

# NICHOLASE.GRAHOVEC

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## EDUCATION

**Rocky Mountain University of Health Professions**, Provo, Utah Anticipated May 2018  
*Doctor of Science, Health Science*  
*Concentration: Athletic Training*

**University of Findlay**, Findlay, Ohio May 2008  
*Master of Science, Athletic Training*  
*Masters Thesis: Emotional Response and Competitiveness with Athletic Injury: Gender Differences*

**Augustana College**, Rock Island, Illinois May 2006  
*Bachelor of Arts, Biology Bachelor of Arts, Psychology*

## RELATED EXPERIENCE

**Clinical Assistant Professor** Sam Houston State University: Huntsville, Texas August 2015 – Present

- Responsible for teaching and instruction within the Department of Kinesiology and the Athletic Training Program.
- Responsible for clinical education coordinator duties including the student clinical progression, clinical site evaluation, student evaluation, preceptor training, and preceptor evaluation.

**Director of Sports Medicine** Benedictine University: Lisle, Illinois July 2011 – May 2015

- Responsible for emergency care, prevention, maintenance, and rehabilitation of injuries for Benedictine University NCAA Division III varsity athletes
- Responsible for preparation, supervision, and post participation of assigned varsity sport practices and competitions
- Responsible for athletic training room operations such as orders, inventory, budgets, staff hiring
- Responsible for coordination of insurance
- Responsible for the education of intern athletic trainers and athletic training aides
- Responsible for the First Aid/CPR/AED re-certification of all Benedictine University Athletic staff
- Responsible for the coordination of the Sports Performance Team
- Responsible for the design and implementation of Sports Performance/Strength and Conditioning programs
- Responsible for the coordination of all team physicians, chiropractors, nutritionists, massage therapist, exercise physiologist, and other members of the Sports Medicine Team

**Head Athletic Trainer** Benedictine University: Lisle, Illinois July 2009 – July 2011

- Responsible for emergency care, prevention, maintenance, and rehabilitation of injuries for Benedictine University NCAA Division III varsity athletes
- Responsible for preparation, supervision, and post participation of assigned varsity sport practices and competitions
- Responsible for athletic training room operations such as orders, inventory, budgets, staff hiring
- Responsible for coordination of insurance
- Responsible for the education of intern athletic trainers and athletic training aides
- Responsible for the First/Aide/CPR/AED re-certification of all Benedictine University Athletics staff

**Medical Director/Athletic Trainer**

Illinois Kids Wrestling Federation

March 2009 – July 2015

- Responsible for emergency care, prevention, and maintenance for select IKWF wrestling meets
- Covering Folk Style, Greco-Roman, and Freestyle wrestling meets including, but not limited to Folk Style State Tournament, Greco-Roman State Tournament, Freestyle State Tournament, Northern Plains Midwest Regional Tournament

**Outreach Athletic Trainer**

ATI Physical Therapy: Bolingbrook, Illinois

July 2009 – July 2010

- Responsible for emergency care, prevention, maintenance, and rehabilitation of injuries for Benedictine University NCAA Division III varsity athletes
- Responsible for preparation, supervision, and post participation of assigned varsity sport practices and competitions
- Responsible for the CPR re-certification of all ATI Physical Therapy employees

**Physician Extender**

Midwest Orthopaedic Institute: Sycamore, Illinois

May 2008 – July 2009

- Durable Medical Equipment Coordinator specializing in ordering, measuring and fitting orthopedic braces
- Assists physician as needed with patient health/medical history, evaluation, splint/cast application, injections, and patient education
- Responsible for contacting insurance companies regarding pre-authorization of durable medical equipment, diagnostic imagery, and rehabilitation
- Responsible for maintaining OSHA compliance within orthopedic facilities

**Head Athletic Trainer**

Kishwaukee College: Malta, Illinois

May 2008 – July 2009

- Responsible for emergency care, prevention, maintenance, and rehabilitation of injuries for NJCAA Division II varsity athletes.
- Responsible for preparation, supervision, and post participation of assigned Varsity sport practices and competitions
- Responsible for ordering supplies within monetary budget
- Responsible for coordination of insurance
- Responsible for Men's Soccer, Women's Volleyball, Men and Women's Basketball, Softball, Baseball
- Directing and educating athletic training students

**Athletic Training Student**

University of Findlay: Findlay, Ohio

July 2006 – May 2008

- 1000+ Clinical Athletic Training hours
- Assist Certified Athletic Trainers in emergency care, the prevention, maintenance, and rehabilitation of injuries for over 650 Division II varsity athletes
- Experience with Soccer, Football, Volleyball, Wrestling, Basketball, Softball, Track & Field, Clinic

**Athletic Training Aide**

Augustana College: Rock Island, Illinois

September 2002 - May 2006

- 2500+ total Clinical Athletic Training hours
- Assist Certified Athletic Trainers in emergency care, the prevention, maintenance, and rehabilitation of injuries for over 700 Division III varsity athletes
- Responsible for preparation, supervision, and post participation of assigned Varsity sport practices and competitions, both home and away
- Experience with Soccer, Football, Volleyball, Wrestling, Basketball, Softball, Baseball, Track & Field

**Soccer First Responder**

Performance Physical Therapy: Elgin, Illinois

June 2004

- Set up and clean of game activities
- Injury prevention and maintenance during soccer tournament play

**TEACHING EXPERIENCE****Adjunct Instructor**

Benedictine University: Lisle, Illinois

January 2014 – May 2015

- Adjunct faculty member for undergraduate level students within the Exercise and Sport Studies Program

**Curriculum Development**

Benedictine University: Lisle, Illinois

January 2015 – May 2015

- Aid in the development of two new Exercise and Sport Studies courses (Scientific Principles in Strength and Conditioning; Exercise Prescription and Technique)
- Creation of course descriptions, prerequisites, syllabi, and additional coursework

**Clinical Preceptor**

Northern Illinois University: Dekalb, Illinois

August 2013 – May 2015

- Supervise undergraduate athletic training students during their ATP clinical rotation

**Site-Supervisor**

Lenoir-Rhyne University: Hickory, North Carolina

May 2014 – July 2014

- Supervise undergraduate athletic training students during their program required internship

**Site-Supervisor**

Lewis University: Romeoville, Illinois

May 2013 – July 2013

- Supervise undergraduate athletic training students during their program required internship

**Site-Supervisor**

Northern Illinois University: Dekalb, Illinois

January 2011-May 2013

- Supervise undergraduate athletic training students during their program required internship

**Adjunct Instructor**

Kishwaukee College: Malta, Illinois

Summer 2009

- Adjunct faculty member at the community college level

**Clinical Instructor**

Northern Illinois University: Dekalb, Illinois

January 2009-May 2009

- Supervised/instructed undergraduate athletic training students during their clinical rotation at Kishwaukee College

## COURSES TAUGHT

Academic Year	Fall	Spring	Summer
2009			HLT 122
2013-2014		PHED 261	
2014-2015		PHED 261	
2015-2016	ATTR 3170 ATTR 3291 ATTR 3369 ATTR 3370 ATTR 4310	ATTR 2110.01 ATTR 2110.05 ATTR 3169 ATTR 3292 ATTR 3369 ATTR 3370	ATTR 3370 KINE 1331 KINE 2115.03 KINE 2115.07 KINE 4373.03 KINE 4373.04 KINE 4394
2016-2017	ATTR 3170 ATTR 3291 ATTR 3370 ATTR 4110 ATTR 4310 KINE 2115.36 KINE 2115.38		

## Course Descriptions

ATTR 2110	<b>Taping and Bandaging.</b> This skills-based course explores the appropriate utilization and application of preventative, therapeutic, and rehabilitative taping and bandaging used in the athletic training profession. The wrapping and bandaging of various extremities susceptible to injury in sport and activity are emphasized in this course. Credit 1.
ATTR 3169	<b>Therapeutic Interventions I LAB.</b> This course will include hands-on application of skills in the areas of therapeutic modalities and manual therapies used to treat impairments due to injury of illness. This course will include practice of skills related to cryotherapy, thermotherapy, electrical stimulation, ultrasound, diathermy, light therapy, low level laser, traction, intermittent compression, and manual therapies. Credit 1.
ATTR 3170	<b>Prevention and Care of Injuries LAB.</b> This course will include hands-on application of skills in the prevention and care of injuries and illness in sport. This course will include practice of skills related to emergency and acute care of injuries, care of the equipment-laden athlete, environmental illnesses, and prevention of injury and illnesses. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Acute Care, and Prevention and Health Promotion will be included in this course. Credit 1.
ATTR 3291	<b>Clinical Experiences in Athletic Training I.</b> This course includes professional experience which provides students with the opportunity to apply basic knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession in real-patient settings under the supervision of a Clinical Preceptor. Clinical experience sites include both on-campus and off-campus healthcare settings. Clinical experiences are coordinated through the Athletic Training Program. Credit 2.
ATTR 3292	<b>Clinical Experiences in Athletic Training II.</b> This course includes professional experience which provides students with the opportunity to apply basic knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession in real-patient settings under the supervision of a Clinical Preceptor. Clinical experience sites include both on-campus and off-campus healthcare settings. Clinical experiences are coordinated through the Athletic Training Program. Credit 2.
ATTR 3369	<b>Therapeutic Interventions I.</b> A study of the theories and principles involved in the use of therapeutic modalities in treating injuries to the physically active, providing students with

the necessary skills in theoretical knowledge to formulate plans for injuries. Credit 3.

- ATTR 3370      **Prevention and Care of Injuries.** This course includes instruction and laboratory work in the care and prevention of injuries. It is designed to meet the needs of the athletic coach and physical education teacher. Credit 3.
- ATTR 4110      **Care of the Upper Extremity LAB.** This course will include hands-on application of skills in the evaluation, care, diagnosis, and referral of upper-extremity injuries. Commission on Accreditation of Athletic Training Education (CAATE) 5<sup>th</sup> edition competencies in the domain areas of Evidence-Based Practice, Therapeutic Interventions, and Healthcare Administration will be included in this program. Credit 1.
- ATTR 4310      **Care of the Upper Extremity.** This course is designed to education Athletic Training students regarding the anatomical upper extremities including the head, spine, thoracic region, shoulder, elbow, wrist, and hand. Evaluation of injuries in the athletic setting are emphasized, as well as orthopedic tests to determine pathology in joints and tissue of the upper body. Credit 3.
- KINE 1331      **Foundations of Kinesiology.** This course serves as a base for all kinesiology courses. Units will include historical development, philosophical implications, physical fitness, scientific bases of movement, and educational values of kinesiology and career path options. Credit 3.
- KINE 2115      **Lifetime Health & Wellness.** Lifetime Health & Wellness presents the information and skills needed to adopt a lifestyle of health and wellness. Emphasis is placed on the components of physical fitness and the benefits of a healthy lifestyle, which includes exercise and activity, proper nutrition, disease prevention behaviors, and safe choices. Credit 1.
- KINE 4373      **Advanced Topics in Physiology of Exercise.** A detailed study of exercise testing and prescription that discusses the selection, administration, scoring, and implementation of testing results. Furthermore, there will be detailed discussion on the ways to design effective strength and conditioning programs, both anaerobically and aerobically. Credit 3.
- KINE 4394      **Internship.** This course provides the study with opportunities to demonstrate competencies developed in previous courses by working in an agency under the supervision of a qualified practitioner. Credit 3.
- HLT 122      **Introduction to Nutrition.** Study of nutrients, their functions, sources, requirements and use by the body. Also included are special nutritional needs during the life span, nutrition assessment and aspects of dietary counseling appropriate to healthcare. Credits 1.
- PHED 261      **Care and Prevention of Athletic Injuries.** This course provides an introduction to basic concepts of prevention of athletic injuries, injury recognition, and treatment necessary for the management of athletic injuries. Credits 3.

## SKILLS

Computer: Microsoft Word, Access, Excel, Outlook, Powerpoint, World Wide Web, SPSS, SIMS, SportsWare

## PROFESSIONAL AFFILIATIONS

Member – National Athletic Trainers' Association

Member – Great Lakes Athletic Trainers' Association

Member – Illinois Athletic Trainers' Association

Member – National Strength and Conditioning Association

## EXTRA CREDENTIALS

**CPR-PR Certified / Instructor Certified**      American Red Cross      December 2006-Present

**Certified Strength and Conditioning Specialist (CSCS)** National Strength and Conditioning Association (NSCA)  
September 2012 - Present

## HONORS / AWARDS

**Student Employee of the Year**      Augustana College: Rock Island, Illinois      May 2006

- Awarded to one undergraduate student worker who goes above and beyond expectations

**Most Valuable Athletic Trainer**      Augustana College: Rock Island, Illinois      May 2006

- Awarded to one undergraduate student athletic trainer voted on by the certified athletic trainers

**Student Athletic Trainer of the Year**      Augustana College: Rock Island, Illinois      May 2006

- Awarded to one undergraduate student athletic trainer voted on by the varsity athletes

## CLUBS & ORGANIZATIONS

**Chair**      Northern Athletic Collegiate Conference      May 2011 – May 2015

Northern Athletic Collegiate Conference Athletic Trainers' Standing Committee

- Organize and lead meetings throughout the athletic season
- Develop, implement, and refresh conference athletic training and medical policies and procedures

**President**      Augustana College: Rock Island, Illinois      May 2005 - May 2006

Augustana Athletic Training & Sports Medicine Association

- Organized various athletic training activities for members and athletes
- Mentored underclass athletic training aides