

Denise O'Mara

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Ames, IA 50010
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Objective: To provide the best possible care to the student-athletes at this University. I would like to foster the development of a learning environment for our student athletic trainers and set a good example of a dedicated professional certified athletic trainer

Education:

1985-1986	Illinois State University	Normal, IL
	Masters of Science, Physical Education, emphasis in Sports Medicine	
1981-1985	University of Northern Iowa State University	Cedar Falls, IA
	Bachelor of Arts, Physical Education with Coaching Emphasis and Athletic Training Minor	

Certifications:

- Certified Athletic Trainer: NATABOC: # 05-0438
- CPR and First Aid Instructor: American Red Cross
- Licensed Athletic Trainer: State of Iowa License No. 00022

Professional Experience:

1991 – Present Iowa State University

Head Women’s Athletic Trainer

Administrate and coordinate coverage for all women’s intercollegiate athletic programs offered at Iowa State University

Responsibilities include:

Sport Assignments:

*Direct assignment as head athletic trainer for women’s basketball, softball, tennis. Supervise GA with Gymnastics and women’s swimming.

Administrative Responsibilities:

- *Coordinate pre-participation physical examinations
- *Supervise all insurance operations for student-athletes
- *Coordinate special educational and counseling programs concerning sports medicine issues for student-athletes.
- *Coordinate program for eating disorder referral and treatment
- *Coordinate special programs for athletic department staff regarding issues to student-athlete welfare (Diversity training, CPR training etc.)

Rooms)

- *Supervise facilities as needed (Hilton and Forker Training Rooms)
- *Development of Department Policies and Procedures concerning student athlete welfare.
- *Student Athletic Trainer Stipends
- *1991-1996 Included responsibility of the women's athletic training room budget and staff. This included all facility and staff supervision as well as inventory and ordering.
- *Public Relations activities for promotion of athletic training program.(Job Fairs, Career days etc.)
- *Medical Record Keeping

Staff Supervision:

- *Coordinator of Student-Athlete Insurance (until 2007)
- *Assistant Athletic Trainer for Soccer and Supervisor of Lied Rec Center Training Room.
- *Graduate Assistant Athletic Trainer covering gymnastics and swimming
- *Student Athletic Trainers working women's sports.

Academic Responsibilities:

- *Developed a new course in the athletic training department. Pharmacological and Medical Aspects of Athletic Training.
- *Course previously taught include: Basic Athletic Training, Advanced Athletic Training, Modalities for Athletic Trainers, Evaluation of Athletic Injuries Upper Body, Evaluation of Athletic Injuries Lower Body.
- *1991-1996: Served as coordinator for the athletic training academic program. This included:
 - Curriculum development for the athletic training option
 - Assisted in the Creating of the position and Hiring of an Athletic Training Program Director.
- *Clinical instruction and supervision of student athletic trainers.

1987-1990 Kansas State University Manhattan, KS
Assistant Athletic Trainer

Worked with 14 men's and women's sports. Administrated and coordinated coverage for volleyball, women's basketball, men's and women's cross-

country and track and field, men's and women's golf, women's tennis, and cheer squad. Taught courses in an accredited athletic training program.

Professional Activities:

1987 – 2006

Served as a qualified examiner and Test Site Administrator for the National Athletic Trainers Association Board of Certification (NATABOC)

1996 – 2001

District representative for the NATABOC Exam Administration Committee.

1994 – June 2001

State of Iowa: Iowa Athletic Trainer Examiners Board. Served as Secretary, Vice-chair, and Chair.

1991-1994

Iowa Athletic Trainers Association: Served on Education Committee.

1991-present

Attendance at Annual Seminars of the National Athletic Trainers Association.
Attendance at State, District and Big 12 meetings.

1997: Completed McKenzie Lumbar Spine Workshop: McKenzie Institute

1998: Completed Project Learn Workshop: Iowa State University

1999: Completed Curriculum and Policy Integration Methods for Enhancing Racial and Ethnic Understanding: Iowa State University

July 2000: Successful Completion of NCAA Train the Trainer Diversity Session. Indianapolis, Indiana.

June 2005 – Awarded the Athletic Trainer Service Award by the National Athletic Trainers' Association.

May 2006 – Obtained NASM Performance Enhancement Specialist certificate.

Professional Presentations:

Fall 2000 and Spring 2001: Iowa State University Athletic Department: Co-Facilitator, Workshop: Understanding Diversity and Creating Community.

Fall 2001: Boone Middle School. Workshop on body Image and Eating Disorders.

Fall 2001: Boone High School: Presentation: Nutrition for today's athlete.

Summer 2002: Iowa High School Coaches Association: Presentaion: Nutrition and Eating Disorders in student-athletes.

May 2001: Big 12 Conference Athletic Trainers Annual Meeting: Presentation: Eating Disorder in a Female Intercollegiate Athlete, A Case Study.

1990-91: Cramer Coaches Clinic: A 5 days course in athletic training for high school coaches.

1987-90: Special Olympics Workshop Lecture. Proper Conditioning Techniques. Manhattan , Kansas.

April 1997: Iowa Athletic Trainer Society Student Workshop: NATABOC Examination.

Volunteer Activities:

Summer 2001: Taught Health, Nutrition and Physical Education for Cross-Cultural Solutions Organization. New Dehli, India.

Summer 2004: Volunteered in a Rehabilitation Center for Cross-Cultural solutions Organization. Trujillo, Peru.

2000-present: Supervised interns for the Iowa State University Dietetic Program.

1991-1995: Organized medical coverage for the Iowa High School Girls State Championship for Basketball, Track and field, and Softball.

1991-1994: Organized medical coverage for the Iowa Special Olympics. Ames, IA

Summer 1993: Served as summer Mentor for Iowa State University.

May 2004: Licensed Foster parent for the State of Iowa