

## CURRICULUM VITAE

**KATHERINE ELIZABETH MORRISON, PhD, ATC**

### *Office:*

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### **EDUCATION**

#### **University of Delaware** – Newark, DE

Doctor of Philosophy in Biomechanics and Movement Science – Winter 2009  
Doctoral Program: Biomechanics and Movement Science  
GPA: 3.78/4.0  
Dissertation Topic: “Examination of Dynamic Foot Pressure Distributions, Running Mechanics, and a Lateral Hop in Subjects with chronic Lateral Ankle Instability”

#### **James Madison University** - Harrisonburg, VA

Master of Science in Health Education - May 2004  
Masters Program: Health Education  
GPA: 3.75/4.0  
Research Topic: “Investigation of Capstone Achievement within Accredited Undergraduate Athletic Training Curricula”

#### **West Chester University** - West Chester, PA

Bachelor of Science in Athletic Training- May 2002  
Major: Athletic training, CAAHEP accredited program  
GPA: 3.35/4.0

### **TEACHING EXPERIENCE**

**WEST CHESTER UNIVERSITY**, Department of Sports Medicine, West Chester, PA:  
August 2006 to present.

#### *Assistant Professor in Sports Medicine:*

##### **SMD 100 Introduction to Sports Medicine (3.0)**

- Full responsibility as course instructor Fall '07 - '09.
- Course material includes an introduction to the disciplines of athletic training, the differences between athletic training occupational settings, the sports medicine team, and the West Chester University athletic training curriculum.

**SMD 212 Pathological Evaluation 1 (3.0)**

- Co-instructor for this course Spring '08, '09.
- Course material includes the instruction of general medicine content and skills related to the clinical practice of athletic training.
- This is a distance education course with Millersville University.

**SMD 261 Surface Anatomy (2.0)**

- Full responsibility as course instructor Fall '07 - '10 and Spring '08 - '10.
- Course material includes the identification of the following on models and the human body: bony landmarks, individual muscles and muscle groups, ligamentous and cartilage structures, nervous tissue and the muscles they innervate.

**SML 311 Therapeutic Exercise for Athletic Training Lab (2.0)**

- Full responsibility as course instructor Fall '07 - '10.
- Course material includes demonstrating: correct manual muscle testing techniques for major muscles/muscle groups; the measurement of joint range-of-motion; basic techniques for increasing flexibility and ROM; manual resistance techniques and PNF patterns; rehabilitation program development to incorporate muscle strength, endurance, and joint neuromuscular control for the major joints in the upper and lower body; how to perform a cardiovascular program for maintaining fitness; and correct equipment set-up utilizing correct patient positioning and stabilization for various pieces of rehabilitation equipment.

**SMD 361 Kinesiology (3.0)**

- Full responsibility as course instructor Fall '10.
- Course material includes the instruction of structural anatomy, muscle neurophysiology, introductory biomechanics and specific gait analysis.

*Instructor in Sports Medicine:***SMD 271 First Aid and Athletic Training (2.0)**

- Full responsibility as course instructor Fall '06 and Spring '07.
- Course material included the instruction of appropriate first aid and CPR procedures based on ASHI certification standards; developing a basic understanding of athletic training and the role of an athletic trainer in the traditional setting; and describing the causes, signs, symptoms, initial management, and prevention of common athletic injuries.

**SMD 272 Athletic Training Techniques (3.0)**

- Full responsibility as course instructor Fall '06 and Spring '07.
- Course material included the instruction of taping, wrapping, and bracing procedures for common athletic injuries; applying appropriate use of basic therapeutic modalities; and developing an increase in knowledge of basic anatomy and functions of the musculoskeletal system.

*Athletic Training Clinical Supervisor:*

- Approved clinical instructor for athletic training education program.

*Research Advisor:*

- Serve as a research advisor for graduate students in the Exercise Science and Sports Physiology program of study

**UNIVERSITY of DELAWARE**, Department of Health, Nursing, and Exercise Sciences,  
Newark, DE: August 2004 to August 2006.

*Teaching Assistant:*

**HESC 350 Basic Concepts in Kinesiology (3.0)**

- Full responsibility as course instructor
- Course material included the anatomical, biomechanical and physiological components affecting human movement; the application of kinesiological principles to the learning and improvement of movement activities; and systematic approaches for the analysis of human motion.

**HESC 480 Upper Extremity and Spine Evaluation (3.0)**

- Full responsibility as lab instructor including coordinating, instructing, and assessing required lab proficiencies for the course
- Guest lecturer on assigned course material for lecture portion of course
- Course material included acquainting students with athletic injury assessment format; general medical evaluation including: ENT, abdominal, heart/lung, and chest; and orthopedic evaluation including: shoulder, elbow, wrist, hand, head, cervical spine.

**HESC 481 Lower Extremity and Spine Evaluation (3.0)**

- Full responsibility as lab instructor including coordination, instructing, and assessing required lab proficiencies for the course
- Guest lecturer on assign course material for the lecture portion of the course
- Course material included the instruction of a proper gait and postural assessment and orthopedic evaluation including: hip/pelvis, knee, ankle, foot, lumbar spine.

**HESC 484 Women in Sports (3.0)**

- Guest lecturer to discuss the prevalence of ACL injuries in women and the etiologic factors behind the injury development.

*Athletic Training Clinical Supervisor:*

- Approved clinical instructor for athletic training education program at the University of Delaware

*Research Advisor:*

- Served as a research advisor for graduate students in the biomechanics and movement science program of study

**JAMES MADISON UNIVERSITY**, Department of Health Sciences, Harrisonburg, VA:  
August 2002 to May 2004

*Teaching Assistant in Athletic Training Education Program:*

**HTH 204 Emergency Health Care (3.0)**

- Full responsibility of a lab instructor including coordinating, instructing, and assessing required lab proficiencies for the course
- Guest instructor for lecture portion of course
- Course material included various dimensions of emergency care, cardio respiratory emergencies, hemorrhage and wound control, heat injuries, and other health emergencies

**HTH 205 Prevention and Care of Athletic Injuries (3.0)**

- Full responsibility of a lab instructor including coordinating, instructing, and assessing required lab proficiencies for the course

- Served as a teaching assistant, which involved assisting with assignment construction and assessment, test construction and assessment, and lectures on assigned course material.
- Course material included prevention and treatment for athletic injuries, emergency management, environmental issues, strength and conditioning, and equipment selection.

#### **HTH 206 Advanced Athletic Training (3.0)**

- Served as a teaching assistant, which involved my assistance with assignment construction and assessment, test construction and assessment, and lectures on assigned course material.
- Course material included the advanced study of injury mechanisms, signs, symptoms, and treatment.

#### **HTH 291 Pre-Professional Practicum in Athletic Training (1.0)**

- Co-taught skill-based course, which included full responsibility of skill assessment, assignment construction and assessment, test construction and assessment, and class lectures.
- Course material focused on surface anatomy, advanced taping and wrapping skills, protective padding construction, assessing vitals, documentation in the athletic training setting, introduction to modality equipment, introduction to rehabilitative equipment, and universal precautions.

#### *Graduate Assistant: Athletic Training Education Program:*

- Educational administrative duties include administering employee and alumni surveys, conducting ACES Preparatory Workshops, recording and reviewing curriculum student clinical hours, coordinating pre-professional clinical rotations, and coordinating the interview and selection process of athletic training curriculum students.

#### *Athletic Training Clinical Supervisor:*

- Approved clinical instructor for the athletic training education program at James Madison University

### **ATHLETIC TRAINING CLINICAL EXPERIENCE**

#### **West Chester University, West Chester, PA: August 2006 to Present**

##### *Certified Athletic Trainer Women's Gymnastics Team*

- Provide athletic training services to the Women's Gymnastics team.
- Responsibilities include: prevention and care of athletic injuries, injury rehabilitation, injury assessment, injury documentation/referral, and supervision of athletic training students.

#### **John Dickinson High School, Wilmington, DE: August 2004 to May 2006**

##### *Head Athletic Trainer*

- Provided all athletic training health care for 21 interscholastic sports teams including both males and females grades 9 – 12.
- Responsibilities included: prevention and care of athletic injuries, injury assessment, treatment and rehabilitation, injury documentation/referral, game and practice coverage, budget management, and supervision of athletic training students.

#### **James Madison University, Department of Health Sciences, Harrisonburg, VA: August 2002 to May 2004**

##### *Graduate Assistant Athletic Trainer*

- Athletic department duties included athletic injury management and prevention, creation and direction of therapeutic exercise programs, practice/event coverage, and supervision/evaluation of athletic training students.
- Primary sport responsibilities include M/W swimming and M/W track and field.

## **SCHOLARSHIP**

### **Refereed Journal Publications:**

Morrison KE, Davis IS, Dierks TA, Richards JG, Royer TD, Hudson DJ, Kaminski TW. Plantar pressure distributions during a running gait in subjects with chronic ankle instability. *Foot and Ankle International*. 31(11), 994-1000, 2010.

Kolar KE, Kaminski TW. Foot characteristics in association with inversion injury: a literature review. *Journal of Athletic Training*. 42(1), 135-142, 2007.

Kolar KE, Kaminski TW. The reliability of an isokinetic testing techniques at the ankle joint. *Isokinetics and Exercise Science*. 15(4), 245-251, 2007.

Kolar KE. Lumbar disk herniations: conservative clinical implications. *Athletic Therapy Today*. 10(5), 11-15, 2005.

### **Non-Refereed Journal Publications:**

Kolar KE, Kaminski TW. A strong foothold: to prevent foot injuries among athletes, the best offense is good defense. *Advance for Directors in Rehabilitation*. 15(2), 25-27, 2006

### **Refereed Journal Publications in Preparation**

Morrison KE, Davis IS, Dierks TA, Richards JG, Royer TD, Hudson DJ, Kaminski TW. Ankle and rearfoot mechanics during a running gait and a lateral hop in subjects with chronic ankle instability. *Clinical Biomechanics*. 2010

### **Refereed Abstracts**

Morrison KE, Davis IS, Dierks TA, Richards JG, Royer TD, Hudson DJ, Kaminski TW. Ankle and rearfoot mechanics during a running gait in subjects with chronic ankle instability. *Journal of Athletic Training*. 44 (3), (Supplement) S – 13, 2009.

Morrison KE, Davis IS, Dierks TA, Richards JG, Royer TD, Hudson DJ, Kaminski TW. Plantar pressure distributions during a running gait in subjects with chronic ankle instability. *Journal of Orthopaedic and Sports Physical Therapy*. 39 (10): A1-24, 2009.

Morrison KE, Hudson, DJ, Kaminski TW. Assessment of Center of Pressure Trajectory During a Running Gait in Subjects with Chronic Ankle Instability. *Medicine and Science in Sports and Exercise*. 40 (5), (Supplement) S-51, 2008.

Morrison KE, Hudson DJ, Kaminski TW. Dynamic Plantar Pressure Distributions in Subjects with Ankle Instability. *Journal of Orthopaedic and Sports Physical Therapy*. 36 (11) 2006.

Kolar KE, Hudson DJ, Kaminski TW. Analysis of running biomechanics in subjects with ankle instability. *Medicine and Science in Sports and Exercise*. 38 (5), (Supplement) S-65, 2006.

Kaminski, T.W., & Kolar, K.E. Analyzing time to and angle of isokinetic peak torque in those with self-reported ankle instability. *Medicine and Science in Sports and Exercise*, 37 (5), (Supplement) S-397, 2005.

Kaminski, T.W., Douex, A.T., & Kolar, K.E. Examining power output following an acute bout of intensive exercise in subjects with ankle instability. *Journal of Athletic Training* 40 (2), (Supplement) S-26, 2005.

### **International Presentations:**

3<sup>rd</sup> International Ankle Symposium: Dublin, Ireland, 2006. Free Communications / Poster Presentation (Platform 2 – Poster Presentations) “Dynamic Plantar Pressure Distributions in Subjects with Ankle Instability.”

### **National Presentations:**

National Athletic Trainers Association 62<sup>nd</sup> Annual Meeting and Clinical Symposia, New Orleans, LA, June 20<sup>th</sup> 2011. Free Communications / Thematic Poster (Session: Core Temperature and Heat Illness). “Core Temperature Responses in NFL Players on Two Different Teams Practicing in Different Environmental Conditions During Pre-season.”

National Athletic Trainers Association 60<sup>th</sup> Annual Meeting and Clinical Symposia, San Antonio, TX, June 18<sup>th</sup>, 2009. Free Communications / Oral Presentation (Session: Chronic Ankle Instability and Gait). “Ankle and Rearfoot Mechanics During a Running Gait in Subjects with Chronic Ankle Instability.”

American College of Sports Medicine 55<sup>th</sup> Annual Meeting: Indianapolis, Indiana, 2008. Free Communications / Poster Presentation. (Session: Locomotion). “Assessment of Center of Pressure Trajectory During a Running Gait in Subjects with Chronic Ankle Instability.”

American College of Sports Medicine 53<sup>rd</sup> Annual Meeting: Denver, Colorado, 2006. Free Communications/Oral Presentation (Session D-16: Musculoskeletal Biomechanics) “Analysis of Running Biomechanics in Athletes with Ankle Instability.”

### **Regional Presentations:**

Pennsylvania Athletic Trainers’ Society Annual Convention, Johnstown, PA, June 5<sup>th</sup> 2009. Workshop Presenter: “Static and Dynamic Assessment of the Foot and Chronic Ankle Instability.”

Pennsylvania Athletic Trainers’ Society Student Symposium, West Chester, PA, February 9<sup>th</sup> 2008. Oral Presentation: “Research in Athletic Training.”

Virginia Athletic Trainers Association Annual Meeting and Clinical Symposia, Williamsburg, VA, 2004. Speaker: “Innovative Approaches for Facilitating Clinical Instruction.”

### **Local Presentations:**

West Chester University Research Day, West Chester, PA, April 5<sup>th</sup>, 2011. Poster Presentation: “Core Temperature Responses in NFL Players on Two Different Teams Practicing in Different Environmental Conditions During Pre-season.”

Medical Aspects of Sports Medicine 38<sup>th</sup> Annual Seminar, Newark, DE, February 3, 2007. Oral Presentation: “The Foot’s Role in Chronic Ankle Instability”

Salisbury University Sports Medicine Symposium, Salisbury, MD, January 2006. Presentation and Breakout Session: “The Foot’s Role in Lateral Ankle Ligament Injury and Instability”

## **Grants Awarded**

Bob and Jennifer McNeil College of Health Sciences Initiative. “Core temperature and body mass changes in professional football players during pre-season practices at multiple training camp sites and in different environmental conditions.” Principal Investigator, **Funded: \$35,456.33** – June 2010.

Special Provost Stimulus Funds. “Core temperature and body mass changes during pre-season practices at multiple training camp sites and in different environmental conditions.” Co-Principal Investigator, **Funded: \$6,500** – April 2010.

## **SERVICE**

### **Professional Service**

Abstract Reviewer for the Eastern Athletic Trainers Association Annual Meeting: Eastern Athletic Trainers’ Association. 2005 to present

Manuscript Reviewer for the Journal of Athletic Training: Biomechanics / Foot and Ankle Pathologies. 2006 to present

Assisted with the organization of the Pennsylvania Athletic Trainers’ Student Symposium: February 2008.

Moderator for the National Athletic Trainers Association 56<sup>th</sup> Annual Meeting and Clinical Symposia, Indianapolis, Indiana, 2005. Workshop b Moderator “Muscle Energy Techniques for the Low Back”

Moderator for the National Athletic Trainers Association 56<sup>th</sup> Annual Meeting and Clinical Symposia, Indianapolis, Indiana, 2005. Workshop n Moderator “Using PDA’s to Increase Productivity”

### **University Service**

Presenter at West Chester University Research Day  
- April 5<sup>th</sup> 2011

Member of the Newcombe Scholarship Selection Committee  
- 2009 to present

Volunteer speaker for the Sports Medicine Department at WCU Preview Days  
- 2007 to present

Member of the Distance Education Committee  
- Fall 2009

### **College Service**

Member of the College of Health Sciences Faculty/Student Research Committee  
- 2008 to present

## **Department Service**

Member of committee that organized and developed WCU Athletic Training Alumni function for National Athletic Trainers Association Convention

- Spring 2010

Athletic Training Graduate Program Committee member

- 2007 - present

Pat Croce Endowed Scholarship Committee member

- 2007 - present

Department Chair Elections Committee (Chair)

- 2008 - present

Graduate Assistant Search Committee member

- Fall 2009 – Spring 2010

Faculty Search Committee member

- Fall 2008 – Spring 2009

Pennsylvania Athletic Trainers' Society Student Symposium Organizing Committee member

- Fall 2008

Alumni Committee member

- 2007 - present

## **Community Service**

Career Day at Bayard Rustin High School – April 26<sup>th</sup>, 2011

- Volunteer speaker on the field of sports medicine

Career Night at the Church Farm School – April 1<sup>st</sup>, 2009

- Volunteer speaker on the field of sports medicine

American Safety & Health Institute First Aid and CPR Instructor – 2006-present

- Certify or re-certify campus community and athletic coaches in First Aid and CPR

Special Olympics Fall Festival – Villanova University November 1<sup>st</sup>, 2007.

- Volunteer site ATC

## **HONORS / AWARDS**

First Runner-Up for the Journal of Athletic Training for the 2007 Journal of Athletic Training

Clint Thompson Award for Clinical Advancement: *“Morrison KE, Kaminski TW. Foot characteristics in association with inversion ankle injury”*

## **PROFESSIONAL ORGANIZATIONS / CERTIFICATIONS**

Approved Clinical Instructor (2002 - present)

American Red Cross First Aid and CPR Instructor for the Professional Rescuer (2002 - present)



American Safety & Health Institute First Aid and CPR Instructor for the Professional Rescuer (2006 - present).

National Athletic Trainers' Association (member 2001- present)

Membership # 986532

Certification # 090202018

Commonwealth of Pennsylvania Licensed Athletic Trainer (2006 - present)

License # RT004024

American College of Sports Medicine (member 2003 - present)

Membership # 598038

Eastern Athletic Trainers' Association (member 2001 - present)

Pennsylvania Athletic Trainers' Society (member 2006 - present)

Virginia Athletic Trainers' Association (member 2002 - 2004)