

ATHLETIC TRAINING EDUCATION NEWSLETTER

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SPECIAL POINTS OF INTEREST:

- Welcome our new colleagues, Priscilla Dobbs and Michael Wangsness
- Meet two new Clinical Instructors, Keith Reeber and Matt Donner
- Read about what our Athletic Training Students are involved in during Fall 2007

FROM STUDENT TO COLLEAGUE: INTERVIEW WITH PRISCILLA DOBBS, ATC

-Tena Lorane Blackman, ATS, ATSO Historian

Dreams are the things that shape the future and drive us to accomplishment. So what happens when the dreams that we set for ourselves become reality? For Priscilla Dobbs her dreams of becoming a certified athletic trainer were accomplished this past semester.

Priscilla Dobbs took and passed the Board of Certification Exam for Athletic Training, making her the first student who graduated from Nova Southeastern University's undergraduate athletic training program to take and pass the BOC. The ATEP program at Nova Southeastern recently celebrated its accreditation. Once accreditation was complete, students past and

present who complete the athletic training program are eligible to sit for the BOC exam. Priscilla Dobbs was the first student who graduated from the program to take the BOC exam. On her first attempt at the Board of Certification exam, she passed. I had the opportunity to question Priscilla via email about her accomplishments.

So how does it feel to accomplish a dream that you've worked so hard and long at?

I'm so excited to be working in the field that I love and have worked so hard to become part of. It was a little surreal for the first month or so, finally know-

ing that I had to make the call on injuries and treatments and rehab...it was a bit overwhelming but I think I'm getting the hang of it. (cont. pg 3)



South Florida native, Priscilla Dobbs, ATC, weathering the cold at the University of Maryland Football Stadium.

FROM STUDENT TO COLLEAGUE: MICHAEL WANGSNESS, ATC

-Melissa Corrao, ATS, ATSO Webmaster

Michael Wangsness, a former NSU ATS, now resides in Minneapolis, MN and is attending the University of Minnesota's Doctorate of Physical Therapy program. Of his short time at UM, Mike says his best experience thus far has been the cadaver anatomy lab class.

Looking back on his years at NSU, Mike recalls one of the best aspects of the NSU ATEP was the small class sizes; allow-

ing for quality hands-on experiences and closer relationships with professors.

As a student, balancing classes, clinical experience hours, work, and golf has never been a challenge for Mike; however, he considers it good practice as his plans after graduation are to find a job involving athletics and physical therapy.

Once a dual credentialed allied

health care professional, Mike plans to work for a hockey team or in a sports/orthopedic physical therapy clinic.

When asked what advice he would give to ATs, Mike encouraged students to focus on their studies now so that the clinical experiences provide more of a professional impact, rather than a novel learning experience.

(Cont. pg 2)



ATHLETIC TRAINING STUDENTS HEAD TO GEORGIA

-Tena Lorane Blackman, ATS, ATSO Historian

Thanks to the amazing generosity of Dean Rosenblum, the Athletic Training Student Organization (ATSO) will be attending the 23rd annual Southeastern Athletic Training Association (SEATA) Student Workshop in Atlanta, Georgia, this February. Attending SEATA is an opportunity for athletic training students to improve on the skills that are taught in the classroom and in the clinical setting. At SEATA, graduating athletic training students have the opportunity to prepare for the Board of Certification (BOC) Exam through BOC prep classes and lectures. During this two day conference, athletic training students move from session to session, learning and participating in activities that will enhance their

skills and abilities in preparation for entering their prospective career field upon graduating.

Our dean at the Farquhar College of Arts and Sciences at Nova Southeastern University was kind enough to provide funding assistance for the Athletic Training Student Organization (ATSO) members to attend this event. Eighteen students from NSU's Athletic Training Education Program (ATEP) will be flying into Atlanta, GA, to participate in the SEATA Student Workshop.

Jessica Romano, a 3rd year ATS who will be attending the SEATA Student Workshop for the second time since she has been at NSU, said about the conference, "attending SEATA

last year was a good learning experience and I look forward to attending this year's conference." As the students finish the Fall 2007 semester, there is much anticipation surrounding February's travel experience to the SEATA Student Workshop.

The ATSO would like to thank Dean Rosenblum for the assistance that he has provided in helping them attend this conference. Without his continued support of the ATEP and ATSO, this trip would not be possible.

We appreciate the opportunity to be a part of such an important workshop and have the ability to experience the wealth of knowledge available to us at the SEATA Student Workshop.



In February, the ATS from NSU will be traveling to Atlanta, GA for the 23rd Annual SEATA Student Workshop. The trip is funded in part by the Office of the Dean for the Farquhar College of Arts & Sciences (Don Rosenblum, Ph.D.).



"Attending SEATA last year was a good learning experience and I look forward to attending this year's conference."

**Jessica Romano,
Level III ATS**



STUDENTS TO COLLEAGUES CONT FROM PG 1

-Melissa Corrao, ATS, ATSO Webmaster

As Mike was completing his last clinical rotation at NSU, Mike had the opportunity to observe Mr. Keith Reeber, a physical therapist at Accelerated Rehabilitation, Inc (in Plantation at that time).

When asked about his former ATS, Mr. Reeber said that Mike was one of the most well-rounded students in

terms of intelligence, communication skills, and desire to learn what would serve him well as he embarks on his journey into the professional world.

Mike was the first of our ATS at NSU to shadow at the Plantation, FL, Accelerated Rehabilitation, Inc., with Mr. Reeber and he set the bar

very high for the ATSS that follow.

Thank you Mike for helping to set the foundation for our NSU athletic training program. We wish you the best in your future endeavors and we hope you will always remember NSU Athletic Training!



Former ATS and now current ATC Michael Wangness



CONTINUED FROM PRISCILLA DOBBS INTERVIEW (PG 1)

You're at Maryland now. How do you like it and how has your graduate assistance position been? What sports are you working with?

My position here at the University of Maryland is an internship position. In fact, my business card states that I am an Assistant Athletic Trainer. And believe me, that's how I am treated. I'm working towards my master's degree in Exercise Science at California University at Pennsylvania in my spare time. (Spare time? There's no such thing around here!!) I work football and competitive cheer. They seem like polar opposites, I know, but the balance has been good. They keep me nice and busy with injuries and rehabs. While I love the environment of college football, being the only ATC covering competitive cheer has given me the most learning opportunities. I truly have to make all the calls for my team. It was trial by fire, but I'm not burnt out yet!

How does it feel to transition from athletic training student to athletic trainer? Do you find your responsibilities overwhelming?

Like I said earlier, it was a bit overwhelming in the beginning, and I'm still working on the transition. I sometimes have to take a mental time-out to figure out what is going on with an athlete or to come up

with a new exercise for a rehab, but for the most part it was a fairly smooth transition.

Do you feel that Nova Southeastern University adequately prepared you for the field?

I felt very prepared coming into the position from NSU. My fellow interns all come from Division I programs (grad and undergrad) and NSU is Division II with no football, but I think I have been able to hold my own here. I definitely had some tough moments in the very beginning, getting used to the pace or treatments and rehabs, especially with football coaches breathing down our backs, but it has been a good experience so far.

Do you have any advice for the 3rd and 4th years who are graduating this semester and are about to take the BOC?

Advice... Let's see. As far as the test is concerned, you know it. You have spent the last three or four years studying this material. You are ready to take this exam. Brush up on the places you are weak and then relax and trust yourself... You'll do fine.

What's up for you next?

Well, I will probably stay here in Maryland for another year of experience and then I hope to work at a South Florida area university. Maybe physician assistance school somewhere

down the line, but for now, I really enjoy being in the trenches.

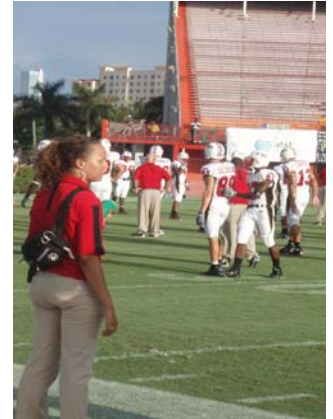
You were the first athletic training student to take and pass the BOC. How does that make you feel?

This one makes me tear up a little... I am so blessed to have come from such an incredible program with supportive faculty and staff and with such great fellow Sharks! At the risk of sounding like an Oscar acceptance speech, I could not have done it without you! It is also such a responsibility because I represent NSU, the ATEP and all of you and I want to make sure that I do that well. But I'm not worried... There will be more ATC's soon!

Congratulations Priscilla! The NSU ATEP is very proud of your accomplishments!



This placard appears outside the office of the interns/assistant athletic trainers for the University of Maryland. Our first NSU ATC!



Priscilla Dobbs, ATC, watching the University of Maryland Football team run drills during pre-game for the Florida International University game at the Orange Bowl.

"I am so blessed to have come from such an incredible program with supportive faculty and staff..."

Priscilla Dobbs, ATC



Priscilla Dobbs, ATC, and her former Clinical Supervisor, Mr. Steven Patterson, MS, ATC, on the sideline at the University of Maryland football game held in the Orange Bowl. Mr. Patterson supervised Priscilla as a Level II ATS with Softball.



NEW SEMESTER, NEW BEGINNINGS

-Tena Lorane Blackman, ATS, ATSO Historian

The fall 2007 semester for athletic training students at Nova Southeastern University started two weeks prior to the beginning of regularly scheduled classes. Pre-participation physicals for athletes had athletic training students reporting to campus early to lend a helping hand. The 2nd and 3rd year athletic training students reported to campus two weeks early to assist the certified athletic trainers and team physicians with registration, orthopedic exams, and physicals for the athletes in preparation for the 2007-2008 athletic season.

As the academic semester came into full swing and summer became a distant memory, new and interesting doors were opened for the ATEP program at NSU. In conjunction with the Rehabilitation of Athletic Injuries class, 3rd year athletic training students had the opportunity to perform both surgical and physical therapy observation hours. The purpose of these observation hours is to give insight into what invasive surgery is like and the different techniques of rehabilitation that can be implemented with athletes. During surgical rotations with our NSU Team Orthopedic Surgeon, Dr. Yoldis, athletic training students had the chance to see different types of knee, shoulder, and elbow procedures. Fellow classmates have come back and reported observing rotator cuff repair, SLAP repair, meniscectomy,

and ACL reconstruction, to name a few. Overall the experience was rewarding for all of us and we would welcome another opportunity.

Physical therapy observation hours provided additional and in-depth rehabilitation skills for injuries such as ACL repair, labral repair, and fractured fingers. Personally, observing surgery and physical therapy was an amazing experience that provided a great deal of insight, especially with regard to motivation of athletes to get back to a functional status.

One of the concepts that the athletic training program at Nova Southeastern University prides itself on is its volunteerism. Since the semester began, the students in the athletic training program have been lending a helpful hand. During the later part of the summer, athletic training students assisted with an event sponsored by the Jason Taylor Foundation. The primary responsibility for the students at this inner-city gymnastics camp was to provide first responder care to the participants.

The Shark Shuffle, a 5K road race sponsored by NSU, was one of the first events to get underway this semester and the athletic training students assisted with registration and water stations along the route. Nova Southeastern University is a Division II school without

a football team, so when both Maryland and Florida Atlantic University asked for help with sideline hydration, our ATSS jumped at the chance to help out. When the University of Maryland came to town to play Florida International University at the Orange Bowl Stadium in Miami, Rudy Rodriguez, Jovana Vucetic, Victoria Cobb, Jason Schwartzman, and myself were thrilled to accept this invitation from Darrell Conway, Director of Sports Medicine at the University of Maryland.

Florida Atlantic University's Football Athletic Training Staff also provided an opportunity to assist at all of their home games, held at Lockhart Stadium. Both of these experiences gave our ATSS insight into what Division I sports have to offer.

Additional service events included The Century Bike Ride on November 11 and A Day for Children hosted through the Health Professions Division at NSU. Dr. Mark Jaffe served as the liaison for our students and this important community event.

As the semester concludes, we look towards the numerous events planned for Winter 2008! NSU ATSS and faculty members will be part of the Fort Lauderdale Ruggerfest, Pine Ridge High School Student Workshop, and the A-1-A Health Expo and Marathon.



Pictured above: Rudy Rodriguez, Tena Blackman, Jovana Vucetic, Victoria Cobb, and Jason Schwartzman. These Level III ATSS assisted the University of Maryland Football Athletic Training Staff with hydration during their game versus Florida International University

“Personally, observing surgery and physical therapy was an amazing experience that provided a great deal of insight...”

**Tena Blackman
Level III ATSS**



NSU Athletic Training Students (Tena Blackman, Victoria Cobb, and Jason Schwartzman) prepare IV Fluids for the University of Maryland Football Team in case of a hydration issue during their game at the Orange Bowl in Miami, FL.



CLINICAL INSTRUCTOR HIGHLIGHT

-Melissa Corrao, ATS, ATSO Webmaster

Two of our newest clinical instructors are both physical therapists affiliated with Accelerated Rehabilitation Inc. First, let us introduce Keith Reeber. Although Keith began his career in the Athletic Training Room of Florida State University, he opted to foster his passion for rehabilitation by earning his Master's in Physical Therapy at the University of Miami.

Currently, Keith is a physical therapist working at Accelerated Rehabilitation, Inc., in Ft. Lauderdale, FL. Mr. Jack Zatorski is the clinic director at Ft. Lauderdale Accelerated.

Keith became a Clinical Supervisor for our NSU ATEP because, after a strong mentor relationship with his clinical faculty at the University of Miami, he wanted the opportunity to give back to the community and mentor future health professionals.

Keith has been working as a

physical therapist for 7 years. At his current location, he has the opportunity to work with his brother Lonnie, who is also a physical therapist and University of Miami graduate.

When asked about what advice he has for athletic training students and future allied health care professionals, Keith suggests to always stay up to date on the latest research and issues affecting the profession and, most importantly, LISTEN to your ATHLETES/PATIENTS.

We are fortunate to have such a dedicated mentor as part of our NSU ATEP. Thank you, Keith, for your hard work in shaping the athletic training students under your supervision!

The next introduction is of Matt Donner. Matt is a physical therapist and clinic director for Accelerated Rehabilitation, Inc., at their facility in Plantation. As our newest

clinical supervisor, Mr. Donner has a vast amount of knowledge and experience to offer the athletic training students at his clinical site.

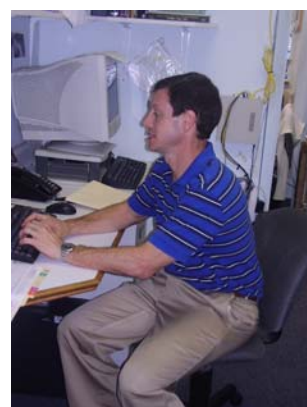
Matt is an NSU alumni with his master's degree in physical therapy. When asked what was the best part of being a physical therapist, Matt responded that "medicine is constantly changing and evolving, so you are always gaining knowledge and becoming more creative rather than being redundant with rehabilitation and injury exercises."

Mr. Donner has been working in the field of physical therapy for nearly 11 years and recalls that one of his greatest experiences is the satisfaction he receives from treating patients and watching them progress through your knowledge and skills.

Thank you, Matt, for being part of the NSU ATEP family!



Keith Reeber, Physical Therapist at Accelerated Rehabilitation, Inc., Ft. Lauderdale, FL working with a patient who sustained a shoulder injury.



Matt Donner, Physical Therapist and Clinic Manager for Accelerated Rehabilitation, Inc., Plantation, FL, keeping up with patient notes.

PROS VS. JOES: A UNIQUE EXPERIENCE

-Tena Lorane Blackman, ATS, ATSO Historian

The Spike cable network produces a show called Pros vs. Joes. The concept behind this show is to pit sport professionals against the everyday man or "average Joe." The Spike network made a trip to Miami, FL, to tape an episode of their hit show. Steven Patterson, M.S., ATC, a visiting professor for the Athletic Training Education

Program (ATEP) at Nova Southeastern University, was approached by the Spike network to assist in providing first responder and athletic training assistance to the competitors during the taping of the show. For the week that the Spike network was taping this episode of Pros vs. Joes, Mr. Patterson and students from ATEP provided

assistance. Mr. Patterson had this to say about the experience, "It was a great experience for myself and the students who attended. This experience gave these students the ability to interact with professional athletes in a very different environment. Students were also given a behind the scenes look into making a reality show."

"It (Pros vs. Joes) was a great experience for myself and the students who attended..."

**Steven Patterson, MS, ATC
visiting professor, athletic
training**

Come visit the NSU ATEP on the web!

<http://undergrad.nova.edu/MST/athletic/index.cfm>

FROM THE DESK OF ELIZABETH SWANN, PH.D., ATC, LAT

Program Director for Athletic Training Education

As we say good-bye to 2007, we have much to be thankful for and look forward to at the same time. Thank you for taking time to read through this newsletter and see all of the hard work our students put in outside the classroom.

Our program goals continue to include providing an optimal learning environment for our students to succeed.

Over this past semester, we have had several alumni comment about how much they have used their AT education from NSU as they move on to graduate programs in Physical Therapy, Physician Assistant and Health Education.

We are also very excited to boast a 100% pass rate on the BOC for first time attempts. We look forward to

continuing this trend, as our next group of students will be eligible in the Spring.

As this semester winds down, our students are anticipating their Winter 2008 rotations, new clinical supervisors, and applying to graduate programs across the country! Watch out for our NSU Applicants! ☺

I also can not begin to thank our ACI's and AT faculty, both full time and adjunct, for devoting precious hours to better the education and future of our profession.

For example, Dr. Griffiths (Sport Pharmacology online), Mr. Hutchison (Exercise Physiology), and Dr. Walters (AT Research Independent study) have gone above and beyond to give our students a quality education.

We continue to receive great support from our on-campus ACI's in the classroom as well, with Ms. Reckard (Sports Nutrition) and Mr. Gatens (Emergency Care).

As 2008 is fast upon us, I am most excited about our SEATA Student Workshop trip (as described earlier in this issue). Dr. McGinn and I will be taking a record number, 18 student this year, which is outstanding! If it were not for the contributions from the Dean's office (Dr. Don Rosenblum), our students would not be able to fly up to Atlanta, GA this year. THANK YOU!

We wish you all the best of the Holiday Season and a wonderful New Year! Thank you for reading about the NSU ATEP!

THE NFL EXPERIENCE: RUDY RODRIGUEZ

Melissa Corrao, ATC, ATSO Webmaster

Over this past summer, one of our Level 3 athletic training students, Rudy Rodriguez, Jr., had what many may call the opportunity of a lifetime. Rudy took it upon himself to find a summer internship that would be like no other. All his life, Rudy has wanted to work with athletes in both a training and rehabilitation setting, and what better experience than with an NFL football team? Rudy inquired with over 15 different teams and heard back from a vast

majority, but his exquisite resume landed Rudy an internship with the NFL's Washington Redskins.

In reflecting back on the experience, Rudy recalls the day he moved up to Washington in preparation for summer training. "It was an unreal feeling, the energy and appreciation of everyone around me was so surreal I knew this was the place for me." Rudy spent countless hours at summer training

camp performing responsibilities such as pre-practice taping and stretching and also post-practice modalities and rehabilitation. "It was such a fast pace, high energy environment, that even though your body was tired you still looked forward to getting up the next day and doing it all over again." Rudy still keeps in touch with his former intern site and hopes to return to the NFL as a Certified Athletic Trainer in the near future.

FOR MORE INFORMATION ABOUT THE NOVA SOUTHEASTERN UNIVERSITY ATHLETIC TRAINING EDUCATION PROGRAM

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Level III Athletic Training Student Rudy (Rudy) Rodriguez, Jr completed a summer internship with the NFL Washington Redskins.



Rudy Rodriguez, pictured above with Washington Redskin's Defensive player Marcus Washington. Congratulations, Rudy, for being the first NSU ATS to intern with an NFL team!