

## FACULTY VITA

**Sarah M. Mitchell, PhD, ATC, LAT**  
**Maiden Name: Marek**

**August 2020**

Interim, Graduate Coordinator / Instructor  
Health and Human Performance  
Texas A&M University - Commerce  
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### PROFESSIONAL INTERESTS

Areas related to athletic training and exercise physiology.

### EDUCATION

B.S. in Kinesiology; Athletic Training Option; Mathematics Minor, Summa Cum Laude Honors,  
August 2003, Angelo State University, San Angelo, TX

M.S. in Exercise Physiology; Thesis: *The Thermal Effects of Pulsed Shortwave Diathermy on  
Muscle Force Production, Electromyography, and Mechanomyography*, May 2005, University of  
Texas at Arlington, Arlington, TX

Ph.D. in Kinesiology; Exercise Physiology concentration, Statistics minor; Dissertation:  
*Physiological responses to running on a land and anti-gravity treadmill*; May 2020, Texas  
Woman's University, Denton, TX

### PROFESSIONAL LICENSES

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 – January 2019-2021

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

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

### EXPERIENCE

#### Educational

2015 – present	Instructor/Graduate Coordinator, Health and Human Performance, Texas A&M University – Commerce
2010 – 2015	Instructor/Ad-Interim 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, Athletic Training, Central Methodist University
2003-2005	Graduate Teaching Assistant, Kinesiology, University of Texas at Arlington

Professionally Related

2009 – 2011	Contract Athletic Trainer, Baylor SportsCare, Frisco, TX
2005-2007	Assistant Athletic Trainer and Approved Clinical Instructor, Central Methodist University, Fayette, MO
2004-2005	Outreach Athletic Trainer, Harris Methodist Ft. Worth Hospital, Ben Hogan Sports Therapy Institute, Ft. Worth, TX
2004-2005	Approved Clinical Instructor, University of Texas at Arlington, Arlington, TX
Sept. 2004	Contract Athletic Trainer, Motus Center, Inc.
2004	Athletic Training Intern, Ft. Worth Cats Baseball Team, Ft. Worth, TX
2001-2003	Athletic Training Student, Angelo State University, San Angelo, TX
May 2005	Invited Book Proposal Review: Abell, B.A. <i>Taping and Wrapping Made Simple</i> . Lippincott, Williams, and Wilkins
June 2005	Invited Book Proposal Review: Schick, D. <i>Athletic Taping and Wrapping</i> . Lippincott, Williams, and Wilkins.

**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, Athletic Injury Assessment I, 3 credits (renamed to Lower Extremity Injury Assessment)  
HHPA 260, Athletic Injury Assessment I Lab, 1 credit (renamed to Lower Extremity Injury Assessment 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, Athletic Injury Assessment II, 3 credits (renamed to Upper Extremity Injury Assessment)  
HHPA 370, Athletic Injury Assessment II Lab, 1 credit (renamed to Upper Extremity Injury Assessment 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 1328, Concepts of Physical Activity, 3 credits  
HHPK 211, First Aid & Safety, 3 credits  
HHPK 2356, Prevention & Care of Athletic Injury, 3 credits (also HHPK 213 prior to 2018)  
HHPK 417, Measurement & Evaluation, 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

July 2020 – Virtual conference  
July 2019 – Arlington, TX  
July 2018 – Arlington, TX  
July 2016 – Arlington, TX  
July 2014 – Frisco, TX  
July 2012 – Addison, TX  
July 2011 – Houston, TX  
July 2010 – Arlington, TX  
July 2009 – Arlington, TX  
July 2008 – Corpus Christi, TX  
July 2005 – Houston, TX  
July 2004 – Arlington, TX

National Athletic Trainers' Association Annual Meeting & Clinical Symposium

June 2020 – Virtual conference  
June 2019 – Las Vegas, NV  
June 2017 – Houston, TX  
June 2016 – Baltimore, MD  
June 2015 – St. Louis, MO  
June 2013 – Las Vegas, NV  
June 2012 – St. Louis, MO  
June 2009 – San Antonio, TX  
June 2008 – St. Louis, MO  
June 2006 – Atlanta, GA  
June 2005 – Indianapolis, IN  
June 2004 – Baltimore, MD

NATA Educator's Conference

February 27-March 1, 2015 – Dallas, TX

January 11-13, 2013 – Dallas, TX  
NATA Clinical Instructor Educator Workshop  
February 26-28, 2011 – Washington, DC  
Texas Chapter of American College of Sports Medicine Annual Meeting  
March 2019 – Ft. Worth, TX  
March 2018 – Austin, TX  
February 2017 – Waco, TX  
February 2016 – College Station, TX  
Mid-America Athletic Trainers' Association Spring Symposium  
March 2007 – Topeka, KS  
March 2006 – Omaha, NE  
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  
2014-present Human Performance Committee  
2007-present Strategic Planning Committee  
2007-present Athletic Training Society Faculty Sponsor  
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

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

**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. *5<sup>th</sup> Annual SWATA Athletic Training Student Professional Competency Workshop.* Irving, TX. (January 26, 2013).

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

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

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

#### **STUDENT THESIS COMMITTEES**

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

Herrera, Guadalupe: Bilateral Asymmetry and Dynamic Balance in Collegiate Athletes.  
Expected Graduation December 2020.

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

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

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

Kilcrease, Kayla: MTBI’s Impact on Collegiate Student Athletes in the Classroom. Graduation May 2019.

**SERVICE ACTIVITIES**

National Athletic Trainers’ Association

- Convention Proposal Reviewer for 2020 Convention – August 2019
- Convention Proposal Reviewer for 2019 Convention – August 2018
- Convention Proposal Reviewer for 2018 Convention – August 2017
- Convention Proposal Reviewer for 2015 Convention – August 2014

Texas Advisory Board of Athletic Trainers

- Clerical Help for Licensure Exam – April 25, 2010
- Examiner for Licensure Exam – December 6, 2009, April 26, 2009
- Examiner for Licensure Exam: Ft. Worth, TX – April 26, 2009
- Model for Licensure Exam: Ft. Worth, TX – April 27, 2008

Relay for Life – Member of Athletic Training Society Team

- TAMU-Commerce – April 15, 2016
- TAMU-Commerce – April 17-18, 2015
- TAMU-Commerce – April 12-13, 2013
- TAMU-Commerce – April 13-14, 2012
- TAMU-Commerce – April 15-16, 2011
- TAMU-Commerce – April 16-17, 2010
- TAMU-Commerce – April 17-18, 2009
- TAMU-Commerce – April 4-5, 2008

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

- Dallas/Ft. Worth, TX – November 4, 2011
- Dallas/Ft. Worth, TX – November 6, 2009
- Dallas/Ft. Worth, TX – November 7, 2008
- Dallas/Ft. Worth, TX – October 27, 2007
- Dallas/Ft. Worth, TX – June 10-12, 2005

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