KURT S. WILSON

CURRICULUM VITAE

PERSONAL INFORMATION

HOME ADDRESS
2971 Zurmehly Rd.
Lima, OH 45806
(567)674-0525

OFFICE ADDRESS
Department of Human Performance and Sport Sciences
Ohio Northern University
#170 Sportscenter
Ada, OH 45810
(419) 772-2559

EDUCATION

WESTERN MICHIGAN UNIVERSITY, KALAMAZOO, MI
Master of Arts in Athletic Training, June, 1999

MANCHESTER COLLEGE, N. MANCHESTER, IN
Bachelor of Science in Health and Physical Education, May, 1997
Concentration in Athletic Training

PROFESSIONAL EXPERIENCE

OHIO NORTHERN UNIVERSITY – 2025-26
Assistant Professor
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

COURSE ASSIGNMENTS: Basic Strength and Conditioning (STRC - 1201), Principles of Strength & Conditioning (STRC - 1301), Application and Response to Strength & Conditioning (STRC - 2501), Programming and Management in Strength & Conditioning (STRC - 2551), Biomechanics (STRC - 3251), Practicum in Strength & Conditioning (STRC - 3801), Practicum Experience for STRC Minors (STRC - 3811), Independent Study in Exercise Physiology - Spring - 2024, Test & Measurement in Strength & Conditioning (STRC - 4101), Nutrition for Health Sciences (EXPH - 2031)

COMMITTEE ON ATLETICS MEMBER - ONU
ADVISOR - ONU POWERLIFTING CLUB

OHIO NORTHERN UNIVERSITY – 2024-25
Assistant Professor
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

COURSE ASSIGNMENTS: Basic Strength and Conditioning (STRC - 1201), Principles of Strength & Conditioning (STRC - 1301), Application and Response to Strength & Conditioning (STRC - 2501),

Programming and Management in Strength & Conditioning (STRC - 2551), Biomechanics (STRC - 3251), Practicum in Strength & Conditioning (STRC - 3801), Practicum Experience for STRC Minors (STRC - 3811), Independent Study in Exercise Physiology - Spring - 2024, Test & Measurement in Strength & Conditioning (STRC - 4101), Nutrition for Health Sciences (EXPH - 2031)

Committee On Retention Member - ONU
Advisor - ONU Powerlifting Club

Ohio Northern University – 2023-24
Assistant Professor
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Basic Strength and Conditioning (STRC - 1201), Principles of Strength & Conditioning (STRC - 1301), Application and Response to Strength & Conditioning (STRC - 2501), Programming and Management in Strength & Conditioning (STRC - 2551), Biomechanics (STRC - 3251), Practicum in Strength & Conditioning (STRC - 3801), Practicum Experience for STRC Minors (STRC - 3811), Independent Study in Exercise Physiology - Spring - 2024, Test & Measurement in Strength & Conditioning (STRC - 4101), Nutrition for Health Sciences (EXPH - 2031)

Committee On Retention Member - ONU
Advisor - ONU Powerlifting Club

Ohio Northern University – 2022-23
Assistant Professor
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Basic Strength and Conditioning (STRC - 1201), Principles of Strength & Conditioning (STRC - 1301), Application and Response to Strength & Conditioning (STRC - 2501), Programming and Management in Strength & Conditioning (STRC - 2551), Biomechanics (STRC - 3251), Practicum in Strength & Conditioning (STRC - 3801), Test & Measurement in Strength & Conditioning (STRC - 4101), Nutrition for Nurses (BIOL - 2531)

Committee On Curriculum Member - ONU
Advisor - ONU Powerlifting Club

Ohio Northern University – 2021-22
Assistant Professor
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Basic Strength and Conditioning (STRC - 1201), Principles of Strength & Conditioning (STRC - 1301), Application and Response to Strength & Conditioning (STRC - 2501),

Programming and Management in Strength & Conditioning (STRC - 2551), Biomechanics (STRC - 3251), Practicum in Strength & Conditioning (STRC - 3801), Test & Measurement in Strength & Conditioning (STRC - 4101), Nutrition for Nurses (BIOL - 2531)

Committee On Curriculum Member - ONU
Advisor - ONU Powerlifting Club

Ohio Northern University – 2020-21
Assistant Professor
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Basic Strength and Conditioning (STRC - 1201), Application and Response to Strength & Conditioning (STRC - 2501), Programming and Management in Strength & Conditioning (STRC - 2551), Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Committee On Curriculum Member - ONU - Chair of Committee - Starting in January 2021
Advisor - ONU Powerlifting Club

Ohio Northern University – 2019-20
Assistant Professor/Head Athletic Trainer - Changed in January - No Longer Head A.T. - Full Time Education
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Basic Strength and Conditioning (EXPH - 1201), Trends in Athletic Training (ATTR - 4201) , Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers.

Committee On Curriculum Member - ONU

Ohio Northern University – 2018-19
Assistant Professor/Head Athletic Trainer
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Advanced Weight Control and Sports Nutrition (ATTR - 1201), Trends in Athletic Training (ATTR - 4201) , Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers.

Ohio Northern University – 2017-18
Assistant Professor/Head Athletic Trainer
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Advanced Weight Control and Sports Nutrition (ATTR - 1201), Trends in Athletic Training (ATTR - 4201) , Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers.

Committee On Curriculum Member - ONU

Ohio Northern University – 2016-17
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Advanced Weight Control and Sports Nutrition (ATTR - 1201), Trends in Athletic Training (ATTR - 4201) , Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Committee On Curriculum Member - ONU

Ohio Northern University – 2015-16
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Advanced Weight Control and Sports Nutrition (ATTR - 1201), Trends in Athletic Training (ATTR - 4201) , Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2014-15
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Advanced Weight Control and Sports Nutrition (ATTR - 1201), Trends in Athletic Training (ATTR - 4201) , Clinical Level 1-6 (HPES 2601, 2605, 3401, 3451, 4401, 4451), Advanced Strength & Conditioning (ATTR - 2101), Therapeutic Modalities in AT (ATTR – 3101), Exercise Rehab in AT (ATTR- 3201), Senior Seminar in AT (ATTR – 4601)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2013-14
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Trends in Athletic Training (HPES – 495) , Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2012-13
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Trends in Athletic Training (HPES – 495) , Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2011-12
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Trends in Athletic Training (HPES – 495) , Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2010-11
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University

Ada, OH 45810

Course Assignments: Medical Considerations in Athletic Training (HPES – 461), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2009 -10
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Trends in Athletic Training (HPES – 495), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2008 -09
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Medical Considerations in Athletic Training (HPES – 461), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

OHIO NORTHERN UNIVERSITY – 2007 -08
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

COURSE ASSIGNMENTS: Trends in Athletic Training (HPES – 495), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

ATHLETIC TRAINING DUTIES: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

OHIO NORTHERN UNIVERSITY – 2006 -07
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

COURSE ASSIGNMENTS: Medical Considerations in Athletic Training (HPES – 461), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456), Advanced Strength & Conditioning (HPES – 290)

ATHLETIC TRAINING DUTIES: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

OHIO NORTHERN UNIVERSITY – 2005 - 06
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

COURSE ASSIGNMENTS: Trends in Athletic Training (HPES – 495), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Advanced Strength & Conditioning (HPES – 290), First Aid Responding to Emergencies (HPES – 112), Community CPR (HPES – 113), Advanced Weight Control and Sport Nutrition (HPES – 120), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2004 -05
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Medical Considerations in Athletic Training (HPES – 461), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2003 - 04
Assistant Professor/Head Athletic Trainer
Coordinator of Strength & Conditioning
Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Trends in Athletic Training (HPES – 495), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Advanced Strength & Conditioning (HPES – 290), First Aid Responding to Emergencies (HPES – 112), Community CPR (HPES – 113), Advanced Weight Control and Sport Nutrition (HPES – 120), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456)

Athletic Training Duties: Supervise and coordinate staff athletic trainers providing medical coverage for intercollegiate athletics. Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2002 - 03
Assistant Professor/Assistant Athletic Trainer
Coordinator of Strength & Conditioning

Department of Human Performance and Sport Sciences
Ohio Northern University
Ada, OH 45810

Course Assignments: Medical Considerations in Athletic Training (HPES – 461), Weight Control & Nutrition (AHPE – 088), Weight Training and Physical Conditioning (AHPE – 021), Advanced Strength & Conditioning (HPES – 290), First Aid Responding to Emergencies (HPES – 112), Community CPR (HPES – 113), Advanced Weight Control and Sport Nutrition (HPES – 120), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456)

Athletic Training Duties: Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers. Clinical instructor for student athletic trainers. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2001 - 02
Instructor/Assistant Athletic Trainer
Coordinator of Strength & Conditioning
Department of Health, PE, & Sport Studies
Ohio Northern University
Ada, OH 45810

Course Assignments: Trends in Athletic Training (HPES – 495), Weight Control & Nutrition (AHPE – 088), Advanced Strength & Conditioning (HPES – 290), First Aid Responding to Emergencies (HPES – 112), Community CPR (HPES – 113), Advanced Weight Control and Sport Nutrition (HPES – 120), Clinical Level 1-6 (HPES 251, 252, 353, 354, 455, 456)

Athletic Training Duties: Same as below. Coordinating strength and conditioning programs for ONU intercollegiate athletic teams.

Ohio Northern University – 2000 - 01
Instructor/Assistant Athletic Trainer
Department of Health, PE, & Sport Studies
Ohio Northern University
Ada, OH 45810

Course Assignments: Same as below with the addition of the following courses:
Basic Athletic Training (HPES – 243) & Advanced Strength & Conditioning (HPES – 290), Care & Prevention of Athletic Injuries (HPES –226; formerly HPES 243 for non-majors), Athletic Training – Clinical Levels 1 & 4 (HPES – 251 & 354)

Athletic Training Duties: Same as below. Clinical instructor for student athletic trainers; assisted various intercollegiate athletic teams with strength and conditioning workouts

Ohio Northern University – 1999 - 2000
Instructor/Assistant Athletic Trainer
Department of Health, PE, & Sport Studies

Ohio Northern University
Ada, OH 45810

Course Assignments: Basic Athletic Training (HPES – 243), Weight Control & Nutrition (AHPE – 088), First Aid Responding to Emergencies (HPES – 112), Community CPR (HPES – 113)

Athletic Training Duties: Pre-season physical screenings; direct supervision of student athletic trainers within the athletic training major; coverage of select home events, OAC tournaments & NCAA tournaments; injury and rehab documentation of student athletes; recruiting of prospective students; clinical seminars for student athletic trainers

Western Michigan University – 1997 - 1999
Graduate Assistant Athletic Trainer
Division of Intercollegiate Athletics
1201 Oliver Street
Kalamazoo, MI 49008-3899

Athletic Training Duties: Responsible for football and baseball; supervised student athletic trainers and their daily athletic training duties; responsible for record keeping and rehabilitation activities; responsible for spring and fall practice and game coverage; in charge of scheduling physician appointments for athletes; implemented and conducted various rehabilitation activities; instructed undergraduate student athletic trainers in proper injury evaluation and management skills.

Related Professional Experience

2026 - FALL – Nutritional Speaker for ONU Men's Basketball
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2026 - FALL – Nutritional Speaker for ONU Men's Soccer
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2026 - FALL – NCAA Wrestling Alpha Weight Certification
Assist ONU athletic training staff annually with specific gravity and skinfold caliper assessments for Alpha Weight Certification

2026 - June, 13, 2026
Premier Health Sports Medicine Symposium.
Speaker - "Communication is the Key 2.0"

2026 – "Relaxed Reps Podcast" – Columbus STRC Coaches - April 2026
Will be representing the program on a nationally syndicated podcast.

2026 - Northeast Indiana Sports Performance Clinic - Fort Wayne, IN - April 2026
Arranged and Lead a Group of Five Students to Attend This Professional Conference – with relationship established with Scott Charland and the clinic – our students and myself do not get charged to attend.

2026 - National High School STRC Conference - State Meeting -Columbus, OH - January 2025
Arranged and Lead a Group of Five Students to Attend This Professional Conference

2025 - June, 14, 2025
Premier Health Sports Medicine Symposium.
Speaker - "Communication is the Key"

2025 - December - Men's Lacrosse Strength & Conditioning Testing & Measurement
Led STRC 4101 class in a "hand's on" experience over 5 nights assisting the strength and conditioning coach with end of season testing. Later presented data to football coaching staff and players.

2025 - FALL – Nutritional Speaker for ONU Women's Basketball
Presented to ONU Women's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2025 - FALL – Nutritional Speaker for ONU Men's Basketball
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2025 - FALL – NCAA Wrestling Alpha Weight Certification
Assist ONU athletic training staff annually with specific gravity and skinfold caliper assessments for Alpha Weight Certification

2025 - FALL – Nutritional Speaker for ONU Men's Soccer
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2024 - April – Powerlifting Club - Guest Speaker - Velocity Based Testing and Monitioring
Spoke to the club about the ability to measure bar velocity and potentially being able to change the stimulus of workouts as we are now able to program intent of movement.

2024 - Northeast Indiana Sports Performance Clinic - Fort Wayne, IN - April
Arranged and Lead a Group of Five Students to Attend This Professional Conference

2024 - Plant Based Refueling and Body Weight Exercises - April - 2024
Teamed up with Sodexo Food Services, Sodexo Nutritionist and ONU EXPH/STRC students to implement a body weight exercise program followed by nutritional refueling education. This was offered to the general student population.

2024 - March – Powerlifting Club - Guest Speaker - Recovery and Nutrition Post-Workout

2024 National High School Strength & Conditioning Conference - State Meeting - January
Arranged and Lead a Group of Three Students to Attend This Professional Conference

2024 - FALL – Nutritional Speaker for ONU Women's Basketball
Presented to ONU Women's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2024 - FALL – Nutritional Speaker for ONU Men's Basketball
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2024 - FALL – NCAA Wrestling Alpha Weight Certification
Assist ONU athletic training staff annually with specific gravity and skinfold caliper assessments for Alpha Weight Certification

2024 - FALL – Nutritional Speaker for ONU Men's Soccer
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2023 - December - Football Strength & Conditioning Testing & Measurement
Led STRC 4101 class in a "hand's on" experience over 5 nights assisting the strength and conditioning coach with end of season testing. Later presented data to football coaching staff and players.

2023 - Advisory Board Member for Senior Engineering Capstone Project
Advised engineering students on implementation and operation of putting cameras in the King Horn Sports Center Workout Areas to provide "Live" updates on equipment availability for students to workout.

2023 - FALL – Nutritional Speaker for ONU Women's Basketball
Presented to ONU Women's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2023 - FALL – Nutritional Speaker for ONU Men's Basketball
Presented to ONU Men's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2023 Premier Health Sports Medicine Symposium - June 2023
Presenter
"Effective Communication as a Missionary to the Gen Z Culture" - Communication In Athletics Presentation

2023 Alpha Xi Delta Nutrition Presentation - April
Risk Management Activity - Hour Presentation
"Food and Mood" Nutrition and Neuroscience - Educational Presentation

2023 National High School Strength & Conditioning Conference - State Meeting - April
Arranged and Lead a Group of Three Students to Attend This Professional Conference

2023 National High School Strength & Conditioning Conference - State Meeting - April
Presenter
"Effective Communication as a Missionary to the Gen Z Culture" - Communication In Athletics Presentation

2023 Ada High School - January

Teacher In-Service - Nutritional Presentation

"Food and Mood" Nutrition and Neuroscience - Educational Presentation

2021 Fall Student Research

Advisor for Exercise Physiology and Strength & Conditioning Major Student Research

Student Research Project that will presented at the ONU Colloquium Poster Presentation

"Vertec and Jump Mat comparison of Vertical Jump Measurements in NCAA Division III Women's Volleyball Athletes," S. Luckett, L. Metcalfe, K. Wilson

2021 Volleyball Meeting Speaker – September 2021

Meeting Speaker

"Leadership – Why do Horses Wear Blinders?" – Motivational

Spring 2021 - Great Lakes National High School Strength & Conditioning Regional Conference - April

Arranged and Lead a Group of Four Students to Attend This Professional Conference

Spring 2021 – Nutritional Speaker for ONU Women's Basketball

Presented to ONU Women's Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

2021 Senior Capstone

Advisor for Senior AT Students

Students were selected to present at OATA and will also be considered for publishing.

"The Effects of Static Stretching on Hamstring Flexibility in Division III Women's Lacrosse, Volleyball, and Soccer," A.Mathews, S. Skelding, A. Brock, K. Wilson

"The Effect of the COVID-19 Pandemic on the Mental Health of Division III Athletes," K. Schlenker, M. O'Grodnik, K. Wilson, & A. Loewe

"The Influence of Athletics on Aggressive Behavior In Division III Collegiate Athletes," T. Pegram, A. Gesler, K. Wilson

"Effects of Sleep Quantity and Quality on Balance in Division III Collegiate Track & Field Athletes," M. Cabe, J. Hines, K. Wilson

2020 SACC Meeting Speaker – April 2020

Virtual Meeting Speaker

"Leadership – What is involved? What is expected?" – Motivational

2019 Northeast Ohio Strength and Conditioning Conference – March 2019

Conference Speaker

"AT's & Coaches Communication with Millennials – Missionary to the Millenial"

2019 SACC Meeting Speaker – April 2019

Meeting Speaker

"Leadership – What is involved? What is expected?" – Motivational

Spring 2019 – Off-Campus Internship Advisor for Exercise Physiology Student at Shawnee High School

-Regularly weekly meetings for an hour to review articles and reflection of programming for the week.

-Attended 5:45 AM workout sessions weekly to observe coaching and teaching style of student in order to engage in active change.

Spring 2019 - Tiffin University Strength and Conditioning

- Met with Strength and Conditioning Staff and Spoke about Curriculum and Observed our Interns

Spring 2019 – Nutritional Speaker for ONU Football Team

-Presented to ONU Football Team on proper ways to lose or gain weight, hydration and proper fueling for athletics.

Fall 2018 - University Oregon Strength and Conditioning

- Met with Strength and Conditioning Staff and Spoke about Curriculum and Observed our Interns

2018 Senior Capstone

Advisor for Senior AT Students

Students were selected to present at OATA and will also be published.

2017 Premier Health Sports Medicine Symposium - June 10, 2016

Conference Speaker

Winter Sports Symposium

"Core Strengthening to Prevent Injuries in the Upper Extremity"

2017 Motivational Speaker for Shawnee Football – 10 Weeks – bridging the gap between Life and Football

Dayton Sports Medicine Institute - July 2016

Conference Speaker

Sports Medicine Symposium

"Upper Extremity Strength and the Core"

ONU WOMEN'S VOLLEYBALL – January, 2015

Session Speaker

TEAMWORK – INTERNAL MOTIVATION

Northwest Ohio Track Officials Conference – February, 2014

Conference Speaker

MENTOR LEADERSHIP

ONU WOMEN'S SOCCER CAMP – June, 2014

Camp Speaker

TEAMWORK - MOTIVATION

St. Rita's Hospital., Lima, Ohio – November, 2014

Conference Speaker
St. Rita's Sportsmedicine Seminar – Progression and Regression of Core Exercises

ST. RITA'S HOSPITAL., LIMA, OHIO – NOVEMBER, 2012
Conference Speaker
St. Rita's Sportsmedicine Seminar
SKIN DISORDERS IN WRESTLING

UVMC CENTER FOR SPORTS MEDICINE 4TH ANNUAL SPORTS SYMPOSIUM - FEBRUARY 3, 2012
Conference Speaker
Winter Sports Symposium
"Core Strengthening to Prevent Injuries in the Upper Extremity"

OHIO ATHLETIC TRAINERS ASSOCIATION MEETING - MAY 2011
Conference Speaker
Spring Sports Symposium
"Core Strengthening to Prevent Injuries in the Upper Extremity"

DAYTON SPORTS MEDICINE INSTITUE - MARCH 2011
Conference Speaker
Winter Sports Symposium
"Upper Extremity Strength and Conditioning"

ADA EMS CONTINUING EDUCATION - AUGUST 2010
Conference Speaker
"Spine Boarding and Facemask Removal"

LIMA MEMORIAL YMCA AND WELLNESS CENTER – JULY 2008
Conference Speaker
Ohio Athletic Association Coach's Clinic
"Crossfit Training for Athletes"

GOOD SAMARITAN NORTH HEALTH CENTER – NOVEMBER 2007
Conference Speaker
Winter Sports Symposium
"Upper Extremity Strength and Conditioning"

GOOD SAMARITAN NORTH HEALTH CENTER – NOVEMBER 2007
Conference Speaker
Winter Sports Symposium
"Upper Extremity Strength and Conditioning"

ST. RITA'S HOSPITAL., LIMA, OHIO – APRIL 2006
Conference Speaker
St. Rita's Sportsmedicine Seminar
"Functional Training of the Shoulder"

STRONGSVILLE H.S., STRONGSVILLE, OHIO – MARCH 2006
Conference Speaker
Ohio Strength and Conditioning Symposium
"Functional Training of the Shoulder"

Lima Memorial YMCA and Wellness Center – October 2005
Conference Speaker
Ohio Athletic Association Coach's Clinic
"Functional Training of the Shoulder in Throwing and Racquet Sports"

Ohio Volleyball Association Select Camp – July 28, 2005
Guest Speaker
Spoke on the Importance of Sport Nutrition in Athletics.

NATABOC Examination – November 2004
Model
Served as a model for the oral/practical portion of the National Athletic Training Certification Exam.

Ohio Volleyball Association Select Camp – July 30, 2004
Guest Speaker
Spoke on the Importance of Sport Nutrition in Athletics.

Lima "Filibusters" Group – April 8, 2004
Guest Speaker
Spoke on my career as an athletic trainer and also steroid abuse in major league baseball.

Lima Memorial YMCA and Wellness Center – February 1, 2004
Conference Speaker
Ohio Athletic Association Coach's Clinic
"Functional Training of the Shoulder in Throwing and Racquet Sports"

NATABOC Examination – November 2003
Model
Served as a model for the oral/practical portion of the National Athletic Training Certification Exam.

Ohio Volleyball Association Select Camp – July 30, 2003
Guest Speaker
Spoke on the Importance of Sport Nutrition in Athletics.

Lima News – April 3, 2003
Guest Speaker & Authored an Article
"Get Fit" Series
Led a discussion group in Lima and wrote an article for the Lima News to run in a three month "Get Fit" Series article which appeared in the Lima News.

Lima Memorial YMCA and Wellness Center – February 1, 2003
Conference Speaker
Ohio Athletic Association Coach's Clinic
"Functional Training of the Shoulder in Throwing and Racquet Sports"

NATABOC Examination – November 2002
Model
Served as a model for the oral/practical portion of the National Athletic Training Certification Exam.

Ohio Volleyball Association Select Camp – July 30, 2002

Guest Speaker

Spoke on the Importance of Sport Nutrition in Athletics.

Lima Central Catholic Junior High School – April 13, 2002

Guest Speaker/Designed Strength & Conditioning Program

Spoke with and developed strength and conditioning program for LCC Junior High Boy's Basketball Team.

NCAA Division III National Indoor Track & Field Championships – March 1 & 2, 2002

Athletic Trainer

Ohio Northern University

Ada, OH

Duties: Assisted with athletic training coverage.

Bath High School – November 2001

Guest Speaker

Spoke Bath High School Wrestling Program about Healthy Weight Loss Techniques.

Ohio Northern University – September 9, 2001

Leslie Bonci, MPH, R.D.

Was responsible for bringing this professional speaker to the campus of Ohio Northern University to speak to faculty and student athletes.

Ohio Athletic Conference – Fall – 2000

Developer OAC Wrestling Skin Disease Evaluation Form

Developed a wrestling skin disease check form in conjunction with the assistant athletic trainer from John Carroll University. This document was unanimously passed by the OAC athletic directors, coaches and athletic trainers and was instituted as policy for OAC participating wrestling programs for the 2000 season.

Bath High School – May 19, 2000

Guest Speaker

Mr. Wes Howe's Basic Athletic Training Class

"My experiences as an Athletic Trainer"

Ada Junior High School - 2000

Job Shadow

Participated in 8th Grade Job Shadowing Day

Ohio Northern University – 2000

Developer

ONU Athletic Training Web Site

NCAA Division III National Wrestling Tournament – March 3 & 4, 2000

Athletic Trainer

Ohio Northern University

Ada, OH

Duties: Assisted with athletic training coverage.

Manchester College – February 8, 2000

Guest Speaker
N. Manchester, IN
Manchester College Athletic Training Club
"My experience as a Graduate Assistant Athletic Trainer"

Ohio Northern University – January 16, 2000
Advisor for ONU Student Athletic Trainers
Denison, OH
Ohio Athletic Training Quiz Bowl

Bath High School – January 4, 2000
Guest Speaker
Mr. Wes Howe's Basic Athletic Training Class
"My experiences as an Athletic Trainer"

NCAA Division III Regional Cross Country Meet – November 13, 1999
Athletic Trainer
Ohio Northern University
Ada, OH
Assisted with athletic training coverage.

Western Michigan University Summer Sports Camps – Summer 1998
Athletic Trainer, Certified
Directed and organized student athletic trainers in providing coverage for Western Michigan University summer sports camps.

Michigan High School State Wrestling Tournament – March 1998
Medical Coverage Coordinator & Athletic Trainer, Certified
Western Michigan University
Kalamazoo, MI
Organized and provided medical coverage for the Michigan High School State Wrestling tournament.

Indianapolis Colts – Summer 1996
Assistant Student Trainer (Internship)
Carried out instructions given by the head athletic trainer and assistant trainers. Assisted in rehabilitation programs. Taped and fit athletes for braces prior to practice or contests. Stocked medical trunks for away road trips. Kept accurate records.

Concord High School, Elkhart, IN – January 1996
Athletic Training Internship
Covered boy's and girl's basketball and wrestling. Instructed athletes in various rehabilitation and strengthening programs for injury rehabilitation. Supervised high school student trainers in assessment and rehab procedures. Spoke to high school athletic training class on the different aspects of a college trainer.

Indiana Athletic Trainers Association (IATA)
Professional Presentation, October, 1995
Indianapolis, IN
Properly fitting football helmets.

Certifications

Certified Examiner for NATA Certification Exam – August, 2001 - Present
NATA Board of Certification

Instructor CPR For Professional Rescuer – August, 2001 - Present
American Red Cross

Certified Strength and Conditioning Specialist – January, 2000 - Present
National Strength & Conditioning Association
Certification #: 200014047

Instructor First Aid Responding to Emergencies –2000 - Present
American Red Cross

Licensed Athletic Trainer – 1999 – Present
State of Ohio
Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board
Certification #: AT-1604

Instructor CPR & First Aid – May, 1999 - Present
American Red Cross

NATABOC Certified Athletic Trainer, - July 1997 - Present
National Athletic Trainers' Association
Certification #: 079702588

Grants/Honors/Awards

Ohio Northern University – Spring 2021
"Outstanding Professor of the Year" – College of Arts and Sciences
Nominated by ONU student body and voted on by ONU student body.

Ohio Northern University – Spring 2021
Irene Castille Endowed Chair Award – College of Arts and Sciences

Ohio Northern University – Spring 2021
Faculty Engagement Award – College of Arts and Sciences

Ohio Northern University – Spring 2020
"Outstanding Professor of the Year" – College of Arts and Sciences
Nominated by ONU student body and voted on by ONU student body.

Ohio Northern University – Spring 2019
"Outstanding Professor of the Year" – College of Arts and Sciences
Nominated by ONU student body and voted on by ONU student body.

The General Board of Higher Education & Ministry of the United Methodist Church - 2004
"Exemplary Teaching at a United Methodist-Related Institution of Higher Education"
Nominated by Dr. Lippert and Ohio Northern University

Ohio Northern University – Spring 2004
"Outstanding Professor of the Year" – College of Arts and Sciences
Nominated by ONU student body and voted on by ONU student body.

Ohio Northern University Grant – Summer 2001
Polar Bear Performance Clinic
Developed a program to assess strength and conditioning levels of area high school students.

Thomas A. Brady Scholarship - 1996
First place recipient
Given to a student athletic trainer in the Indiana Collegiate Athletic Conference who shows excellence in the field of athletic training.

ICAC Academic All-Conference – 1995-96
Indiana Collegiate Athletic Conference
Given to student athletic trainers in the conference who have achieved academic excellence.

Thomas A. Brady Scholarship - 1995
First place recipient
Given to a student athletic trainer in the Indiana Collegiate Athletic Conference who shows excellence in the field of athletic training.

University/Professional Organizations

National High School Strength & Conditioning Association - 2020 - Present

National Strength and Conditioning Association – 2000 - Present
Membership #: 00-09-05-004

Ohio Athletic Trainers Association – 2000 - Present

Member of Great Lakes Athletic Training Association – 1995 - Present

national Athletic Trainers Association – 1995 - Present
Membership #: 970275

Indiana Athletic Trainers Association – 1995 – 97

Professional Meetings

2021 - Great Lakes National High School Strength & Conditioning Regional Conference - April

2020 - National Strength and Conditioning Association Coaches Meeting – San Antonio, TX

2020 – National Athletic Training Meeting – Virtual

2019 – National Athletic Training Meeting – Las Vegas, NV

2019 Northeast Ohio Strength and Conditioning Conference - Berea, OH

2017 Premier Health Sports Medicine Symposium – Dayton, OH

Ohio Athletic Training Meeting – Columbus, OH
Advisor for Senior ONU AT Student Professional Presentations
May 2017

Northeast Ohio Strength & Conditioning Assoc. Clinic
Strongsville High School
Cleveland, OH
March 2017

Ohio Athletic Training Meeting – Mason, OH
Advisor for Senior ONU AT Student Professional Presentations
May 2016

Ohio Athletic Training Meeting – Columbus, OH
Advisor for Senior ONU AT Student Professional Presentations
May 2015

National Athletic Training Meeting – Indianapolis, IN
June 2014

Ohio Athletic Training Meeting – Columbus, OH
Advisor for Senior ONU AT Student Professional Presentations
May 2014

National Athletic Training Meeting – Las Vegas, NV
June 2013

Ohio Athletic Training Meeting – Akron, OH
Advisor for Senior ONU AT Student Professional Presentations
May 2013

NATIONAL ATHLETIC TRAINING ASSOCIATION ANNUAL MEETING
St. Louis
June 2012

Walter Inc. Athletic Training Seminar
Springfield, OH
July 2008

2008 OATA State Meeting and Symposium
Akron, OH
May 2008

Spring 2008 Sportsmedicine Symposium – St. Rita's Hospital
Lima, OH
March 2008

Upper Extremity in Sports
Dayton, OH
January 2008

Spring 2007 Sportsmedicine Symposium – St. Rita's Hospital
Lima, OH
March 2007

National Athletic Training Association Annual Meeting
Atlanta
June 2006

National Strength & Conditioning Assoc. Ohio Clinic
Strongsville High School
Cleveland, OH
March, 2006

National Athletic Training Association Annual Meeting
Indianapolis
June 2005

National Athletic Training Association Annual Meeting
Baltimore, MD
June 2004

National Athletic Training Association Annual Meeting
Dallas, TX
June 2002

Perform Better Strength & Conditioning Clinic -
Functional Training Seminar
Columbus, OH
May 2002

Fifth Annual National Strength & Conditioning Assoc. Ohio Clinic
Strongsville High School
Cleveland, OH
March 10, 2001

National Athletic Training Association Annual Meeting
Nashville, TN
June 28 – July 2, 2000

Great Lakes Athletic Training Association Annual Meeting
District 4
Detroit, MI
March 9 – 11, 2000

National Athletic Training Association Annual Meeting
Kansas City, MO

June 16 – 19, 1999

Great Lakes Athletic Training Association Annual Meeting
District 4
Indianapolis, IN
March 17 – 20, 1999

Great Lakes Athletic Training Association Annual Meeting
District 4
Bloomington, MN
March 13 – 15, 1997

Sport Camp Affiliations

Ohio High School Volleyball Select Camp – July 2008
Elite Volleyball Camp
Ada, Oh

Ohio High School Volleyball Select Camp – July 2006
Elite Volleyball Camp
Ada, Oh

Ohio High School Volleyball Select Camp – July 2005
Elite Volleyball Camp
Ada, Oh

Ohio High School Volleyball Select Camp – July 2004
Elite Volleyball Camp
Ada, Oh

Ohio High School Volleyball Select Camp – July 2003
Elite Volleyball Camp
Ada, Oh

Ohio High School Volleyball Select Camp – July 2002
Elite Volleyball Camp
Ada, Oh

Ohio Northern University – 2000 & 2002
Soccer Camp
Ada, Oh