

Faculty Vita

JULIE ROCHESTER, EdD, ATC

Northern Michigan University, School of Health & Human Performance. PEIF 237.

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HOME: 1993 W. Fair Ave. Marquette, MI 49855

MI Athletic Training License: 2601000666 (2026) AT Board of Certification: 000030651

EDUCATION:

EdD 2009 University of Phoenix/Educational Leadership. Dissertation: *Perceived Leadership Styles of Athletic Directors and Job Satisfaction in Head Athletic Trainers.*
MS 1995 Northern Michigan University/Exercise Science
BS 1988 Springfield College/Physical Education & Athletic Training (Biology Concentration)

CAREER PATH:

NMU School of Health & Human Performance. Summer 2019 – PRESENT. Graduate Program Director of Athletic Training Education. Full Professor (2013) with Tenure (2004). Northern Michigan University. Initiated, directed and implemented transition of undergraduate athletic training program to the graduate level – per CAATE accreditation standards and guidelines. Maintain program to ensure CAATE standards are met. Teach graduate level courses in athletic training.

Northern Michigan University (NMU) Department of Athletics. August 2022 – June 2023 – Senior Advisor/Department of Athletics. (1 year appointment) Northern Michigan University. Assist with general administrative oversight of department following administrative resignations. Appointed by NMU President.

NMU School of Health & Human Performance. 2013 – 2019. Program Director (undergraduate) of Athletic Training Education. Full Professor (2013) with Tenure (2004). Led program re-accreditation in 2017-18. Led Program transition of undergraduate degree program to masters degree level program– completed; seeking master’s level accreditation (expected spring 2019). Maintain program to ensure CAATE standards are met. Teach undergraduate courses in athletic training.

NMU Department of Athletics. August 2011 – August 2015 Supervisor – Athletic Training Services. Additional assignment.

NMU Department of HPER. April 2004 –2013 Tenured (2004) Associate Professor (2004) of Athletic Training. Undergraduate Program Director of Athletic Training Education. Led program re-accreditation

2007-08. Maintain program to ensure CAATE standards are met. Teach undergraduate courses in athletic training.

NMU Department of HPER. June 1999 - 2004 Assistant Professor (1999) and Athletic Training Program Director, Northern Michigan University (Tenure Track Contract). Developed and implemented undergraduate program in athletic training. Brought program through first accreditation cycle and secured initial program accreditation. Teach undergraduate courses in athletic training.

SUMMARY OF FACULTY APPOINTMENT: Lead development and implementation of undergraduate and transition to graduate athletic training program (course development, curriculum design). Led athletic training program through 3 accreditation cycles and led the accreditation requirements for transition of the undergraduate program to the graduate level. Oversees and administers program admission policies including a recent shift to the use of ATCAS - a centralized application system for athletic training. Regularly evaluates program and submits CUP/GPC proposals related to program application, courses, and program revisions as needed. Development of program policies/procedures and student handbook. Developed and secured on an off campus clinic placement and internship sites (secure affiliation agreements, etc.) for students, secured preceptors for the program, regular advising of students, hiring/supervision of graduate assistants, oversight and maintenance of athletic training classroom/lab facility. Ensuring compliance with CAATE standards.

(chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://caate.net/Portals/0/Standards_and_Procedures_Professional_Programs.pdf?ver=01iHqzdBAW0IsGARUc-19Q%3d%3d)

NMU Depart of Athletics. 1990-1999. Athletic Trainer/Coordinator of Student Development. Provided athletic training services to NMU varsity athletes, with primary responsibility for football and men's/women's basketball.

NMU Department of Athletics. January 1990 - April 1990. Graduate Assistant Athletic Trainer. Provided athletic training services to NMU varsity athletes.

Washington & Lee University. 1988-1989. Assistant/Intern Athletic Trainer. Provided athletic training services for men's soccer and men's lacrosse programs.

SUMMARY OF CLINICAL ATHLETIC TRAINING EXPERIENCE: 12 years of clinical practice as a certified/licensed athletic trainer. Provision of all aspects of athletic training services to athletes participating in soccer, volleyball, basketball, football, ice hockey, swimming/diving, nordic & alpine skiing, cross country/track & field, tennis, cheerleading, and a variety of youth summer sports camps.

COURSES TAUGHT:

Undergraduate:

ATR/ES 110 - Introduction to Athletic Training

ATR/PE 241 - Prevention & Care of Athletic Injuries

ATR 320/321 - Advanced Assessment Techniques in Athletic Training I & II

ATR 490 - Seminar in Athletic Training
ATR 292A/B, ATR 392A/B, ATR 492A/B - Introductory, Intermediate, & Advanced Practicum in Athletic Training
ATR 201 - Pathology & Pharmacology for the Athletic Trainer
ATR 499 - Internship in Athletic Training (noteworthy internships with Green Bay Packers, Arizona Cardinals, Milwaukee Brewers, Harkness Center for Dance/NYU, Walt Disney's Wild World of Sports)
ATR 295 - BOC Exam Prep for Athletic Trainers
ATR 495 - Contemporary Issues in Athletic Training
PE 345 - Medical Aspects of Coaching
HP 200 - Physical Well Being
HL 101 - Medical Terminology
HL/NU 386 - Interdisciplinary Study in Global Health Care - BELIZE. Faculty led study abroad course.

Graduate:

ATR 520/521 - Orthopedic Assessment I & II
ATR 542 - Orthopedic Taping & Bracing
ATR 591 B - Clinical Skills in Athletic Training II
ATR 592B - Clinical Experience in Athletic Training II
ATR 590 - Graduate Seminar & Capstone in Athletic Training
ATR 572 - Internship in Athletic Training

RECOGNITION, HONORS AND AWARDS:

Recognized for 10 years of Service – Northern Michigan University (2000)
Recognized for 15 years of Service – Northern Michigan University (2005)
Recognized for 20 years of Service – Northern Michigan University (2010)
Recognized for 25 years of Service - Northern Michigan University (2015)
Recognized for 30 years of Service - Northern Michigan University (2020)
NATAREF (National Athletic Trainers Association Research & Education Foundation) Doctoral Scholarship recipient – June 2004
GLATA Service Award – Captain of the Great Lakes, March 2004
Michigan Athletic Trainers Society – Most Distinguished Athletic Trainer Award. May 2005
GLATA Dedicated Service Award – March 2007.
Recognized for “Paving the Way: Celebrating 40 years of Women in Athletic Training. GLATA Winter meeting, March 2007.
NMU Excellence in Teaching Award – December 2007
Great Lakes Athletic Trainers Association Golden Pinnacle Award – March 2011 (**Highest Association Honor**)
Springfield College Charles J. Redmond Distinguished Alumnus – April 2013
Promotion to Full Professor, Northern Michigan University – Summer 2013
Michigan Athletic Trainers Society –Hall of Fame Inductee – June 2014 (**Highest Association Honor**)
Faculty Athletic Representatives Association (FARA) - David Knight Award. November 2022. (**Highest Association Honor**)

PROFESSIONAL AND PUBLIC PRESENTATIONS:

Rochester, J. "Athletic Trainers – Playing it Safe" MAHPERD Convention, 11/00. Invited/Peer Reviewed.

Rochester, J. "Injuries to the Female Athlete". Marquette General Hospital – Sports Medicine Update, 4/00. Invited.

Edgerton, G. & Rochester, J. "Recognition and Management of Adolescent Injury". MAHPERD Convention, 11/01. Invited/Peer Reviewed.

Hartley, M. & Rochester, J. NMU Skill Builders! A Leadership Workshop Series - "Stretching for Lifelong Flexibility". 2001.

Rochester, J. NMU Skill Builders! Leadership Workshop Series "Developing Leadership in the Classroom". 2003.

Rochester, J. "New Challenges for the Athletic Trainer". Michigan Athletic Trainers' Society Annual Educational Conference - May 2002. Invited/Peer Reviewed.

Rochester, J. "Developing Leadership Skills in the Athletic Training Student". March 2003. Great Lakes Athletic Trainers Associations Annual Winter Meeting (student program). Evansville, Indiana. Invited.

Rochester, J. "Developing Leadership in your Athletic Training Student - Workshop". June 2003. National Athletic Trainers Associations Annual Symposium in St. Louis, Missouri. Invited/Peer Reviewed.

Rochester, J. "Incorporating Academic Service Learning into the Classroom". September 2003. Annual Lilly Conference Center, Traverse City, MI. Invited/Peer Reviewed.

Rochester, J. "E-portfolio Workshop" – Presented at the March 2005 GLATA Winter Meeting, Toledo, OH. Invited/Peer Reviewed. Also presented as an NMU Inservice to Athletic Training Students and Staff on Sept. 17, 2006.

Rochester, J. "Overuse injury in Child and Adolescent Athletes" – October 2005, Marquette General Hospital Sports Medicine Update. Invited.

Rochester, J. "It's All in the Feet" – November 18, 2005, MAHPERD Conference, Traverse City Michigan. Invited/Peer Reviewed.

Rochester, J. "Nipping it in the bud: Early injury and recognition means speedy recovery". November 3, 2006, MAHPERD Conference, Battlecreek, Michigan. Invited/Peer Reviewed.

Rochester, J. "Neurological Injuries of the Upper Extremity". March 2007, GLATA Annual Winter Meeting/Student Program, St. Charles, IL. Invited/Peer Reviewed.

Rochester, J. "Motivating Organizational Involvement from a Leadership Perspective". May 2008. Ohio Athletic Trainers Association Annual Meeting, Akron, OH. Invited.

Rochester, J. "The Rehabilitation Team". Speaker. July 2008, 2nd Annual NMU Sports Medicine Symposium, Marquette, MI.

Rochester, J. "Evaluating Laptop Effectiveness – Enhancing Student Learning". POSTER PRESENTATION. September 2010. Lilly Conference. Traverse City, MI. Invited/Peer Reviewed.

Rochester, J. et al. "Ask the Athletic Trainer" Panel Discussion. MAHPERD Conference. Grand Rapids, MI. November 2010. Invited/Peer Reviewed.

Rochester, J. "The Lifecycle of the Faculty Athletics Representative". NCAA Faculty Athletics Representatives Association Annual Meeting & Symposium. Convention. Baltimore, MD. November 2010. Invited/Peer Reviewed.

Rochester, J. "Evaluating the Effectiveness of a Laptop Initiative on Student Learning". Higher Learning Commission's 2011 Annual Conference. Chicago, IL. April 2011. Invited/Peer Reviewed.

Rochester, J. "Life Balance as an Athletic Trainer". Michigan Athletic Trainers' Society Annual Education Symposium. June 2011. Invited/Peer Reviewed.

Kirk, C. & Rochester, J. "Concussion Legislation Update". UP Concussion Summit. Marquette, MI. April 2011. Invited.

"The FAR in the Enforcement Process: Contributing to Institutional Control". Presenter/Panelist. NCAA National Convention. January 2012. Invited/Peer Reviewed.

Brown, S., Guyer, S & Rochester, J., "Future of Athletic Training". Invited panelist. Springfield College, Springfield, MA. Annual ESSS Conference. April 2013

Roger Kalisiak Alumni Lecture – University of Northern Illinois. "Athletic Training: Affirming Our Identity as Health Care Providers.". Invited guest speaker. April 2013.

Student-Athlete Welfare and Healthcare. Invited panelist. FARA Annual Meeting and Symposium. Baltimore, MD. November 2013. Invited/Peer Reviewed.

Davis, M., Dodd, S., Ladd, T., Rochester, J., Wharton, J., & Whittier, S. (17, January, 2014). 2014 NCAA Convention NCAA Division II Educational Session – Faculty Mentorship: Impacting Today's Student-Athlete. Panel Presentation. Invited/Peer Reviewed.

Rochester, J. & Webbe, F. (25, October 2014). NCAA Division II FAR Fellows Institute. "Concussions and Student-Athletes – Impact in the Classroom. Panelist. Invited/Peer Reviewed.

Rochester, J., Gray, D., Leidig, P. (14, November 2014). FARA Annual Meeting and Symposium, New Orleans, LA. "When to go to bat for your student-athletes". Panel Presentation. Invited/Peer Reviewed.

Rochester, J., Cecil, D., Christopher, G.. (11, May 2015). NCAA Regional Rules Seminar. Indianapolis, IN. "The Committee on Infractions Experience". Invited/Peer Reviewed.

Rochester, J., Maturi, J., Hackett, A. (8, June 2015) NCAA Regional Rules Seminar. Denver, CO. “The Committee on Infractions Experience”. Invited/Peer Reviewed.

Rochester, J., Webbe, F., and Landers, D. (3, October 2015). NCAA Division II FAR Advanced Leadership Institute, Indianapolis, IN. “Interface between FAR’s and Student-Athletes with Regard to Health and Safety – From the Front Lines”. Invited

Rochester, J. (5, November 2015). Getting off the Ground as a Faculty Athletics Representative: An Orientation Session for New FARs. FARA Annual Meeting and Symposium, Denver, CO.

Karr, F., Wilfert, M. & Rochester, J (moderator). Street Drugs – Effect on Student Athletes and NCAA Legislative Implications. (5, November 2015). FARA Annual Meeting and Symposium. Denver, Co. Invited/Peer Reviewed.

Rochester, J. (7, November 2015). Debunking Student-Athlete Myths. FARA Annual Meeting and Symposium, Denver, CO. Invited/Peer Reviewed.

Student-Athlete Confidence in Athletic Training Students (Seguin, B., Endelman, E., Kramer, S., & Wheeler, B. 2015). Research Advisor – Julie Rochester, EdD, AT. POSTER PRESENTATION ACCEPTED GLATA WINTER MEETING 2016.

Student-Athlete Mental Health (November 2016). Kurt Beron, *University of Texas*, Dallas; Kenneth Chew, *Indiana State University*; Dave Landers, *St. Michael’s College*; Julie Rochester, *Northern Michigan University*; Kendall Spencer, *University of New Mexico*; Dawn Buth, *NCAA SSI* (November 2016). FARA Annual Meeting and Symposium. Indianapolis, IN. Invited/Peer Reviewed.

DII Institutional Performance Program (includes Accessing IPP). (November 2016) – Julie Rochester (MODERATOR), *Northern Michigan University*; Troy Arthur, *NCAA AMA*; Scott Connors, *NCAA AMA*. FARA Annual Meeting and Symposium, Indianapolis, IN. Invited.

Academic Misconduct (November 2016) - Julie Rochester (MODERATOR), *Northern Michigan University*; Susan Britsch, *NCAA AMA*; Amanda Conklin, *NCAA AMA*. FARA Annual Meeting and Symposium, Indianapolis, IN. Invited.

NCAA Division II Financial Aid Proposals. (November 2016) - Julie Rochester (MODERATOR), *Northern Michigan University*; Karen Wolf, *NCAA AMA*. FARA Annual Meeting and Symposium, Indianapolis, IN. Invited.

End of Season Surveys for your Student-athletes. (November 2016) - Julie Rochester, *Northern Michigan University*. FARA Annual Meeting and Symposium, Indianapolis, IN. Invited/Peer Reviewed.

DeChambeau, M. & Rochester, J. (July 2016). Shoulder special tests: The good, the bad, and the...NMU Summer Athletic Training Conference. Marquette, MI.

Stoessner, M., Seger, M., McWilliams, M. & Rochester, J. (October 2017). Legal issues in athletic training – Panel discussion. 14th Annual MATS Athletic Training Student Seminar. Grand Valley State University. Invited/Peer Reviewed.

The following presentations were conducted at the 2017 Faculty Athletics Representatives Association Annual Meeting and Symposium – Atlanta, GA.

“Getting off the Ground as an FAR – An Orientation Session for New FARs (and Re-Orientation for Not-So-New FARs)” (Third Floor - Grand Ballroom A&B) Julie Rochester, Northern Michigan University, FARA President Elect

“Secondary NCAA Infractions in Division II – Bringing these to the table!” Joan Davison, Rollins College, FARA Division II Representative (moderator) FARs (Julie Rochester, Northern Michigan University; Elizabeth Swann, Nova Southeastern University; and Frank Webbe, Florida Institute of Technology) Janet Calandro, NCAA Assistant Director of Enforcement Faith English, NCAA Associate Director of Enforcement. Invited/Peer Reviewed.

“Assisting Student-Athletes with *Crisis* on Campus” Julie Rochester, Northern Michigan University, FARA President Elect (moderator) Kim Hancock, Ferris State University, Faculty Athletics Representative Austin Acosta, Southwest Baptist University, SAAC representative Ashley Beaton, University of Illinois at Springfield. Invited/Peer Reviewed.

“Issues Unique & Specific to Rural Colleges/Universities” Facilitators: Robert Morris, University of West Georgia, FARA Division II Representative; and Julie Rochester, Northern Michigan University, FARA President Elect. Invited/Peer Reviewed.

“Independent Medical Care” (Julie Rochester, Northern Michigan University; Ariel Trenkler, University of Georgia; Bob Murphy, Georgia State University; Dawn Buth, NCAA). Invited/Peer Reviewed.

“NCAA Presidents and Chancellors Engagement Session” – Faculty Panelist – Rochester, J. January 2018. NCAA Convention, Indianapolis, IN. Invited.

“Sport Specialization in Youth Athletics – Injury Implications”. (October 2018). Rochester, J. Michigan SHAPE Conference, Mackinac Island, MI. Invited/Peer Reviewed.

The following presentations were conducted at the 2018 Faculty Athletics Representatives Association Annual Meeting and Symposium – Baltimore, MD.

“Getting off the Ground as an FAR – An Orientation Session for New FARs (and Re-Orientation for Not-So-New FARs)”. Julie Rochester, Northern Michigan University, FARA President

“A Sample Mental Health Awareness Campus Campaign”. Julie Rochester, Northern Michigan University. Invited.

Social Media Panel: “[Smartphone Use Among Student-athletes](#)”, Alexis Schaefer - Northern Michigan University, Aja Grant - Winston-Salem State University; Anthony

Sassano - Dominican University of California; Robert Morris, University of West Georgia
Julie Rochester – Northern Michigan University. Invited.

NAMI (National Alliance on Mental Illness – Alger/Marquette) – Invited Guest Speaker on the NMU Mental Health Task Force and NMU Mind Your Health video. January 28, 2019.

NCAA Convention – 2020. Anaheim, CA. “Evolving Issues in Sports Medicine – How to Support Your Most Important Team on Campus”. Panelists: Murray, S. (PSAC Commissioner), Knight, M. (Virginia State University Athletic Trainer), Williams, J. (East Central Oklahoma University Director of Athletics). Session Moderator: Julie Rochester, FAR – Northern Michigan University. Invited/Peer Reviewed.

NMU’s IDEA Forum – “Student Athlete Advisory Committee Panel Discussion”. April 19, 2021. Session Moderator: Julie Rochester, SAAC Advisor. Invited.

NCAA Convention – 2022. Virtual. “Athletics COVID-19 Recovery”. Panelists: Reid Amos – Moderator (Commissioner – Mountain East), Carrie Michaels (Sr. Assoc Director of Athletics – Shippensburg University), Tom Jackson (President- Humboldt State), Julie Rochester, (FAR – Northern Michigan University). Invited/Peer Reviewed.

ARTICLES, PUBLICATIONS, PROJECTS, REVIEWS:

Rochester, J. (2000) “Athletic Training – Leaping into the 21st Century”. MAHPERD Journal/Spring 2000.

A published review of Sports Injuries Sourcebook: Basic Consumer Health Information about Common Sports Injuries, appeared in CHOICE, March 2000

A written submitted review of Athletic Training Series: Assessment of Athletic Injuries, September 2000

A published review of Assessment of Athletic Injuries, appeared in CHOICE, January 2001.

Review of The Athletic Woman’s Survival Guide, appeared in July 2001 edition of Choice.

Press Release February 16th, 2001 - "NATA Declares Month of March 'National Athletic Training Month' - submitted to all local media in Marquette. Article appeared in Mining Journal.

NATA News - "Athletic Trainers Teach Kids to 'Think First' ". An article highlighting a community service project that the athletic training faculty and students have been involved with since 1998 was published in the ---edition of the NATA News.

GLATA Newsletter - regular contributor as elected officer.

Review of Sports Injuries and Emergencies: A Quick-Response Manual, August 2003.

“Is the Future of the College Athletic Trainer in Trouble”. Submitted for publication to NATA News, January 2004. Not published

Textbook Review – Delmar Learning Review for text: "Careers in Sports Medicine". May/June 2005.

Textbook Review – Orthopedic and Athletic Injury Evaluation Handbook, FA Davis. Summer 2005.

Textbook Review - Leadership and Management in Athletic Training, Lippincott and Williams. Summer 2005.

Textbook Review – Orthopedic and Athletic Injury Evaluation (Chapters 1 & 2). November 2005.

Textbook Review - Orthopedic and Athletic Injury Evaluation (Chapter 3). 2006. **(2010 Publication with credit to Rochester)**

Textbook Review - Case Studies in Orthopedic Injury and General Medical Assessment, 2007; 2009 **(2010 Publication with credit to Rochester)**

Textbook Review – Strength and Conditioning for Team Sports. February 2010.

Walch, D., Clumpner, K., Ganzert, C., Kobie, D., Lubig, J., Nye, R., Pagel, L., **Rochester, J.**, & Wagner, C. (September 2010). AQIP Project/Study/Report – Evaluating the Effectiveness of the Laptop Goal – Enhancing Student Learning.

(2011) Model Faculty Athletics Representatives Document. Contributing Author of many: Rochester, J. Endorsed by the NCAA Division II Management Council and Presidents Council.
chrome-extension://efaidnbnmnnibpcajpcglclefindmkaj/https://ncaaorg.s3.amazonaws.com/governance/d2/far/D2FAR_ModelFARDocument.pdf

Moore M, Rochester JA. Students Perceptions of Peer Video Assignment, Athletic Training Education Journal, Volume 8 Issue 1, 2013, Supplement.

Moore, MT, Rochester JA. Perception of Risk of Injury on Grass versus Indoor Field Turf Surfaces in Collegiate Football Players. (2016) Supplement. Journal of Athletic Training: June 2016, Vol. 51, No. 6 Supplement, pp. S-1-S-375.

SERVICE:

University Committees and Service:

Faculty Athletics Representative (FAR) – Presidential Appointment, Fall 2007. **Full job description in Appendix 1.** Annual attendance at NCAA Convention as voting delegate; Annual attendance at FARA Convention, serve on GLIAC, CCHA Management Councils, serve on NMU Athletics Hall of Fame selection committee, Drug Testing & Education Program committee. Selected to participate in NCAA FAR Fellowship program (2007) and NCAA FAR Fellows Advanced Leadership Institute (2009).

NMU Athletic Council. **Chair.** 2007-present. Serve on the Executive Committee, Compliance Committee, & Committee on Student-Athlete Well-Being & Safety. Develop agendas, preside over all meetings of the council. Developed Faculty Nominated Scholar Athlete Award Program. Full role of the council in Appendix 2. Council is a presidential oversight group that focuses on student athlete academic issues, student-athlete wellbeing, and institutional control. Prior to becoming chair, was a member of this committee since 2003.

NMU Faculty Review Committee (**Secretary**) 2007-2013 Served 2 terms. **Elected** by AAUP Peers.

College of Professional Studies – College Grant Committee, 1999-2008

Campus Visit Program – ongoing

Academic Senate - HPER Department representative - Fall 2001 - 2007; Executive Council At Large Member – Elected Spring 2003, re-elected April 2004. Re-elected April 2006. School of HHP Representative - Fall 2023 - present.

Student Leader Fellowship Program **Mentor** – 1998-2003

Freshman Fellowship Faculty **Mentor** – 1999-2001, 2005, 2006, 2007

Student Athletic Training Organization/Northern Athletic Training Students (2020) – **Advisor/Founder**, 1996-present. Organization of the Year – Spring 2009.

Triple A Scholarship Faculty Interviewer – Annual since 1999 (program ended).

GAP (Gateway Academic Program) Faculty Participant annually (program ended).

Academic Majors Fair - HPER/SHHP Department/School representative annually.

Admissions & Academic Policies Committee - 2003-04; 2020-22 (**Secretary**)

NMU Internationalization Task Force member – 2004-2005.

HPER SRA (Scholarly Research Assessment) Committee 2010 - 2013

HPER/HHP Bylaws Committee - **CHAIR** multiple times. 2010-2011, 2013-2014, 2014-2015, 2015-2016

NMU AQIP Action Committee – Internships – 2011-2012

FARA Steering Committee. **Nominated & Selected** to assist with coordination of all aspects of 2012 FARA DII Leadership Institute.

NMU Committee on Undergraduate Programs – Fall 2014 – 2020

NMU Young Wildcat Scholars – Volunteer Instructor – Spring 2014

NMU Assessment of Learning Committee – Fall 2014 – 2015

NMU Concussion Workgroup – **Co-Chair** – Fall 2015 (**President appointed**)

NMU Scholarly Resource Allocation (SRA) Support Taskforce – Spring 2017- Summer 2018.
Appointed.

NMU College of Health Sciences and Professional Studies – Grade Appeal Committee-Winter 2017

NMU Safety Committee – 2018-present

NMU Mental Health Taskforce – **Co-Chair.** Spring 2018-present (President appointed)

NMU GA Task Force – 2020-2021

NMU School of Health & Human Performance – **Co-Coordinator/Founder** for the “Sports Medicine Research Student Symposium”. (2021, 2022, 2023). Collaborative effort to highlight research conducted by masters students in the athletic training and exercise sciences programs.

NMU Injury Evaluation and Care Clinic – **Founder. Oversight/Supervisor.** Developed clinic concept in early 2000’s. Clinic offers athletic training services (specifically injury evaluation, follow up care and rehabilitation for musculoskeletal injuries) to NMU students, faculty/staff and their dependents, alumni, and community members. Clinic used graduate assistant athletic trainers and athletic training students as staff, but more recently has developed a community partnership with UP Rehab Services, Inc. who assist by providing athletic training staff on site. Clinic has seen significant growth (+600 visits in 22-23 academic year).

SEARCH COMMITTEES:

Athletic Training Faculty Search Committee, **Chair**/HPER, 2004-2005.

Athletic Training Faculty Search Committee, **Chair**/HPER, 2007-2008.

NMU Provost/VP for Academic Affairs Search Committee member – Fall 2005-Winter 2007 (2 searches).

NMU Search Committee, Head Volleyball Coach. – Fall 2006-Winter 2007.

NMU Search Committee, Head Women’s Swim/Diving Coach – Spring/Summer 2007

NMU Search Committee, Assistant Women’s Volleyball Coach – Spring 2007, Winter 2010

NMU Search Committee, Assistant Ice Hockey Coach – Spring 2007

NMU Search Committee, Assistant Women’s Basketball Coach – Spring 2007

NMU Search Committee, Assistant Football Coach (2 positions) – Summer 2007
NMU Search Committee, Head Men’s Basketball Coach – Spring 2010
NMU Search Committee, **Co-Chair** - Director of Athletics – Winter 2012
NMU Search Committee, HPER PE Faculty – Winter 2012
NMU Search Committee, Head Track and Field Coach – Summer 2012
NMU Search Committee, Head Men’s Basketball Coach – Winter 2013
NMU Search Committee, Head Men’s Golf Coach – Winter 2014
NMU Search Committee, AHEC – Winter 2014
NMU Search Committee, Assistant Athletic Trainer – Fall 2014
NMU Search Committee – Graduate Education and Research Dean - 2019
SHHP Faculty Search Committee – **Chair** – SS/ES Faculty – Fall 2019/Winter 2020
NMU Search Committee – Head Men’s Basketball Coach – Spring 2019
NMU Search Committee – Head Women’s Soccer Coach – Winter 2020
NMU Search Committee - Athletics Compliance Coordinator - 2018, 2022
NMU Search Committee - Head Women’s Lacrosse Coach - 2019
NMU Search Committee - Head Men’s Soccer Coach - 2022
NMU Search Committee - Head Nordic Ski Coach - 2021
NMU Search Committee - E-Sports Coach - 2020/2021
NMU Search Committee - Head Men’s Golf Coach - 2022.
NMU Search Committee - Head Women’s Wrestling Coach - 2020
NMU Search Committee - **Chair** - Head Football Coach & Football Staff - 2022/2023
NMU Search Committee - **Chair** - Athletics Event Operations Coordinator - 2022
NMU Search Committee - **Co-Chair** - Sport/Exercise Science Faculty Position - 2022
NMU Search Committee - Chair - Health/Physical Education Faculty Position - 2023/2024
NMU Search Committee - Sport Counselor Faculty Position - 2024.

Community Committees and Service:

Upper Peninsula Partnerships for Safety – **Board of Directors**, 2000-2006; Board **Secretary** - 2001 - 2006. Focus on prevention of brain and spinal cord injury in the community.

“SAFE KIDS” of Marquette and Alger County – Committee member, 2001-2006. **Chair** 2003-2006. Focus on the prevention of unintentional injury to children; Projects have included development of display booths, Helmet Distribution at “Ore to Shore” mountain bike race, Coloring Contest for 2nd graders in Marquette, and Ishpeming Health Fair; Volunteer activities have included National Safe Kids Week, NMU Kaleidoscope, Ishpeming Health Fair, NMU Health Fair annually; Grant application submitted on behalf of Marquette/Alger SAFEKIDS for Bike Helmet and Car Seat program - winter of 2003; Grant Writing - 4 mini-grants written in 2001 for the following projects: SAFEKIDS coloring contest - 2000, 2001, Ore to Shore Mountain Bike Race - Summer 2001, 2002, 2003; Mouth guard Program - Prevention of Closed Head Injury; Lakeview Skating Academy - Head Injury Prevention, Fall 2001

“Think First for Kids” – Volunteer presenter, 1998-2004. Focus on decision making skills for the purpose of injury prevention in children; 6 years as volunteer at area elementary schools in Marquette including Cherry Creek, Superior Hills, Whitman, and Vandenboom.

Zonta Club of Marquette County – 1999-2001

Marquette Senior High School - Internship Supervisor for students enrolled in MSHS Health Occupations Class - 1999-present.

Michigan State University - Site supervisor for Michigan State Medical Students. Several since 1997.

American Red Cross Volunteer Instructor - since 1995. Community course instruction 1995-2002.

American Heart Association Volunteer instructor. 2002 – present.

Superiorland Soccer Association – Volunteer coach – Summer 2005, 2006.

Marquette County Junior Golf Association – **Board member. Secretary.** 2008-2011.

UP Concussion Summit – Planning Committee member. Winter 2011.

Professional Service:

National Athletic Trainers Association (NATA) – **District Director Elect.** March 2011-June 2012. **District Director** 2012-2014. Elected by popular vote by the NATA District IV membership. This is a national board of directors position, leading an association of over 30,000 members.

Great Lakes Athletic Trainers’ Association (GLATA) – **President-elect.** March 2006- March 2008. **President**, March 2008-March 2010. Elected by popular vote of the GLATA membership. Duties include chairing the finance, education, and election committees. Additional responsibilities include updating organizations policy and procedure manual, bylaws, and constitution. **Chair** – GLATA Finance Committee (2006-2008); **Chair** – GLATA Education Committee (2006-2008); **Chair** – GLATA Nominations Committee (2006-2008)

Great Lakes Athletic Trainers’ Association (GLATA) – NATA District 4 **Secretary**, Executive Board Member – elected 2000-2002 term. Re-elected for 2002-2004 term. Re-elected for 2004-2006 term. Communications Committee **Chair** – oversee areas of Public Relations, District Newsletter, District Website, Placement, History and Archives, and Memorial Resolutions. Development and implementation of monthly District Email Blast. District Newsletter contributor – April 2001, November 2001, and every edition since elected. Strategic Planning Committee Participant; Task force member for constitutional, bylaws, and policies

GLATA **Invited** Service Roles: Meeting Facilitator for GLATA Committee Chairs. Wheeling, IL.Fall 2017 & Fall 2018; GLATA Strategic Planning – June 2018; GLATA Bylaws Task Force – June 2018-20.

Michigan Athletic Trainers' Society – Professional Education Committee - 1998-2005. **Co-Chair** 2001-2005. Design Annual Conference Brochure; Responsible for Audiovisual needs during conference; Coordinated speakers for annual conference; Designed conference brochure and conference notebook; Coordinated MATS PEC committee assignments; Assisted with budget of MATS annual educational conference

National Athletic Trainers Association (NATA) - National Secretary and Treasurer's Committee. Attendee at National Committee meeting in Dallas – February 2001, 2003, 2004, 2005; Membership Database training; Invited to attend National Academy of Sports Medicine Meeting - June 2001

NATABOC (Board of Certification) Examiner – Model at certification exam held in Madison, WI – June 2003, Minneapolis, MN – April 2004.

CAATE (Commission on Accreditation of Athletic Training Education) - Accreditation Site Visitor. Conducted the following campus visits:

Indiana Wesleyan University - Fall 2002, University of LaVerne, (California) - Winter 2003, Averett University (Virginia) as **Team Chair** – Fall 2003, Concordia University (Wisconsin) as **Team Chair** – Spring 2004, South East Missouri State University as **Team Chair** – February 2005, Georgia Southern University as **Team Chair** – Winter 2006, Plymouth State University as **Team Chair** – Fall 2006, Lasell College (MA) as **Team Chair** – Winter 2007, West Chester State University (PA) as **Team Chair** – Fall 2007, Minnesota Moorhead as **Team Chair** – Winter 2008, North Park University (Chicago) as **Team Chair** – Fall 2008, Benedictine College (KS) as **Team Chair** – Winter 2010, University of Minnesota Duluth as **Team Chair** – Fall 2010, Colby-Sawyer College (New Hampshire) as **Team Chair** – Fall 2011.

Great Lakes Intercollegiate Athletic Conference (GLIAC) Management Committee (by virtue of FAR role) – June 2010-current. Served on the following committees: Executive Committee - 2-14-15; GLIAC Bylaws/Constitution Committee (**Chair**) – June 2010-13. GLIAC Eligibility Committee – June 2010-current, GLIAC Health & Wellbeing Committee - current. Member of site visit team for league expansion (Walsh College, Malone University).

CCHA (Central Collegiate Hockey Association)/WCHA (Western Collegiate Hockey Association) Management Council - Executive Committee – 2008-2010; Member of site visit team for league expansion (Alabama Huntsville).

NCAA Division II Committee on Infractions – 2009-Fall 2017. **Vice-chair** – 2012, **Chair** 2013-Fall 2017. Participated/led summary disposition reviews and hearings for NCAA Division II institutions facing major infractions cases. **Nominated and Selected.**

Journal of Athletic Training Education, Advisory Panel (**invited**). 2013-2016.

NATA News Editorial Advisor (**invited**). 2014-2015

NCAA Faculty Athletics Representatives Association (FARA) Executive Committee. **NCAA Division 2 Representative.** Fall 2012-14. Two year term. **Peer nominated and elected.**

NCAA Faculty Athletics Representative Association (FARA) Executive Committee. **NCAA Division II Vice President. Fall 2014-17. Peer nominated and elected.**

NCAA Faculty Athletics Representatives Association (FARA) Executive Committee. FARA President. A 3 year term as president-elect (2017), president (2018-19), past-president (2020). Completed one additional year as president due to a resignation. **Peer nominated and elected.**

NMU Summer Sports Medicine Symposium. **Meeting Planner/Coordinator.** Multiple years since 2014.

NMU Drug Testing Coordinator. Department of Athletics. 2012-2018.

NCAA Sleep and Wellness Taskforce. Indianapolis. 2017 – 2019. **Invited.**

NCAA Culture of Compliance Work Group. Indianapolis. – Fall 2017. **Invited.**

NCAA Mental Health Task Force – Indianapolis. Fall 2017. **Invited.**

NCAA Division II Management Council – At Large Selection. Self-nominated, endorsed by NMU president. **Selected by NCAA DII Leadership** to serve a 4-year term on this committee. January 2018-January 2023 (solicited to serve 1 additional year due to COVID turnover). Attend quarterly 2-day meetings to conduct NCAA Division II Business.

Subcommittee Assignments:

- 1) NCAA DII Planning and Finance Committee. 2018-2020
- 2) Liaison to Faculty Athletics Representatives Association. 2018-2022
- 3) NCAA Convention Planning Committee. 2018-2022
- 4) Committee on Competitive Safeguards & Medical Aspects of Sport. 2020-2022.
Served on the Research Sub-Committee.

NMU Mental Health Task Force Committee/**Co-Chair** – 2018-2020.

Michigan Athletic Trainers' Association (MATS) – UP Representative/MATS Executive Board. 2019-22. **Elected.**

NCAA Division II Enforcement & Infractions Task Force. 2019-21. Reviewing Division II enforcement and infractions case trends; Studying changes adopted by Division I related to violation structure and the enforcement and infractions process; Recommending legislative/policy changes that would enhance the enforcement and infractions process in Division II. **Invited.**

SUPPORT FOR SCHOLARLY STUDENT PROJECTS/RESEARCH

Thesis/Dissertation Committees

Manninen, R. Masters of Education - NMU (Thesis Committee/**Reader**. 2007)

Ohnstad, C. Master of Science, Exercise Science – NMU (Thesis Committee/**Reader**. 2009-2012

Lash, M. (2013) “The Relationship Between Non-Suicidal Self-Injury and Disordered Eating in Female Collegiate Athletes”. Master of Science, Exercise Science – NMU (Thesis Committee – **First Reader**)

McCullough, M. (2013) “Same-sex vs Opposite-sex Athletic Trainers: NCAA Athletes' Comfort and Preference”. Master of Science, Exercise Science – NMU (Thesis Committee – **First Reader**)

Harris, T. (2016) “Personality and longevity in the Profession of Athletic Training”. Master of Science, Psychology – NMU (Thesis Committee – **First Reader**).

Schlee, A. (2017 -??) “Evaluation of the efficacy of behavioral coaching and TAGteach in a physical rehabilitation setting”. Master of Science, Psychology – NMU (Thesis Committee – **Second Reader**).
ONGOING?

Schaefer, A. (2018) STUDENT ATHLETES’ PERCEPTION OF SMARTPHONE USE AND ITS EFFECTS ON SLEEP QUALITY, DEPRESSION, AND ANXIETY. Master of Science, Exercise Science – NMU (Thesis Committee – **First Reader**).

Clark, H. (2022) CONCUSSION AND MENTAL HEALTH: CASE SERIES. Master of Science, Exercise Science - NMU (Thesis Committee - **First Reader**)

Garcia, H. (2023) EFFECT OF COVID-PROTOCOLS ON ATHLETIC TRAINING BURNOUT. Master of Science, Exercise Science - NMU (Thesis Committee - **First Reader**)

Schaub, A. (2023) EFFECTS OF STATIC VERSUS DYNAMIC CUPPING ON ANKLE DORSIFLEXION. Master of Science, Exercise Science (Thesis Committee - **First Reader**)

Knight, A. (2024) EFFECT OF FATIGUE ON SHOULDER DYNAMIC STABILITY IN OVERHEAD AND NON-OVERHEAD ATHLETES. Master of Science, Exercise Science (Thesis Committee - **First Reader**) (**In process**)

Dzasezeva, D. (2024) NEUROMUSCULAR ELECTRICAL STIMULATION IN COMPARISON TO HEAT THERAPY AS A MODALITY TO ENHANCE SKELETAL MUSCLE RECOVERY AFTER EXERCISE-INDUCED MUSCLE FATIGUE. Master of Science, Exercise Science (Thesis Committee - **First Reader**) (**In process**)

Supervision of Undergraduate Student Research Projects

Research support and Advising for Undergraduate Athletic Training Student research projects (Done in conjunction with ATR 490)

Dettmann, W., Olson, B., Mandle, S., Amenson, L. (2006) “Chocolate milk as a recovery aid in D1 Men’s Hockey”. Research Advisor – Julie Rochester, MS, AT.

Deutsch, B. , Nicholas, A., Norton, J., Lowery, R. (2006). “Prevalence of Concussions Among NMU Football Players Over a 5-year Period”. Research Advisor - Julie Rochester, MS, AT

Davis, K., McQuaid, E., Sain, M., Short, E., Smith, S. (2006). "Static vs. Ballistic vs. Proprioceptive Neuromuscular Facilitation Stretching" Research Advisor - Julie Rochester, MS, AT

Degnan-Schmidt, K., Crowell, J., Johnson, M., Kaminsky, M., McMasters, K. (2007). "Public knowledge of the field of Athletic Training at Northern Michigan University". Research Advisor - Julie Rochester, MS, AT

Hilgendorf, J., Moeller, J., Beebe, J., Hoenig, G., Welhouse, Z. (2007). "Changes in career choices by Athletic Training students enrolled in CAATE accredited Athletic Training Education programs". Research Advisor - Julie Rochester, MS, AT

DeMorrow, N., Horwood, L., Norman, T., Grbavcick, S., Miller, J., (2007). "Quantative Study of Collegiate Club Lacrosse Players Vertical Leap: Taped vs. Non-Taped". Research Advisor - Julie Rochester, MS, AT

Wittwer, A., Kilker, S., Hawley, K., Baroni, J. (2008). "Athletic Training as a Stepping-Stone into other Healthcare professions". Research Advisor - Julie Rochester, MS, AT

Mahy, B., Gualdoni, J., Rivard, J. (2008). "Neurocognitive Deficits of Contact Athletes at NMU Northern Michigan University". Research Advisor - Julie Rochester, MS, AT

Khor, A., Kruger, B., Stoykovich, M., Shipp, M. (2009) "Exploring the relationships between student athletes, their coaches and their athletic trainers". Research Advisor - Julie Rochester, EdD, AT

Lindeman, L., Gustafson, J., Matthew, C., Olson, K., Mishica, A. (2009). "Confidentiality Issues in Athletic Training Education Programs". Research Advisor - Julie Rochester, EdD, AT

Brown, W., Augustine, M., Lengas, E., Felton, S., Roell, B. (2009). "A Study of Interpersonal Relationships of Athletic Training Students and Student Athletes". Research Advisor - Julie Rochester, EdD, AT

Niekerk, K., Petro, A., Polazzo, A., Schauland, S. & Strobel, T. (2010). Injury Reporting Throughout Athletic Participation in College: A Comparative Study. Research Advisor - Julie Rochester, EdD, AT

Christie, Z., VanderMeuse, T., Cornell, N. & Randell, M. (2010). The Prevalence of Baseline Concussion testing in Regional High Schools. Fall 2010. Research Advisor - Julie Rochester, EdD, AT

Ellenberger, B., Budros, E., Walsh, J. & Quinlevan, K. (2010). "NCAA Division II collegiate athletes' comfort level with treatment/care provided by athletic training students of the same sex and of the opposite sex". Research Advisor - Julie Rochester, EdD, AT

Laydon, N., Redo, K., Bissett, R., Stevens, S., & Stam, D. (2010). "Effects of Athletic Tape Application on Muscle Contraction, Force, and Performance". Research Advisor - Julie Rochester, EdD, AT

- Klanecky, J., DeVaux, P., Hellman, S., & Pucci, C. (2010). "Concussion Education: Are the NMU Athletes Informed". Research Advisor - Julie Rochester, EdD, AT
- Depuydt, T., Thompson, A., Collins, K., Reed, K., & Silver, K. (2011). "The effect of thumb spica taping on football catching skills". Research Advisor - Julie Rochester, EdD, AT
- Feuerherd, R., Bauers, J., Wooldridge, E., Smith, P., & Fredericks, M. (2011). "Emotional Response Following Traumatic Athletic Injury." Research Advisor - Julie Rochester, EdD, AT
- Arnold, K., Frahm, J., & Murphy, B. (2012). "The Impact of Cold Whirlpool on Performance." Research Advisor - Julie Rochester, EdD, AT
- Brown, A., Drog, S., & Wilkinson, L. (2012). "Collegiate athletes and Psychological factors regarding Return to Play." Research Advisor - Julie Rochester, EdD, AT
- Briggs, A., Grajek, S., McCormack, T. & Ridophi, S. (2012). "The Influence of Sex and Marital Status on Job Satisfaction in Collegiate Athletic Trainers." Research Advisor - Julie Rochester, EdD, AT
- Baxter, K. Celaya, M., & Thomas, L. (2012). "Prevalence of Supplements Among Collegiate Athletes." Research Advisor - Julie Rochester, EdD, AT.
- Uhl, E., Thomson, S., J. Jorgensen, R. Farr. (2013). "The effects of closed basket weave ankle taping on 40-yard dash speed." Research Advisor - Julie Rochester, EdD, AT
- Keeler, D., Seramur, D., Carey, E., McLenithan, K., & Mokszycke, H. (2013). "Exercise Effect on Tensile Strength of Athletic Tape." Research Advisor - Julie Rochester, EdD, AT
- Wujcik, N., Kangas, J., Conard, S., Duncan, C. & Mickowski, T. (2014). "Effects of Vigorous Exercise on Cognitive Function. Research Advisor – Julie Rochester, EdD, AT.
- Turturro, M., Dzedzie, K., Krali, J., & Schoenfelder, G. (2014). "Preference of Gender in Athletic Trainers of Collegiate Athletes." Research Advisor – Julie Rochester, EdD, AT
- Briggs, E., Galloway, K., Veraghen, T., Erspamer, B., & Mottes, V. (2014). "Effects of Static and PNF Stretching on Vertical Jump and 40 yard Dash Performance." Research Advisor – Julie Rochester, EdD, AT
- Cecchini, C., Elam, J., Maanika, C. & Schreiber, A. (2014). "The Level of Athletic Trainer's involvement with Rehabilitation Process as Perceived by Collegiate Athletes." Research Advisor – Julie Rochester, EdD, AT
- Seguin, B., Endelman, E., Kramer, S., & Wheeler, B. (2015). "Student-Athlete Confidence in Athletic Training Students". Research Advisor – Julie Rochester, EdD, AT. **POSTER PRESENTATION ACCEPTED GLATA WINTER MEETING 2016.**
- Roose, H., Harper, B., Acker, C., & Wing, J. (2015). "NCAA Athletes Perceptions of Academic Stress Related to Injury and Illness". Research Advisor – Julie Rochester, EdD, AT

Roose, H., Harper, B., Acker, C., & Wing, J. (2015). "A Comparison of PNF (Proprioceptive Neuromuscular Facilitation) and Static Stretching on Hip Flexion and Shoulder Extension Range of Motion." Research Advisor – Julie Rochester, EdD, AT

Granquist, T., Loper, A., Chaloupka, M., Heidtman, R., & Robertson, Z., (2015). "The Impact of New Shoe Issue on Early Season Performance among Selected NMU Student Athletes." Research Advisor – Julie Rochester, EdD, AT.

Bair, D., Devenney, J., Marmalick, H. & Schiller, R. (2016). Perceived Preparedness of Newly Certified Athletic Trainers. Research Advisor: Julie Rochester, EdD, AT, ATC. **POSTER PRESENTATION ACCEPTED AT GLATA WINTER MEETING 2017.**

Hamachek, J., LaFreniere, C., Nieman, H., Smithson, M., & Young, J. (2016) Reasons Collegiate Athletes Are Dishonest or Deceptive About Injuries and Illnesses. Research Advisor: Julie Rochester, EdD, AT, ATC. **POSTER PRESENTATION AND ORAL FREE COMMUNICATIONS SESSION ACCEPTED AT GLATA WINTER MEETING 2017.**

Ettenhofer, H., Gezella, T., Hoopman, A., & LaLone, M. (2016). The Effect of Participation in Varsity Athletics on Social Relationships. Research Advisor: Julie Rochester, EdD, AT, ATC

Babbitt, J., Flynn, S., Hillstead, T., & Lewis, G. (2016). Factors that limit rehabilitation compliance among Northern Michigan University Student Athletes. Research Advisor: Julie Rochester, EdD, AT, ATC

Chadwell, C., Homik, M., Schmidt, C., & Warnke, R. (2017). Athletic Trainers' Perception of the Public View of the Profession. Research Advisor: Julie Rochester, EdD, ATC

Fox, J., Stewart, A., Trotter, J. & Vaniman, A. (2017). The Effect of Social Media Use on Athletic Performance. Research Advisor: Julie Rochester, EdD, ATC. **POSTER PRESENTATION ACCEPTED AT GLATA WINTER MEETING 2018.**

Elwart, M., Emard, K., Flaminio, A. & Pate, C. (2017). The Effect of Required NCAA Travel on Northern Michigan University Student-Athletes. Research Advisor: Julie Rochester, EdD, ATC. **POSTER PRESENTATION ACCEPTED AT GLATA WINTER MEETING 2018.**

Codere, M., Cummings, S., Rochester, A. & Rosseau, D. (2017). Understanding Student-Athlete Knowledge of Supplements and Supplement Use. Research Advisor: Julie Rochester, EdD, ATC.

Clark, H., Gray, J., & Miller, K. (2018). Athletic Trainers' Perceived Preparedness in the Management of Mental Health Issues. Research Advisor: Julie Rochester, EdD, ATC. **POSTER PRESENTATION ACCEPTED AT GLATA WINTER MEETING 2019.**

Carlson, C., Matthews, N., Mills, O., & Pryor, K. (2018). The perceived effects of sport specialization on NMU student-athletes. Research Advisor: Julie Rochester, EdD, ATC. **POSTER PRESENTATION ACCEPTED AT GLATA WINTER MEETING 2019.**

Schmidt, M., Woods, C., & Zerbel, A. (2018). Coping Mechanism Differences of Northern Michigan University Student Athletes During Pre-Season, In-Season and Out-of-Season. Research Advisor: Julie Rochester, EdD, ATC. **POSTER PRESENTATION ACCEPTED AT GLATA WINTER MEETING 2019.**

Barry, B., O'Neil, W. & Vogel, N. (2018). Comparison of Pain Sensitivity Levels in Northern Michigan University Student Athletes. Research Advisor: Julie Rochester, EdD, ATC.

Supervision of Graduate Research Projects

Majority of projects conducted in conjunction with ATR 575, ATR 590.

LaFreniere, C. (2019). Reports of Depression and Anxiety in College Students and Student-Athletes. Northern Michigan University. Research Advisor: Julie Rochester, EdD, ATC. **POSTER PRESENTATION ACCEPTED FOR NMU CELEBRATION OF STUDENT RESEARCH.**

Holstrom, H. (2021). The Effects of Asthma on Athletic Performance. A Review of the Literature. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Bitnar, T. (2021). Prevalence of Mental Health Issues in the Athletic Population – Recognition, Prevention, and Intervention: A Review of the Literature. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium**

Hagg, M. (2021). COVID-19 Impact on Competitive Athletics: A Literature Review. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Cahue, C. (2021). ACL Operative & Non-Operative Treatment and Outcomes: A Literature Review. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Rollston, B. (2021). Platelet-Rich Plasma Therapy: A Literature Review. Research Advisor: Julie Rochester, EdD, ATC. **Poster presented at the HHP Sports Medicine Research Student Symposium**

Nelson, S. (2021). Athletic Trainers in the Military: A Literature Review. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Gutierrez, E. (2021). Effects of Blood Flow Restriction as a Therapeutic Modality: A Literature Review. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Knuth, K. (2021). Female Athlete Triad: A Literature Review. Research Advisor: Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Clark, M. & Lobsinger, E. (2022). Balancing Academic & Athletic Time Management Among College Athletes. Research Advisors: Julie Rochester, EdD, ATC & Maggy Moore, PhD, A TC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Sandoval, J. & Slade, H. (2022). US Army Cadet's Preparedness to Handle Heat Related Illness. Research Advisors: Julie Rochester, EdD, ATC & Maggy Moore, PhD, A TC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium**

Ogren, A. & Sveda, T. (2022). Burnout in Michigan Collegiate Athletic Trainers: Post-Pandemic. Research Advisors: Julie Rochester, EdD, ATC & Maggy Moore, PhD, A TC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium. Accepted for Poster Presentation – GLATA Annual Symposium March 2023.**

Laakso, M. & Wright, P. (2022). Early Sports Specialization Effects on Burnout in College Athletics. Research Advisors: Julie Rochester, EdD, ATC & Maggy Moore, PhD, A TC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium**

Gilliam, A. & Hanson, T. (2023). Rise to Shine: Sleep Deficiency and its Effect on Perceived Academic and Physical Performance in College Athletes at a Rural Midwestern DII University. Faculty Research Advisors: Maggy Moore, PhD, ATC & Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Bouwer, B., Foster, A. & Lacosse, S. (2023). Analyzing the Perceived Workload for ATs by Comparing Injury Rates Between Varsity Sports at a Midwestern University. Faculty Research Advisors: Maggy Moore, PhD, ATC & Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

Eddy, M. & Johnson, E. The Menstrual Cycle and How it Affects Cognition and Performance in Sport in Healthy, Naturally Cycling Women: Literature Review. Faculty Advisor: Julie Rochester, EdD, ATC.

Cole, R. & Handlen, R. (2023). Nutrition Literacy in a Midwestern University NCAA Division I/II Athletic Population. Faculty Research Advisors: Maggy Moore, PhD, ATC & Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium. Accepted for Poster Presentation – GLATA Annual Symposium March 2024**

Mullen, D. & Zahn, M. (2023). Prevalence of Compartment Syndrome Among Michigan NCAA Athletics. Faculty Research Advisors: Maggy Moore, PhD, ATC & Julie Rochester, EdD, ATC. **Oral and Poster presented at the HHP Sports Medicine Research Student Symposium.**

PROFESSIONAL DEVELOPMENT:

Professional conferences, webinars, workshops, etc. Many (but not all) of these contribute to the continuing education requirement for athletic trainers certification and licensure.

Athletic Training Professional Educators Conference – January 2001, Dallas; January 2003, Houston, TX; January 2007, Dallas; January 2009, Washington DC. Dallas, TX, 2013, March 2015 – Dallas, TX

NATA Annual Symposium – Annual attendee through 2014.

GLATA Annual Meeting & Symposium. – Annual attendee.

Marquette General Hospital Sports Medicine Update – Annual as offered

MAHPERD Convention – November 2000, Battle Creek, MI.

NATA Secretary/Treasurers Committee - National Meeting Attendee, February 2001 and 2003, 2004, 2005, Dallas, TX.

GLATA Workshop attendee – Writing for Publication, Detroit, MI.

Clinical Instructor Educator Seminar in Athletic Training – March 2001, Milwaukee, WI.

Conducting An Effective Interview – NMU Professional Development Seminar – March 2001

MATS (Michigan Athletic Trainers Society) - periodic conference attendee.

NMU Workshop - "Grant Writing Workshop" - Fall 2002.

Board Of Certification Examiner Training - March 2003

NCAA FAR DII Leadership Institute – **Nominated and selected** - participant representing Great Lakes Intercollegiate Athletic Conference. Fall 2008.

NCAA Annual Convention. 2008-present

NCAA Regional Rules Seminar. 2010, 2015 (Denver, CO)

FARA Annual Symposium. November 2010 - current.

NCAA Faculty Athletic Representative Advanced Leadership Institute. Oct. 2011. **Nominated & Selected** participant. Contributing author – NCAA FAR Best Practices Document (Institutional Control).

Youth Sports Safety Alliance Summit. Washington, DC. March 2014

Hit the Hill/Capitol Hill Day for AT Participant. Washington, DC. March 2014

APPLE Conference. April 2015. Myrtle Beach, SC.

CAATE Accreditation Conference. Tampa, FL. 2016, 2017, 2019.

Chronic Pain Management – Mini Course. Marquette, MI. Fall 2018

Emerging Technologies: Radial Pressure Wave, Improving Clinical Outcomes and Standards. Hofstra University. May 2020.

Professional Football Athletics Trainers' Society Foundation Cares to Make a Difference Webinar. The Gatorade Sports Science Institute. May 2020.

Rothman Orthopedics – 15th Annual Sports Medicine Symposium. May 2020

COVID -19 Contact Tracing. Johns Hopkins University. June 2020.

Platelet Rich Plasma. Releve Sports Medicine. June 2020.

Do Health Disparities Exist in Musculoskeletal Care? Releve Sports Medicine. June 2020.

Mindful Performance. Releve Sports Medicine. July 2020

The Eyes Lead the Body: Optometry's Role in the Sports Medicine Team. Releve Sports Medicine. July 2020

Rheumatology in MSK. British Association of Sport Rehabilitators. August 2020

The Sports Medicine Symposium – Presented by the University of Pennsylvania Sports Performance Department. August 2020

Perceived Job Satisfaction and Interprofessional Collaboration in International Sports Science and Sports Medicine. World Federation of Athletic Training and Therapy. September 2020

Exertional Rhabdomyolysis. Releve Sports Medicine. September 2020

Returning Athletes to Play During Covid-19. Releve Sports Medicine. September 2020

The Benefits of Buffers During Exercise and Recovery. Amp Human. September 2020

The Importance of Clinical Skills in the Modern Technological World. British Association of Sport Rehabilitators. September 2020.

Mental Health in the College Athletics Setting: How to Make Sure Your Athletes Get the Best Care. Releve Sports Medicine. October 2020

Hamstring Injuries: Rehabilitation & Performance Enhancement Training. Releve Sports Medicine. October 2020

2020 Advanced Team Physician Course – Live Symposium. The American College of Sports Medicine. December 2020.

Dance Injury, Diagnosis, and Management. Releve Sports Medicine. December 2020

Shoulder: Exam, Common Diagnosis, Treatment. Releve Sports Medicine. December 2020

Evidence Based Approach to Conservative Management of Chronic Ankle Sprains. Releve Sports Medicine. January 2021

Cauda Equina Syndrome. British Association of Sport Rehabilitation and Trainers. February 2021.

Releasing the Frozen Shoulder. Motivations, Inc. February 2021.

Keeping Active During and After Pregnancy. Releve Sports Medicine. February 2022.

Child Abuse Grand Rounds: Recognizing, Responding, and Reporting Victims of Human Trafficking in the Healthcare Setting. Texas Medical Association. February 2021.

Hamstring Injuries and Return to Play Following ACLR. World Federation of Athletic Training & Therapy. March 2021.

Sports Medicine: The Role of the Team Physician. Releve Sports Medicine. March 2021

Cervical Spine Injuries in the Athlete. Releve Sports Medicine. April 2021

5th Annual Injury Prevention Symposium – United States Olympic and Paralympic Committee. April 2021

Understanding Patient Values: Treating the Whole Patient. Michigan Athletic Trainers Society. July 2021

Student-Athlete Healthcare Summit: Understanding and Addressing Barriers to Health Equity. David Geffen School of Medicine. January 2022

Concussion Management: Innovations and Solutions for Healthcare Administrators and Clinicians. US Council for Athletes Health. November 2022

Navigating the Changing NCAA and Legal Landscape of College Athletics. January 2022.

USCAH - United States Council for Athletes' Health WEBINARS:

1. NCAA Constitution Updates and Creating an Environment for Athletes to Address Health and Safety Concerns. Feb. 17, 2022
2. Maximizing Your Resources: Finding Value in Campus and Local Healthcare Partners. March 17, 2022.
3. Staff Retention in Athletic Healthcare. December 8, 2022.
4. How to Streamline Administrative Tasks for the AT: Insurance Review. Jan. 26, 2023.
5. Mental Health Considerations in Athletics. Feb. 16, 2023.
6. Leadership and Evaluation Strategies for Collegiate Healthcare Administrators. March 23, 2023.
7. Addressing Healthcare Shortages: Innovative Solutions for a Healthy Future. Oct. 25, 2023.

ebpCENTRAL WEBINARS

1. 13th Annual Phillies Sports Medicine Symposium. Jan 21, 2022.
2. Advanced Interpretation of VOMS (Part 1): Determining Rehab Strategies. March 9, 2022.

3. Sports Medicine Lunch and Learn: Female Athlete Triad, RED-S & Overuse Injuries.
4. March 24, 2022
5. ESSAT - RT3 NATM Roundtable Discussion: Showing your Value. March 28, 2023.
6. Excellence in Collegiate Athletic Training: Redefining Your Value. July 18, 2023

Houston Methodist Orthopedics and Sports Medicine WEBINARS

1. Common Mental Health Concerns in the Athlete. June 7, 2022
2. Considerations to Employ When Treating the Female Athlete. June 7, 2022
3. Hip Return to Play. June 7, 2022
4. Not Just in the Head: What the Neck, Hips, Knees, and Ankles Have to do with Concussion. June 7, 2022.
5. Pregnancy & the Athlete. June 7, 2022.

Mary Free Bed Education Academy WEBINARS

1. Implicit Bias. Jan. 20, 2022

British Association of Sport Rehabilitation and Trainers WEBINARS

1. Meniscal Tears and Other Complex Injuries of the Knee. October 19, 2023.
2. Optimising and Individualising ACLR Rehabilitation. March 9, 2023.
3. Lessons from Working in Elite Football. February 23, 2023.
4. Sporting Facial Injuries and Treatment Delivering Speedy Recovery. December 1, 2022.
5. Oral Health Impact on Performance in Elite Sport. March 3, 2022.

Northern Michigan University

1. 2023 NMU Summer Sports Medicine Symposium. July 27, 2023
2. Implicit Bias Training for Healthcare Professionals. July 27, 2023

University of Michigan School of Public Health WEBINARS

1. Addressing Human Trafficking in Healthcare Settings. May 16, 2023.

Husch Blackwell WEBINARS

1. Navigating the Changing NCAA and Legal Landscape of College Athletics. Jan. 27, 2022.

GRANTS:

College of Professional Studies Grant Application - \$2,500 request to support Athletic Training CD-ROM Tutorial development (Funded – Winter 2006).

NMU Academic Service Learning Grant Application - \$500 to purchase Flip Cameras for student evaluation feedback (Funded – Winter 2012)

NMU TLAC Conference Grant – AT Educators Conference (Funded 2014)

NMU TLAC Conference Grant Application – AT Educators Conference – 2016 (not funded)

PROFESSIONAL CREDENTIALS:

Board of Certification (BOC) Certified Athletic Trainer – 1989-present

Licensed Athletic Trainer – State of Michigan – 2011-present

American Heart Association Instructor – BLS Level

Clinical Instructor Educator (CIE) in Athletic Training – March 2001 (discontinued)

Approved Clinical Instructor – March 2001 (discontinued)

AFAA Certified Aerobics Instructor – March 2000 (discontinued)

BOC Examiner – Spring 2003 - inactive

JRC-AT/CAAHEP Site Visitor – Training in January 2001 - inactive/discontinued

CAATE Site Visitor Training – June 2006 (Conducted 15 site visits since 2001; 13 site visits serving as Chair) – inactive.

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS:

NATA (National Athletic Trainers Association) - 1989 - present

GLATA (Great Lakes Athletic Trainers Association) - 1990 - present

MATS (Michigan Athletic Trainers Society) - 1990 - present

AFAA – 2000 (discontinued)

Faculty Athletics Representative Association – 2008-present

Appendix 1 – FAR Job Description

Northern Michigan University

Faculty Athletics Representative

Job Description – Duties and Responsibilities

Faculty Athletics Representative (FAR) (Defined): The term “faculty Athletics Representative” derives from NCAA usage and denotes the perceived need on the part of the athletics programs. Thus, whether the individual is appointed by the chief executive officer or is elected by the faculty, those who hold this position are designated faculty athletics representatives. Faculty athletics representatives provide oversight and advice in the administration of an institutional athletics program. The working relationship between the chief executive officer and the faculty athletics representative is a critically important determinant of the effectiveness of the faculty athletics representative in contributing to the local control of the intercollegiate athletics program. (Faculty Athletics Representative Handbook, p. 9, 1998)

Relationship between FAR and CEO: The basis of this relationship should be a model of institutional control in which significant responsibilities for administration and oversight are assigned to the faculty athletics representative, as well as to the director of athletics. It is important that the CEO recognize that the range of activities and the scope of responsibilities of the faculty athletics representative elevate this position above the level of the typical faculty service appointment and it is recommended that those who hold this position have permanent tenure. Faculty athletics representatives are as effective as their CEO empowers them to be, both in terms of the responsibilities assigned and the extent of institutional support provided. (Faculty Athletics Representative Handbook, p. 9, 1998)

To be an effective advisor, the faculty athletics representative must be knowledgeable regarding the athletics program and must develop the time and attention required to attain this familiarity. To be useful in this role, the faculty athletics representative should have access to information regarding all aspects of the program. To ensure this access, the faculty athletics representative needs to carry authority from the CEO, and this authority should be recognized on all campus venues. (Faculty Athletics Representative Handbook, p. 10, 1998)

The duties of the Faculty Athletics Representative focus on administration, NCAA compliance and eligibility, student-athlete academic issues, and student-athlete welfare

1. Administrative Duties and Responsibilities

- a. Advise the President on matters of intercollegiate athletics, providing a voice that reflects the traditional values of the faculty and which is rooted in the academic vision and mission of the institution.
- b. Serve as chairperson of the presidential committee, the Athletic Council.
- c. Represent the institution to the NCAA and to current athletic conferences to which the university affiliates (GLIAC, WCHA); serve as a delegate to the annual NCAA convention and attend any special meetings of the NCAA; serve as one of the institution's voting delegates in the absence of the president.

- d. Serve as a member of institutional, conference, and NCAA committees that influence policies and procedures regarding athletics programs.
- e. Participate on search committees for senior athletics department administrators and head coaches.
- f. Periodically review appropriate records to ensure that decisions related to admissions, academic advising, and evaluation of academic performance and the extent of academic support services are consistent with the primary academic vision and mission of the institution.
- g. Participate in discussions that result in the creation of the athletics department budget and have the ability to request detailed information regarding the department's budget.
- h. Together with the athletics administration, ensure that appropriate standards of student-athlete conduct are established (for both on- and off-campus behavior), clearly communicated and consistently enforced.
- i. Provide periodic reports regarding matters of academic integrity, academic preparation and performance of student-athletes, rules compliance or violations, and other matters related to the intercollegiate athletics program.
- j. Serve as a voting member of the NMU Athletics Hall of Fame Committee.
- k. Be available to conduct FAR responsibilities and duties during summer months as needed.

2. Compliance Duties and Responsibilities

- a. Together with the president and director of athletics, develop a comprehensive plan for the institutional control of athletics and ensure that appropriate and explicit assignments of responsibility, authority, and accountability are made.
- b. Assume joint responsibility with the director of athletics and the department compliance coordinator for ensuring compliance with all NCAA, conference and institutional rules; maintain oversight, with consultation from the director of athletics and the department compliance coordinator, of compliance-related activities undertaken within the athletics department and coordination of the compliance-related activities of campus units located outside the athletics department.
- c. Monitor and assess, in conjunction with the director of athletics and the department's compliance coordinator, the effectiveness of the compliance practices of the athletics department.
- d. Serve as a member of the athletics compliance committee.
- e. Oversee and administer coach's compliance certification examinations on an annual basis
- f. Maintain current knowledge regarding the NCAA and conference rules related to academic eligibility, transfer requirements, and restrictions and enforcement procedures.
- g. Attend annual regional rules seminars (or participate in such events that are conducted via conference calls).
- h. Make requests of the NCAA staff regarding rules interpretations.

- i. Ensure that the institution has in place effective mechanisms for evaluating whether student-athletes have met all of the academic eligibility requirements for practice, financial aid and intercollegiate competition established by the NCAA, the conference, and the institution.
- j. Be involved in the preparation of requests for waivers or appeals from NCAA regulation or process; be involved in conference decisions regarding waivers of conference eligibility requirements, especially academic requirements. Any appeal to restore the eligibility of a student athlete shall be submitted in the name of the institution by the faculty athletics representative (or CEO or director of athletics). The faculty athletics representative (along with the CEO and director of athletics) must be a signatory of institutional appeals to the NCAA Administrative review panel. In addition, the faculty athletics representative must be part of any telephonic call regarding the Administrative Review Panel. (Faculty Athletics Representative Handbook, p. 7, 1998).
- k. Review periodic audits of the athletic department;
- l. Conduct periodic reviews of records for accuracy and to ensure appropriate and complete documentation.
- m. Participate in investigations in which minor, secondary, or major rules violations may have been committed; report all secondary and major violations to the NCAA; be involved in the preparation and review of written reports of infractions that are made to the conference or to the NCAA.
- n. The faculty athletics representative (or CEO, director of athletics, or senior woman administrator) must appear before the membership to the appropriate division to request a waiver of divisional membership criteria. (Faculty Athletics Representative Handbook, p. 7, 1998).

3. Educational Roles and Responsibilities

- a. Contribute to the continuing education of faculty and other members of the university community by providing information and insight about NCAA or conference processes, pending legislation, or related issues.
- b. Report to appropriate university bodies regarding the operation of the athletics program.
- c. Serve as a conduit of information to and from the faculty and the athletics program. Provide reports to the academic senate as deemed necessary.
- d. Participate in rules education efforts at Northern Michigan. Attend athletics department meetings. Participate in introductory meetings for all university varsity athletic teams.
- e. Ensure that individuals performing certifications are fully aware of relevant NCAA legislation and interpretations.

4. Student-Athlete Welfare Roles and Responsibilities

- a. Monitor and help maintain the personal welfare of student-athletes; review information regarding the academic well-being of the student-athlete.
- b. Promote balance between academics, athletics and the social lives of student-athletes, which affords opportunities to enjoy the full range of collegiate experiences available to students generally.

- c. Assume an advisory and reporting role with respect to the academic preparation and performance of student-athletes; ensure that academic services are available to student-athletes.
- d. Be aware of the academic credentials of the entering student-athletes, the academic attainment of continuing students and the rates at which student-athletes graduate from the institution.
- e. Have direct contact with student-athletes on a systematic and periodic basis; serve as an independent source of support and advice to student-athletes.
- f. Be alert to conditions that affect the health of student-athletes and ready to aid in referral to appropriate university resources.
- g. Participate in new student-athletic orientation activities.
- h. Facilitate student-athlete participation on athletics boards and committees.
- i. Meet on a regular basis with the Student Athlete Advisory Committee.
- j. Conduct and review the results of exit interviews with student-athletes.
- k. Coordinate the nominations process for NCAA post-graduate scholarships.
- l. Discuss conference schedules of contests to assess their impact on academic welfare of student-athletes.
- m. Review travel and competition schedules to minimize missed class time for student-athletes.
- n. Review athletics scholarship cancellations or reductions which might inappropriately limit opportunities for student-athletes to complete their degrees.
- o. Attend end of season athletic award and recognition banquets as available.