

Faculty Vita

JULIE ROCHESTER, EdD, ATC

OFFICE:

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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)

OCCUPATION:

Summer 2012 – Professor (official August 2013)

August 2011 – August 2015 Supervisor – Athletic Training, Department of Athletics, Northern Michigan University

April 2004 – present Tenured Associate Professor of Athletic Training, Department of Health, Physical Education and Recreation.

Northern Michigan University

June 2001 - 2004 Assistant Professor and Athletic Training Program Director,
Northern Michigan University (Tenure Track Contract)

- Achieve and maintaining Athletic Training Program Accreditation through CAAHEP/CAATE (effective Summer 2006)
 - Candidacy Application - May 2000
 - Awarded Candidacy Status - February 2001
 - Candidacy Update - October 2001
 - Accreditation Self Study Report - prepared and submitted - June 2002, June 2007
 - JRC-AT Site visit - November 2002, February 2008
 - CAAHEP Accreditation awarded – April 2003; CAATE Accreditation pending.
- Curricular evaluation and recommendations
- Program Administration
- Proposed new faculty hiring (full time clinical coordinator and adjunct faculty)
- New faculty mentoring and training
- Graduate Assistant supervision and mentoring
- Clinical Instructor Educator
- Academic advising

1999 – June 2001 Assistant Professor and Athletic Training Program Director,
Northern Michigan University (2 Year Term Contract)

- Proposed and Designed current undergraduate athletic training curriculum

- Instrumental in the implementation of undergraduate athletic training curriculum
 - On-going program revision to meet accreditation standards
 - Coordinate and perform all administrative duties associated with athletic training curriculum
 - Academically advise student athletic training majors (currently about 40 students)
 - Coordinate annual admission and interview process for all prospective athletic training majors
- 1990-1999 Athletic Trainer/Coordinator of Student Development,
Northern Michigan University, Department of Athletics
- 1988-1990 Assistant/Intern Athletic Trainer,
Washington & Lee University, Lexington, VA

Courses Taught:

- *Introduction to Athletic Training (ATR 110)*
 - An introductory level class for Athletic Training students
 - Created this class and have been teaching it since it's inception
- *Prevention and Care of Athletic Injuries (ATR 241/PE 241)*
 - Teaching since 1991
 - Split course so that emphasis could be directed toward athletic training students and physical education students
- *Advanced Assessment Techniques in Athletic Training I: Lower Quarter (ATR 320 – previously Advanced Athletic Training)*
 - Teaching since 1991
- *Advanced Assessment Techniques in Athletic Training: Upper Quarter (ATR 321)*
 - Offered for first time in winter 2002.)
- *Seminar in Athletic Training (ATR 490)*
 - A senior capstone course for Athletic Training students
 - Created this class
 - Implemented first ever Mini-Athletic Training Conference which was headed up by students in this course. Conference was held on April 20, 2001. Another conference held fall 2003.
 - Facilitate student research projects
- *Advanced Athletic Training II (ATR 495)*
 - General topics related to therapeutic exercise and therapeutic modalities
- *Introductory, Intermediate, and Advanced Practicum in Athletic Training (ATR 292A/B, ATR 392A/B, ATR 492A/B)*
 - Clinical Experience courses in Athletic Training
 - Wrote and regularly update the Northern Michigan University Student Athletic Training Handbook, which outlines policies and procedures for students during their on-campus clinical rotations.
 - Coordinate all aspects of student clinical rotations, including initial meetings with site supervisors, documentation of clinical hours, competency and proficiency skill checkouts, and all experience evaluations.
 - Serve as Clinical Instructor, offering up to 6 hours of open lab time per week to for student competency and proficiency skill work.
 - Work closely with NMU Staff Athletic Trainers to ensure a positive on-campus clinical experience for both the students and the clinical supervisors.
 - Development of contractual agreements with allied and affiliated clinical rotation sites (USOEC, Marquette General Hospital Rehab Services) and work to ensure these sites are conducive to student learning. Travel to these sites periodically throughout the

- semester.
 - In 2000, wrote the Allied/Affiliated Site Manual, outlining policies for both students and sites involved with the NMU Athletic Training Program.
 - Supervision and guidance to graduate assistant athletic trainers involved with student clinical education.
 - Ensure all student athletic trainers are exposed to a wide variety of clinical experiences, ensuring eligibility for NATABOC certification.
 - Turned over most of these responsibilities when new ATR faculty member was hired in fall 2001 (Clinical Coordinator of Athletic Training Education)
- *Physical Well Being (HP 200)*
 - General wellness course required for all students at NMU. Teach both face-to-face and online sections.
- *Dance Aerobics (HP 226C)*
 - Activity class. Have instructed approximately 5 sections of this course since 1998.
- *Step Aerobics (HP 295)*
- *Clinical Pathology for Athletic Trainers (PE 495/ATR 201)*
 - Designed this special topics class and was offered for first time in winter 2003. Now a regularly scheduled course.
- *Pharmacology for the Athletic Trainer (PE 495/ATR 201)*
 - Designed this course and will be offered for first time in winter of 2003. Now a regularly scheduled course.
- *Pathology and Pharmacology for Athletic Trainers (ATR 201)*
 - Designed and implemented course, as combined from the previous 2 bullets above. 2004-current.
- *Medical Terminology (HL 101)*
 - Taught this on-line course for first time in summer of 2003. Continue to teach this course each summer online.
- *Internship in Athletic Training (ATR 499)*
 - Designed this course and was offered in 2004. Students take this as an elective. Coordinate internship sites, establish site contracts, student evaluation. Course is offered for graduate and undergraduate credit.
- *Directed Studies*
- *BOC Exam Prep*

Clinical Athletic Training Experience:

- *NMU Injury Evaluation and Care Clinic* – Clinical Supervisor (2004-present)
- *Men's Soccer*
 - Full athletic training coverage including the utilization of injury prevention techniques, injury rehabilitation, practice and game coverage and travel.
- *Men's Lacrosse*
 - Full athletic training coverage including the utilization of injury prevention techniques, injury rehabilitation, practice and game coverage and travel.
- *Football*
 - 10 years experience working with Division II College Football, including 2 years as primary athletic trainer. Responsible for all aspects of athletic training coverage, including rehabilitation, practice and game coverage, medical coordination, student athletic trainer supervision, and travel.
- *Men's Ice Hockey*
 - Basic athletic training service for Division I Ice Hockey athletes.
- *Men's and Women's Basketball*
 - 5 years experience as primary athletic trainer, working with Division II College Basketball.
- *Women's Swimming and Diving*

- Basic athletic training service for Division II Swimming and Diving.
- *Women's Nordic and Alpine Skiing*
 - Basic athletic training service for Division II Nordic and Alpine Skiing.
- *Women's Tennis*
 - Basic athletic training service for Division II Tennis.
- *Cheerleading*
 - Basic athletic training service for collegiate Cheerleaders.
- *Summer Sports Camps*
 - 2 years as Head Athletic Trainer for NMU Summer Sports Camps. Responsible for athletic training services for boy's and girls basketball, swimming, football, ice hockey, and BMX.

Professional and Public Presentations:

- "Athletic Trainers – Playing it Safe" – A presentation emphasizing the importance of the Athletic Trainer in the secondary schools. MAHPERD Convention, 11/00
- "Injuries to the Female Athlete" – A presentation emphasizing common injuries in women athletes. Marquette General Hospital – Sports Medicine Update, 4/00
- Career Day presentations – Many across Michigan's upper peninsula region over the past 13 years, including Westwood HS, Fall 2001, Bothwell Middle School, Spring 2001.
- Sport Safety presentation to the Girl Scouts of Marquette – Fall 1998
- Marquette Senior High School Health Occupations Class – Careers in Athletic Training Presentation – Annual presentation
- Negaunee/Ishpeming Little League – Injury prevention and basic first aid presentation to little league coaches – March 2001, 2002, 2003, 2004, 2005, 2006.
- "Recognition and Management of Adolescent Injury" - A presentation done with NMU colleague, Glenn Edgerton. MAHPERD Convention, 11/01.
- NMU Skill Builders! A Leadership Workshop Series - Presenter - "Stretching for Lifelong Flexibility". Presented in conjunction with ATR student Megan Hartley. Has become an annual presentation for the NMU Skillbuilder program.
- NMU Skill Builders! Leadership Workshop Series – Presenter – "Developing Leadership in the Classroom". October 2003.
- NMU Course HL 110 - Presentation on personal career path in Athletic Training - December 2001.
- Marquette County YMCA - Invited to present on Injury Prevention and Assessment (Event cancelled due to low registration).
- Gwinn High School - Excellence In Education - Participated in this event as a presenter on Careers in Athletic Training and provided students with a tour of NMU Athletic Training Facilities.
- NMU Board of Control - Presented information to the Academic Affairs Committee of the NMU Board of Control concerning the past, present, and future of the NMU ATR program. December 2001.
- "New Challenges for the Athletic Trainer" presented at Michigan Athletic Trainers' Society annual educational conference - May 2002
- "Developing Leadership Skills in the Athletic Training Student" - in March 2003 at Great Lakes Athletic Trainers Associations annual winter meeting student program in Evansville, Indiana.
- "Developing Leadership in your Athletic Training Student" - a workshop in June 2003 at the National Athletic Trainers Associations Annual Symposium in St. Louis, Missouri.
- "Incorporating Academic Service Learning into the Classroom" – presented in September 2003 at the Annual Lilly Conference Center, Traverse City, MI.
- "Academic Service Learning" – A University Project – scheduled to present February 11, 2004.
- "Stretching for Lifelong Flexibility" – A skill builder workshop presented at Northern Michigan University, Winter 2005, Fall 2005, Fall 2006, 2008, 2009.
- "E-portfolio Workshop" – Presented at the March 2005 GLATA Winter Meeting, Toledo, OH. Also presented as an NMU Inservice to Athletic Training Students and Staff on Sept. 17, 2006.
- "Overuse injury in Child and Adolescent Athletes" – October 2005, Marquette General Hospital Sports Medicine Update.

- "It's All in the Feet" – November 18, 2005, MAHPERD Conference, Traverse City Michigan
- "Nipping it in the bud: Early injury and recognition means speedy recovery". November 3, 2006, MAHPERD Conference, Battlecreek, Michigan.
- "Neurological Injuries of the Upper Extremity". March 2007, GLATA Annual Winter Meeting/Student Program, St. Charles, IL.
- ACI Workshops and Update – annual.
- "Motivating Organizational Involvement from a Leadership Perspective". Invited Speaker. May 2008. Ohio Athletic Trainers Association Annual Meeting, Akron, OH.
- "The Rehabilitation Team". Speaker. July 2008, 2nd Annual NMU Sports Medicine Symposium, Marquette, MI.
- **"Evaluating Laptop Effectiveness – Enhancing Student Learning". POSTER PRESENTATION. September 2010. Lilly Conference. Traverse City, MI.**
- **"Ask the Athletic Trainer" Panel Discussion. Invited presenter. MAHPERD Conference. Grand Rapids, MI. November 2010.**
- **"The Lifecycle of the FAR". FARA Convention. Baltimore, MD. November 2010.**
- **"Evaluating the Effectiveness of a Laptop Initiative on Student Learning". Higher Learning Commission's 2011 Annual Conference. Chicago, IL. April 2011.**
- **"Life Balance as an Athletic Trainer". Invited presenter. MATS Annual Education Symposium. June 2011.**
- **"Concussion Legislation Update". Invited presenter with Chris Kirk. UP Concussion Summit. Marquette, MI. April 2011.**
- "The FAR in the Enforcement Process: Contributing to Institutional Control". Invited presenter/panelist. NCAA National Convention. January 2012.
- 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.**
- 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.**
- **Rochester, J.** & Webbe, F. (25, October 2014). NCAA Division II FAR Fellows Institute. "Concussions and Student-Athletes – Impact in the Classroom. Panelist. **Invited.**
- **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.**
- **Rochester, J.**, Cecil, D., Christopher, G.. (11, May 2015). NCAA Regional Rules Seminar. Indianapolis, IN. "The Committee on Infractions Experience"
- **Rochester, J.**, Maturi, J., Hackett, A. (8, June 2015) NCAA Regional Rules Seminar. Denver, CO. "The Committee on Infractions Experience"
- **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.
- **Rochester, J.** (7, November 2015). Debunking Student-Athlete Myths. FARA Annual Meeting and Symposium, Denver, CO.
- 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
- 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.
- 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.
- 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
- End of Season Surveys for your Student-athletes. (November 2016) - Julie Rochester, *Northern Michigan University*. FARA Annual Meeting and Symposium, Indianapolis, IN.
- 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.
- 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
 - 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, SAAC representative
 - Issues Unique & Specific to Rural Colleges/Universities Table Facilitators: Robert Morris, University of West Georgia, FARA Division II Representative; and **Julie Rochester, Northern Michigan University**, FARA President Elect
 - Independent Medical Care (**Julie Rochester, Northern Michigan University**; Ariel Trenkler, University of Georgia; Bob Murphy, Georgia State University; Dawn Buth, NCAA)
- NCAA Presidents and Chancellors Engagement Session – Faculty Panelist – Rochester, J. January 2018. NCAA Convention, Indianapolis, IN.

Articles, Publications, Projects, and Reviews:

- "Athletic Training – Leaping into the 21st Century" – appeared in Spring 2000 MAHPERD Journal
- 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 district secretary since 2000.

- 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.
- AQIP Project/Study/Report – Evaluating the Effectiveness of the Laptop Goal – Enhancing Student Learning. Walch, D., Clumpner, K., Ganzert, C., Kobie, D., Lubig, J., Nye, R., Pagel, L., **Rochester, J.**, & Wagner, C. (September 2010)
- Students Perceptions of Peer Video Assignment, *Moore M, Rochester JA. Northern Michigan University, Marquette, MI, 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.*
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COMMITTEE and SERVICE INVOLVEMENT:

University Committees and Service:

- *Faculty Athletics Representative – Presidential Appointment, Fall 2006.* Official roles and responsibilities as outlined in the NCAA FAR Handbook officially began July 1, 2007.
 - *Annual attendance at NCAA Convention as voting delegate (2007 – present)*
 - *Annual attendance at FARA Convention (2007 – present)*
 - *Annual attendance at NCAA Regional Rules Seminars (2007-present)*
 - *Selected as GLIAC Conference FAR to participate in NCAA FAR Fellowship program – 2007*
 - *NMU Athletics Hall of Fame Selection Committee (2007-present)*
- *NMU Athletic Council – Chair, Sept. 2007-present*
 - *Executive Committee member (2007-present)*
 - *Compliance Committee member (2007-present)*
- *Faculty Review Committee (Secretary) – Sept. 2007-2010. Elected by AAUP Peers for 2nd term 2010-2013 (Secretary).*
- *College of Professional Studies – College Grant Committee, 1999-2008*
 - *This committee reviewed college grant applications and made recommendations on funding.*
- *Campus Visit Program – ongoing*
 - *Conduct campus visits as requested by the NMU admission department. My current campus visit protocol includes a detailed description of the athletic training education program and it's requirements and a full tour of all on-campus athletic training educational and clinical facilities.*
- *Academic Senate of Northern Michigan University.*
 - *HPER Department representative - Fall 2001 - 2007*
 - *Executive Council At Large Member – Elected Spring 2003, re-elected April 2004. Re-elected April 2006.*
- *Student Leader Fellowship Program Mentor – 1998-2003*
 - *Regular attendee of Annual Student Leadership Banquet*
 - *Participant in all required "Mentorshops".*
- *Freshman Fellowship Faculty Mentor – 1999-2001, 2005, 2006, 2007*

- *Academic Advisor* – Academic advisor for Athletic Training Majors. Currently advising 50+ students at all academic levels.
- *Student Athletic Training Organization – Advisor/Founder, 1996-present*
 - Organization projects have included a Used Book Drive, a Used Clothing Drive, Adopt a Family, Adopt a Highway, Make a Difference Day, and fundraising to support student attendance at professional athletic training conferences, Beacon House volunteer. Support and coordinate student attendance at state and regional athletic training conferences.
 - Organization of the Year – Spring 2009
- *Triple A Scholarship Faculty Interviewer – Annual since 1999.*
- *GAP (Gateway Academic Program) Faculty Participant annually*
- *Academic Majors Fair - HPER Department representative annually*
- *Mortar Board - Provided letter of recommendation for ATR students who were awarded with acceptance onto the NMU chapter of Mortar Board – 2002,2006, 2010.*
- *Outstanding Graduating Graduate Student - Nominated ATR Graduate Assistant for this award. Student won this award. I attended this banquet and spoke on his behalf. April 2001. Nominated and represented outstanding graduating student - April 2002. Nominated outstanding student - winter 2003.Nominated outstanding student winter 2005. 2007 nominated outstanding student. Annual nominations*
- *AAPC - committee member 2003-04.*
- *NMU Athletic Council – committee member beginning September 2003-present.*
- *NMU Internationalization Task Force member – 2004-2005.*
- *NMU Injury Evaluation and Care Clinic – Founder.*
- *Faculty Search Committee, **Chair** – Department of HPER, 2004-2005. Led search for athletic training faculty position.*
- *Faculty Search Committee, **Chair** – Department of HPER, 2007-2008. Led search for enhancement athletic training faculty position.*
- *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*
- *HPER SRA (Scholarly Research Assessment) Committee 2010 - present*
- *HPER/HHP Bylaws Committee 2010-2011, 2013-2014, 2014-2015, 2015-2016*
- *NMU Search Committee, Co-Chair - Director of Athletics – Winter 2012*
- *NMU Search Committee, HPER PE Faculty – Winter 2012*
- *NMU AQIP Action Committee – Internships – 2011-2012*
- *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 Committee on Undergraduate Programs – Fall 2014 – current*
- *NMU Assessment of Learning Committee – Fall 2014 – 2015*
- *NMU Concussion Workgroup – Co-Chair – Fall 2015 (President appointed)*
- *NMU SRA Support Taskforce – Spring 2017-current.*
- *NMU College of Health Sciences and Professional Studies – Grade Appeal Committee-Winter 2017*

Thesis/Dissertation Committees

1. Manninen, R. Masters of Education - NMU (Thesis Committee 2007)

2. Ohnstad, C. Master of Science, Exercise Science – NMU (Thesis Committee 2009-2012)
3. Lash, M. Master of Science, Exercise Science – NMU (Thesis Committee – First Reader, 2012-2013) The Relationship Between Non-Suicidal Self-Injury and Disordered Eating in Female Collegiate Athletes
4. McCullough, M. Master of Science, Exercise Science – NMU (Thesis Committee – First Reader, 2012-2013) Same-sex vs Opposite-sex Athletic Trainers: NCAA Athletes' Comfort and Preference
5. Harris, T. Master of Science, Psychology – NMU (Thesis Committee – First Reader, 2015-2016). Personality and longevity in the Profession of Athletic Training.
6. Schlee, A. Master of Science, Psychology – NMU (Thesis Committee – Second Reader, 2017 – ongoing). Evaluation of the efficacy of behavioral coaching and TAGteach in a physical rehabilitation setting.
7. Schaefer, A. Master of Science, Exercise Science – NMU (Thesis Committee – First Reader, 2017 – ongoing). STUDENT ATHLETES' PERCEPTION OF SMARTPHONE USE AND ITS EFFECTS ON SLEEP QUALITY, DEPRESSION, AND ANXIETY.

Supervision of Undergraduate Student Research Projects

- *Research support and Advising for Undergraduate Athletic Training Student research projects (Done in conjunction with ATR 490)*
 1. Chocolate milk as a recovery aid in D1 Men's Hockey – Fall 2006
 2. Prevalence of Concussions Among NMU Football Players – Fall 2006
 3. Static vs. Ballistic vs. Proprioceptive Neuromuscular Facilitation Stretching – Fall 2006
 4. Public knowledge of the field of Athletic Training at Northern Michigan University – Fall 2007
 5. Changes in career choices by Athletic Training students enrolled in CAATE accredited Athletic Training Education programs – Fall 2007
 6. Quantative Study of Collegiate Club Lacrosse Players Vertical Leap: Taped vs. Non Taped –Fall 2007
 7. Athletic Training as a Stepping-Stone into other Healthcare professions – Fall 2008
 8. Neurocognitive Deficits of Contact Athletes at NMU Northern Michigan University – Fall 2008
 9. Prevalence of Athletic Trainers in the Upper Peninsula – Fall 2008
 10. Exploring the relationships between student athletes, their coaches and their athletic trainers – Fall 2009
 11. Confidentiality Issues in Athletic Training Education Programs – Fall 2009
 12. A Study of Interpersonal Relationships of Athletic Training Students and Student Athletes. Fall 2009.
 13. **Injury Reporting Throughout Athletic Participation in College: A Comparative Study. Fall 2010.** Niekerk, K., Petro, A., Polazzo, A., Schauland, S. & Strobel, T.
 14. **The Prevalence of Baseline Concussion testing in Regional High Schools. Fall 2010.** Christie, Z., VanderMeuse, T., Cornell, N. & Randell, M.
 15. **NCAA Division II collegiate athletes' comfort level with treatment/care provided by athletic training students of the same sex and of the opposite sex. Fall 2010.** Ellenberger, B., Budros, E., Walsh, J. & Quinlevan, K.
 16. **Effects of Athletic Tape Application on Muscle Contraction, Force, and Performance. Fall 2010.** Laydon, N., Redo, K., Bissett, R., Stevens, S., & Stam, D.
 17. **Concussion Education: Are the NMU Athletes Informed? Fall 2011.** Klanecky, J., DeVeaux, P., Hellman, S., & Pucci, C.

18. **The effect of thumb spica taping on football catching skills. Fall 2011.** Depuydt, T., Thompson, A., Collins, K., Reed, K., & Silver, K.
19. **Emotional Response Following Traumatic Athletic Injury. Fall 2011.** Feuerherd, R., Bauers, J., Wooldridge, E., Smith, P., & Fredericks, M.
20. The Impact of Cold Whirlpool on Performance. Fall 2012. Arnold, K., Frahm, J., & Murphy, B.
21. Collegiate athletes and Psychological factors regarding Return to Play. Fall 2012. Brown, A., Drog, S., & Wilkinson, L.
22. The Influence of Sex and Marital Status on Job Satisfaction in Collegiate Athletic Trainers Fall 2012. Briggs, A., Grajek, S., McCormack, T. & Ridophi, S.
23. Prevalence of Supplements Among Collegiate Athletes. 2012. Baxter, K. Celaya, M., & Thomas, L.
24. The effects of closed basket weave ankle taping on 40-yard dash speed. 2013. Uhl, E., Thomson, S., J. Jorgensen, R. Farr.
25. Exercise Effect on Tensile Strength of Athletic Tape. D. Keeler, D. Seramur, E. Carey, K. McLenithan, & H. Mokszycke. 2013
26. Effects of Vigorous Exercise on Cognitive Function. Wujcik, N., Kangas, J., Conard, S., Duncan, C. & Mickowski, T. (2014) Research Advisor – Julie Rochester, EdD, AT.
27. Preference of Gender in Athletic Trainers of Collegiate Athletes. Turturro, M., Dzedzie, K., Krali, J., & Schoenfelder, G. (2014) Research Advisor – Julie Rochester, EdD, AT
28. Effects of Static and PNF Stretching on Vertical Jump and 40 yard Dash Performance. Briggs, E., Galloway, K., Veraghen, T., Erspamer, B., & Mottes, V. (2014) Research Advisor – Julie Rochester, EdD, AT
29. The Level of Athletic Trainer’s involvement with Rehabilitation Process as Perceived by Collegiate Athletes. Cecchini, C., Elam, J., Maanika, C. & Schreiber, A. (2014) Research Advisor – Julie Rochester, EdD, AT
30. 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.**
31. NCAA Athletes Perceptions of Academic Stress Related to Injury and Illness (Roose, H., Harper, B., Acker, C., & Wing, J. 2015). Research Advisor – Julie Rochester, EdD, AT
32. A Comparison of PNF (Proprioceptive Neuromuscular Facilitation) and Static Stretching on Hip Flexion and Shoulder Extension Range of Motion. (Gravelle, K., Gahlman, J., Horn, A., & Caggiano, E., 2015) – Research Advisor – Julie Rochester, EdD, AT
33. The Impact of New Shoe Issue on Early Season Performance among Selected NMU Student Athletes. (Granquist, T., Loper, A., Chaloupka, M., Heidtman, R, & Robertson, Z., 2015). Research Advisor – Julie Rochester, EdD, AT.
34. 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.**
35. 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 GLAT WINTER MEETING 2017.**
36. 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
37. 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
38. 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
39. 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.**
40. 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.

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

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
 - Board Member Recruitment - effectively recruited one new board member in 2001.
- *“SAFE KIDS” of Marquette and Alger County – Active Committee member, 2001-2006*
 - 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
 - Named SAFE KIDS **committee chair** - January 2003.
 - 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 - in developmental phase.
 - Lakeview Skating Academy - Head Injury Prevention, Fall 2001
- *“Think First for Kids” – Volunteer presenter, 1998-present*
 - 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 Vandenoorn.
- *“Zonta Club of Marquette County” – 1999-2001*
- *YMCA Aerobics Instructor – 1999-2008*
- *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. have taught many classes since 1995.*
- *American Heart Association Volunteer instructor since fall 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.*

Athletic Training and 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.
 - Attendee at Presidents Reception – 2000-2008
 - Strategic Planning Committee Participant
 - Task force member for constitutional, bylaws, and policies
- Michigan Athletic Trainers' Society – Professional Education Committee - 1998-2005
 - Design Annual Conference Brochure
 - Responsible for Audiovisual needs during conference
 - Appointed **Co-Chair** in Fall 2001 - 2005.
 - 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 Examiner – Model at certification exam held in Madison, WI – June 2003, Minneapolis, MN – April 2004.
- Athletic Training Site Visitor for institutions seeking CAATE accreditation for athletic training education
 - Assigned to visit Indiana Wesleyan University - Fall 2002.
 - Assigned to visit the University of LaVerne, (California) - Winter 2003.
 - Assigned to visit Averett University (Virginia) as Team Chair – Fall 2003.
 - Assigned to visit Concordia University (Wisconsin) as Team Chair – Spring 2004
 - Assigned to visit South East Missouri State University as Team Chair – February 2005.
 - Assigned to visit Georgia Southern University as Team Chair – Winter 2006.
 - Assigned to visit Plymouth State University as Team Chair – Fall 2006.
 - Assigned to visit Lasell College (MA) as Team Chair – Winter 2007.
 - Assigned to visit West Chester State University (PA) as Team Chair – Fall 2007
 - Assigned to visit University of Minnesota Moorhead as Team Chair – Winter 2008
 - Assigned to visit North Park University (Chicago) as Team Chair – Fall 2008
 - Assigned to visit Benedictine College (KS) as Team Chair – Winter 2010
 - Assigned to visit University of Minnesota Duluth as Team Chair – Fall 2010
 - Assigned to visit Colby-Sawyer College (New Hampshire) as Team Chair – Fall 2011
- *NCAA Division II Committee on Infractions – 2008-present*
 - *Participate in multiple case hearings and summary dispositions annually*
- Great Lakes Intercollegiate Athletic Conference (GLIAC) Executive Committee – June 2010-current
- GLIAC Bylaws/Constitution Committee (**Chair**) – June 2010-current
- GLIAC Eligibility Committee – June 2010-current
- CCHA Executive Committee – 2008-2010
- NCAA Division II Committee on Infractions – 2009-Fall 2017. **Vice-chair** – 2012, **Chair** 2013-Fall 2017.
 - Presentation to NCAA Presidents Council – Winter 2017.
- FARA Executive Committee. **Peer nominated and elected.** Fall 2012. Two year term.
 -
- **Journal of Athletic Training Education, Advisory Panel (invited). 2013-2016.**
- **NATA News Editorial Advisor (invited). 2014-2015**
- **FARA NCAA Division II Vice President. Peer nominated and elected. Fall 2014- current.**
- **NMU Athletic Training Conference. Summer 2014, Summer 2015. Coordinator.**
- **NMU Drug Testing Coordinator for Department of Athletics. 2012-current.**
- **NCAA Sleep and Wellness Taskforce. Indianapolis. Spring 2017**

- **FARA President. Peer nominated and elected Fall 2017-Fall 2018**
- **NCAA Culture of Compliance Work Group. Indianapolis. – Fall 2017.**
- **NCAA Mental Health Task Force – Indianapolis. Fall 2017.**
- **NCAA Division II Management Council – At Large Selection. Self-nominated, supported by NMU president. Selected by NCAA DII Leadership to serve a 3-year term on this committee. January 2018-present.**
 - **Subcommittee Assignments:**
 - **NCAA DII Planning and Finance Committee**
 - **Liaison to Faculty Athletics Representatives Association**
- **GLATA Fall 2017 – Invited Meeting Facilitator for GLATA Committee Chairs. Wheeling, IL.**

Professional Development:

- 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.
- GLATA Winter Meeting – Annual attendee.
- Marquette General Hospital Sports Medicine Update – Annual as offered
- MAHPERD Convention – November 2000, Battle Creek, MI.
 - Presenter in 2001
 - Attended and presented in 2001, 2003, 2005, 2006, 2010
- 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) - Annual conference attendee.
- NATA Research and Education Foundation - Annual Contributor
- NMU Department of HHP Development Fund - Annual Contributor
- NMU - Full Day Workshop - "Grant Writing Workshop" - Fall 2002.
- Board Of Certification Examiner Training - March 2003
- NMU Sports Medicine Symposium. Founder 2007. Initiated and implemented the 1st Annual NMU Sports Medicine Symposium – summer 2007. Speaker recruitment, program organization and development, program marketing, program registration and continuing education awards. Completed again in July 2008 and 2009.
- NCAA FAR DII Leadership Institute – **Nominated and selected** - participant representing Great Lakes Intercollegiate Athletic Conference. Fall 2008.
- NCAA Annual Convention. 2008-present
 - Selected as participant for NCAA Focus Group pertaining to Membership Communication, January 2011.
- 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). Under review – due for NCAA publication in 2012.
- FARA Steering Committee. **Nominated & Selected** to assist with coordination or all aspects of 2012 FARA DII Leadership Institute.
- FARA Executive Committee. NCAA Division II Representative. NCAA Division II Representative. 2013-current.
- 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.

Grants (Funded and non-funded)

- 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 – in application**

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
- Approved Clinical Instructor – March 2001
- AFAA Certified Aerobics Instructor – March 2000 (discontinued)
- BOC Examiner – Spring 2003
- JRC-AT/CAAHEP Site Visitor – Training in January 2001
- CAATE Site Visitor Training – June 2006 (Conducted 15 site visits since 2001; 13 site visits serving as Chair)

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

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)
- NATAREF 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 at the first annual “Paving the Way: Celebrating 40 years of Women in Athletic Training. GLATA Winter meeting, March 2007.
- NMU Excellence in Teaching Award – December 2007
- GLATA Golden Pinnacle Award – March 2011
- Springfield College Charles J. Redmond Distinguished Alumnus – April 2013
- Promotion to Full Professor, Northern Michigan University – Summer 2013
- Hall of Fame Inductee – Michigan Athletic Trainers Society – June 2014
- Recognized for 25 years of Service - Northern Michigan University (2015)