The Wounded Bear

From the Director’s Desk  Scott Richter, LAT

As we embark on the 2011 holiday season, I feel blessed to be in my 27th year as a faculty member and co-director of the Athletic Training Education Program. We have established a high standard for future years, but I am optimistic we have the ability to meet and even exceed lofty expectations. In the spirit of the story *A Christmas Carol*, I have decided to try something new and write about the past, present and future of our program. Don’t worry, my intent is not to write a novel; please excuse me for not providing all the details, as I am just highlighting information.

The UM ATEP was established in 1971 by Wally Schwank and Naseby Rhinehart. Naseby had been an athletic trainer (maybe one of the first in the nation) at UM since 1935, following an impressive athletic career. Wally was a faculty member of the Health, Physical Education, Dance and Recreation Department; he was essentially the first ATEP Director. The first students of the new ATEP program, mostly men, were only required to complete several courses in addition to their HPERD major, from which they earned a Montana K-12 teaching endorsement.

Naseby was the only athletic trainer for all sports at the time, so he covered every team practice and event and administered every treatment. As pre-wrap had not been invented, athletes either used cloth stockinet or were taped directly over the skin. Treatment modalities consisted primarily of ice and heat. When available, diathermy, e-stim and ultrasound were used, but Naseby preferred cryotherapy. In addition, he administered manual therapy and massage.

When Title IX added women’s sports to college athletics in 1972, Naseby was overwhelmed and persuaded UM to hire another athletic trainer for women’s teams. Initially, coaches and administrators were reluctant to have females and males share the same athletic training facilities, so the first facility for women was located in the Women’s Center (now McGill Hall). Soon after, societal attitudes changed and the athletic training room became a coed facility. Naseby retired in 1982 and Dennis Murphy was hired as UM’s second Head Athletic Trainer. It is mind boggling that in 77 years UM has had only two Head Athletic Trainers. Like Naseby, Dennis only had the help of one certified athletic trainer for many years.

The UM athletic training room was the only facility to provide clinical experiences for ATEP students for many years. After the HHP Department’s move to McGill Hall in the early ’90s and during the construction of the Rhinehart Athletic Training Center (RATC), the athletic training room was relocated three times — one year it was in a double-wide trailer in the corner of Washington Stadium.

Fast forwarding to today, UM’s ATEP must meet rigid accreditation standards, and all athletic training courses contain required competencies or proficiencies. There are currently 12 clinical education sites available to students, including physical therapy clinics, high schools, general medical facilities, and club and semi-professional sports. In addition to Dennis, the RATC employs four full-time licensed athletic trainers, two licensed GAs and a volunteer physical therapist. The ATEP has two full-time faculty responsible for the administration of the program and coordination of clinicals. Now, the majority of athletic training students are female.

In addition to traditional ice and heat treatments, a myriad of high-tech modalities are used, such as different frequency ultrasound, portable neuromuscular electrical stimulation, iontophoresis, laser and aquatic therapy pools. Tape is available in school colors and ankle taping is being replaced with ankle braces. Kinesiotaping has emerged to treat swelling and pain, and Leukotaping is being used to realign body parts to supplement rehabilitation.

As you can see, UM’s ATEP has changed greatly and will continue to evolve. I have several predictions for the future. Within the next three years, the ATEP undergraduate program will become an entry-level master’s program. It will follow a 3-2 model, where students will have the option to either complete the four year program or major in exercise science (or a related area) to complete prerequisites before applying to the two-year graduate program. The first year will be similar to the undergraduate program. In the second year students will be able to complete the majority of their courses online, allowing them to spend at least one semester immersed in a clinical experience.

Eventually UM’s entry-level AT program will collaborate closely with MSU-Billings to place students in numerous clinical sites throughout Montana. Using distance learning technology, the two programs will offer courses simultaneously. UM students will be able to sit in on courses offered in Billings and vice-versa. The ATEP will hire another faculty member to help coordinate clinical experiences, instruct courses and mentor research projects.

As technology improves, treatment and rehabilitation protocols will change drastically. Many clinical applications will be evidence-based only, preventative taping techniques will be replaced with functionally designed custom braces or sleeves, and on-the-fly physiological monitoring of athletes will allow players to be monitored constantly to ensure maximum performance while avoiding injuries. Healthcare professionals of all types will realize the value of athletic trainers and hire many more of them. Finally, the name “athletic training” will change to _______ (your guess). Of course, these are just predictions, but it is fun to speculate.

In closing, I would like to thank all our clinical and academic instructors for dedicating many hours of instruction and mentorship to our students. I would also like to thank the Alumni program, the HHP Department and the PJW CoEHS for publishing this newsletter. Lastly, I want to express my heartfelt gratitude to the athletic training students for their devotion to our program and their extraordinary accomplishments this year. I wish everyone special holidays with their families and friends!
UMATSA Update

UM athletic training students (Sophia Bowe, Paul Capp, Colyne Hislop, Shauna Delaney, Kiri Weeks, Alyssa Frei, Courtney Rayfield, and Kara Wesen) and faculty (Valerie Moody, Scott Richter, and Carla Fritz) partnered with the Brain Injury Association of Montana to promote concussion awareness and the athletic training profession at a Missoula Osprey game in August (the Osprey are a Triple A Baseball team in Missoula). They conducted a 50/50 raffle to raise money for the Brain Injury Association of Montana and passed out flyers about concussions. Kara Wesen, a senior athletic training student and president of UM’s Athletic Training Students’ Association, was recruited to throw out the first pitch of the game! The students have been busy this fall fundraising to attend the District 10 meeting in March 2012 in Bellevue, WA. They have raffled off a Griz football and held a bake sale, and they will be raffling an autographed Griz basketball and holding a tape-a-thon this spring. Students also gathered donations for the “Can the Cats” Food Drive this year and provided medical coverage for this year’s Freezer Burn Fun Run.

Student Research

Several students applied for and received funding from the Davidson Honors College for the Undergraduate Research Award for this academic year to conduct original research projects.

**Alyssa Frei and Rebekah Truitt** (faculty mentor: Valerie Moody): “Exploring the effects of moist heat packs on vertical jump performance”;

**Kara Wesen** (faculty mentor: Valerie Moody): “Variation of Mood States in Athletic Training Students in an Accredited Athletic Training Education Program”;

**Tyler Beauregard** (faculty mentor: Valerie Moody): “One More Round: The Best Materials for Cooling Tissues in 60 Seconds or Less”;

**Kiri Weeks** (faculty mentor: Valerie Moody): “Assessment of Skill Acquisition and Athletic Training Student Satisfaction in Clinical Education.”
UM Students Place 5\textsuperscript{th} in New Orleans National Quiz Bowl!

Karis (Hawkins) Prusak, Nicki Roessing, and Tyler Beauregard travelled to New Orleans this summer to attend the National Athletic Trainers’ Association Annual Meeting and to participate in the National Quiz Bowl. They won the District 10 Quiz Bowl in March and received support from the University of Montana as well as District 10 to attend the conference. The University of Montana was represented well and our students took 5\textsuperscript{th} place overall. The students are excited to compete again this year and are hoping for a return next summer to the National Quiz Bowl.

Student Notes: The NATA Experience

Tyler Beauregard, Level 3

I don’t remember our competitor’s answer at the District 10 Quiz Bowl, but it wasn’t “amortization phase”; and that meant we were going to New Orleans.

I was so excited to have the opportunity to participate in the NATA Quiz Bowl and represent District 10 that I spent the weeks between finals and the national conference learning all I could about pharmacology, one of our weaker subjects at the District Quiz Bowl. Finally, with the gracious support of District 10 and the University of Montana, we were on our way to New Orleans.

The trip to New Orleans seemed to take an eternity, and I never expected it to be so big. District 10’s meeting could have fit easily into half of the vendor hall. After two days spent trying to see everything I could, it was the day of the National Quiz Bowl. The morning was a haze. All the teams came into the area where the quiz bowl was going to happen, and that’s when I started getting nervous. Being seated on the same stage as teams from TCU, Nevada and Florida made me feel like a small fish in a very large pond.

Karis, Nicki and I took our seats next to the Florida Gators from District 9 and the quiz bowl began. The start did not look promising, with our team floating at the bottom of the pack, but we made a great comeback and ended up placing 5\textsuperscript{th} in the nation. This was a great accomplishment for District 10 and for the University of Montana ATEP. I can’t wait for the District Quiz Bowl this year, but I’m looking forward to the National Quiz Bowl even more.
Clinical rotations are in full swing this semester and once again the students have been rewarded with exceptional clinical experience. A special thanks to our clinical instructors who attended our clinical instructor workshop this July. Dr. Malissa Martin from the College of Mount St. Joseph was our guest speaker, discussing techniques on implementing Evidence Based Medicine into clinical teaching. This fall also marks the beginning of our collaboration with MSU-Billings. Ashley Schramm, an athletic training student from MSU-Billings, completed an internship with the Griz Football team this fall under the guidance of JC Weida. It was a positive experience for all of us involved to have her here and we are excited about the potential for future collaboration between programs.
Where in the World are UM ATEP Alumni??

We hung a map this past spring in the Athletic Training Education Program Suite and would like to start collecting business cards of UM ATEP alumni to pin up on the map. This will be an excellent opportunity for future students to see where our past students are and will possibly open the doors for networking opportunities!

Please send business cards to: Valerie Moody, Co-Program Director ATEP, 32 Campus Drive McGill Hall 238C, Missoula, MT 59812. Don’t have a business card? You can email me your information and I will place it on a card to post on the map. Email me at: valerie.moody@umontana.edu.

Featured Alumnus: Junji Nagashima

After graduating from the UM athletic training program in 2009, I went back to Tokyo, Japan. From April 2010 to April 2011, I worked as an athletic trainer and strength and conditioning trainer for a semi-professional rugby team, the Yokogawa Atlastars, in Tokyo. At the same time, I worked with two professional golfers for a year. Since April 2010, I have been a member of a nonprofit organization called Sports Safety Japan and have been working as an instructor to teach people how to make safer environments for school sports in Tokyo.

While working as an athletic trainer/instructor, I realized that I would also like to continue exploring the academic field of sports medicine and decided to go to the Graduate School of Comprehensive Human Sciences in The University of Tsukuba, Japan. Now I am a first year graduate student, and I’m planning to run the Functional Movement Screen (created by Gray Cook) on a rugby team at the University and write my master’s thesis on it. As extracurricular activities I take care of professional and amateur golfers and collegiate athletes in other sports in a training center in The University of Tsukuba, just like what I did in the Rhinehart Athletic Training Center in Missoula.

In the near future I hope to work for golfers on Team Japan and travel all over the world. I am looking forward to seeing what will happen in the next chapter of my life.
Thanks
and
Happy Holidays
from UM ATEP
See you in 2012!