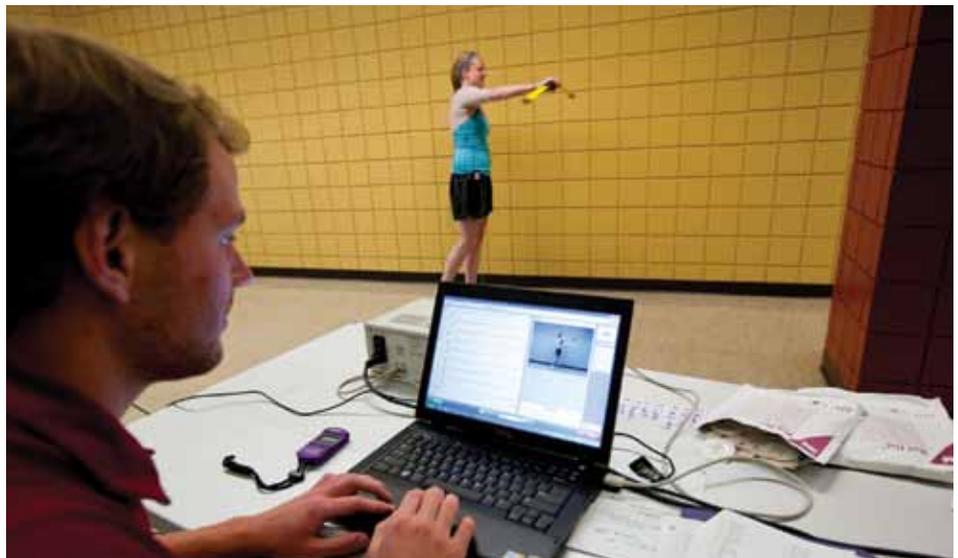
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International Society of Biomechanics in Brussels and at the World Federation of Athletic Training and Therapy in Banff, Canada.

The students, athletic training staff and alumni presenting are Masa Abe, Kirk Evanson, Ajay Kurani, Adrian Pet-taway, Hillary Plummer, Katie Roling,

Alyssa Romasco and Audrey Stone.

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Mike Sola collects data from electrodes placed on shoulder muscles of Kelley MacDonald as she performs exercises typical of shoulder rehabilitation. The research helps determine whether the muscles thought to be targeted with a particular exercise actually are being activated. Sola and MacDonald are first-year students in the athletic training education program. *Photo by Russell Cothren*

Research Focus story continued on page 2

Greetings from the Dean By Tom Smith, Ed.D.



On behalf of the College of Education and Health Professions, I would like to thank you for your interest in the athletic training education program. This issue of the program's newsletter offers several high-

lights from this semester. The program continues to uphold high academic standards as seen by our students' certification exam results while offering our students a competitive advantage in securing internships.

It also affords them opportunities to conduct research and present their findings among some of the top researchers in the field. As a new class arrives soon, we see the program's future as brighter than ever.



Alumna Prepares for Medical School

Lauren Poindexter realized she had begun thinking like a surgeon one day while observing an ACL reconstruction surgery at the renowned Steadman Clinic in Vail, Colo. The epiphany during that fellowship at the orthopaedic clinic led her to medical school this fall.

"While at the Steadman Clinic, I was constantly in and out of the operating room, assisting the surgeons in the clinic, communicating with our radiology team, and working very closely with all the patients," Poindexter said.

"It was during a routine ACL (anterior cruciate ligament) reconstruction by Dr. William Sterett that I found myself observing from the shadows, subtly moving my hands like the surgeon's, looking at the video feed from the arthroscopic camera to find evidence of the same pathologies I saw on the MRI, and considering which surgical approach for reconstruction would be the most beneficial for this particular patient."

Poindexter, a 2005 graduate of the University of Arkansas with a Master of Science degree in kinesiology with



Lauren Poindexter, second from left, visits the Olympic Stadium in Munich where her father, Jim Poindexter, competed in trapshooting for Team USA at the 1972 Olympics. With them are Lauren's mother, Karen, far left, and sister, Kathryn.

a concentration in athletic training, enrolls this August at the Virginia Tech Carilion School of Medicine in Roanoke. She expects to enter a surgical residency program following the four-year program and may specialize in orthopaedics since the bulk of her medical experience has been in that area.

Poindexter completed all of her pre-medical course requirements in two years through the Health Careers Program at the Harvard Extension School in Cambridge, Mass., sat for the Medical College Admission Test, and, for the past two years, taught MCAT prep courses for Kaplan Test Prep & Admissions in both Boston and Los Angeles.

"In retrospect, though I am not working as an athletic trainer in my daily activities, I could never have realized this dream of attending medical school without my incredible education, diverse internship opportunities and professional relationships at the University of Arkansas and the personal support Dr. Jeff Bonacci has provided over the years," Poindexter said.



Sean Huddleston, left, prepares MacDonald for another round of data collection. Huddleston is also a first-year student in the athletic training education program. Photo by Russell Cothren

RESEARCH FOCUS Continued...

Sarantis, Rachael Helmer, Audrey Stone and Hillary Plummer have all published their research findings in peer-reviewed publications such as the Journal of Athletic Training and Sports Health Care, Journal of Strength and Conditioning Research, Journal of Athletic Training, Clinical Journal of Sport Medicine, International Journal of Exercise Science, and Medicine and Science in Sports and Exercise.

In addition, I received a summer grant from the University of

Arkansas College of Education and Health Professions that will fund several athletic training students as they work on identifying scapular abnormalities and determining the assessment relevance in the clinical and research setting.

To watch a slideshow of muscle activation research, visit <http://coehp.uark.edu/colleague/>. To learn more about our research and view a list of presentations and publications, visit <http://hkrd.uark.edu/biomechanics/index.php>.

Clinical Instructors Vital to Students' Success By Sharon Hunt, Ed.D.

Head of the Department of Health Science, Kinesiology, Recreation and Dance



The success of the nationally accredited athletic training education program at the University of Arkansas and its students' impressive 94 percent pass rate on the Board of Certification exam can be attributed in great measure to our clinical instructors. These certified athletic trainers share their expertise, overseeing the athletic training students in a variety of clinical rotations scheduled throughout their two-year course of study.

A number of clinical sites have been established to provide hands-on practical skills needed in the evaluation and rehabilitation of injured athletes. These clinical sites include the University of Arkansas Athletics Department, the Division 7-A high schools in Northwest Arkansas, physical therapy clinics, general medical rotations with physicians practicing family medicine, and a possibility of working with the Northwest Arkansas Naturals baseball team, an AA affiliate of the Kansas City Royals organization.

Several students have secured prestigious internships with the NFL, NBA, MLS, and MLB. Graduates

of the program have been accepted into medical school, physical therapy school, and doctoral programs in kinesiology. Other students have secured employment in high schools, colleges and universities, and professional sports. Dr. Jeff Bonacci, program director, and Dr. Gretchen Oliver, clinical coordinator, have built a top-notch entry-level graduate athletic training education program that is highly competitive and attracts students from across the United States and from around the world who come to the University of Arkansas to fulfill their dreams of becoming a part of the athletic training profession.

Program Director's Corner By Jeff Bonacci, D.A., A.T.C., L.A.T.



Greetings alumni, prospective students and friends of the athletic training education program at the University of Arkansas. For this spring's edition of the departmental newsletter, we highlight an alumna who is performing outstanding work in the profession. We will feature a program alumnus each spring issue.

This year has been an eventful one in the athletic training education program. We were honored to have one of the leading authorities in sports nutrition, Jackie Berning, Ph.D., present nutrition recommendations for pre-, during and post-exercise to the faculty of our program and exercise science. Our second guest speaker during the spring semester was Rebecca Stearns,

M.A., A.T.C., from the Kori Stringer Institute at the University of Connecticut, which focuses on preventing sudden death in sport. Ms. Stearns spoke upon preventing exertional heat illness, differential diagnosis and treatment of the condition.

The Board of Certification that governs the licensing examination has allowed students to sit for the national board exam earlier in year, February instead of April. This allows students to get a quicker jump on the job market. I am proud to announce all of our students who took the exam in February passed, increasing our overall pass rate on the national board exam to 96 percent, compared to the 38.2 percent overall national pass rate.

This also was a banner year for applications to the program; 51 prospective students applied for 15 slots for the incoming cohort. Many students came with high credentials, making the

selection process very difficult, and we were pleased that the top 15 students all accepted an offer to be part of the 2013 class. The students hail from as far away as Washington state to the state of Florida.

We also added a new orthopedic rotation to the clinical component. Students now have the opportunity to shadow the Razorback team orthopedic physicians during their office clinic hours and have they observed multiple orthopedic injuries. In addition, we instituted a journal club in which students were presented orthopedic cases and general medical topics from the Razorback team physicians. Students were assigned specific articles to read and quizzed on the topics. The journal club evenings were educational as well as providing good sports medicine fellowship among student, ATCs, and physicians.



Workshop Offers FMS, SFMA Level 1 Skills

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