

REAL EXPERIENCE REPORT

LINDENWOOD'S ATHLETIC TRAINING PROGRAM GIVES STUDENTS AN EDGE IN THEIR FIELD

The Lindenwood Athletic Training program prepares students for a career in athletic training or post-professional education in health care (e.g. physical therapy, physician assistant). The program is offered in a cohort manner that allows students to progress through the curriculum as a group. The Assistant Dean of the School of Health Sciences, Tom Godar, explained the purpose of this format, "We believe this model has proven beneficial for promoting student engagement, relationships, communication, and overall preparation."

Faith Koffron, current athletic training program student, provided an in-depth perspective on how the program has helped her excel in her field:

"I am beyond thankful for the AT program at Lindenwood. I have received a one of a kind education that has greatly prepared me to supply the best possible care to my future athletes as an athletic trainer. I can attribute obtaining a wonderful internship opportunity during the summer of 2018 at an orthopedic organization to the LU athletic training program. In addition to many hours in the clinic, I was able to observe surgeries and assist in the coverage of professional sporting events, including women's professional softball, soccer and men's golf. Without the extra push from the athletic training program here at Lindenwood, I would never have gotten this internship experience."



The AT program features 12 credit hours that provide students with "real experience" in the field. Students who successfully complete the degree sit for the certification for athletic training. Successful completion of the board examination allows them to become licensed by their respective state. Lindenwood students had a first-time pass rate of 100% (12/12) in 2017-2018.

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LINDENWOOD'S EXERCISE AND PERFORMANCE NUTRITION LABORATORY

Dr. Chad Kerksick, Associate Professor of Exercise Science in the School of Health Sciences, founded the Exercise and Performance Nutrition Laboratory (EPNL) in Fall 2015. The EPNL organizes and conducts high-quality research investigations involving the use of exercise and nutritional interventions to impact health, performance, and recovery.

Five graduate and two undergraduate students are currently employed in the EPNL, completing all aspects of research testing. Each semester, undergraduate students are placed in the EPNL to work alongside research assistants and faculty. These students are immersed in all projects and are afforded countless opportunities to extend their classroom learning. The work completed by these students is felt beyond the Lindenwood campus.

Each summer, EPNL students and faculty present research at sports medicine, exercise science, and nutrition

conferences across the country. Last year, Hannah Zabriskie presented a research poster at the American College of Sports Medicine in Minneapolis, MN, while Patrick Harty, Richie Stecker, Dr. Kerksick and Dr. Andrew Jagim all presented research at the National Strength and



Conditioning Association meeting in Indianapolis, IN. Currently, the EPNL research group has four peer-reviewed research papers accepted for publication and five additional papers are under review by other peer-reviewed journals. Within the last month, Patrick Harty published an article in the peer-

reviewed journal, *Sports Medicine - Open*. Hannah Zabriskie recently had an article accepted for publication in the peer-reviewed journal, *Nutrients*.

Behind the support and vision of Dr. Cynthia Schroeder, Dean of the School of Health Sciences, the EPNL continues to be a hub of scientific exploration and growth for Lindenwood students.

STUDENT HIGHLIGHTS

Brooke Parker is a student in the Public Health program at Lindenwood. Currently, Brooke is gaining "real experience" at the St. Louis County Medical Examiner's Office. She observes and assists with autopsies. Additionally, she has the chance to handle organs, work with detectives to collect investigation data, and apply her background in biology while working with doctors.



The medical examiners are consistently teaching Brooke the intricacies of the profession. She is fully engrossed in this real-world experience that will inevitably lead to her future success.



Patrick Harty earned his Bachelor of Science in Exercise Science from Lindenwood and will achieve a Master of Science in Health Sciences in May 2019. Patrick has worked as a research assistant in the Lindenwood EPNL on projects related to sports supplementation, immune function, exercise performance, and body composition changes.

Patrick will begin a PhD program with a funded doctoral research position in the research laboratory of Dr. Grant Tinsley in August 2019. Tinsley has expertise in human body composition, exercise and dieting strategies, and nutritional supplementation.