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Athletic Training Education Newsletter

Athletic Training Education Program

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Fall 2015

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University of Arkansas, Fayetteville. Athletic Training Education Program

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### **Citation**

University of Arkansas, Fayetteville. Athletic Training Education Program. (2015). Athletic Training Education Program Newsletter, Fall 2015. *Athletic Training Education Newsletter*. Retrieved from <https://scholarworks.uark.edu/atepnews/11>

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This year's recipients of the Bill Ferrell Endowed Scholarship in Athletic Training are, from left, Megan Smith, Madeline Torretta, Satoshi Iida, Alexandra McDonald and Katherine Luhring. Iida also won the Dean Weber Endowed Scholarship in Athletic Training. Photo by Russell Cothren, University Relations

## Razorback Athletic Trainers' Legacies Include Scholarships

The hard work of five University of Arkansas students in the graduate athletic training education program has earned them recognition with scholarships honoring legendary Razorback athletic trainers Bill Ferrell and Dean Weber.

Satoshi Iida, Katherine Luhring, Alexandra McDonald, Megan Smith and Madeline Torretta are enrolled in the Master of Athletic Training degree program in the College of Education and Health Professions.

They are the 2015 recipients of the Bill Ferrell Endowed Scholarship in Athletic Training. Iida also won the Dean Weber Endowed Scholarship in Athletic Training presented to a second-year student following extensive review and interview.

Former University of Arkansas football players who played under the care of Weber and Ferrell established the scholarships. Weber supervised the athletic training operations for men's sports teams for 35 years. Ferrell was head baseball coach and head athletic trainer from 1950 to

1967. He died in 1967.

All five of the student recipients are in the second year of the program and plan to graduate next spring. The master's degree will prepare them to work in all kinds of sports and at all levels of competition as well as in clinical settings.

Iida, of Tokyo, earned a bachelor's degree in sport sciences from Waseda University in Tokyo. He is the son of Hitoshi and Emiko Iida. This semester, he is helping with sports medicine care for the Razorback track and field and cross-country teams.

Luhring, of Monrovia, California, earned a bachelor's degree in neurobiology, physiology and behavioral science from the University of California, Davis. She is the daughter of Paul and Susan Luhring. She is gaining clinical experience this semester with the Fayetteville High School football team.

McDonald, of Marysville, Washington, earned a bachelor's degree in pre-physical therapy and kinesiology from Western Washington University. She is the daughter

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## Program's Medical Director Increases Support with Scholarship



Dr. Al Gordon

When Jeff Bonacci came to the University of Arkansas to help establish a master's level athletic training education program, he envisioned a specific type of person to serve as medical director of the fledging program.

"I wanted someone with a really strong conviction for education," said Bonacci, a clinical assistant

professor of kinesiology who coordinates the program. "I needed someone who would be vested in the program and who had strong connections in the medical community."

He found Dr. Al Gordon, who a dozen years later continues to serve in the position. Gordon acts as medical consultant on research students conduct, lectures a couple of times a year, coordinates lectures by other physicians in the area and serves as medical liaison to help match students with physicians and other health-care providers they can shadow on the job.

*story continued on page 3*



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



Bonacci

Hello Razorback Alumni, prospective students, and friends of the athletic training education program. The fall semester in Fayetteville is upon us and collegiate and high school athletics are in full swing. This past spring semester has been an outstanding year for the athletic training education program.

For the sixth straight year, I am pleased to report that 17 of 17 second-year students took the BOC exam and all students passed on the first attempt. This is our sixth straight year for 100 percent pass rate and 95 percent overall since the inception of the program in 2004. Way to keep the great 100 percent pass rate tradition going!!!

The ATEP would like to commend our own Dr. Brendon McDermott, Ph.D., A.T.C., on his BOC EBP presentations on Evidence-Based Recognition and Management of Exertional Heat Illness at the Arkansas Athletic Trainers' Association annual April meeting in Conway and Evidence-Based update on hydration recommendations for the physically active at the Southwest Athletic Trainers' Association regional meeting at its annual July symposium in Houston. Dr. McDermott gave outstanding presentations at both meetings where an audience of 200 (AATA) and 1,000 (SWATA) were in attendance.

Hope to see you all at our 8th Annual Razorback Sports Medicine Symposium on Feb. 20, 2016, at the Graduate Education Building. Stay tuned for registration information on our website [atep.uark.edu](http://atep.uark.edu).

GO HOGS!!!

## Student Research Includes Testing New Technology, Study of Concussion

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



McDermott

This fall and winter will be busy for our students in athletic training and exercise science related research. We have students working on some projects that will be published and will elevate our program nationally. Some students are working feverishly to get data collected in time to submit abstracts to be presented at this summer's ACSM or NATA Annual

Meetings. Last year, we had four students present nationally at these meetings, and each had great success in doing so.

This year's Razorback Sports Medicine Symposium will be held Feb. 20 on campus, and many of our students will present research findings or case reports at this meeting as well.

Some of the research from this past year included testing a prototype phase-change cooling garment with cooling inserts during industrial work in the heat. The new-age garment reduced heat storage and improved work

productivity. We are looking forward to testing similar technology during athletic activity.

Athletic training students have been assisting multiple research efforts in the Office for Sport Concussion Research headed by Dr. R.J. Elbin. Satoshi Iida is completing a thesis regarding the effect of hydration status on concussion testing. Some others are helping with a study looking at concussion testing following exertional activity to identify the time course of recovery following exercise.

We also have students completing data collection with Dr. Kaitlin Gallagher, our department's new resident biomechanist. One group is assessing the effects of two spine injured rescue protocols in the gymnastic pit on cervical spine displacement. Another group effort in data collection is looking at muscular EMG activity following meniscectomy surgery in patients who have a tourniquet or no tourniquet during surgery.

Wherever our students are these days, there is a lot going on. Research has become an integral part of our program with every student completing a significant contribution, which will help them utilize evidence-based practice in their futures.

## Program's Medical Director Increases Support with Scholarship cont...



**Dr. A.Y. Gordon Jr.**  
**Award in Athletic Training**  
**Meghan Barrington**

Pullman, Washington

Daughter of George and Suzanne Barrington

Bachelor's degree in physiology, University of Washington

Clinical rotation in Razorback football

It was in 2003 that the College of Education and Health Professions began offering the program, the first on the graduate level in the SEC. Gordon had been providing primary care for the Razorback athletic department since 1994.

"I think Jeff did a little background on me and learned I had been to graduate school (before medical school) and that I had taught for a while," Gordon said. "That appealed to him."

Bonacci said Gordon's involvement has been crucial to the success of the program, which reports a 100 percent pass rate on the first attempt for the past six years of graduates taking the national exam certifying athletic trainers.

Gordon earned his medical degree from the University of Arkansas for Medical Sciences in Little Rock, but between earning a master's degree from the University of Central Arkansas in Conway and medical school, he taught courses such as biology and human anatomy and physiology at the University of Arkansas at Little Rock.

An Arkansas native, his bachelor's degree is from Hendrix College in Conway. He originally intended to teach biology on the college level until friends talked him into taking an emergency medical technician course and he worked as a certified EMT to pay his way through graduate school.

"Being medical director of the graduate athletic training education program lets me scratch my itch to teach," Gordon said. "One of the neatest things of being with the program since the get-go is watching it form and develop. It

has been thrilling."

Working with the master's students helps him keep his skills and interests sharp, he said.

"It's amazing how eager they are to learn," Gordon said. "They want to be in the patient room with me. I want to pass on the right information. I want to be accurate. It makes me stay on my toes."

The clinical rotations with physicians and athletic teams give students real-world experience that is particularly vital in the medical profession, he said. They work side-by-side with certified athletic trainers and understand the teamwork necessary to take care of athletes.

"They are not only exposed to the real-time events with athletic trainers, they are exposed to how athletic trainers work with physicians," he said. "That is a key part of this program."

Gordon had wanted to support the program in another way, by creating a scholarship for one of the students, and that goal became reality this year."

"All along, the concept was important to me of giving back," he said. "It was important to my parents to give back. I could see that scholarship support was important to these students. This graduate program is where my heart is."

Meghan Barrington of Pullman, Washington, is the first recipient of the Dr. A.Y. Gordon Jr. Award in Athletic Training. A faculty committee chose the recipient, but Gordon said Barrington reminds him of himself.

"When I listen to her talk about her goals and what she likes as far as the education process, it sounded hauntingly similar to me," Gordon said. "It's a pleasant problem we share - everything she gets into she likes. I think that's why I chose primary care as a specialty, because it's broader than other areas."

Barrington also has the personality, leadership qualities and academic abilities to be successful, Gordon said.

"I'm very glad she benefits from this," he said. "She deserves it."

Gordon also gives a lot of credit to the faculty over the years who have made the athletic training education program successful.

"That group is always really easy to work with and fun to work with," he said. "They are top notch and we are privileged to have them."



## Razorback Athletic Trainers' Legacies Include Scholarships cont...

of Diana and Scott McDonald. Her clinical assignment this semester with Razorback soccer is giving her hands-on experience as an athletic trainer.

Smith, of Bethany, La., earned a bachelor's degree in kinesiology from the University of Arkansas. She is the daughter of Butch and Sonja Smith. She is assisting the sports

medicine staff this semester at Rogers Heritage High School.

Torretta, of St. Louis, earned a bachelor's degree in biology and exercise science from Quincy (Ill.) University. She is the daughter of Don and Laura Torretta. This fall, her clinical assignment is helping provide care for athletes at Springdale High School.

## Students Benefit from Webinar by Biomechanics Expert

**R**eed Ferber, assistant professor of kinesiology and nursing at the University of Calgary, gave a webinar Oct. 14 for athletic training education students at the University of Arkansas focusing on how the way you walk effects your entire body.

Ferber has a doctorate in biomechanics and a master's degree in sports medicine, both from the University of Oregon. He holds



Canadian Athletic Therapists Association certification and is also certified by the National Athletic Trainers Association in the United States. He directs the Running Injury Clinic at the University of Calgary.

The Razorback Athletic Trainers' Association presented the hourlong webinar, which was free for students. It was part of the athletic training education program's scholar speaker series.

## Class of 2015 Hard at Work After Graduation

**TONY BRUZZICHESI**, intern athletic trainer, Reinhardt University, Canton, Georgia

**ABBEY COOK**, athletic trainer, West Frankfort High School/ Morthland College - Nova Care, West Frankfort, Illinois

**JASON DUBS**, intern athletic trainer, track and field, Washington State University, Pullman, Washington

**AMBUR DRYER**, assistant athletic trainer, Fayetteville High School, EMT, Central EMS, Fayetteville, Arkansas

**NIKI ENGLER**, head athletic trainer and instructor, Carson High School, Team Heal Foundation, Carson, California

**CAYLA FRITZ**, athletic trainer, clinic coordinator, Sports Concussion Treatment Center, Highland Village, Texas

**JAMES GRANT**, athletic trainer, technical sports scientist, Catapult Corp., Chicago, Illinois

**WILL HANKINS**, athletic trainer, Texarkana, Arkansas

**SPENCER HIETT**, seasonal intern, Kansas City Chiefs, Kansas City, Missouri

**JOE LANZETTI**, head athletic trainer, Sherman County High School, Mid-Columbia Medical Center, Dalles, Oregon

**CAROLINE LOUNSBURY**, athletic trainer, Orthopedic Physicians Alaska, Athletic Trainer Outreach, Anchorage, Alaska

**MONICA MENCHACA**, athletic trainer, Brazos Valley Sports Medicine Clinic Outpatient Physical Therapy, College Station, Texas

**NICOLE NATTER**, intern athletic trainer, track and field, Ohio State University - Columbus, Ohio

**ALYSSA PLANTZ**, intern athletic trainer, football, University of Dayton, Dayton, Ohio

**BRITTANY SANTUCCI**, intern, University of California Berkley, beach volleyball and women's crew, Berkley, California

**ANDY SCHEUMANN**, head athletic trainer, North Bullitt County High School, Baptist Health Hospital, Louisville, Kentucky

**AUDREY WILLINGHAM**, intern athletic trainer, track and field, Texas A&M University, College Station, Texas