

# Megan J. Lundstrom, EdD, LAT, ATC

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## **EDUCATION:**

2009-2013

### **Doctorate of Education: Teaching and Learning**

University of Minnesota --Duluth, Minnesota

- Dissertation Title: *Students' Perception of a Theory-Practice Gap in Athletic Training Education*

1999-2001

### **Masters' of Science: Educational Administration: Higher Education**

University of Wisconsin --Madison, Wisconsin

1995-1999

### **Bachelors' of Science: Exercise and Sports Science – Athletic Training**

University of Wisconsin La Crosse--La Crosse, Wisconsin

## **CERTIFICATIONS/LICENSURE:**

2016-Present

- Iowa Licensed Athletic Trainer #083364

1999-Present

- BOC Certified Athletic Trainer #079902439

2007-Present

- NPI #1659348902

1999-Present

- AHA – BLS Provider Certified

2002-2006

- NREMT Certified: EMT-B #B1404410

2001-2017

- Minnesota Registered Athletic Trainer #1628

1999-2003

- Wisconsin Licensed Athletic Trainer #54-039

## **EXPERIENCE:**

2016–Present

### **University of Iowa, Iowa City: Program Director, AT Program**

#### **UI Administrative Experience:**

- Planning, development, implementation, delivery, documentation, and assessment of all components of the AT curriculum
- Oversee program budgets, maintenance, and ordering of capital/expendable supplies
- Ongoing compliance with the CAATE Standards
- Successfully transitioned the AT Program from the College of Liberal Arts and Sciences to the Carver College of Medicine within the Department of Orthopedics and Rehabilitation
- Completion of CAATE Substantive Change and the mini self-study to transition the BSAT to the MSAT (2020)
- CAATE annual report development and submission
- Secured 5-year Articulation Agreements with Coe College and Central College to enhance recruitment to the MSAT

- Conducted several faculty searches including CCE, Medical Director, 3<sup>rd</sup> faculty and adjunct positions
- Maintenance of UI Foundation donor relations and fund usage (Professorship endowment - \$1.5 million, student scholarship fund)
- Secured donor gifts for the AT program (2017-\$175,000 and 2019-\$10 million)
- Participate in a plethora of recruitment events for the MSAT; tabling, virtual events, open houses, visit days
- Curricular planning and development of the new MSAT program, including the creation of 22 new courses
- Curricular planning and development for the U2G (BA & MS) program
- Provide annual updates to the general catalog and programmatic website
- Secured 2,000 square foot dedicated AT Lab space. Worked with facilities development to renovate the space to be AT education friendly (2017)
- Oversee the annual review process for adjunct faculty and Coordinator of Clinical Education
- Provide updates of programmatic changes to undergrad Admissions & Advising staff on an annual basis
- Academic advising of all admitted AT students
- Oversee the admissions and selection process for entry into the program, use of ATCAS
- Oversaw all Departmental CPR/First Aid Courses and associated adjunct faculty (2016-2018)

UI Teaching Experience:

- Exploring Athletic Training (Undergraduate)
- Basic Athletic Training (Undergraduate)
- Clinical Sciences in AT III (Orthopedic Evaluation - Undergraduate)
- Clinical Sciences in AT IV (Gen Medical Conditions-Undergraduate)
- Practicum in Teaching (Graduate – post professional AT)
- Seminar in Athletic Training (Graduate - post professional AT)
- Problems & Research in AT (Graduate – post professional AT)
- Non-Thesis Seminar (Graduate – post professional AT)
- Foundations of Athletic Training (professional MSAT)
- Orthopedic Pathology & Clinical Examination I (professional MSAT)
- Orthopedic Pathology & Clinical Examination II (professional MSAT)
- Pathology and Assessment of Non-Orthopedic Conditions (professional MSAT)
- Seminar in AT (professional MSAT)
- Advanced Topics in AT (professional MSAT)
- Nutrition for AT (Course Supervisor)
- Diagnostic Imaging and Lab Studies (Course Supervisor)

UI Service:

- Serve on Director of Graduate Studies committee (Graduate College)
- Chair of Coordinator of Clinical Education and 3<sup>rd</sup> faculty search committee
- Meet with high school students/parents to recruit and educate interested students in the program admissions procedures
- Serve on the Health and Human Physiology department Executive Committee (2016-2020)
- Provide advisement & serve as committee chair for eight graduate student research projects (2016-2019)

2019-Present

**Athletico Physical Therapy Clinic: PRN Athletic Trainer**

- Provide AT services to UI club and rec sports
- PRN events such as hockey, rugby, lacrosse, soccer, and quidditch

2012–2016

**University of Minnesota Duluth: Program Director, AT Program**

UMD Administrative Experience:

- Oversee all the day-to-day operations of the program including planning, implementation, delivery, documentation, and assessment of the curriculum
- Establish, review, and revise policies and procedures for the operation of the AT program, including coursework and clinical requirements, admission, retention, advising
- Oversee the admissions and selection process for entry into the AT program
- Assess and maintain program compliance with CAATE Standards
- Serve as the University Assessment Liaison for annual documentation of program outcomes
- Oversee and assist with all clinical education components using ATRACK
- Manage programmatic budget through the department chair
- Maintain and update the athletic training education program website
- Guide senior students through the Undergraduate Research Opportunity Program (UROP)
- Academic advising for all athletic training students
- Teaching course within the AT program; listed below CCE responsibilities
- Advisor to the Bulldog Athletic Training Association (student club)

2005-2013

**University of Minnesota Duluth: Coordinator of Clinical Education**

UMD Administrative Experience:

- Academic advisor to AT students & pre-AT students in the major
- Coordinated student rotations among 12 affiliate sites

- Initiated new affiliated agreements with GM sites, 1 industrial rehabilitation, & 1 Physician Extender site
- Maintain all communication/documentation between 21 preceptors
- Organize and maintain all rotational schedules of students
- Direct/implement the systematic evaluation of students, preceptors & sites
- Conduct routine visits and evaluations of each affiliate site
- Provide/coordinate annual preceptor meetings/retraining
- Assist the Program Director with administrative duties
- Assessment of all clinical proficiencies during 6 clinical experience courses

UMD Teaching Experience:

- Introduction to Athletic Training
- Injury Evaluation I - Lower Body Evaluation
- Injury Evaluation II - Upper Body Evaluation
- Medical Aspects of Athletic Training
- 6 Clinical Experience Lab Courses – sophomore, junior & senior
- CPR/AED for the Professional Rescuer and Healthcare worker
- Senior Seminar in Athletic Training
- Administrative Aspects of Athletic Training
- Research in Athletic Training
- Research & Evaluation in Health Science
- Applied Exercise Science

UMD Service and Sport Assignments:

- Annual fill-in coverage (PRN); FB, M-BKB, W-BKB, W-HK, VB
- Provided AT services for W-Soccer & Indoor Track – Fall 2006

2014-2016

**College of Saint Scholastica, Duluth: Athletic Trainer, Employee Clinic**

- Provide athletic training services in a clinic setting to employees, employees' partners and dependents at the WellU Employee Clinic
- Serve as preceptor for the Entry-Level AT Masters' Program at CSS
- Work side by side with a NP-C & MA for optimal patient healthcare
- Serve as a Shape Up Coach, taking biometrics for improving health
- Offer Stretch Break sessions to faculty/staff across campus

2001-2005

**Gustavus Adolphus College: Clinical Coordinator/Asst. Athletic Trainer**

- Supervise students in a CAAHEP accredited program & AT Room
- Academic advisor to the athletic training students in the major
- Created and utilize all assessments for clinical proficiencies
- Assisted Program Director with end-of-year Competency Matrix
- Assisted with the self-study for reaccreditation
- Assisted with Program Director duties while PD was on sabbatical – Fall 2003

- Initiated Affiliation Agreements with Health Services & PT
- Coordinated the selection process for student admittance into the program ACI & CIE Certified
- Maintenance of athletic training website
- Advisor to the Gustavus Athletic Trainers' Association (GATA)
- Supervise the students in their fulfillment of clinical hour requirements

*Gustavus Teaching Experience:*

- Intro to Athletic Training, First-Aid & CPR: Professional Rescuer
- Clinical lab courses for Sophomores, Juniors, & Seniors (8 classes/year)

*Gustavus Service and Sports Assignments:*

- Provided AT services for W-Soccer
- Provided AT services for Men's Hockey – Varsity and JV teams
- Provided AT services for M/W Track & Field
- Provided AT services for M & W Tennis,
- Provided AT services for M & W Golf

2002-2005

**St. Peter Ambulance Service, EMT-B, St. Peter, MN**

- Volunteer EMT-B 20 hours a week

1999-2001

**UW- Health Sports Medicine: Graduate Assistant, Madison, WI**

- Athletic Trainer at Verona Area High School, Verona, WI
  - Responsible for 18 sport teams and 450 athletes
  - Supervised student sports medicine assistants
- Athletic Trainer in a Physicians Practice
  - Weekly performance of preliminary diagnostic evaluation of outpatients in the sports medicine and orthopedic clinic
  - Completed Pt. history, physical examination, and ordered appropriate radiographic studies
  - Presentation of preliminary impressions to the physician
  - Proper documentation and dictation of patient notes

1995-1999

**University of Wisconsin-La Crosse: Undergraduate Student, La Crosse, WI**

- Head Athletic Training Student – W-Soccer; Football; Men's Tennis
- Assistant Athletic Training Student – W/M Track & Field; W-Tennis; Swimming & Diving; Softball; W-Basketball
- Served as Vice President to the student organization (1998-1999)

Summer 1998

**Pontiac Osteopathic Hospital: Internship, Detroit, MI**

- Provided athletic training services to Oxford High School - all sports
- Managed paperwork including physician referrals, daily treatment logs and progress notes

- Administration of pre-participation physicals at local schools
- AAU Boy's National Basketball Championship - 75 hours
- Observation: Pontiac Osteopathic Hospital ED - MRI clinic, surgery, PT clinic, radiology, hand specialist, knee specialist, occupational health clinic

**RESEARCH ACTIVITIES/MENTORSHIP:**

- 2021
  - IRB Approval for “Students’ Perception of a Theory-Practice Gap in Graduate Athletic Training Education”
- 2020
  - External Reviewer for promotion for a PT faculty member
  - Athletic Training Education Journal – Manuscript Reviewer
    - “Incorporating Health Informatics into Health Professions Education: Developing Data Literate Clinicians”
- 2018-2019
  - Non-Thesis Student Research Project Advisor/Chair
    - Connor Leichtle, ATC – “Case Study-Perilunate Dislocation in a collegiate Baseball Player”
    - Haley Simmons, ATC – “Case Study-Digital neuromuscular compromise in a female softball catcher”
    - Nathan Sultan, ATC – “Effects of Time Restricted Eating on General Health Parameters and Performance”
- 2017-2018
  - Non-Thesis Student Research Project Advisor/Chair
    - Brandon Hammerstrom, ATC – “Effects of sequential pneumatic compression on pre-event recovery ability”
    - Rebeca Maynor, ATC – “Comparison of isometric, concentric, and eccentric strengthening programs on decreasing cervical neck acceleration”
- 2016-2017
  - Non-Thesis Student Research Project Advisor/Chair
    - Klint Dougherty, ATC – “Case Study: Abnormal Femoral Stress Fracture in Female Track Athlete”
    - Kinsey Dunst, ATC – “Monitoring Tools to Assess and Gauge Athlete's Response to Training Load”
    - Danielle Happel, ATC – “Effects of a ketogenic diet on cognitive and motor function in patients with concussions”
    - Erika Harrison, ATC – “Appropriate pre-season screening for shoulder and elbow injury risk factors in collegiate baseball players”
    - Joseph (Cole) Reese, ATC - “Surgical vs. Conservative Treatment options for Athletic Pubalgia”
- 2011–2013
  - Doctoral dissertation topic: “Students’ Perception of a Theory-Practice Gap in Athletic Training Education”
- 2001
  - Sports Link Newsletter author – “Adolescent Female Use of Creatine”
- 2000
  - Attended a Pfizer ankle research meeting in Puerto Rico
- 2000-2001
  - Assisted with a high school Creatine use research study

**PRESENTATIONS:**

- 2021
  - “Challenges in Developing the New Educational Pathway for Athletic

- 2020 Trainers: The Transition to Master’s Level Program” -UI Sports Medicine Symposium, Invited speaker and Panelist
- “Current Topics in Athletic Training Education” - Iowa Athletic Trainers’ Society (IATS) Annual Meeting Speaker/Panelist
- 2019
- “Students’ Perception of a Theory-Practice Gap in Athletic Training Education” – Iowa Athletic Trainers’ Society (IATS) Annual Meeting
  - Facilitated a Student Panel on Students’ Perception of a Theory-Practice Gap - Iowa Athletic Trainers’ Society (IATS) Annual Meeting
  - “Athletic Training Student Perception Between Information Taught in the Classroom vs. What is Used in Practice” –NATA Educators' Conference, Poster Presentation
- 2018
- “How do you educate your patient while treating them?”- UI Sports Medicine Symposium, Panelist
- 2014
- “Intro to Spine Boarding Techniques”–HS Sports Medicine Workshop
- 2013
- “Spine Boarding on Ice” – MATA Student Symposium
- 2012
- Research Presentation (Dissertation Topic) –UMD Athlete Scholar Information Exchange
- 2009
- “Study Strategies for the BOC Examination” –GLATA Winter Meeting
- 2001
- “Female Use of Creatine” -NATA Annual Meeting-Poster Presentation
- 2000
- “Closed Head Injuries: Recognition, Treatment & Return to Play” UW-Health Sports Medicine Conference

### **PUBLICATIONS:**

- 2018
- Athletic Training Students’ Perception Between Information Taught in the Classroom and What is Used in Practice. (Abstract) *Athletic Training Education Journal* Vol.13(4), p.377-391. DOI: 10.4085/1304377
  - "Effect of Ankle Taping on Dynamic Balance and Perception of Stability", *Journal of Sports Medicine and Allied Health Sciences*, Gear, W. and Lundstrom, M.
- 2017
- *Introduction to General Medical Conditions*, Momentum Press, NY. Ludwig, G. & Streveler-Lundstrom, M. ISBN-13: 978-1-94561-292-3
- 2016
- *Injury Recognition and Prevention*, Momentum Press, New York, Ludwig, G. & Streveler, M. ISBN–13: 978-1-94474-939-2

### **VOLUNTEER:**

- 2020
- UI Swim and Dive Health Screening – SCAT5 testing
  - Covid-19 Screener for entrance into the UI Hospitals clinics
- 2019
- UI Cheer and Dance Team football medical game coverage (2x)

- 2018
  - Travel with UI Band, Cheer/Dance team to Iowa State FB game
  - BIG Outdoor Track and Field Championship medical coverage
  - BIG Swim and Dive Championship medical coverage
  - UI Cheer and Dance Team football medical game coverage
- 2017
  - UI Girls Go STEM – Presenter for Hip Strength Testing
- 2015, 2014
  - University of Minnesota Duluth Farm 5k – Medical tent
- 2013-Present
  - CAATE Site visitor
- 2003-2011
  - Grandma’s Marathon, Duluth, MN
- 2008, 2003
  - Minnesota Facilitator for BOC Examiner Training Workshops
- 2003-2005
  - BOC Test Site Administer
- 2001-2007
  - BOC exam model/examiner
- 2000-2007
  - Madison Marathon, Madison, WI

**HONOR & AWARDS:**

- 2021
  - Educator of the Year (Iowa Athletic Trainers’ Society)
- 2016
  - Great Lakes Athletic Training Association Dedicated Service
- 2015-2016
  - University of Minnesota Duluth Outstanding Faculty Award
- 2013
  - College of Education, Health, and Service Professionals Outstanding Service Award
- 2011
  - Minnesota Athletic Trainers’ Association AT Recognition Award
  - MATA Graduate Scholarship Recipient
- 2008-2009
  - University of Minnesota Duluth Outstanding Academic Advisor

**PROFESSIONAL AFFILIATIONS/COMMITTEE WORK:**

- 1996-Present
  - National Athletic Trainers’ Association (NATA) - #963369
- 2016-Present
  - Mid America Athletic Training Association (MAATA)
    - 2020 Project Assignment (QPR training coordination)
- 2016-Present
  - Iowa Athletic Trainers’ Society (IATS)
- 2006–2016
  - Great Lake's Athletic Trainers’ Association (GLATA)
    - Annual Meeting Planning Committee (2011–2016)
- 2001-2016
  - Minnesota Athletic Trainers’ Association (MATA)
    - Student Senate Faculty Advisor (2013-2016)
    - Public Relations Committee member (2010–2012)
    - Secretary of MATA (2006-2010)
    - Liaison to the Public Relations Committee (2006-2010)

**PROFESSIONAL CONFERENCES ATTENDED:**

- 2020, 2019,  
2018, 2014,
  - National Athletic Trainers’ Association Meeting



2013, 2012,  
2006, 2004,  
2003, 2002,  
2001, 2000,  
1999

2019, 1017,  
2015, 2013,  
2011, 2009,  
2007, 2005,  
2003

- NATA Educators' Conference

2017

- CAATE Accreditation Conference

2018, 2016,  
2015, 2014,  
2013, 2011,  
2010, 2009,  
2008, 2007,  
2006, 2004,  
2001

- Great Lakes Athletic Trainers' Association Meeting

2021, 2020,  
2019, 2017

- Iowa Athletic Trainers Society Meeting

2021, 2020,  
2019, 2018,  
2017, 2016

- UI Sport Medicine Symposium

2015, 2013,  
2010, 2009,  
2008, 2007,  
2006, 2005,  
2004, 2003

- Minnesota Athletic Trainers' Association Meeting

2001, 1999

- Wisconsin Athletic Trainers' Association Meeting

### **ADDITIONAL TRAINING:**

2020

- QPR GateKeeper Trained – Suicide Prevention
- Kognito Suicide Prevention Training
- LGBTQ Safe Zone Training
- ATs Care initial training (half complete due to Covid-19)

2016

- Graston Technique – M1 – Basic Training

2014-2019

- ARC First-Aid/CPR/AED Instructor (Basic level)

2002-2019

- ARC Certified CPR/AED for Professional HealthCare Instructor