

# FORESTT G. BRIDGES

936-632-7656 (O)

forestt.bridges@tamuc.edu

## EDUCATION

MASTER OF SCIENCE IN KINESIOLOGY <i>Southern Arkansas University; Magnolia, AR</i>	2008-2010
BACHELOR OF SCIENCE IN ATHLETIC TRAINING <i>Henderson State University; Arkadelphia, AR</i>	2004-2008

## SKILLS/LICENSES

FIRST AID/ CPR INSTRUCTOR CERTIFICATION <i>American Heart Association</i>	2013-PRESENT
ATHLETIC TRAINING CERTIFIED <i>Board of Certification</i>	2010-PRESENT
LICENSED ATHLETIC TRAINER <i>Texas Advisory Board of Athletic Trainers</i>	2010-PRESENT
FIRST AID/CPR FOR THE PROFESSIONAL RESCUER <i>American Red Cross</i>	2004-PRESENT

## EMPLOYMENT

ASSISTANT HIGH SCHOOL/ MIDDLE SCHOOL ATHLETIC TRAINER <i>Lufkin ISD; Lufkin, TX</i>	2013-PRESENT
INTERIM INSTRUCTOR/ CLINICAL COORDINATOR <i>Texas A&amp;M University – Commerce; Commerce, TX</i>	2010-2013
GRADUATE ASSISTANT <i>Southern Arkansas University; Magnolia, AR</i>	2008-2010

## ATHLETIC TRAINING EXPERIENCE

ATHLETIC TRAINING SERVICES- UIL FOOTBALL PLAYOFFS <i>Lufkin High School; Lufkin, TX</i>	FALL 2013
CONTRACT ATHLETIC TRAINER- WOMEN'S BASKETBALL <i>Greenville High School; Greenville, TX</i>	FALL 2012
CONTRACT ATHLETIC TRAINER- VOLLEYBALL <i>Texas A&amp;M University – Commerce; Commerce, TX</i>	FALL 2012
NCAA DIVISION II NATIONAL SWIMMING CHAMPIONSHIP <i>Volunteered for Henderson State University; Mansfield, TX</i>	2009
INTERIM INSTRUCTOR/ CLINICAL COORDINATOR <i>Texas A&amp;M University – Commerce; Commerce, TX</i> Interim Instructor / Clinical Coordinator in the Athletic Training Education Program.	2010-PRESENT
NCAA SOUTH REGION BASEBALL TOURNAMENT <i>Southern Arkansas University-Host; Magnolia, AR</i>	2010
NCAA SOUTH REGION BASEBALL TOURNAMENT <i>Southern Arkansas University; Tampa, FL</i>	2009
GRADUATE ASSISTANTSHIP <i>Southern Arkansas University; Magnolia, AR</i> Athletic Trainer with the baseball and football teams.	2008-2010
SENIOR INTERNSHIP <i>Hot Springs Sports Medicine; Hot Springs, AR</i>	2008
NCAA DIVISION II WOMEN'S BASKETBALL ELITE EIGHT	2007

## COURSES TAUGHT

### SPRING 2014

ATHLETIC TRAINING ADMINISTRATION, HHPA 441; 3 CREDIT HOURS

*Course Content: Administrative responsibilities of the athletic training profession.*

### SPRING 2013

ARCHERY, FRA 149; 1 CREDIT HOURS (2 SECTIONS)

*Course Content: Introduction to and history of the sport of archery.*

ATHLETIC TRAINING ADMINISTRATION, HHPA 441; 3 CREDIT HOURS

CLINICAL EXPERIENCE IN ATHLETIC TRAINING II, HHPA 279; 1 CREDIT HOURS

*Course Content: Provide clinical instruction and experience to level 1 students.*

CLINICAL EXPERIENCE IN ATHLETIC TRAINING IV, HHPA 379; 1 CREDIT HOURS

*Course Content: Provide clinical instruction and experience to level 2 students.*

CLINICAL EXPERIENCE IN ATHLETIC TRAINING VI, HHPA 479; 1 CREDIT HOURS

*Course Content: Provide clinical instruction and experience to level 3 students.*

HEALTH CARE ADMINISTRATION LAB, HHPA 442; 1 CREDIT HOURS

*Course Content: Administrative techniques of the athletic training profession.*

PREVENTION AND CARE OF ATHLETIC INJURIES, HHPA/K 213; 3 CREDIT HOURS

*Course Content: Basic care and prevention skills of common athletic injuries.*

### FALL 2012

ARCHERY, FRA 149; 1 CREDIT HOURS (2 SECTIONS)

CLINICAL EXPERIENCE IN ATHLETIC TRAINING I, HHPA 279; 1 CREDIT HOURS

CLINICAL EXPERIENCE IN ATHLETIC TRAINING III, HHPA 379; 1 CREDIT HOURS

CLINICAL EXPERIENCE IN ATHLETIC TRAINING V, HHPA 479; 1 CREDIT HOURS

PREVENTION AND CARE OF ATHLETIC INJURIES, HHPA/K 213; 3 CREDIT HOURS

THERAPEUTIC MODALITIES, HHPA 239; 3 CREDIT HOURS

*Course Content: A study of knowledge, skills and values needed to plan, apply, document and evaluate the efficacy of therapeutic modalities.*

THERAPEUTIC MODALITIES LAB, HHPA 240; 1 CREDIT HOURS

*Course Content: Therapeutic modality techniques for athletic training students.*

### SPRING 2012

ATHLETIC TRAINING ADMINISTRATION, HHPA 441; 3 CREDIT HOURS

CLINICAL EXPERIENCE IN ATHLETIC TRAINING II, HHPA 279; 1 CREDIT HOURS

CLINICAL EXPERIENCE IN ATHLETIC TRAINING IV, HHPA 379; 1 CREDIT HOURS

CLINICAL EXPERIENCE IN ATHLETIC TRAINING VI, HHPA 479; 1 CREDIT HOURS

HEALTH CARE ADMINISTRATION LAB, HHPA 442; 3 CREDIT HOURS

PREVENTION AND CARE OF ATHLETIC INJURIES, HHPA/K 213; 3 CREDIT HOURS

*Course Content: HHPA 213 and HHPK 213 are cross-listed courses.*

PREVENTATIVE TECHNIQUES IN ATHLETIC TRAINING, HHPA 214; 1 CREDIT HOURS

*Course Content: Basic care and prevention skills and techniques of common athletic injuries.*

## FALL 2011

CLINICAL EXPERIENCE IN ATHLETIC TRAINING I, HHPA 249; 1 CREDIT HOURS  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING III, HHPA 349; 1 CREDIT HOURS  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING III, HHPA 449; 1 CREDIT HOURS  
PREVENTION AND CARE OF ATHLETIC INJURIES, HHPK 213; 3 CREDIT HOURS  
THERAPEUTIC MODALITIES, HHPA 239; 3 CREDIT HOURS  
THERAPEUTIC MODALITIES LAB, HHPA 240; 1 CREDIT HOURS

## SPRING 2011

CLINICAL INTEGRATION OF ATHLETIC TRAINING, HHPA 480; 3 CREDIT HOURS  
*Course Content: Aid level 3 students in integrating competencies and proficiencies with the decision making processes before entering professional practice.*  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING II, HHPA 279; 1 CREDIT HOURS  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING IV, HHPA 379; 1 CREDIT HOURS  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING VI, HHPA 479; 1 CREDIT HOURS  
PREVENTION AND CARE OF ATHLETIC INJURIES, HHPA/K 213; 3 CREDIT HOURS  
PREVENTATIVE TECHNIQUES IN ATHLETIC TRAINING, HHPA 214; 1 CREDIT HOURS

## FALL 2010

PREVENTION AND CARE OF ATHLETIC INJURIES, HHPK 213; 3 CREDIT HOURS  
THERAPEUTIC MODALITIES, HHPA 239; 3 CREDIT HOURS  
THERAPEUTIC MODALITIES LAB, HHPA 240; 1 CREDIT HOURS  
LOWER EXTREMITY EVALUATION LAB, HHPA 260; 1 CREDIT HOURS  
*Course Content: Lower body extremity evaluation techniques for athletic training students.*  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING I, HHPA 249; 1 CREDIT HOURS  
CLINICAL EXPERIENCE IN ATHLETIC TRAINING III, HHPA 349; 1 CREDIT HOURS

## PROFESSIONAL ORGANIZATIONS/COMMITTEES

TSATA <i>Texas Athletic Trainers Association Member</i>	2012-PRESENT
SPORT AND RECREATION MANAGEMENT SEARCH COMMITTEE <i>Texas A&amp;M University – Commerce; Commerce, TX</i>	2011-2012
ATHLETIC TRAINING EDUCATION PROGRAM COMMITTEE <i>Texas A&amp;M University – Commerce; Commerce, TX</i>	2010-2013
HEALTH AND HUMAN PERFORMANCE STRATEGIC PLANNING COMMITTEE <i>Texas A&amp;M University – Commerce; Commerce, TX</i>	2010-2013
SWATA COMPETENCY WORKSHOP COMMITTEE <i>Southwest Athletic Trainer's Association; NATA District 6</i>	2010-PRESENT
SWATA <i>Southwest Athletic Trainers Association Member</i>	2009-PRESENT
AATA <i>Arkansas Athletic Trainers Association Member</i>	2009-PRESENT
NATA <i>National Athletic Trainers Association Member</i>	2007-PRESENT

## **VOLUNTEER EXPERIENCE**

RELAY FOR LIFE <i>Participated with Athletic Training Society. Commerce, TX</i>	2012
RELAY FOR LIFE <i>Participated with Athletic Training Society. Commerce, TX</i>	2011
CPR INSTRUCTION FOR ARKADELPHIA LITTLE LEAGUE <i>Arkadelphia, AR</i>	2008
ANGEL TREE <i>Supply Christmas gifts to a less fortunate family. Arkadelphia, AR</i>	2004-2007
HENDERSON HALLOWEEN <i>Safe place for local children to trick-or-treat. Arkadelphia, AR</i>	2004-2007

## **PROFESSIONAL PRESENTATIONS**

- Bridges F.** Test question author and presenter Domain 1 Prevention Part 1. *Southwest Athletic Training Association Competency Workshop Committee . (Oral Presentation) Irving, TX; January 25, 2013.*
- Bridges F.** Test question author and presenter Domain 1 Prevention Part 2. *Southwest Athletic Training Association Competency Workshop Committee . (Oral Presentation) Irving, TX; January 25, 2013.*
- Bridges F.** Test question author and presenter Domain 1 Prevention Part 1. *Southwest Athletic Training Association Competency Workshop Committee . (Oral Presentation) Irving, TX; January 25, 2012.*
- Bridges F.** Test question author and presenter Domain 1 Prevention Part 2. *Southwest Athletic Training Association Competency Workshop Committee . (Oral Presentation) Irving, TX; January 26, 2012.*

## **PROFESSIONAL MEETINGS**

NATA ANNUAL MEETING <i>National Athletic Trainer's Association annual meeting and clinical symposia; Las Vegas, NV</i>	2013
SWATA ANNUAL MEETING <i>Southwest Athletic Trainers Association annual meeting and clinical symposia; Houston, TX</i>	2013
SWATA COMPETENCY WORKSHOP <i>Irving, TX</i>	2013
NATA ANNUAL MEETING <i>St. Louis, MO</i>	2012
SWATA ANNUAL MEETING <i>Addison, TX</i>	2012
SWATA COMPETENCY WORKSHOP <i>Irving, TX</i>	2012
NATA ANNUAL MEETING <i>New Orleans, LA</i>	2011
SWATA ANNUAL MEETING <i>Houston, TX</i>	2011
SWATA ANNUAL MEETING <i>Arlington, TX</i>	2010