

Curriculum Vitae

Sarah M. Mitchell, PhD, ATC, LAT

December 2022

Maiden Name: Marek

Assistant Professor / Graduate Coordinator
Health and Human Performance
Texas A&M University - Commerce
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Commerce, TX 75429
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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
HHPK 450, Exercise Physiology, 4 credits
HHPK 516, Current Topics in Health & Human Performance, 3 credits
HHPK 534, Exercise in Health & Disease, 3 credits
HHPK 595, Critiquing & Conducting Research, 3 credits
HHPK 617, Statistical Procedures in Health & Human Performance, 3 credits
HHPH 1304, Introduction to Personal and Community Health, 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, 2018-2022
National Athletic Trainers' Association Annual Meeting & Clinical Symposium: 2004-2006, 2008, 2009, 2012, 2013, 2015-2017, 2019, 2020
Texas Chapter of American College of Sports Medicine Annual Meeting: 2016-2020
NATA Educator's Conference: 2013, 2015
NATA Clinical Instructor Educator Workshop: February 26-28, 2011 – Washington, DC
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 College of Education & Human Services Committees

Fall 2022 COEHS Curriculum Committee

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

2015-present Graduate Program Committee, Chair
2015-present HHP Scholarship Committee, Chair
2014-present Kinesiology & Sports Studies – Human Performance Committee
2007-present Strategic Planning Committee
2007-present Athletic Training Society Faculty Sponsor
2022-2023 HHP Curriculum Committee
Fall 2022 Administrative Associate III Search Committee
Summer 2022 Assistant Professor of Public Health Search Committee
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
2015-2022 Academic Integrity Committee
Fall 2021 Administrative Associate III Search Committee
Summer 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
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University of Texas at Arlington

2003-2005	College of Education Dean's Student Advisory Group
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HONORS, AWARDS, AND LISTINGS

CLASS Award (Collegiate Learning and Student Succeeding) COEHS, Texas A&M University – Commerce, March 2020

Nominated for Faculty Senate Award for Professional Excellence in Teaching – Innovation Award, Texas A&M University – Commerce, 2019.

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)

Bubenchik, L., Pruitt, S., Culpepper, D., **Mitchell, S.** Covid-19 Stress Levels on Returning Student-Athletes. *International Journal of Applied Science and Research*. 5(3):88-92, 2022.

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

Mitchell, S. Cardiorespiratory Responses on a Land and Anti-Gravity Treadmill. *Southwest Athletic Trainer's Association Annual Meeting.* (oral presentation) Arlington, TX; July 22, 2022.

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. *6th 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

Sunnyvale ISD Parent Teacher Association

Member: 2021-present

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