

## Curriculum Vitae

**Sarah M. Mitchell, PhD, ATC, LAT**

**May 2022**

**Maiden Name: Marek**

Assistant Professor / Graduate Coordinator  
Health and Human Performance  
Texas A&M University - Commerce  
P.O. Box 3011  
Commerce, TX 75429  
Work Phone: 903-886-5543  
E-Mail: sarah.mitchell@tamuc.edu

### EDUCATION

**Ph.D. in Kinesiology;** Exercise Physiology concentration, Statistics minor, May 2020

Texas Woman's University, Denton, TX

Mentor: David Nichols, PhD

Dissertation: *Physiological responses to running on a land and anti-gravity treadmill,*

<https://hdl.handle.net/11274/12340>,

**M.S. in Exercise Physiology;** May 2005

University of Texas at Arlington, Arlington, TX

Mentors: A. Louise Fincher, EdD, ATC, LAT and Cindy Trowbridge, PhD, ATC, LAT, CSCS

Thesis: *The Thermal Effects of Pulsed Shortwave Diathermy on Muscle Force Production, Electromyography, and Mechanomyography*

**B.S. in Kinesiology;** Athletic Training Option; Mathematics Minor, August 2003

Summa Cum Laude Honors

Angelo State University, San Angelo, TX

### PROFESSIONAL INTERESTS

Areas related to athletic training, injury prevention, and exercise science.

### PROFESSIONAL LICENSES/CERTIFICATIONS

National Athletic Trainers' Association Board of Certification

Certified Athletic Trainer # 110302086 – November 2003

Texas Department of Licensing and Regulation

Licensed Athletic Trainer # AT3015 – February 2004

National Provider Identifier

NPI# 1548773260

Missouri State Board of Registration for the Healing Arts

Licensed Athletic Trainer # 2005021718 – July 2005 to January 2008

American Red Cross

CPR/AED for the Professional Rescuer – 2020-2022

Instructor: Lay Responder First Aid and CPR/AED – December 2007 to present

Instructor: Professional Rescuer CPR/AED – May 2008 to present

## EXPERIENCE

### Educational

- 2021 – present      **Assistant Professor / Graduate Coordinator**, Health and Human Performance, Texas A&M University – Commerce
- 2015 – 2021      **Instructor/Director of Athletic Training Education/Interim, Graduate Coordinator**, Health and Human Performance, Texas A&M University – Commerce
- 2010 – 2015      **Instructor/Director of Athletic Training Education**, Health and Human Performance, Texas A&M-Commerce
- 2007 – 2010      **Instructor/Clinical Coordinator for Athletic Training Education**, Health and Human Performance, Texas A&M-Commerce
- 2005-2007      **Assistant Professor and Assistant Athletic Trainer**, Athletic Training, Central Methodist University, Fayette, MO
- 2003-2005      **Graduate Teaching Assistant**, Kinesiology, University of Texas at Arlington, Arlington, TX

### Professionally Related

- 2009 – 2011      **Contract Athletic Trainer**, Baylor SportsCare, Frisco, TX
- 2004-2005      **Outreach Athletic Trainer**, Harris Methodist Ft. Worth Hospital, Ben Hogan Sports Therapy Institute, Ft. Worth, TX
- Sept. 2004      **Contract Athletic Trainer**, Motus Center, Inc., Ft. Worth, TX
- 2004      **Athletic Training Intern**, Ft. Worth Cats Baseball Team, Ft. Worth, TX
- 2001-2003      **Athletic Training Student**, Angelo State University, San Angelo, TX

## TEACHING EXPERIENCE

### Texas A&M University-Commerce

- HHPA 140, Concepts of Athletic Training, 1 credit
- HHPA 214, Preventative Techniques in Athletic Training 1 credit
- HHPA 249, Clinical Experience in Athletic Training I, 1 credit
- HHPA 259, Lower Extremity Injury Assessment, 3 credits (formerly Athletic Injury Assessment I)
- HHPA 260, Lower Extremity Injury Assessment Lab, 1 credit (formerly Athletic Injury Assessment I Lab)
- HHPA 279, Clinical Experience in Athletic Training II, 1 credit
- HHPA 339, Therapeutic Rehabilitation, 3 credits
- HHPA 340, Therapeutic Rehabilitation Lab, 1 credit
- HHPA 349, Clinical Experience in Athletic Training III, 1 credit
- HHPA 369, Upper Extremity Injury Assessment, 3 credits (formerly Athletic Injury Assessment II)
- HHPA 370, Upper Extremity Injury Assessment Lab, 1 credit (formerly Athletic Injury Assessment II Lab)
- HHPA 379, Clinical Experience in Athletic Training IV, 1 credit

HHPA 441, Therapeutic Modalities, 3 credits  
HHPA 442, Therapeutic Modalities Lab, 1 credit (course renamed in 2016)  
HHPA 442, Healthcare Administration Lab, 1 credit (prior to 2016)  
HHPA 449, Clinical Experience in Athletic Training V, 1 credit  
HHPA 459, Assessment of General Medical Conditions, 3 credits  
HHPA 460, General Medical Techniques Lab, 1 credit  
HHPA 479, Clinical Experience in Athletic Training VI, 1 credit  
HHPA 480, Clinical Integration in Athletic Training, 3 credits  
HHPK 1301, Foundations of Kinesiology, 3 credits (also HHPK 144 prior to 2018)  
HHPK 1338, Concepts of Physical Activity, 3 credits  
HHPK 1306, First Aid & Safety, 3 credits (also HHPK 211 prior to 2018)  
HHPK 2356, Prevention & Care of Athletic Injury, 3 credits (also HHPK 213 prior to 2018)  
HHPK 417, Measurement & Evaluation, 3 credits  
HHPH 531, Nutrition & Optimal Performance, 3 credits

Central Methodist University

AT 308, Rehabilitation Techniques I, 2 credits  
AT309, Rehabilitation Techniques I Lab, 1 credit  
PE 216, Nutrition and Athletic Performance, 3 credits  
AT 103, Introduction to Athletic Training, 3 credits  
AT 310, Rehabilitation Techniques II, 2 credits  
AT 311, Rehabilitation Techniques II Lab, 1 credit  
PE 210, Personal and Community Health, 2 credits  
AT 211, Personal and Community Health Lab, 1 credit

University of Texas at Arlington

Clinical Practicum II (Assistant Instructor), 1 credit  
Introduction to Athletic Training Lab, 1 credit  
Applied Kinesiology Lab, 1 credit  
Clinical Practicum I – 1 credit  
Clinical Practicum III (Assistant Instructor) – 1 credit  
Pathology and Pharmacology Lab – 1 credit  
Weight Training – 1 credit  
Biophysical Principles of Human Movement Lab – 1 credit  
Pathology and Pharmacology Lab (Assistant Instructor) – 1 credit  
Clinical Practicum I (Assistant Instructor) – 1 credit

**PROFESSIONAL ASSOCIATIONS AND HONORARIES**

Memberships

National Athletic Trainers' Association – 2002 to present  
Southwest Athletic Trainers' Association – 2002 to 2005; 2007 to present  
Texas Chapter of the American College of Sports Medicine – 2005; 2016 to present  
Mid-America Athletic Trainers' Association – 2006 to 2007  
Missouri Athletic Trainers' Association – 2006 to 2007

Convention & Symposium Attendance

Southwest Athletic Trainers' Association Annual Meeting & Clinical Symposium: 2004, 2005, 2008-2012, 2014, 2016, 2018-2021

National Athletic Trainers' Association Annual Meeting & Clinical Symposium: 2004-2006, 2008, 2009, 2012, 2013, 2015-2017, 2019, 2020  
NATA Educator's Conference: 2013, 2015  
NATA Clinical Instructor Educator Workshop: February 26-28, 2011 – Washington, DC  
Texas Chapter of American College of Sports Medicine Annual Meeting: 2016-2019  
Mid-America Athletic Trainers' Association Spring Symposium: 2006, 2007  
Girls Can Jump with Laura Ramus: December 2004 – Arlington, TX

## **COMMITTEE MEMBERSHIPS**

### National

#### **National Athletic Trainers' Association**

June 2009-2015 Research & Education Foundation Scholarship Committee

### Regional

#### **Southwest Athletic Trainers' Association**

2016-present Co-Chair, SWATA Competency Workshop Committee  
2010-2016 SWATA Competency Workshop Committee  
2010-2011 District 6 NATA Foundation Committee

### University

#### **Texas A&M University – Commerce**

2017-2018 Faculty Senate Academic Life Committee  
2015-2018 Faculty Senate representative for HHP  
2016-2017 Research and Creative Activities Committee

#### **Texas A&M University – Commerce Health & Human Performance Committees**

2015-present Graduate Program Committee, Chair  
2015-present Academic Integrity Committee  
2015-present HHP Scholarship Committee, Chair  
2014-present Human Performance Committee  
2007-present Strategic Planning Committee  
2007-present Athletic Training Society Faculty Sponsor  
Spring 2022 Assistant Professor of Kinesiology Search Committee  
Spring 2022 Associate Professor & HHP Department Head Search Committee  
2021-2022 Assistant Professor of International Sport Management Search Committee, Chair  
2021 HHP Nutrition Instructor Search Committee  
2017-2018 Ad Hoc Subcommittee for Alumni Reunion  
2007-2015 Athletic Training Education Committee (Chair 2010-2015)  
Spring 2015 Assistant Professor of Sport & Recreation Management / Athletic Administration Search Committee  
Summer 2014 Assistant Professor of Exercise Science Search Committee  
2012-2013 FRA Coordinator/HHP Instructor Search Committee  
2011 Assistant Professor of Exercise Science Search Committee  
2010-2011 HHP Department Head Search Committee  
2009-2010 Assistant Professor of Sport & Recreation Management Search Committee  
Spring 2009 Assistant Professor for Health & Human Performance Search Committee

Fall 2008	Assistant Professor/Exercise Physiology Search Committee
Spring 2008	Undergraduate Brochure Committee
Spring 2008	Honor's Committee

**Texas A&M University – Commerce Athletic Department Committees**

Summer 2018	Assistant Athletic Trainer (Volleyball/Men's Basketball) Search Committee
Summer 2016	Assistant Athletic Trainer (Football/Softball) Search Committee
Summer 2012	Assistant Athletic Trainer (Football/Men's Basketball) Search Committee
Summer 2012	Assistant Athletic Trainer (Women's Volleyball/Basketball) Search Committee
2010-2011	Assistant Athletic Trainer Search Committee
Summer 2010	Assistant Athletic Trainer Search Committee

**Central Methodist University**

2006-2007	Athletic Training Education Program Committee: Self-Study for Reaccreditation
-----------	---

**University of Texas at Arlington**

2003-2005	College of Education Dean's Student Advisory Group
-----------	--

**HONORS, AWARDS, AND LISTINGS**

- CLASS Award (Collegiate Learning and Student Succeeding) COEHS, Texas A&M University – Commerce, March 2020
- Employee Recognition Program Service Award: Texas A&M University – Commerce, September 2011
- Teaching Excellence Award from the Texas A&M University System, Spring 2010
- Who's Who in Health Sciences Higher Education, 2010
- University Scholar Award: University of Texas at Arlington, Academic year 2004-2005
- Alert Services, Lem Cox Scholarship: Southwest Athletic Trainers' Association, July 2004
- National Athletic Trainers' Association Research and Education Foundation, Masters Scholarship, June 2004
- College of Education Graduate Dean's Masters Fellowship: University of Texas at Arlington, Academic years 2003-2005
- Lone Star Conference Academic Award for Athletic Training Students: Angelo State University, Academic year 2002-2003
- Holland's Award for Athletic Training: Angelo State University, April 2003
- Carr Academic Scholarship: Angelo State University, August 2000 – August 2003
- Alpha Chi National College Honor Scholarship Society: Angelo State University, Inducted April 2002

**PUBLICATIONS**

Journals (refereed)

**Mitchell, S.M.**, Nichols, D., Rigby, B., and Biggerstaff, K. (in progress). Physiological responses to running on a land and anti-gravity treadmill. To be submitted to *Journal of Sport Rehabilitation*.

**Mitchell, S.M.**, Trowbridge, C.A., Fincher, A.L., and Cramer, J.T. Effect of diathermy on muscle temperature, electromyography and mechanomyography. *Muscle and Nerve*. 38:992-1004, 2008.

Cramer, J.T., Beck, T.W., Housh, T.J., Massey, L.L., **Marek, S.M.**, Danglemaier, S., Purkayastha, S., Culbertson, J.Y., Fitz, K.A., and Egan, A.D. Acute effects of static stretching on characteristics of the isokinetic angle-torque relationship, surface electromyography, and mechanomyography. *Journal of Sport Sciences*. 25(6):687-98, 2007.

Egan, A.D., Cramer, J.T., Massey, L.L., and **Marek, S.M.** Acute effects of static stretching on peak torque and mean power output in NCAA Division I women's basketball players. *Journal of Strength and Conditioning Research*. 20(4):778-82, 2006.

Purkayastha, S., Cramer, J.T., Trowbridge, C.A., Fincher, A.L., and **Marek, S.M.** Surface electromyographic amplitude-to-work ratios during isokinetic and isotonic muscle actions. *Journal of Athletic Training*. 41(3):314-320, 2006.

**Marek, S.M.**, Cramer, J.T., Fincher, A.L., Massey, L.L., Dangelmaier, S.M., Purkayastha, S., Fitz, K.A., and Culbertson, J.Y. Static and proprioceptive neuromuscular facilitation stretching elicited acute changes in muscle strength and power output. *Journal of Athletic Training*. 40(2):94-103, 2005.

## PRESENTATIONS

### International and National

Rosselli, A. and **Mitchell, S.** Evidence-Based Best Practices for Online Masters Degrees in Athletic Administration: From Practice to Theory. National Association for Kinesiology in Higher Education. Savannah, GA; January 11, 2019.

**Marek, S.M.**, Fincher, A.L., Trowbridge, C.A., and Cramer, J.T. The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and mechanomyography. *National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. (Free Communications Poster Presentation) Anaheim, CA; June 29, 2007.

Cramer, J.T., Massey, L.L., **Marek, S.M.**, and A.D. Egan. Time course for the acute effects of static stretching on muscle strength and power output in NCAA Division I Women's Basketball players. *Journal of Strength and Conditioning Research*, 19(4): e11. (Oral/slide Presentation at the NSCA Annual National Conference, 2005, Las Vegas.)

Egan, A.D., Cramer, J.T., Massey, L.L., **Marek, S.M.**, Danglemeier, S., Purkayastha, S., Culbertson, J.Y., and K.A. Fitz. Acute effects of static stretching on the angle-torque relationship during isokinetic leg extensions in women. *Journal of Strength and Conditioning Research*, 19(4): e13. (Poster Presentation at the NSCA Annual National Conference, 2005, Las Vegas.)

### Regional

**Marek, S.M.**, Fincher, A.L., Trowbridge, C.A., and Cramer, J.T. The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and mechanomyography. *Southwest Athletic Trainers' Association Annual Meeting*. (poster presentation) Houston, TX; July 21, 2005.

State and Local

**Mitchell, S.**, Nichols, D., Rigby, B., and Biggerstaff, K. Physiological Responses to Running on a Land and Anti-gravity Treadmill. Texas Chapter American College of Sports Medicine. *International Journal of Exercise Science: Conference Proceedings: 2(11)*. Poster presentation at TACSM, Fort Worth, TX; February 28, 2019.

**Marek, S.M.** The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and mechanomyography. (study completed) *UTA Department of Kinesiology Exercise Science Seminar*. Arlington, TX; May 6, 2005.

**Marek, S.M.**, Cramer, J.T., Fincher, A.L., Massey, L.L., Dangelmaier, S.M., Purkayastha, S., Fitz, K.A., and Culbertson, J.Y. Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *Texas Chapter of the American College of Sports Medicine Annual Meeting*. (poster presentation) Dallas, TX; March 4, 2005.

**Marek, S.M.** The thermal effects of pulsed shortwave diathermy on electromyography and mechanomyography. (study proposal) *UTA Department of Kinesiology Exercise Science Seminar*. Arlington, TX; November 17, 2004.

**Marek, S.M.** Acute effects of static and PNF stretching on peak torque and electromyographic amplitude during maximal, concentric isokinetic muscle actions at 60 and 300 deg/sec. *UTA Annual Celebration of Excellence by Student*. (poster presentation) Arlington, TX; April 2, 2004.

**Marek, S.M.** Acute effects of static and proprioceptive neuromuscular facilitation stretching on peak torque during isokinetic muscle actions. *UTA College of Education Research Day*. (poster presentation) Arlington, TX; Spring 2004.

**Marek, S.M.** Acute effects of static and proprioceptive neuromuscular facilitation (PNF) stretching on muscle strength and joint range of motion. *UTA Department of Kinesiology Applied Kinesiology Research Symposium*. (poster presentation) Arlington, TX; Fall 2003.

Invited Presentations

**Mitchell, S.M.** Domain I: Injury/Illness Prevention and Wellness Protection. *Annual SWATA Athletic Training Student Professional Competency Workshop*. San Marcos, TX. (January 27, 2017).

**Mitchell, S.M.** Domain I: Injury/Illness Prevention and Wellness Protection. *Annual SWATA Athletic Training Student Professional Competency Workshop*. San Marcos, TX. (January 29, 2016).

**Mitchell, S.M.** Preparing for Your Interview. *Annual SWATA Athletic Training Student Professional Competency Workshop*. San Marcos, TX. (January 29, 2016).

**Mitchell, S.M.** Manual Muscle Testing Lab. *6<sup>th</sup> Annual SWATA Athletic Training Student Professional Competency Workshop*. Arlington, TX. (January 25, 2014).

**Mitchell, S. M.** Domain II: Clinical Evaluation and Diagnosis, Part II. *5th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 26, 2013).

**Mitchell, S. M.** Domain II: Clinical Evaluation and Diagnosis, Part I. *5th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 25, 2013).

**Mitchell, S. M.** Domain II: Clinical Evaluation and Diagnosis, Part II. *4th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 28, 2012).

**Mitchell, S. M.** Domain II: Clinical Evaluation and Diagnosis, Part I. *4th Annual SWATA Athletic Training Student Professional Competency Workshop*. Irving, TX. (January 27, 2012).

**Marek, S.M.** Maintaining a Healthy Lifestyle. *Texas Department of Transportation; Milam County Maintenance Office Safety Meeting*. Cameron, TX; December 15, 2004.

#### Invited Book Proposal Reviews

Schick, D. *Athletic Taping and Wrapping*. Lippincott, Williams, and Wilkins. June 2005.

Abell, B.A. *Taping and Wrapping Made Simple*. Lippincott, Williams, and Wilkins. May 2005.

### **STUDENT THESIS COMMITTEES**

#### **Texas A&M University – Commerce – Graduate Thesis**

Ramirez, Omar: Exercise Habits Of College Students Before And During The Covid-19 Pandemic. (Committee member) Expected Graduation August 2022.

Herrera, Guadalupe: Bilateral Asymmetry and Dynamic Balance in Collegiate Athletes. (Committee member) Expected Graduation TBA.

Ogata, Ai: Risk Factors of Medial Tibial Stress Syndrome in Division II Track and Field/Cross-Country Athletes. (Committee member) Graduation May 2019.

Williams, Jeffrey: Lower Extremity Neurodynamic Mobilization And Its Effect On Range Of Motion In Collegiate Football Athletes. (Committee member) Graduation May 2018.

#### **Texas A&M University – Commerce – Undergraduate Honor's Thesis**

Shaw, Lauren: VO2max and Playing Time in Female Collegiate Soccer Players. (Committee chair) Expected Graduation May 2023.

Sprague, Amy: Firefighter: Call Load, Sleep Deprivation and Caloric Expenditure. (Committee member) Expected Graduation May 2023.

Horton, Dempsey: The Effects of Covid-19 on the Home Court Advantage. (Committee member) Expected Graduation May 2023.

Fite, Harrison: Factors affecting collegiate softball pitchers' spin rate. (Committee member) Expected Graduation May 2023.

Kilcrease, Kayla: MTBI's Impact on Collegiate Student Athletes in the Classroom. (Committee chair) Graduation May 2019.

### **SERVICE ACTIVITIES**

National Athletic Trainers' Association

Convention Proposal Reviewer – 2014, 2017-2019, 2021

Texas Advisory Board of Athletic Trainers

Clerical Help for Licensure Exam – April 25, 2010

Examiner for Licensure Exam – December 6, 2009, April 26, 2009

Model for Licensure Exam: Ft. Worth, TX – April 27, 2008



Relay for Life – Member of Athletic Training Society Team

TAMU-Commerce – 2008-2016

Susan G. Komen Breast Cancer Foundation 3-Day Walk – Sports Medicine Crew Volunteer

Dallas/Ft. Worth, TX – 2005, 2007-2009, 2011

Annual Celebration of Excellence – Invited Research Poster Presentation Judge

University of Texas at Arlington – March 28, 2008

Commerce Big Event – Community service event

Commerce, TX – April 5, 2008