

Curriculum Vitae
PATRICK J. SEXTON

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Professor and Director of Athletic Training Education
Minnesota State University, Mankato

Education:

Doctor of Education, Educational Policy and Administration with emphasis in Higher Education and Educational Leadership, University of Minnesota, December, 2001.

Dissertation Title: Test Anxiety and Performance of First-time Candidates for the National Athletic Trainers' Association Board of Certification Examination.

Master of Science Degree, University of Arizona, Tucson, Arizona. Exercise and Sport Sciences with specialization in Athletic Training, December, 1986.

Bachelor of Science Degree, Mankato State University, Mankato, Minnesota. Physical Education with minor in Athletic Training, June, 1985.

Professional Experience:

Minnesota State University, Mankato, Professor (Full) of Athletic Training in the Department of Human Performance, College of Allied Health and Nursing. Full professor from August 2012 to present. Teaching Therapeutic Interventions (modalities), Therapeutic Exercise, General Medical Pathology, Pharmacology, Upper Body (head, neck, upper extremity, thorax, and abdomen), Research Methods/Evidence-based practice, and Human Anatomy.

Minnesota State University, Mankato, Program Director, August 1995 to January 2020. Responsibilities: The day-to-day operation, coordination, supervision, and evaluation of all aspects of the athletic training educational program. This includes the daily supervision of athletic training students, academic advising, student recruitment and promotion, all administrative tasks including program website and bulletin content, educational supply inventory/ordering, scheduling, program content and assessment,

communications with the medical director in conjunction with the athletic training education program, classroom and laboratory instruction of athletic training students, curriculum changes, Clinical Instructor Educator, and assuring compliance with all CAATE accreditation standards.

University of Minnesota Department of Family Medicine and Community Health, Adjunct Clinical Professor, August 2006 to 2012. Responsibilities: To function as the site coordinator and supervisor for the Minnesota State University, Mankato portion of the sports medicine rotation for family practice residents of the University of Minnesota Family Medicine Residency Program.

California University of Pennsylvania, Adjunct Faculty, August 2005 to 2008. Responsibilities: Teach the online course in "Research in Health and Human Performance to graduate students of the University.

Minnesota State University, Mankato, Program Director/ Associate Athletic Trainer August 1999 to 2001. Responsibilities: The day-to-day operation, coordination, supervision, and evaluation of all aspects of the athletic training educational program; and the provision of health care delivery services to Minnesota State University Athletes. This includes the daily clinical supervision of athletic training students, all administrative tasks including inventory, budget, scheduling, and physician communications in conjunction with the athletic training room.

Minnesota State University, Mankato, Curriculum Director/Co-Head Athletic Trainer August 1995 to 1999. Responsibilities: The day-to-day operation, coordination, supervision, and evaluation of all aspects of the athletic training educational program; and the provision of health care delivery services to Minnesota State University Athletes. This includes the daily clinical supervision of athletic training students, all administrative tasks including inventory, budget, scheduling, and physician communications in conjunction with the athletic training room.

World Figure Skating Championships, Minneapolis, MN. Athletic Trainer, March, 1998. To provide health care services to competing national and international athletes.

Mankato State University, Mankato, MN, Co-Head Athletic Trainer/ Assistant Professor, August 1993 to 1995. Responsibilities: the provision of health care delivery services to Mankato State University Athletes. This includes the daily clinical supervision of athletic training students, all administrative tasks including inventory, budget, scheduling, and physician communications in conjunction with the athletic training room.

University of Wisconsin-La Crosse, La Crosse, WI. Curriculum Director/Head Athletic Trainer, , August, 1992 to June, 1993. Responsibilities: The day to day operation,

coordination, supervision, and evaluation of all aspects of the athletic training educational program; and the provision of health care delivery services to University of Wisconsin – La Crosse athletes. This includes the daily clinical supervision of athletic training students, all administrative tasks including inventory, budget, scheduling, and physician communications in conjunction with the athletic training room.

Wisconsin Interscholastic Athletic Association State Track and Field Championships, La Crosse, WI. Medical Director, 1992 and 1993. Responsible for all aspects of the health care services provided to competing athletes.

University of Wisconsin-La Crosse, La Crosse, WI. Head Athletic Trainer, August, 1989 to August 1993. Responsibilities: the provision of health care delivery services to University of Wisconsin – La Crosse athletes. This includes the daily clinical supervision of athletic training students, all administrative tasks including inventory, budget, scheduling, and physician communications in conjunction with the athletic training room.

Budweiser Water Ski Tour, St. Paul, MN. Associate Athletic Trainer, August 1993. To provide health care services to competing national and international athletes.

University of Wisconsin-La Crosse, La Crosse, WI. Clinical Supervisor/Instructor, August, 1988 to May, 1989. Responsibilities: the supervision and education of athletic training students in the athletic training room setting.

University of Wisconsin-La Crosse, La Crosse, WI. Weight Room Supervisor, May-August, 1989. Responsibilities: the programming, supervision, and teaching of proper lifting techniques to fitness center members.

University of Wyoming, Laramie, WY. Head Basketball/ Assistant Athletic Trainer, September, 1986 to August, 1988. Responsibilities: the prevention, care and rehabilitation of injuries to university basketball players; as well as assisting the head athletic trainer with the care of all university athletes including varsity football, cross country, wrestling, volleyball, track and field, baseball and skiing. Also responsible for the supervision of athletic training students, insurance claims, and medical bills.

University of Wyoming Basketball Camps, Laramie, WY. Head Athletic Trainer, June-July, 1987 and 1988. Responsibilities: provide preventative and injury management techniques to injuries incurred by campers.

Pima Community College, Tucson, AZ. Assistant Athletic Trainer, August, 1985 to June, 1986. Responsibilities: the prevention, care and rehabilitation of injuries to college athletes in the following sports -soccer, cross country, tennis, basketball,

wrestling, baseball, track and field; assisting the head athletic trainer in the supervision of athletic training students.

Ford Lincoln-Mercury Professional Tennis Classic, Tucson, AZ. Associate Athletic Trainer, October, 1985. Responsibilities: the prevention and care of injuries incurred by tournament players.

Green Lakes Basketball Camps, Mankato, MN. Head Athletic Trainer, June-July, 1985. Responsibilities: provide preventative and injury management techniques to injuries incurred by campers.

Byron High School, Byron, MN. Weight Room Supervisor, June-July, 1985. Responsibilities: the programming, supervision and teaching of proper lifting techniques to high school students.

Teaching Experience:

Minnesota State University, Mankato. Professor (*promoted to Full professor in August 2012*), August 1993 to present. Served as instructor for the following courses: Athletic Testing and Conditioning, Therapeutic Modalities in Athletic Training, Athletic Training Techniques II: Injury Assessment Upper Extremity, Athletic Training Techniques III: Injury Assessment Lower Extremity, Rehabilitation of Athletic Injuries, Medical Aspects of Athletic Training, Clinical Techniques in Athletic Training, Prevention and Care of Athletic Injuries, Fitness Activities.

California University of Pennsylvania, Adjunct Faculty, August 2005 to present. Served as instructor for the following courses: Research in Performance Enhancement (online). This is a graduate-level course designed to prepare the student for research, research design, assessment of research, and the development of a literature review.

University of Wisconsin-La Crosse, La Crosse, WI. Assistant Professor, August 1988 to August 1993. Served as instructor for the following courses: Therapeutic Modalities in Athletic Training; Rehabilitation of Athletic Injuries; Current Issues and Research in Athletic Training; Beginning, Intermediate and Advanced Sports Medicine Laboratory Techniques; Prevention and Care of Athletic Injuries; Anatomy and Physiology Laboratories; Modern Strength Training Techniques and Theories; and Cardiopulmonary Resuscitation.

University of Wyoming, Laramie, WY. Instructor, September 1986 to August 1988. Served as instructor for the following courses: Therapeutic Modalities in Athletic Training and the Prevention and Care of Athletic Injuries.

Student Experience:

Clinical Internships in Sports Medicine, from September, 1985 to July, 1986 at the following clinics:

Sports Medicine Clinic of Tucson, Tucson, Arizona.

Physical Therapy and Sports Rehabilitation, Tucson, Arizona.

Fort Lowell Physical Therapy, Tucson, Arizona.

Athletic Training Student, Mankato State University, Mankato, Minnesota.

Responsibilities: to provide preventative, injury management and rehabilitative techniques, under the direct supervision of the head and assistant athletic trainers, to athletes participating in all sports, with emphasis in varsity football, ice hockey and baseball.

Certifications/Licensure:

Stop the Bleed training October, 2019.

Registered Bod Pod Clinician August 2012 to present.

National Athletic Trainers' Association Approved Clinical Instructor Educator, February 2001 to present.

Licensed Athletic Trainer, Minnesota Board of Medical Practice, July 2018 to present.

Registered Athletic Trainer, Minnesota Board of Medical Practice, June 1994 to July 2018.

P.A.C.E. Instructor (Program for Athletic Coaches Education), February, 1993 to present.

Certified Strength and Conditioning Specialist, National Strength and Conditioning Association Certification, February, 1990 to present.

Cardiopulmonary Resuscitation Instructor, American Red Cross, February 1989-1994.

Certified Athletic Trainer, National Athletic Trainers Association Board of Certification, June, 1985 to present.

Emergency Medical Technician, National Registry of Emergency Medical Technicians, 1984 to 1987.

Emergency Medical Technician, Minnesota Emergency Medical Technician, 1984 to 1987.

Cardiopulmonary Resuscitation for the Professional Rescuer, American Red Cross, 2002 to present.

Cardiopulmonary Resuscitation and First Aid, American Red Cross, 1980 - 2002.

Publications:

Younger AM, Pettitt RW, **Sexton PJ**, Maass WJ, Pettitt CD, (2015) "Acute moderate exercise does not attenuate cardiometabolic function associated with a bout of prolonged sitting." *Journal of Sports Sciences*, DOI: 10.1080/02640414.2015.1068435

Pettitt RW, Niemeyer JD, **Sexton PJ**, Murray S, (2013) "Do the non-caffeine ingredients of energy drinks affect metabolic responses to heavy exercise?" *Journal of Strength and Conditioning Research*, 27(7):1994-1999.

Neibert PJ, **Sexton PJ**, Pettitt RW (2013) "PNF stretching versus static stretching affords no added long-term benefit on gross flexibility in post-pubescent athletes." *Iowa Association for Health, Physical Education, Recreation and Dance Journal*, 47(1): 22-38 .

Truedson T, **Sexton PJ**, Pettitt RW (2012) "Unconventional Pitching Styles & Implications for Injury. Part 1: Biomechanics & Pathology." *International Journal of Athletic Therapy and Training*, 17(4):35-39.

Truedson T, **Sexton PJ**, Pettitt RW (2012) "Unconventional Pitching Styles & Implications for Injury. Part 2: Treatment & Rehabilitation." *International Journal of Athletic Therapy and Training*, 17(4):40-44.

Johnson TM, **Sexton PJ**, Placek AM, and Pettitt RW (2011) "Reliability Analysis of the 3-min All-Out Exercise Test for Cycle Ergometry" *Medicine and Science in Sport and Exercise*, 43(12):2375-2380.

Sexton PJ (2011) "Logical Fallacies and Clinical Decision-Making Issues: Assumptions Made in the Absence of Evidence" *International Journal of Athletic Training and Therapy*" 16:1, pp. 1-3.

Sexton PJ, Kanzenbach T, Lein, M (2011) "Dermatological disorders" Textbook chapter for General Medical Conditions: Assessment of the Athlete (Walsh and Cuppett Eds.) Elsevier: Philadelphia, PA (Publication in April 2011).

Neibert P, Huot C, **Sexton PJ** (2010) "Career Decisions of Senior Athletic Training Students and Recent Graduates of Accredited Athletic Training Education Programs." *Athletic Training Education Journal*, 5:3, pp. 101-108.

Sexton PJ, Levy LS, Willeford KS, Barnum MG, Gardner G, Guyer MS, & Fincher AL (2009) "Supervised Autonomy." *Athletic Training Education Journal*, 4:1, pp.14-18.

Levy LS, **Sexton PJ**, Willeford KS, Barnum MG, Gardner G, Guyer MS, & Fincher AL (2009) "A Clinical Instructor Characteristics, Behaviors and Skills in Allied Health Care Settings." *Athletic Training Education Journal*, 4:1, pp. 8-13.

Gardner G, **Sexton PJ**, Guyer MS, Willeford KS, Levy LS, Barnum MG, & Fincher AL (2009) "Clinical Instruction for Professional Practice." *Athletic Training Education Journal*, 4:1, pp.28-31.

Levy LS, Gardner G, Barnum MG, Willeford KS, **Sexton PJ**, Guyer MS, & Fincher AL (2009) "Situational Supervision for Athletic Training Clinical Education." *Athletic Training Education Journal*, 4:1, pp.19-22.

Barnum MG, Guyer MS, Levy LS, Willeford KS, **Sexton PJ**, Gardner G, & Fincher AL, (2009) "Questioning Feedback in Athletic Training Clinical Education." *Athletic Training Education Journal*, 4:1, pp.23-27.

Willeford KS, Fincher AL, Barnum MG, Gardner G, Guyer MS, Levy LS, & **PJ Sexton** (2009) "Improving Clinical Education Through Proper Supervision." *Athletic Training Education Journal*, 4:1, pp. 6-7.

Sexton, PJ "Functional anatomy for sport and exercise: Quick reference," Book Review, National Athletic Trainer's Association News, November, 2009.

Sexton, PJ and J Chambers, (2006) "The Importance of Flexibility for Functional Range of Motion" *Athletic Therapy Today*, 11:3, pp. 24-25.

Sexton, PJ & T. Kanzenbach, (2005) "Dermatological disorders" Invited textbook chapter for General Medical Conditions: Assessment of the Athlete (Walsh and Cuppett Eds.) Elsevier: Philadelphia, PA

Sexton, PJ (2005), "Focusing on proprioception: Part 2" *Athletic Therapy Today*, 10:4 2005, Human Kinetics: Champaign, IL

Sexton, PJ (2005), "Focusing on proprioception: Part 1" *Athletic Therapy Today*, 10:3 2005, Human Kinetics: Champaign, IL

Sexton, PJ & P. Turocy, (2003) "To Advance the Profession" *National Athletic Trainers' Association News*, December 2003.

Sexton, PJ "Treating the Cause." *Training and Conditioning*, 8:6, 2003.

Sexton, PJ (2003) "A Perspective on Student Assessment" *Athletic Therapy Today*, 8:6, pp. 6-10.

Hawn, K.L., Visser, M.F., & **PJ Sexton** (2002), Enforcement of mouthguard use and athlete compliance in NCAA Men's varsity intercollegiate ice hockey. *Journal of Athletic Training*, 37:1, pp. 204-208.

Sexton, PJ, "Athletic Training Student Guide to Success," Book Review, *National Athletic Trainer's Association News*, September, 2001.

Sexton, PJ, "Learning to Learn." *Training and Conditioning*, 9:9, 1999.

Sexton, PJ, "Therapeutic Modalities: Myths and Misconceptions." *Training and Conditioning*, 7:3, 1997.

Sexton, PJ, Contributing Author and Editor-In -Chief, "*Athletic Training: Sports Health Care Perspectives*," National Publication, Mosby-Yearbook Publications in collaboration with the National Athletic Trainers Association. (1:1, January - March 1995 to 2:2, April, April - June 1996).

Sexton, PJ, "Trainers' (sic) Corner: Treatment Protocols." *N.A.I.A. News* 41:15, 1991.

Presentations:

"Platelet-Rich Plasma Combined with Rehabilitation for the Treatment of Partial Ulnar Collateral Ligament Tears in the Overhead Throwing Athlete: A Critically Appraised Topic." With Falkiner R., Skrien T., Brugge A., & **Sexton P.** Minnesota Athletic Trainers' Association Annual Meeting Virtual Presentation, April 2021.

"Return to Play Protocol for Collegiate Football Players Following Sports- Related Concussion." with Hofmeister B., Brugge A., Skrien T., & **Sexton P.** Minnesota Athletic Trainers' Association Annual Meeting Virtual Presentation, April 2021.

"Surgical versus Non-Surgical Interventions for Lumbar Disc Herniations Among Professional Athletes." Sieve, B., Brugge, A., Skrien T., & **Sexton P.** Minnesota Athletic Trainers' Association Annual Meeting Virtual Presentation, April 2021.

“Instrument-Assisted Soft Tissue Mobilization versus Stretching in Increasing Hamstring and Triceps Surae Range of Motion.” with Rose, B., Skrien, T. & **Sexton, P.** Minnesota Athletic Trainers’ Association Annual Meeting Virtual Presentation, May 2020. <https://www.youtube.com/watch?v=oVFkf2cuPq8>

“Early Submaximal Aerobic Exercise as Treatment for Sports Related Concussions Compared to Current Standard of Care.” with Schoen, K., Skrien, T., & **Sexton, P.** Minnesota Athletic Trainers’ Association Annual Meeting Virtual Presentation, May 2020. <https://www.youtube.com/watch?v=P3g1nvqnWRw>

“Accelerometers Helping Predict or Identify Sports Related Concussion.” with Burchett, E., Skrien, T., & **Sexton, P.** Helmet Minnesota Athletic Trainers’ Association Annual Meeting Virtual Presentation, May 2020. https://www.youtube.com/watch?v=csNp2qHJU_Q

“Emergency skills review: Airway adjunct and supplemental O2 practice, heat illness assessment and care including rectal thermometry” with Dr. Theresa Mackey Minnesota Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Minneapolis, MN April 2019

“Anatomage Digital Anatomy” Minnesota State University, Mankato Health and Biomedical Sciences Summit, Mankato, MN March 2018.

Moderator “So you want to go international?” Speaker: Mr. Mark Gibson, Great Lakes Athletic Trainers’ Association Annual Winter Meeting and Clinical Symposia, Wheeling, IL March, 2018.

“Panelist: Update on Athletic Training Education Changes” Minnesota Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Minneapolis, MN April 2016.

“Efficient Teaching Tips for Preceptors: Supervised Autonomy”, National Athletic Trainers Association Annual Clinical Symposia, St. Louis, MO 2015.

“Moderate exercise does not acutely attenuate cardiometabolic factors associated with sitting disease.” Younger, A.M., Pettitt, R.W., **Sexton, P.J.**, Maass, W.J., Kernozek, T.W., Pettitt, C.D. *American College of Sports Medicine Annual Symposium*. San Diego, CA. 2015.

“I am just using it for the placebo effect – Implications of placebo research” National Athletic Trainers’ Association Annual Clinical Symposia, Indianapolis, IN 2014.

“I am just using it for the placebo effect – Implications of placebo research” Great Lakes Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Wheeling, IL, March 2014.

“Learning Lab: Facilitating Transition to Clinical Practice through Supervised Autonomy of Athletic Training Students” with Jolene Henning, EdD, ATC on behalf of the National Athletic Trainers’ Association Professional Education Committee at the Great Lakes Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Wheeling, IL, March 2013.

“The Clinical Preceptor’s Role in Facilitating Supervised Autonomy” National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, St. Louis, MO, June 2012.

“Clinical Instructor Educator Seminar” one-day seminar presented with David Carr, PhD, ATC on behalf of the National Athletic Trainers’ Association Professional Education Committee at the National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, St. Louis, MO, June 2012.

“Constructing Clinical Beliefs in the Absence of Quality Evidence” Great Lakes Athletic Trainers’ Association Annual Winter Meeting and Symposium, Wheeling, IL, March, 2012.

“Technology for Today’s Athletic Trainer” (with Amy Brugge, MS, ATC), Great Lakes Athletic Trainers’ Association Annual Winter Meeting and Symposium, Wheeling, IL, March, 2012.

“Pardon the Interruption: Panel Discussion of Current Topics in Sports Medicine” Great Lakes Athletic Trainers’ Association Annual Winter Meeting and Symposium, Minneapolis, MN, March, 2011.

“Current Practices in the Initial Management of Concussion in Sport” South Central College Trauma Care Review, North Mankato, MN, January, 2011.

“Digital Video Integration into Athletic Training Practice,” National Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Philadelphia, PA, June 2010.

“Science and Evidence in Your Practice of Athletic Training,” Minnesota Athletic Trainers’ Association Annual Meeting and Clinical Symposia, Mankato, MN May 2010.

“Science and Evidence in Athletic Training,” Jeff Oliphant Memorial Keynote Address Wisconsin Athletic Trainers’ Association Annual Winter Meeting and Clinical Symposia, Eau Claire, WI, April 2010.

“Concussion Update,” University of Minnesota Family Practice resident and Immanuel St. Joseph’s hospital attending physicians, Immanuel St. Josephs-Mayo Health System, Mankato, MN January 2010.

"Returning Patient to Full Participation in Athletics or Physical Activity," University of Minnesota family practice resident and attending physicians, Immanuel St. Josephs-Mayo Health System, Mankato, MN October, 2008.

"CAATE Site Visit Workshop," National Athletic Trainers' Association Educators Conference, St. Louis, MO June, 2008.

"Athletic Training Education in the 21st Century," Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposium, Blaine, MN May 17, 2008.

"Classroom and Administrative uses of Digital Video," with Dr. Jon Lim, Minnesota State University, Mankato Kiwanis Club, Mankato, MN April 15, 2008.

"Using Digital Video to Enhance Teaching and Learning," with Dr. Theresa Mackey, Dr. Cindra Kampoff, and Dr. Jon Lim, Minnesota State University, Mankato Professional Development Day, Mankato, MN January 9, 2008

"Supervised Autonomy," National Athletic Trainers' Association Annual Meeting and Symposium, Anaheim, CA, June 2007.

"But it doesn't itch! - Dermatologic conditions in athletes," Minnesota Athletic Trainers' Association Annual Meeting and Symposium, Rochester, MN, May 2007.

"CAATE Site Visit Workshop," National Athletic Trainers' Association Educators Conference, Dallas, TX January, 2007.

"CAATE Site Visit Workshop," National Athletic Trainers' Association National Symposium, Atlanta, GA, June 2006, January, 2007.

"Connecting the Classroom to Clinical Practice," Great Lakes Athletic Trainers' Association Winter Meeting and Symposium, Madison, WI, March, 2006.

"Student Practical Assessment Teaching Aid (SPATA)," with Carda, J., and C. Doney National Athletic Trainers' Association National Symposium Indianapolis, IN, June 2005.

Minnesota Athletic Trainers' Association First Annual Webcast on Reimbursement Issues in Minnesota, February, 2005.

"Orthopaedic Injury Pathology and Assessment: Spine and Upper Extremities" Minnesota State University, Mankato Family Nurse Practitioner students, October 2005, April 2006.

"Accreditation Site Visitor Workshop" National Athletic Trainers' Association National Symposium Baltimore, MD, June 2004, January, 2005.

"Orthopaedic Injury Pathology and Assessment: Lower Extremities" Minnesota State University, Mankato Family Nurse Practitioner students, October 2004, October 2005, November 2006.

"Initial CAAHEP Accreditation: Writing the Self Study" National Athletic Trainers' Association National Symposium St. Louis, MO, June 2003.

"New Site Visitor Workshop" National Athletic Trainers' Association National Symposium St. Louis, MO, June 2003.

"Initial CAAHEP Accreditation: Writing the Self Study" National Athletic Trainers' Association National Symposium Dallas, Texas, June 2002.

"The Athletic Spine: Assessment and Rehabilitation" a presentation and clinic for Ridgeview Sports Medicine, November 10, 2001.

"Athletic Training Education: Advancing the Profession," Minnesota Athletic Trainers' Association Annual Symposium, Red Wing, MN May 12, 2001.

"Sports Injuries." Minnesota Emergency Medical Services Association Annual Conference. Mankato, MN, October 11, 1998.

"Common Athletic Injuries." Southern Minnesota Sports Medicine Conference. Mankato, MN, July 31, 1998.

"Athletic Training as a Career." Career Day, South Central Technical College, April 1997, and 1998.

"New Research in Athletic Training." Moderator, National Athletic Trainers Association National Symposium, Indianapolis, IN, June, 1995.

"The ATC and the Certified Strength and Conditioning Specialist-A Collaborative Effort." Mini-course National Athletic Trainers Association National Symposium, Dallas, TX, June 1994.

"Introduction to the Collegiate Athletic Training Room." University of Wisconsin-La Crosse, La Crosse Central High School Students, April 1993.

"Athletic Training Legislation in Wisconsin; Break-out Panel." Great Lakes Athletic Trainers Association Annual Symposium, Dayton, OH, (March 1993).

"Prevention of Injuries through Conditioning." N.S.C.A. Certification Examination Conference, University of Wisconsin-La Crosse, (February 1993).

"Athletic Training as a Profession." Onalaska High School, Onalaska, WI, (October 1992).

"Athletic Training at the Collegiate Level." La Crosse Kiwanis Club, La Crosse, WI, (May 1992).

"Taping Practicum for Coaches." Western Wisconsin Sports Medicine/New Orleans Saints Coaches Clinic, Gundersen Clinic, La Crosse, WI, (July 1991).

"Prevention and Care of Hip and Groin Injuries in Soccer Players." W.I.A.A. Soccer Rules Interpretation Meeting, Logan High School, La Crosse, WI, (July 1991).

"The Care of Athletic Related Injuries." United States Army Officers and Enlisted, Fort McCoy, Sparta, WI, (April 1991).

"Careers in Athletic Training." University of Wisconsin-La Crosse, La Crosse, WI, (November 1990, 1991; April 1990, 1991).

"The Athletic Trainer and Athletic Injuries." UW-La Crosse A.F.C.R. Graduate Program, La Crosse, WI, (June 1990, 1991).

"Athletic Training Education in the United States." HPER Faculty from Wales, LaCrosse, WI, (May 1990).

"Introduction to the Biodex." UW-La Crosse, Physical Therapy Program La Crosse, WI, (March 1990, February 1991, February 1992, March 1992).

"Prevention and Care of Athletic Injuries." Central High School, La Crosse, WI, (September 1989).

"Temporary Correction of Biomechanical Abnormalities of the Lower Extremity." Wisconsin/Minnesota Athletic Trainers Associations State Meeting, La Crosse, WI, (April 1989).

"Careers in Athletic Training." Logan High School, La Crosse, WI, (October 1988).

"The Role of Eccentric Muscular Contraction in Athletic Injuries." Wyoming Athletic Trainers Association State Meeting, Casper, WY, (June 1988).

"The Use of Crutches in Athletic Injuries." Arizona Athletic Trainers Association Student Workshop, Tucson, AZ (April 1986).

Poster Presentations and Free Communications:

Effectiveness of Pharmaceutical versus Psychotherapy Interventions for Depression Symptoms Secondary to a Traumatic Brain Injury. (2021, April) with Strelecki M, Brugge A, Skrien T, & Sexton P. Minnesota Athletic Trainers' Association Annual Meeting Virtual Presentation, April 2021.

BlueArm, B. Mackey, T.R. & **Sexton, P.J.** (2019, April). *Treatment techniques for patellar tendinopathy.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Plymouth, MN.

Fennell, N.J., Mackey, T.R. & **Sexton, P.J.** (2019, April). *Joint mobilization to increase ankle dorsiflexion.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Plymouth, MN.

Laymon, C., Mackey, T.R. & **Sexton, P.J.** (2019, April). *Prophylactic knee brace use.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Plymouth, MN.

VanTassel, M., Mackey, T.R. & **Sexton, P.J.** (2019, April). *Does whole-body cryotherapy have an effect on strength.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Plymouth, MN.

Gebur, R., Mackey, T.R. & **Sexton, P.J.** (2018, April). *Blood flow restriction training to reduce muscular atrophy and maintain strength.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Duluth, MN.

Komatsu, K., Mackey, T.R. & **Sexton, P.J.** (2018, April). *The effect of kinesio tape for patellofemoral pain.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Duluth, MN.

Lester, S., Mackey, T.R. & **Sexton, P.J.** (2018, April). *Platelet rich plasma and pain reduction in lateral epicondylitis.* Poster session presented at the Minnesota Athletic Trainers' Association Annual Meeting and Clinical Symposia, Duluth, MN.

Nelson, T., Mackey, T.R. & **Sexton, P.J.** (2018, April). *Cervical spine stabilization methods.* Poster session presented at the Minnesota Athletic Trainers' Association Annual

Meeting and Clinical Symposia, Duluth, MN.

Abstracts Submitted:

Bedgood, M., Skrien, T., **Sexton, P.** & Brugge, A. Static Stretching vs Foam Rolling in Collegiate Athletes with Thigh Muscle Tightness. Submitted to the MATA for free communications poster presentation, March 2021.

Blanco C, Skrien T, Brugge A, & **Sexton P.** Isokinetic testing versus Single Leg Hop tests in determining return to play activities. Submitted to the MATA for free communications poster presentation, March 2021.

Brooksher, R., Skrien, T., **Sexton, P.** & Brugge, A. Conservative versus Operative Management for Return to Dance in Female Dancers with Posterior Ankle Impingement Syndrome. Submitted to the MATA for free communications poster presentation, March 2021.

Falkiner R., Skrien T., Brugge A., & **Sexton P.** Platelet-Rich Plasma Combined with Rehabilitation for the Treatment of Partial Ulnar Collateral Ligament Tears in the Overhead Throwing Athlete: A Critically Appraised Topic. Submitted to the MATA for free communications poster presentation, March 2021.

Harder D., Skrien T., Burgge A., & **Sexton P.** Best Surgical Techniques for an Acromioclavicular Sprain. Submitted to the MATA for free communications poster presentation, March 2021.

Hofmeister B., Brugge A., Skrien T., & **Sexton P.** Return to Play Protocol for Collegiate Football Players Following Sports- Related Concussion. Submitted to the MATA for free communications poster presentation, March 2021.

LaClair M., Skrien T., Brugge A., **Sexton P.** Effects of Adding Cross-Education to Standard Rehabilitation on Anterior Cruciate Ligament Reconstruction Rehabilitation. Submitted to the MATA for free communications poster presentation, March 2021.

Larson C., Skrien T., Brugge A., & **Sexton, P.** Nutritional Interventions for College Athletes during Rehabilitation. Submitted to the MATA for free communications poster presentation, March 2021.

Rossow W., Skrien T., Brugge A., & **Sexton P.** Sport Specialization in Women Compared to Men. Submitted to the MATA for free communications poster presentation, March 2021.

Saunders S., Brugge A., Skrien T., & **Sexton P.** The Effects of Blood Flow Restriction Therapy During the Rehabilitation Process Following Anterior Cruciate Ligament Reconstruction. . Submitted to the MATA for free communications poster presentation, March 2021.

Sieve, B., Brugge, A., Skrien T., & **Sexton P.** Surgical versus Non-Surgical Interventions for Lumbar Disc Herniations Among Professional Athletes. Submitted to the MATA for free communications poster presentation, March 2021.

Strelecki M, Brugge A, Skrien T, & **Sexton P.** Effectiveness of Pharmaceutical versus Psychotherapy Interventions for Depression Symptoms Secondary to a Traumatic Brain Injury. Submitted to the MATA for free communications poster presentation, March 2021.

Tuveson H., Brugge A., Skrien T., & **Sexton P.** The Effects of Scapular Strengthening Versus ROM Exercises for Shoulder Impingement Among Overhead Athletes. Submitted to the MATA for free communications poster presentation, March 2021.

Lossiah, A., Skrien, T. & **Sexton, P.** Core Stability for Lower Body Biomechanics, Kinematics and Injury Prevention. Submitted to the MATA for free communications poster presentation, March 2020.

Hesse, B., **Sexton, P.**, Skrien, T. & Walters B. Joint Mobilization for Ankle Dorsiflexion in Individuals with Multiple Ankle Sprains. Submitted to the MATA for free communications poster presentation, March 2020.

Rose, B., Skrien, T. & **Sexton, P.** Instrument-Assisted Soft Tissue Mobilization versus Stretching in Increasing Hamstring and Triceps Surae Range of Motion. Submitted to the MATA for free communications poster presentation, March 2020.

Tucker, C., Skrien, T. & **Sexton, P.** Functional & Long-Term Outcomes of Different ACL Reconstruction Graft Choices. Submitted to the MATA for free communications poster presentation, March 2020.

Bruxvoort, D., Skrien, T. & **Sexton, P.** Cold-Water Immersion & Recovery. Submitted to the MATA for free communications poster presentation, March 2020.

Burchett, E., Skrien, T., & **Sexton, P.** Helmet Accelerometers Helping Predict or Identify Sports Related Concussion. Submitted to the MATA for free communications poster presentation, March 2020.

Ferrier, E., Skrien, T. & **Sexton, P.** Static vs Dynamic stretching. Submitted to the MATA for free communications poster presentation, March 2020.

Hanson, E., **Sexton, P.**, & Skrien, T. Strain Counterstrain for Musculoskeletal Injuries and Dysfunctions. Submitted to the MATA for free communications poster presentation, March 2020.

Zook, E., Skrien, T., & **Sexton, P.** In Physically Active Patients ages 18-25 with Glenohumeral Instability does Prophylactic Bracing Reduce the Recurrence of Subluxations and Dislocations? Submitted to the MATA for free communications poster presentation, March 2020.

Schoen, K., Skrien, T., & **Sexton, P.** Early Submaximal Aerobic Exercise as Treatment for Sports Related Concussions Compared to Current Standard of Care. Submitted to the MATA for free communications poster presentation, March 2020.

Goldman-Henley, R., Skrien, T., & **Sexton, P.** Cold Water Immersion on Performance Recovery. Submitted to the MATA for free communications poster presentation, March 2020.

Walmsley, S., Skrien, T., & **Sexton, P.** Static Stretching versus Proprioceptive Neuromuscular facilitation for Increasing Hamstring Flexibility. Submitted to the MATA for free communications poster presentation, March 2020.

Bauman, T., Skrien, T., & **Sexton, P.** Effect of Shockwave Treatment with Rehabilitation vs Rehabilitation alone for Achilles Tendinitis Pain. Submitted to the MATA for free communications poster presentation, March 2020.

Maeda, Y., Skrien, T., & **Sexton, P.** The Best Way to Manage Runners with Medial Tibial Stress Syndrome. Submitted to the MATA for free communications poster presentation, March 2020.

Professional Association Service:

Board of Certification, Inc. President and Athletic Trainer Director. January 2019 to December 2021.

Board of Certification, Inc. Vice-President and Athletic Trainer Director. January 2018 to 2019.

Board of Certification, Inc. Athletic Trainer Director January 2016 to present.

Board of Certification, Inc. Athletic Trainer Director Elect January 2015 to December 2015.

Commission on Accreditation of Athletic Training Education Professional Knowledges (Educational Competencies) Steering Committee, BOC Representative. June 2015 to present.

National Athletic Trainers' Association Professional Education Committee, member June 2011 to 2014.

Commission on Accreditation of Athletic Training Education Post Professional Transition Team, member October 2012 to June 2014.

National Athletic Trainers' Association Education Executive Committee for Education Professional Education Degree White Paper taskforce Secondary review team member, January 2013 to 2014.

National Athletic Trainers' Association Competency Matrix Task Force, member July 2011 to 2012.

National Athletic Trainers' Association Professional Education Committee Clinical Instructor Education (CIE) Project Team, member 2010 to 2012.

Commission on Accreditation of Athletic Training Education (CAATE) Executive Director Search and Screen Committee, 2010 to 2011 and 2012 to 2013.

Commission on Accreditation of Athletic Training Education (CAATE) Nominations Committee, 2010 to 2012.

National Athletic Trainers' Association Athletic Training Services Task Force, member 2008 to 2011.

Minnesota Athletic Trainers' Association Local Chair/Host for the 2010 Annual Meeting and Symposium, Mankato, MN, May, 2010.

Minnesota Athletic Trainers' Association Governmental Affairs Committee, 2007 to 2019.

Commission on Accreditation of Athletic Training Education (CAATE) Vice-Chair, 2006 to 2008

National Athletic Trainers' Association Representative and Vice-Chair of the Joint Review Committee on Athletic Training Education Programs (JRC-AT). 2005 to 2006.

National Athletic Trainers' Association Representative to the Joint Review Committee on Athletic Training Education Programs (JRC-AT). 2000 to 2005.

Reviewer: National Athletic Trainers' Association's Athletic Training Education Journal. 2006 to present.

Minnesota Athletic Trainers' Association Governmental Affairs Committee, 2004 to present.

National Athletic Trainers' Association "Hit the Hill Day" visit to legislators in Washington, DC, 2004, 2009.

Minnesota Athletic Trainers' Association Local Chair/Host for the 2004 Annual Meeting and Symposium, Mankato, MN, May 15, 2004.

National Athletic Trainers' Association Speaker's Bureau (by invitation), 2002 to present.

Joint Review Committee on Athletic Training Education Programs (JRC-AT) sub-committee chair for standard and guidelines revision. 2002 to present.

Joint Review Committee on Athletic Training Education Programs (JRC-AT) Site Visit Rejoinder Template design. 2002.

Accreditation Site Visitor - Commission on Accreditation of Athletic Training Education (CAATE). 2006 to present.

Accreditation Site Visitor - Joint Review Committee on Athletic Training Education Programs (JRC-AT). 2001 to 2006.

Accreditation Reader - Joint Review Committee on Athletic Training Education Programs (JRC-AT). 2001 to present.

Reviewer, Journal of Athletic Training, National Athletic Trainer's Association, (October 22, 1998 to present).

National Athletic Trainers Association's Research and Education Foundation Committee - Minnesota Representative (1997 to 2001)

Great Lakes Athletic Trainers Association - Chair and Creator Web Committee (1997 to 2000)

Minnesota Athletic Trainers Association - Executive Committee and Hospitality Committee Chair for the District 4 Winter Meeting (1997),
World Wide Web Committee Chair and Creator (1996 to 2000),

Public Relations Committee Chair (1996 to 1998),
Student College Bowl Committee Co-Chair (1998 to 2000)
State Representative to the NATAREF (2004 to 2006)

Board of Certification Examination Model – Minneapolis, MN 1996 to 2000

Wisconsin Athletic Trainers Association - President (1992 to 1994)

Wisconsin Athletic Trainers Association - Legislative Committee,
Nominations Committee (1992 to 1994),
Athletic Training Students Committee (1992 to 1994),
Annual Symposium Committee (1992 to 1994),
Membership and Finance Committee (1992 to 1994).

National Athletic Trainers Association - Career Information and Services Committee
(1987 to 1989)

Wyoming Athletic Trainers Association - Vice President (1986 to 1988)

Editorial and Professional Review:

Sexton, PJ, Reviewer, “Athletic Training and Sports Health Care”, A journal for the practicing clinician. SLACK, Inc.:Thorofare, NJ (2009 to present).

Sexton, PJ, Reviewer, “International Journal of Athletic Training and Therapy”, Official Journal of the Canadian Athletic Therapists’ Association, Human Kinetics: Champaign, IL. (January 2009 to present).

Sexton, PJ, Reviewer, Athletic Training Education Journal, Official publication of the National Athletic Trainers’ Association (2006 to present).

Sexton, PJ, Reviewer, Journal of Athletic Training, Official publication of the National Athletic Trainers’ Association, Taiwan Athletic Trainers’ Society, and the Japan Athletic Trainers’ Organization (1993 to present).

Sexton, PJ, Associate Editor and Reviewer, “Athletic Therapy Today”, Official Journal of the Canadian Athletic Therapists’ Association, Human Kinetics: Champaign, IL. (January 2007 to 2009).

Sexton, PJ, Injury Prevention and Performance Enhancement Column Editor, Athletic Therapy Today, 10:3 2005, Human Kinetics: Champaign, IL (2005 to 2007).

Sexton, PJ Editor-In -Chief and Reviewer, "Athletic Training: Sports Health Care Perspectives," National Publication, Mosby-Yearbook Publications in collaboration with the National Athletic Trainers Association. (1:1, January - March 1995 to 2:2, April, April - June 1996).

Grants:

Bently, M., D. Sharlin, and **P.J. Sexton**, Strategic Initiative Funding Grant: "Next Generation Anatomy: Acquisition of an Anatomage Table" for the purchase of a digital anatomy table jointly between the Department of Biology and the Athletic Training Program. Funded - \$77,000.

Sexton, P.J. and D. Quammen, Undergraduate research project for an investigation of "The relationship between strength and flexibility of the back extensors and the flexibility of the hamstrings and the hip flexors." Awarded a Minnesota State University, Mankato Undergraduate Research Grant - \$250.

Sexton, P.J. and M. Hudson, Athletic Training Education Program Web-Based Assessment Project. Awarded a Minnesota State University, Mankato Assessment Grant - \$500.

Professional Associations:

National Athletic Trainers Association - Certified Member

Great Lakes Athletic Trainers Association - Certified Member

College Athletic Trainers Society - Certified Member

Minnesota Athletic Trainers Association - Certified/Registered Member

Wisconsin Athletic Trainers Association - Certified Member

Wisconsin Association for Health, Physical Education, Recreation and Dance - Member

National Strength and Conditioning Association - Certified Member

Circuit of Reebok Professionals and Specialists

Wyoming Athletic Trainers Association

Arizona Athletic Trainers Association

Attendance at Professional Meetings:

National Athletic Trainers Association National Symposium (1986 through 1988, 1990 through 1999, 2000 through 2010, 2012-present)

National Athletic Trainer's Association Athletic Training Educators Conference (1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, 2017)

Board of Certification Regulatory Conference (2015, 2017), Omaha, NE.

Minnesota Athletic Trainers Association State Meeting (1994 through present)

Great Lakes Athletic Trainers Association District 4 Meeting (1984, 1989, 1991 - present)

Rocky Mountain Athletic Trainers Association District 7 Meeting (1986 - 1988)

Wisconsin Athletic Trainers Association State Meeting (1989 - 1994, 2000)

Wisconsin Association for Health, Physical Education, Recreation and Dance (1988)

Wyoming Athletic Trainers Association State Meeting (1987, 1988)

University of Arizona Sports Medicine Symposium (1986)

University Service:

Chair, Positional Release Therapy Workshop, Mankato, MN (April 2018).

At Large Member, University Student Writing Task Force, Minnesota State University, Mankato (Fall 2010 to 2012).

Member, College of Allied Health and Nursing Planning Committee, Minnesota State University, Mankato (Fall 2015 to present).

Member and Co-Chair, Department of Human Performance Faculty Development Committee, Minnesota State University, Mankato (Fall 2011 to present).

Chair, Department of Human Performance Faculty Social Committee, Minnesota State University, Mankato (Fall 2010 to present).

Member, Search and Screen Committee for three Department of Human Performance probationary position for Exercise Science and Athletic Training (2017-18).

Member, Search and Screen Committee for three Department of Human Performance positions (two probationary and one fixed term) for Exercise Science (2014-15).

Chair, Search and Screen for the Department of Human Performance probationary position for Exercise Science/Well Coaching (Spring 2012 to Summer 2012).

Member, Search and Screen Committee for the Position of Dean of the College of allied Health and Nursing (Fall 2011 to Spring 2012).

Member, Department of Human Performance Curriculum Committee, Minnesota State University, Mankato (Fall 2009 to 2011).

Member, College of Allied Health and Nursing Technology Committee, Minnesota State University, Mankato (December 2002 to 2011).

Member, College of Allied Health and Nursing Interdisciplinary Committee, Minnesota State University, Mankato (December 2002 to 2011).

Co-Chair, College of Allied Health and Nursing Technology Committee, Minnesota State University, Mankato (December 2002 to 2010).

Chair, Department of Human Performance Faculty Development Committee, Minnesota State University, Mankato (Fall 2007 to 2009).

Member, College of Allied Health and Nursing Interdisciplinary Committee, Minnesota State University, Mankato (August 2007 to present).

Faculty Mentor Program Information Center for Excellence in Teaching and Learning (CETL), Minnesota State University, Mankato (2004-08).

Member, Exercise Science/Sports Medicine Probationary Faculty Search and Screen Committee, Minnesota State University, Mankato (January 2007 to 2009).

Member, Health Science Probationary Faculty Search and Screen Committee, Minnesota State University, Mankato (October 2007 to 2009).

Member, and Exercise Science/Cardiac Rehabilitation Faculty Search and Screen Committee, Minnesota State University, Mankato (January 2007 - June 2007).

Chair, Assistant Professor of Human Performance/Athletic Training Faculty Search and Screen Committee, Minnesota State University, Mankato, (December 2002 to May 2003).

Member, Assistant Athletic Trainer Search and Screen Committee, Minnesota State University, Mankato, (December 2002 to June 2003).

College of Allied Health and Nursing Wellness Center Task Force, Minnesota State University, Mankato (September 1998 to present).

Chair, Head Athletic Trainer Search and Screen Committee, Minnesota State University, Mankato, (September 1998 to present).

Library Liason, Department of Human Performance, Minnesota State University, Mankato (September 1998 to present).

Co-Director, Annual Southern Minnesota Sports Medicine Conference with the Orthopedic and Fracture Clinic, Gold Cross Ambulance, and the Minnesota State High School League, (July 31, 1998; August 6, 1999).

College of Allied Health and Nursing Technology Task Force, Minnesota State University, Mankato (January 1998 to present).

Learning and Technology Roundtable, Minnesota State University, Mankato, (February 1997 to 2003)

Athletic Training Liaison/Coordinator for the Minnesota Vikings Football Club inter-league scrimmage, (June 1994 to 1998)

Athletic Training Liaison/Coordinator to New Orleans Saints Football Club, (June 1990 to 1993).

Blood Borne Pathogens Committee, University of Wisconsin-La Crosse, (1993).

Board of Directors, College of H.P.E.R., University of Wisconsin-La Crosse, (August 1992 to 1993).

Search and Screen Committee for Head Wrestling Coach, University of Wisconsin-La Crosse, (February 1992 to April 1992).

Search and Screen Committee for Women's Athletic Trainer, University of Wisconsin-La Crosse, (June-July 1991).

Strength and Condition Center Committee, University of Wisconsin-La Crosse, (1990-1991).

Student Appeals Committee, University of Wisconsin-La Crosse, (1990 to 1993).

Physical Education Advising Committee, University of Wisconsin-LaCrosse (1989 to 1993).

Related Experience:

Mankato Marathon Medical/ Finish Line Triage Athletic Training Coordinator, Mankato, MN, 2015 to present.

Mankato Marathon Medical/ Finish Line Triage Director, Mankato, MN, 2014.

Mankato Marathon Medical Committee and Finish Line Triage, Mankato, MN, 2010 to 2012.

Red Bull Crashed Ice World Championships Ice Cross volunteer Athletic Trainer, St Paul, MN, 2012.

Twin Cities Medtronic Marathon, Athletic Trainer St. Paul, MN, 2007, 2008, 2009, 2010.

Development and maintenance of the "Athletic training student Handbook and Study Guide" for Athletic Training majors, 1996 to 2006.

Development and maintenance of Lab Manuals for HP 456, Athletic Testing and Conditioning; HP 442, Therapeutic Modalities; HP 342 and 343, Athletic Training Techniques I & II, 1993 to present.

Development and maintenance of the manual "Therapeutic Principles of Rehabilitation", P-E 481 Laboratory Manual, 1992, 1993, 1994, 1995, 1996, 1997, 1998.

Editor and publisher of the WWIAC/WSUC Conference Athletic Training Directory, 1991-92, 1992-93

Editor and publisher for "Strength Training Techniques and Programs", PE 368 Laboratory Manual, 1991, 1992.

Editor and publisher for "Rehabilitation Techniques for Athletic Injuries", P-E 484 Selected Readings Manual, 1991, 1992, 1993.

Extensive experience with modern strength training techniques and theories including setting up conditioning programs for athletes as well as recreational lifters.

Extensive experience in exercise physiology, including body composition techniques, estimation of maximum VO₂, athletic nutrition, cardiovascular physiology, cardiac rehabilitation and emergency medical techniques.

Extensive experience working with the following therapeutic modalities: ultrasound, electric stimulation (AC and DC), high voltage galvanic stimulation, TENS, IFC, MENS, Russian, biphasic, shortwave diathermy, microwave diathermy, Acuscope intermittent compression, traction and all forms of superficial heat and cold.

Extensive experience working with following rehabilitative modalities: Kin Com, Biodex, Cybex, Orthotron, PNF, and joint mobilization techniques, as well as various forms of isotonic and isometric techniques.

Honors:

National Athletic Trainers' Association's Hall of Fame Inductee, June 2016.

National Athletic Trainers' Association's Sayers "Bud" Miller Distinguished Educator Award, June 2015.

Minnesota Athletic Trainers' Association's Hall of Fame Inductee, April 2014.

Minnesota Athletic Trainers' Association's Larry "Stosh" Neuman Distinguished Service Award, April 2013.

National Athletic Trainers' Association "Most Distinguished Athletic Trainer Award," 2010.

Great Lakes Athletic Trainers Association "Outstanding Educator Award," 2008

National Athletic Trainers' Association "Athletic Trainer Service Award", June, 2007.

"Thoracic and Abdominal Assessment" DVD with Tia Nowacki National Athletic Trainers' Association Multimedia Software Award in the Single Media Production - ATS non-commercial, 2008.

"Student Practical Assessment Teaching Aid (SPATA)," with Carda, J., and C. Doney National Athletic Trainers' Association Multimedia Software Award - Student Category, 2007.

Great Lakes Athletic Trainers Association District Dedicated Service Award, 2003

Minnesota Athletic Trainers Association Athletic Trainer Recognition Award, 1997,
2000, 2005, 2012

Great Lakes Athletic Trainers Association District Leader Recognition Award, 1993

Wyoming Coaches Association All-Star Athletic Trainer, 1987

Dean's List (Undergraduate), nine semesters, 1983-1985