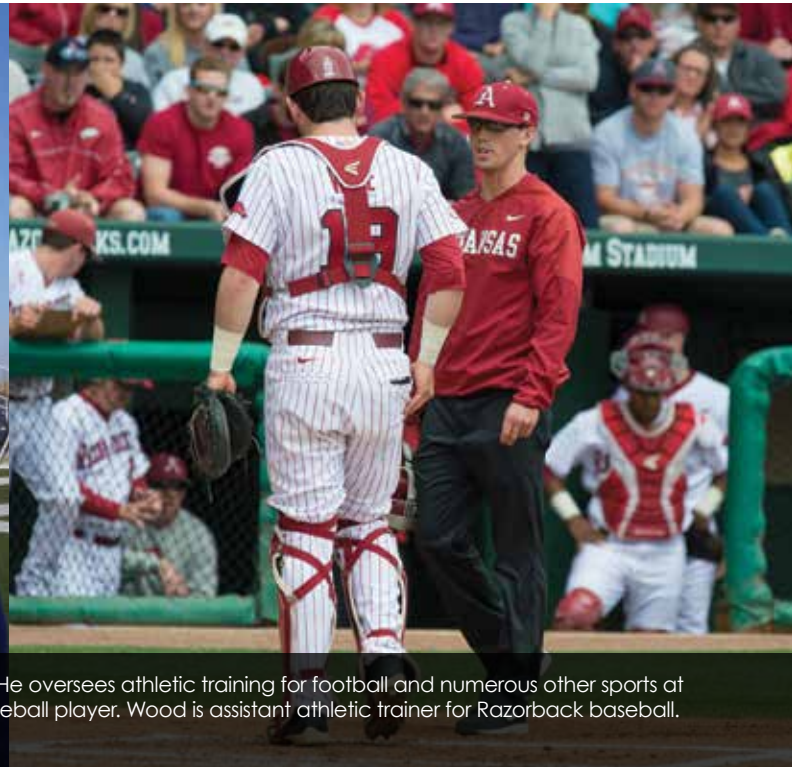




Left: Jesse Herrington is assistant athletic trainer at Rogers High School. He oversees athletic training for football and numerous other sports at the high school. Right: Corey Wood, center, talks with a Razorback baseball player. Wood is assistant athletic trainer for Razorback baseball. Photo courtesy of University of Arkansas Athletics



Preceptors Provide Valuable Service to Athletic Training Program

Preceptors who supervise clinical practice of graduate athletic training education students are invaluable to the success of those students and to the program, but preceptors say they also benefit from the relationship.

The University of Arkansas athletic training education program is using the services of about 40 clinical preceptors this semester, including Corey Wood, assistant athletic trainer for Razorback baseball, and Jesse Herrington, assistant athletic trainer at Rogers High School who is employed by Mercy Health Northwest Arkansas. Students spend between 20 and 30 hours per week with their clinical preceptor providing clinical care. In addition to supervising the students, preceptors assist faculty by assessing student knowledge, skills and clinical abilities.

Wood joined the University of Arkansas athletic training staff in June 2011. He earned a master's degree from Wichita State University, where he worked as a graduate assistant athletic trainer. He was responsible for day-to-day injury prevention and rehabilitation of WSU baseball players.

Wood interned with the Cleveland Indians through spring training in 2009, directing aquatic therapy sessions and overseeing the strength activities of the team. He earned a bachelor's degree from East Carolina University in 2008.

"My role is to take care of the Razorback baseball team,

and I really appreciate the help I get from the athletic training students," Wood said. "I like to give the students as much feedback as possible."

Herrington is in his third year working with high school athletes in Rogers. He earned a bachelor's degree in sports medicine and athletic training in biomedical sciences in 2006 and a master's degree in administrative studies with an emphasis in sport management in 2008, both from Missouri State University.

"I learn from the students all the time," Herrington said. "We talk about new things they cover in class (on campus), multiple ways to do testing, about theories and modalities. They get great experience with us because we offer so many different sports."

Both Wood and Herrington said they communicate regularly with athletic training education faculty so that they know what topics the U of A students are learning in their coursework.

"We try to work those into the normal, day-to-day activities in the training room," Herrington said. "We also talk about anything that happened in practice. They are able to see how professionals work and our daily duties and they have a lot of hands-on activities with different tasks."

The graduate students do taping and wrapping as well as evaluating injuries, and Herrington said students who are



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

Hello Razorback alumni, prospective students, and friends of the athletic training education program. This past fall semester has been a banner year for the athletic training education program. In the curriculum, we made a few significant changes.

First, the verification of clinical competencies via PBLs and Task Sheets by the preceptors was changed to a mass practical event that occurs on three individual evenings per semester for both second-year and first-year students. During the mass practical program, preceptors verified clinical competencies determined by the program as a "yes or no" grading format in rotating stations in the HPER building. This new grading system of verifying clinical competencies has shown to be more efficient.

Second, the program has instituted the use of the ATRACK system, which is an online database for students to document clinical hours and the evaluation of students and preceptors.

I am pleased to report that, for the fifth straight year, 11 of 11 second-year students took the BOC exam in February and all students passed on the first attempt. Way to keep the great 100 percent pass rate tradition going!!!

As usual, our yearly athletic training family weekend event occurred during the South Carolina football weekend. Parents of current students from around the country attended the event filled with both fun and too much food.

The 2014 8th annual Razorfit Symposium had record enrollment of 110 registrants, and the Graduate Education Building was utilized as a new venue. The keynote speaker,

Lenny Macrina, MS, PT, SCS, CSCS from Champion Sports Medicine in Birmingham, Ala., presented on the current concepts and rehabilitation of the glenohumeral joint. Six second-year students presented their research in poster-podium format.

After much thought, we changed our Razorfit Spring Functional Movement Screening (FMS) Workshop to Graston soft tissue manipulation technique certification. On March 8-9, the athletic training education program hosted Mr. Mike Dillon, MS, ATC from the University of Washington, as the lead instructor for M1 Graston Certification. Fourteen total including AT students, ATCs and PTs attended the workshop. Dr. Bonacci and Dr. McDermott both attended the workshop as well. The next goal is to implement Graston certification in the athletic training education curriculum on a regular basis.

Going to Indianapolis for the National Athletic Trainers Association meeting? We will be having our alumni party at the Rock Bottom Brewery on Thursday, June 26th at 8:00 pm. Hope to see you there!!!

GO HOGS!!!



Preceptors continued...

further along in the program help design athletic therapy regimens and other activities to help athletes return to play.

"We have some students, after they pass their board exam, we feel comfortable letting them do an injury evaluation on their own," Herrington said. "We give them pointers, make sure they are on track."

Working with baseball players gives the students a chance to see injuries they might not see in other sports such as football and basketball, Wood said, such as chronic shoulder injuries.

"A lot of times, this is their first time working with an

upper-extremity sport," he said.

Wood also pointed out that the students can get a lot out of the experience based on their interaction.

"As long as they are proactive and ask a lot of questions, they should get a lot of knowledge," he said. "I make myself available to answer questions."

Students working with Wood may also travel with the team, depending on the travel arrangements for a particular game series.

"That's a big learning experience for them, one that isn't possible in all sports," he said.

Focus on Research Growing within the Athletic Training Program

By Brendon McDermott, Ph.D., A.T.C.

Students in the program this year have been actively involved in some clinically applicable studies. A couple of those students will be presenting this summer at national meetings as well.

We hosted our 8th Annual Razorfit Sports Medicine Symposium in January. Our students presented their research projects and case reports at the meeting to 110 attendees. A large cohort of our students will again be presenting at the Arkansas Athletic Trainers' Association meeting in April.

This summer, first-year student Cayla Fritz will present a case report on a former patient she worked with at the American College of Sports Medicine Annual Meeting in Orlando, Fla. The case she is presenting involved a potentially fatal pathologic heart condition. The

condition was corrected surgically and the athlete has made a successful return to collegiate soccer competition. Other presentations will represent our program and college at the ACSM meeting.

Koji Kanemura will be presenting at the National Athletic Trainers' Association meeting this June in Indianapolis. He conducted a unique study looking at a single brief hydration education in high school football and its short- and long-term effectiveness. Interestingly, he found that after four days, a single 5-minute hydration presentation to the team was effective. However, three weeks later, the intervention group was back to baseline. This is the first of its kind study that we hope to expand in the coming years.

Some exciting studies to be completed in the coming months include a

field study testing new technology on heat illness prevention, analysis of data collected during a lab study evaluating cyclists exercising in the heat, some groundbreaking concussion research with Dr. R.J. Elbin, core strength testing on a variety of populations with Dr. Barry Brown, and some outcomes research with Advance Orthopaedics and Associates here in Fayetteville.



Speakers Address Work-Life Balance of Athletic Trainers

The athletic training education program at the University of Arkansas presented three speakers March 31 who talked with students about balancing work with other aspects of their lives.

Stephanie Mazerolle, an assistant professor at the University of Connecticut, spoke in Room 103 of the Health, Physical Education and Recreation Building. Two additional speakers joined the conversation by webcast from Boston.

Mazerolle directs the undergraduate program in athletic training education at Connecticut. She has published

more than 50 peer-reviewed articles in the past eight years on subjects related to work-life balance, professional commitment and retention, and professional socialization.

Her work focuses on determining factors that contribute to work-life conflict for the athletic trainer working in a variety of settings as well as strategies that can minimize the negative impact of those conflicts.

Mazerolle is the lead author on the National Athletic Trainers' Association position statement on work-life balance in athletic training, which is currently being written for publication. She is

a section editor for the *Journal of Athletic Training* and serves on the Commission on Accreditation of Athletic Training Education annual review committee.

Scot Spak and Brian Vesci talked with students at the event through distance technology. Spak is in his eighth





Work-Life Balance continued...



Spak

year as an athletic trainer at the Massachusetts Institute of Technology, where he is responsible for the prevention, evaluation, rehabilitation and treatment of all athletic-related injuries and illnesses. He also works as a preceptor for Boston University, supervising and mentoring BU athletic training students.

Spak is a member of the board of the Athletic Trainers of Massachusetts and a member of the College and University Athletic

Trainers Committee College/University Value Model.

Vesci has been senior athletic trainer at Boston University since January 2011. He has worked at BU since 2006 and is primarily responsible for the men's soccer squad. He is also a part-time instructor for the undergraduate athletic training program at Sargent College of Health and Rehabilitation Services at BU.

The event was recorded for people to view later.



Vesci

Denny Scholarship Established by Family of Professor



The athletic training education program lost a very dear friend, colleague and teacher when Dr. George Denny, left, stats professor for our students, suddenly passed away last summer. Denny's family established a scholarship in his memory. Donations can be made at <https://onlinegiving.uark.edu>. He is seen here with our students Kathryn Johnson and Katrina "Kiki" Miller.

Class of 2016 Has Average GPA of 3.47

Meghan Barrington University of Washington
Mikaila Davis Concordia University, CA
Satoshi Iida Waseda University, Japan
Aleena Kanner SUNY Cortland
Thomas Kidd University of Kentucky
Cody Lemmons University of Tennessee at Martin
Katherine Luhning University of California at Davis
Aaron Martinez University of Nevada-Reno
Alexandra McDonald Western Washington University
John Melia University of Arkansas
Cameron Nichols University of Arkansas
Tracey Opoku-Anarfi Virginia Commonwealth University
Maddie Torretta Quincy University
Megan Smith University of Arkansas
Jordan Williams Texas Tech University