

The Bear Essential



Fall 2016/Spring 2017

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Takaaki Kodani, Author
Sharon Nabugawa, Editor

This finds us writing at the conclusion of a very busy, but successful academic year. We are excited to share several updates with you all as we move into an eventful summer.

The Athletic Training Program (ATP) concluded the faculty search early in the New Year and we are thrilled to announce Dr. Philip Szlosek as a pleasant addition to the BSU athletic training program. Philip obtained his doctoral degree from Springfield College; Master of Science in Education from Old Dominion University; and his undergraduate athletic training degree from Springfield College. We now have four full-time faculty dedicated to the ATP!

Along with new faculty, we also have some changes occurring in our MS curriculum. As we are all aware of, the future of all ATPs will require a move toward Master-level programming. Up to this point there has been little competition with other institutions with graduate programs within our region. There are 7 institutions who have MS programs, including BSU with a total of 25 UG programs in New England. As the professional preparation of Athletic Trainers continues to evolve, we believe the addition of master level courses will further strengthen the BSU ATP. With the change in the entry to the profession, we anticipate many of these undergrad programs will move forward with creating an entry-level master program. The change in curriculum is based not only upon trends in the profession and market, but on feedback from exit interviews, preceptors and alum as well.

Here are the changes we have made to the MS - Transition of the program from 42 credits to 51 - new courses include: 1) Introduction to Diagnostic Medical Imaging, 2) - Law and Policy in Athletic Medicine, 3) Management of Head, Neck and Spinal Conditions, 4) - Orthopedic Interventions.

Please join us in giving a warm welcome to some of our new/1st time clinical sites and Preceptors! Adirondack Club, Colin McCullough MS, ATC, CSCS (alum); Boston Conservatory, Susan Kinney PT, Eastern Nazarene, Toni Kabilian, MS, ATC, CSCS; Total Orthopedic, Lara Baldasaro ATC, PA.

Shout out to the BSU Athletics Athletic Training Student of the Year UG Chelsea Eccleston & graduate Mikaela Shelby, kudos to you for your dedication and professionalism!

On Thursday, June 22nd, BSU ATP will be sponsoring an Evidence-Based Symposium. Session 1: Opioid Awareness and Narcan Training; Session 2: Speaking the Same Language; Collaboration, Communication and Continuity between EMS and ATs

We thank you all again for your dedication, hard work, willingness to serve, and commitment to advancing the profession as you continue to provide fantastic clinical education opportunities and environments for our athletic training students. Your experience and expertise are invaluable.

In this edition of the Bear Essential, we would like to continue highlighting our Preceptors, Clinical Sites and “introduce” BSU’s Athletic Training Staff.



Sports
Athletic



Medicine
Training



BSU AT Sports Medicine Staff

1. Jeanne O'Brien
2. Ally Treen
3. Kimberly Lyle
4. Jarrett Sorge

Jeanne O'Brien



Head Athletic Trainer

Jeanne O'Brien has been working at BSU for 12 years since she decided to go back to working at the college setting. She enjoys working with the staff, students, and the community here because the people care about each other and the athletes are constantly motivated to get better.

Education:

- **Springfield College B.S.**
Health/Fitness and Athletic Training
- **Springfield College M.S.**
Sports Injury Prevention and Management

Professional Experience:

- **East Carolina University**
Assistant Athletic Trainer / Instructor
- **Springfield College**
Head Athletic Trainer and Assistant Professor
- **Plymouth South High School**
Outreach Athletic Trainer
- **Bridgewater State University**
Head Athletic Trainer / Assistant Athletic Director for Sports Medicine

Jeanne jumped into the athletic training field because of her interests in sports and medicine. Athletic Training has a therapeutic and science based side providing a challenge which was attractive to her. Throughout her career, she has been engaged in teaching, which is her favorite part of athletic training. Jeanne says, "Teaching and applying the knowledge into the service enhances my learning". She believes that "students who establish a strong foundation of knowledge in a classroom setting can always go back to it, and really learn to be critical thinkers and decision makers". Working as an educator in both a classroom and clinical setting is an ideal situation for her. Knowing what the students have learned in class, enables her to better educate them in the clinical settings, as well.

Through her experience as the head athletic trainer, she learned that one of the most challenging and important aspects is the way society is advancing sports medicine and how athletic training implements new protocols, such as concussion and heat illness these additional skills continuously are added to the curriculum. Another major change is the "science of it". "It is becoming more evidence-based". Lying in the middle of experienced-based and evidenced-based, she appreciates both approaches moving forward.

Athletic trainers need to interact with other professionals including medical and coaching staff to ensure continuity in the care provided. "It is important to give and take

when working with other professionals, but we have to balance what we give of ourselves”.

She believes athletic training programs will be better as they move to a graduate level program.

As an experienced athletic trainer, she believes the athletic training profession still lacks credibility compared to other medical professions such as Physician Assistant because. If there was one thing she would change, it would be to make the value and integrity of athletic trainers higher.

Other interests: teaching, animals, and photography.

“Work hard and make the most of every experience. And dig into and expand your interest”

Teaching seems to be a passion of hers. When asked for other career options if athletic training is not available, she replies “I would want to work somewhere I could teach.” Teaching is her life’s work. In her spare time, she loves to take photos. Her favorite subjects are: nature and animals. She usually has her camera with her so she can take pictures whenever she finds something interesting to capture.

Lastly, a word of advice to current and prospective athletic training students “take initiative and always starve to learn more”.

Achievement

Jeanne was selected to appear on the 6th edition cover of *Foundation of Athletic Training: Prevention, Assessment and Management.*

Anderson, Marcia K.; Parr, Gail P.; and Hall, Susan J. (2016). *Foundations of Athletic Training: Prevention, Assessment, and Management* (6th ed.). Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins



Ally Treen started working here as soon as she completed BSU AT program. After passing the BOC, Jeanne, the Head Athletic Trainer, reached out to her about a GA opportunity as an athletic trainer. She accepted and continued her educational concentration in Strength & Conditioning in the Physical Education Program.

As an athlete, Ally was a gymnast, but her chronic lower back pain changed that. This experience made her pursue the athletic training field as she was always interested in helping people continue to play their favorite sports. One of the highlights of Athletic Training is to watch teams and athletes being successful and seeing athletes return to active participation.

“Doesn’t matter if it is Right or wrong. I just want you to try”

Ally believes that it is important to be open and trustworthy as an athletic trainer. She often works with female athletes, and they tend to be concerned more about the psychological and emotional component more than actual acute injuries. In order to deal with mental and emotional issues, she believes “communication is a key component”. Through communication and creating positive relationships, Ally is able to create a complete intervention plan that treats all of her patients’ individual values and circumstances. “Everything is not always in a text book, every situation is different. I want to work with each athlete individually”



Education:

- **Bridgewater State College**
B.S. Athletic Training

- **Bridgewater State College**
M.S. Strength and Conditioning

Professional Experience:

- **Bridgewater State University**
Graduate Assistant Athletic Trainer

- **Bridgewater State University**
Assistant Athletic Trainer

One of her memorable moments as an athletic trainer was a two-day lacrosse tournament. During the event, she spine-boarding five times. “My whole body felt sore in the morning after the tournament.” This experience illustrates the importance of being always prepared for any type of situations as a health care professional.

“Athletic training students need to have motivation, and be prepared to step outside of your comfort zone. That’s how you learn things”.

Kimberly Lyle



Assistant Athletic Trainer

Education:

- **Bridgewater State College B.S. Athletic Training**
- **Plymouth State University M.S. Teaching and Athletic Training**

Professional Experience:

- **Bridgewater State University Assistant Athletic Trainer**
- **Onsite Innovations Athletic Trainer**

Kimberly Lyle has worked with BSU for 3 years primarily responsible with football. She enjoys her job at BSU; joking around with co-workers and athletes here.

Kim became interested in athletic training because of her previous injuries. The idea of assisting someone get back to competition was the most attractive part of athletic training. The person who had the largest impact on her pursuit of athletic training was the director when she was a graduate assistant (GA) at Plymouth State University. During that time experience, the university, her director gave her

many opportunities to teach. This was a great learning experience. Based on this, she observed that “in order to teach, you need to know something very well making it a great learning tool for the instructor”.

Her philosophy is “communication is the key to working as an athletic trainer”. She communicates with coaches daily before practice and as much as she can with athletes. “Being approachable is the important to communicate deeply with coaches and athletes”.

The most challenging part of athletic training is time management and decision making. Especially when working with football, she feels she has limited time to do what she wants to do. “I wish I had more time to treat each athlete so that I can excel their recovery”.

Kim loves spending her spare time with her family and dog. She loves participating in road races and running. She plans to start training for Boston Marathon in the near future.

“Get Excited, Be Part of Team”

As an athletic trainer, Kim wants athletic training students to get excited, enjoy being in the training room and be passionate to learn. “I don’t care if someone comes in and doesn’t know much as long as they ask tons of questions”.

Farewell Announcement

It is with mixed feelings we say farewell to Kim. She chose her next step of employment Onsite Innovations. We all are going to miss you! Thank you for your contribution to BSU Athletic Training - Good Luck!!



<http://onsite-innovations.com/>



Jarrett Sorge has been working as an Assistant Athletic Trainer at BSU for 3 years and has been working as a licensed athletic trainer for 8 years. He is an alum of Bridgewater State College (BSC). As a student, he was an avid athlete playing soccer at BSC. He enjoyed his time here so much that he had to come back.

He credits his mother with influencing him to pursue this field. “My mother kind of got me into the athletic training field initially, and my parents told me I was going to BSC because it is very affordable.” Looking back, “this was a great decision”. Although he enjoyed his experience at BSC, he felt burned out trying to balance both his academic education and playing soccer. After he moved back home to try and figure out what he wanted to do, he enrolled in the athletic training program at University of Connecticut.

The hardest part of athletic training to him is work-life balance. He understands now how important it is to spend time both with his wife, dog and the rest of his family and working hard to get the trust of the athletes he works with. He really appreciates his wife’s understanding of his job entails. He goes an extra mile to ensure he does not burn out again. Going through that experience once is enough.

***“The more I learn,
the more I realize I don’t know”***

“The athletic training field is evolving and growing, and there are many different types of professionals collaborating within its scope”. He believes that to be successful as an athletic trainer, it is vital to continue learning and never to grow complacent with your own knowledge, skills, and skill-set.

When asked what therapeutic modality he could be, Jarret responded, “Exercise. Exercise is modality and movement is medicine”.



Jarrett’s favorite exercise is a single leg squat. He wrote an 80-page thesis on this subject. He strongly believes it is a very important and relevant movement to master and translate into the specific sports because there are only a few sports where athletes spend much of their time on both feet. “The single leg squat is kind of my baby”.

He wants athletic training students to take initiative, to learn outside of classroom as well as inside of it, and to teach. “Teaching is the best way to learn, even though without fully understanding what you are teaching: The process of trying teach, trying to explain is significant for you as an athletic training student”.

Education:

- **Bridgewater State College B.S. Athletic Training**
- **University of Connecticut M.S. Kinesiology**

Professional Experience:

- **Bridgewater State University Assistant Athletic Trainer**
- **Eastern Connecticut State University Graduate Assistant Athletic Trainer**
- **Worcester State University Athletic Trainer**

Meet our International cohort



Seunguk Han

Education

- Kyung Hee University B.S. - Sports medicine
- Kyung Hee University M.S. - Sports medicine and science
- Bridgewater State University M.S. - Athletic Training

Clinical Rotation

- Fall – Bridgewater State University
- Spring – Stoughton High School

What is your favorite part of BSU ATP?

- I like the aspect of clinical education. BSU Athletic Training Program has a variety clinical experience placement opportunities with Division 1 to 3 colleges, high schools, hospital, professional sports teams and rehabilitation centers which is very important for my education experience.

Tell us about your athletic training experience in your country?

- I worked with a college volleyball team for a year and half. I did taping, rehab, and conditioning under supervision by a certified athletic trainer. I think as athletic trainers, we are required to do more, such as strength and conditioning, in Korea than in United States. Also, I needed to assist the students with academic development as well.

What do you recommend about Korea to people here?

- I would recommend Soju, which is the best-known liquor from Korea. It really tastes good and makes you younger!



Hwigeum Jeong

Education

- Kyung Hee University B.S. - Sports medicine
- Bridgewater State University M.S. - Athletic Training

Clinical Rotation

- Fall – Bridgewater State University
- Spring – Tufts University

What made you pursue athletic training?

- When I was a university student I played badminton until an injury meant I had to get rehabilitation for ten months. The athletic trainer helped me a lot. This is when the thought first formed that I should be an athletic trainer to help people especially athletes.

What is your favorite part of BSU ATP?

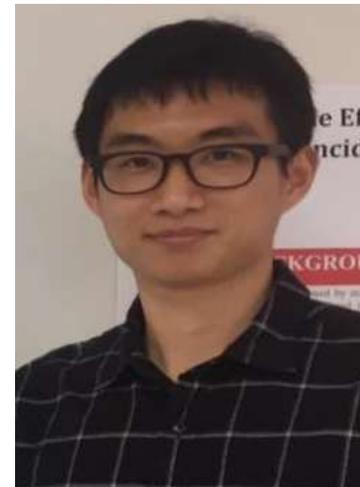
- My classmates are passionate about learning, which makes me motivated. Orientation on the first day of the program was memorable. It felt like something I had watched in a movie, and I was excited to be in the United States. The various clinical settings the program has are another favorite.

How is your life here?

- Boston is close to here, so I often go there to see beautiful architecture and enjoy the scenery to relax and deal with stress. Also, I go to library to study, providing me with cozy and quiet atmosphere. I sometimes take part in a badminton club.

What do you recommend about Korea to us?

- Everything! I can't choose one.



Takaaki Kodani

Education

- Waseda University B.S. - Sport Sciences
- Bridgewater State University M.S. - Athletic Training

Clinical Rotation

- Fall – Bridgewater State University Football
- Spring – Buckingham Browne & Nichols School

What is your most memorable moment in Bridgewater?

- Seeing an open tib-fib fracture was one of the most memorable experiences. Then I had an opportunity to cover Football home game. It was my first time to see such a severe injury and I was really impressed with what the athletic trainers and the doctor did.

How Japanese athletic training is different from American one?

- I think the clinical education is one of the aspects. I don't know about other programs as much, but we don't have organized clinical education in my university. Athletic training students need to find some place to observe and get an athletic training experience by ourselves. So, it is difficult to get variety of experience during 4 years as a student. I was lucky to have an opportunity of working with a lacrosse team under supervision by an athletic trainer who I really look up to. I learned a lot through my 4-year experience with this athletic trainer.

Tell us your athletic training experience in Japan.

- I worked with the lacrosse team, made up of almost 100 athletes, for 4 years when I was an undergraduate student. I worked 5 to 6 days a week from 6 am to 11am, doing taping, rehab, evaluation, and conditioning etc. I gained a lot of experience. After graduation and my certification, I worked as a professional in a sports medicine clinic as a teaching assistant and with high school rugby team.



Haruki Mukouchi

Education

- Waseda University B.S. - Sport Sciences
- Bridgewater State University M.S. - Athletic Training

Clinical Rotation

- Fall – Roger Williams University
- Spring – Roger Williams University

What is your memorable moment in Bridgewater?

- I traveled with the Men's soccer team of Roger Williams University. We lost the game, but the athletes were very grateful after the game. I was thanked a lot. One of the athletes I worked on was able to go back and join the game. That was an awesome experience for me.

How is your clinical rotation in this semester?

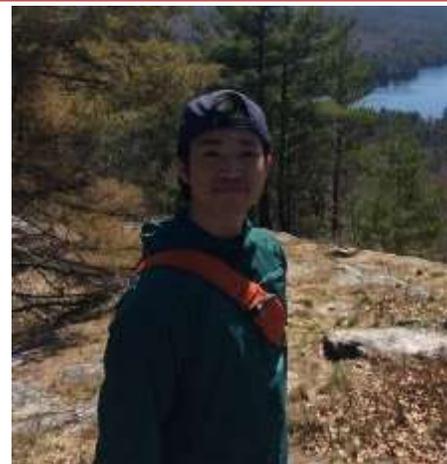
- I am working with multiple sports including swimming, wrestling, sailing, lacrosse, and soccer which I enjoy. Since I am the only student assigned to my preceptor, I can communicate with him deeply and I get immediate feedbacks when I do evaluations. I really appreciate this environment because I learn much from him.

What is your favorite part of BSU ATP?

- We are only 9 students in our class. This small size means we have a lot of discussions during lectures, and we teach each other in the lab.

Tell us your athletic training experience in Japan.

- I assisted the head athletic trainer in injury prevention and health management center for student athletes. Evaluation of acute and chronic injury such as ankle sprains, low back pain, and concussion was done. I instructed therapeutic exercise to the student athletes. I learned the importance of dedication to the student athletes and team through the experience.



Hyunwook Lee

Education

- Kyung Hee University B.S. - Sports medicine
- Bridgewater State University M.S. - Athletic Training

Clinical Rotation

- Fall – Brown University Football
- Spring – Brown University Football

How is your life in Bridgewater?

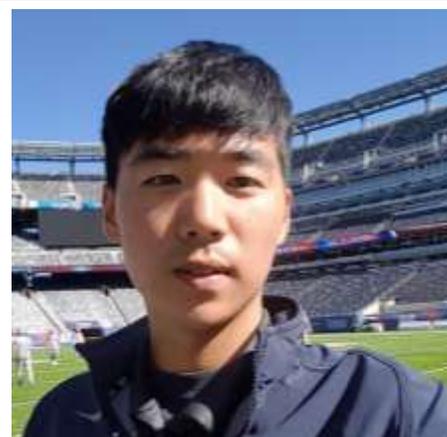
- At the start of the program, I wondered if I could survive here because of my difficulty in communicating in English. As time goes by, I feel I am getting better and better. Even though I didn't expect I could be assigned to a D1 football school in my first clinical experience, I am learning from my experiences at the Brown University football team.

How is your clinical rotation in this semester?

- Brown University football team has just two licensed athletic trainers and two athletic training students although there are over 100 athletes. Therefore, it is really busy, and time flies during clinicals every day. My preceptor always let me do something including treatment, taping and evaluation, so I feel a part of the athletic training team at Brown. I have had some great experiences there.

Tell us your athletic training experience in Korea.

- I worked with a handball team as an athletic training student. I was responsible of management of all medical issues such as injury evaluations, rehab, taping etc...





Details

Date:

Monday, June 26, 2017 – Thursday, June 29, 2017

*Detail schedule is available [here](#).

Location:

George R. Brown Convention Center
 1001 Avenida De Las Americas, Houston, TX 77010
 Exhibit Halls D & E

Additional Information

Registration Dates and Times

SYMPOSIA REGISTRATION FEES

Your current NATA membership status must match the category for which you are registering.

	EARLY BEFORE MIDNIGHT CT APRIL 30	ADVANCE MAY 1 - JUNE 3	LATE
Member	\$235	\$310	\$385
Non-Member	\$525	\$600	\$675
Student Member-Certified	\$99	\$149	\$199
Student Member	\$99	\$99	\$99
Student Non-Member	\$180	\$180	\$180
Retired Certified/Honorary	\$0	\$0	\$0
One-Day Registration	\$130	\$130	\$130
One-Day Registration Non-Member	\$210	\$210	\$210

Continuing Education Credits

Certified athletic trainers who attend all three days of the NATA 68th Clinical Symposia & AT Expo will earn up to 25 CEUs. Additional CEUs may be earned by;

- Attending Advanced Track Seminars (6 CEUs for Monday events; 4 CEUs for Friday events),
- Minicourses (1 CEU each),
- And pre-conference Career Development Workshops (CEUs vary).

*Visit the [convention website](#) for more details.

ATOM Annual Meeting

Details

Date:

Thursday, May 25, 2017
7:30 AM - 3:15 PM (EDT)

Location:

Johnson & Wales University – Harborside Campus
265 Harborside Boulevard
Providence, RI 02905

*Click [HERE](#) to view Agenda

Additional Information

Registration Dates and Times

- Early Registration: Online at <https://www.riathletictrainers.net/> or mail in by 5/12
 - A: ATOM – \$65.00
 - B: RIATA – \$65.00
 - C: Student – \$30.00
 - D: Health Professional – \$70.00
 - E: ATOM – \$85.00
 - F: RIATA – \$85.00
 - G: Health Professional – \$100.00
 - H: Non Heathcare – \$65.00
- Registration after 5/12 is \$85 for members, \$100 for health professionals.

Continuing Education Credits

Rhode Island Athletic Trainers Association (P346), Inc. is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers. The conference will award **4.5** continuing education hours to participants upon successful completion and attendance.

***Visit the [website](#) for more details.**

Symposium is coming to BSU !!

The BSU Athletic Training Program will host the Symposium to highlights the challenges that Athletic Trainers face out in the field.

Details

Date

June 22nd, 2017

Location

Moakley Center & Burrill Office Complex at BSU

All day Symposium

- Session 1:

Opioid Awareness and Narcan Training

- Session 2:

Speaking the Same Language; Collaboration, Communication and Continuity between EMS and ATs

Additional information

5 EBP CEUs and 6 CMEs will be awarded

FREE FOR EVERYONE!!!!