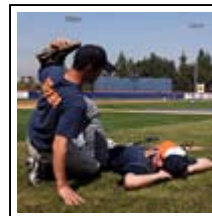




Spotlight:

# Athletic Training

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Undergraduate students can r  
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### Kudos for Kinesiology

Robert D. Kersey, Lee Brown and Jared W. Coburn  
receive national awards



### Kick-starting Career

Student heals from sport injuries, pursues athletic  
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Hiro Oda, left, a senior kinesiology major in the Athletic Training Education Program, helps stretch Titan baseball pitcher Kyle Witten before a game. Photo by Kelly Lacefield

## Not Just a Wrap

### New Bachelor's Degree in Athletic Training Now Available

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May 5, 2009  
By Mimi Ko Cruz

Students have been preparing for careers as certified athletic trainers through Cal State Fullerton's Athletic Training Education Program since its creation in 1973.

Their success rate in passing the national certification exam on the first try: 75 percent. The national average is 30 percent.

So, it's fitting that the athletic training program has been approved to offer athletic training as a major, said Robert D. Kersey, professor of kinesiology and director of the program. Starting this fall, students will be able to select the discipline as a major and earn a bachelor of science in athletic training degree. Getting into the program has always been highly competitive and, Kersey said, it may become even tougher now.



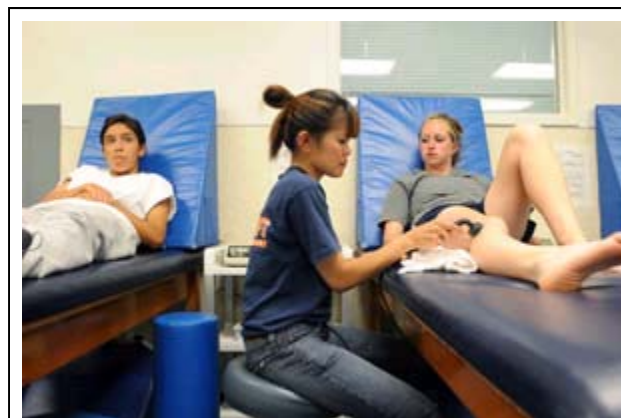
Robert D. Kersey, center, oversees a therapy session with students Keasha Russell, left, and soccer player Jordan Dolbin in the university's athletic training clinic. Photo by Kelly Lacefield

"We get 20 to 40 applications every year from students all over the world," Kersey said. "We only admit six to eight, and we know we have a quality program."

Athletic training is recognized by the American Medical Association as an allied health profession.

According to the National Athletic Trainers' Association, certified athletic trainers -- typically employed in schools, professional sport organizations, sports medicine clinics, military units and some businesses -- specialize in preventing, recognizing, managing and rehabilitating injuries that result from physical activity.

While often seen preparing athletes for practice or competition on sports fields, athletic trainers do more than apply bandages, Kersey said. "We're not just taping ankles and applying ice."



Monica Zepeda, a Titan soccer player, left, waits for her therapy session while student Midori Matsumoto, center, performs a therapeutic ultrasound treatment on soccer player Jordan Dolbin. Photo by Kelly Lacefield

He said students learn how to evaluate all kinds of injuries, develop conditioning programs and implement treatment and rehabilitation programs. At Cal State Fullerton's Athletic Training Clinic, where the university's athletes come for rehabilitation work, students perform various therapeutic modalities, including ultrasound and electric stimulation.

Because of misperceptions about athletic training, students recently produced a [video](#) about it.

## Requirements

For consideration into the Athletic Training Education Program, students must have completed biology, chemistry, health science and related courses with at least a C grade and 100 hours of training under a certified athletic trainer.

Once admitted, students are provided with liability insurance, medical kits and supplies and most specialized clothing. They must complete 26 classes (72 units). The courses include instruction on strength and conditioning, nutrition, sport psychology, biomechanics of musculoskeletal injury, physiology of exercise and five semesters of clinical practice in different settings.

Keasha Russell, who will complete the program next fall, said she has worked with various sports teams on campus, at local high schools and with team doctors.

"We learn complicated concepts and get to apply our knowledge in the field," said Russell, who plans to pursue a master's degree in kinesiology. "It's super exciting. Dr. Kersey treats all the students like family and we're all a team in athletic training. I know I'll find a great job after I graduate."

Alumni who have completed the program over the last three decades include head athletic trainers for professional sport teams, universities, high schools and corporations worldwide. They include [Armando Rivas](#), head trainer of the Los Angeles Galaxy soccer team; Nina Hsieh, head trainer for the Defenders, an L.A. Lakers developmental team; [Sandy Shultz](#), associate professor of exercise and sport science at the University of North Carolina; and Miguel Pedroza, a physician at Ventura County Medical Center. Others

teach at universities and work for corporate sport teams in Japan and other countries.

"The quality of this program is noteworthy for its talented students, successful alumni and award-winning faculty," said Roberta E. Rikli, dean of the College of Health and Human Development. "Now that students will be able to major in athletic training, we hope people will recognize it for the phenomenal program that it is, and learn something about the rigorous training we provide future athletic trainers."

For more information, visit the [athletic training website](#).

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Keasha Russell, left, works on soccer player Jordan Dolbin's injured leg muscle. Photo by Kelly Lacefield

## Kick-Starting Career

### Student Heals From Sport Injuries, Pursues Athletic Training Future

[✉ Email This Story](#)

May 5, 2009

By Mimi Ko Cruz

A star soccer player in high school, Keasha Russell was ecstatic when she was offered a spot on UC Riverside's soccer team. But, before her freshman year, she underwent two knee surgeries and had second thoughts about continuing to play her favorite sport.

"My surgeon asked me if it was worth it to play college ball or if it was more important to be able to run around with my children in the future," she said. "My knees were already developing arthritis and hurt every time I played. If I had continued to play competitive soccer at

#### Keasha Russell

Age: 22

Current residence: Fullerton

Hometown: Riverside

Favorite quote: Nike's logo, "Just Do It"

Philosophy: "Be bold and brave and go for what you want in life."

Hobbies/pastimes: Hiking, swimming, playing a random game of soccer and spending time with family

such a high level it would progress a lot faster. Plus, there was always the chance that I would injure my knees again. So, I decided that having the ability to walk in my future was more important than playing another four years.”

and friends.

She remembered the athletic trainers who helped her through rehabilitation at the S.P.O.R.T Clinic in Riverside and decided that was the career for her.

Russell said she was impressed by her trainers' skills and knowledge and became intrigued about the profession. One of her athletic trainers was a Cal State Fullerton alumna who told her about the university's 4-and-a-half-year program.

“So, here I am,” said Russell, now a senior preparing to graduate in January with a bachelor's degree in kinesiology, emphasis in athletic training.

### **Q: Why are you in the athletic training program?**

A: I am here to become a certified athletic trainer. Once I complete the program, I'll sit for the national exam to gain that designation.

### **Q: Upon graduation and gaining your certification, what do you plan to do?**

A: I hope to go on to complete a master's degree, get a job at my old high school and build an athletic training program there because it has never had an on-site athletic trainer. Later, I hope to get involved with working in either professional soccer or professional football.

### **Q: What is your sport experience?**

A: I did some ballet when I was younger but, I played competitive soccer — club soccer and varsity high school soccer — for about 10 years. I also ran track my freshman year in high school.

### **Q: How did you injure your knees?**

A: I tore both of my ACLs (anterior cruciate ligaments), which is one of the main ligaments in your knee that helps to keep it stable. I had reconstructive surgery to fix both knees and went through nine months of rehabilitation before I returned to playing soccer again.

The first knee that got injured was my right and I was playing in a State Cup soccer tournament. A girl from the opposing team kicked me from behind in my leg. It was instantly a complete tear. My left knee was injured when I was in another soccer tournament. I planted my foot to cut and run into a different direction and my foot got stuck in the ground while the rest of my body went with the motion.

### **Q: What are some skills you've learned in the athletic training program that you didn't expect to learn?**

A: Some things that I definitely did not expect to learn in the program are all of the things I am learning about administration. When I came into the program, I did not expect to learn about things such as building an athletic training room, budgeting, dealing with insurance, managing a staff, etc. It is a big part of athletic training.

**Q: What's so appealing about athletic training?**

A: The part that is appealing to me is the simple fact that you are able to be with an athlete for his or her whole season. If that athlete gets injured, you get to be the first one to provide medical attention on the field or court and see him or her through the whole injury and recovery process.

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# Kudos for Kinesiology

## Faculty Trio Recognized with National Awards

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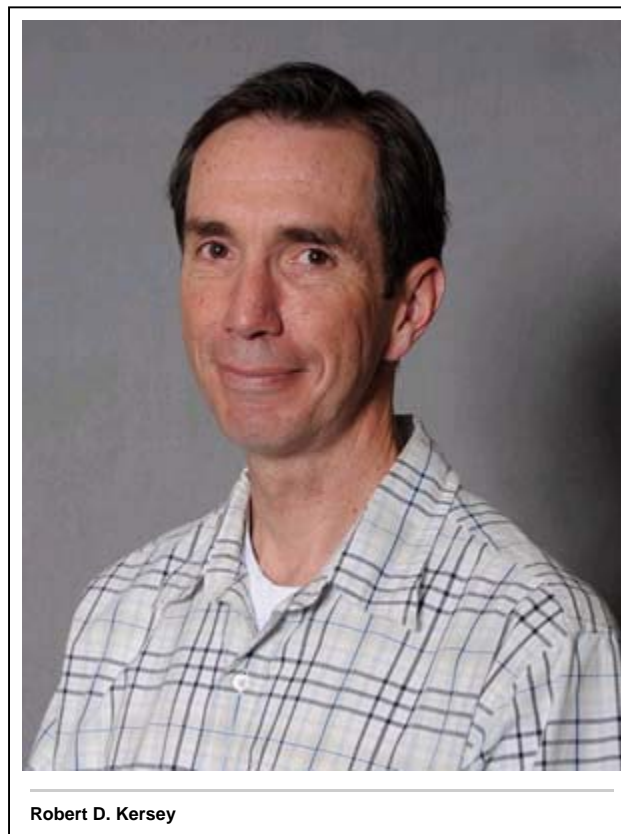
May 5, 2009  
By Mimi Ko Cruz

For his "exceptional contributions and lifetime of dedication to the athletic training profession," [Robert D. Kersey](#), professor of kinesiology and director of Cal State Fullerton's Athletic Training Education Program, next month will be named "Most Distinguished Athletic Trainer" by the National Athletic Trainers' Association.

### Twice Distinguished

The group's regional arm, Far West Athletic Trainers' Association, gave Kersey its "Most Distinguished Athletic Trainer" honor in April.

"To win either one of these prestigious awards is a wonderful achievement," said Stephan R. Walk, professor and chair of kinesiology. "To win them both in the same year is truly remarkable."



In his nomination letter for Kersey's national award, Walk wrote: "Quite frankly, we would not have the athletic training program we do without Dr. Kersey. Over the past 11 years, he has worked tirelessly to create it. The program consistently turns out high quality students who then go on to excellent professional careers and who, as alumni, pass on the program's values to those they influence. We are tremendously proud of the program's consistently high first-time pass rates on the certification exam, its placement of graduates into impressive positions and its national and international reputation.... Dr. Kersey has been both the catalyst and a prime mover behind these achievements."

Kersey, who joined Cal State Fullerton's faculty in 1997, has been an active member of both associations for three decades.

Kersey often is interviewed by the media for his expertise on anabolic steroids. He serves his profession as a reviewer for the Journal of Athletic Training, in addition to being a manuscript reviewer and the Book Review editor for Athletic Therapy Today.

Kersey, chair of the position statement on anabolic steroids for the National Athletic Trainers' Association, earned his doctoral degree from the University of New Mexico, where he wrote his dissertation on the incidence of anabolic-androgenic steroid use among community college student-athletes.

## Two More Honors

In addition to Kersey, two of his colleagues — [Lee Brown](#), professor of kinesiology, and [Jared W. Coburn](#), associate professor of kinesiology — also will receive honors this summer.

The National Strength and Conditioning Association will bestow research awards on Brown and Coburn in July.

Brown is receiving the NSCA's William J. Kraemer Outstanding Sport Scientist Award, which is given to established researchers from throughout the world who have made extraordinary contributions to the research mission of the association.

"This award is reserved for those individuals with an international research reputation and Lee is more than deserving," noted Terry Housh, of the University of Nebraska-Lincoln, who serves as chair of NSCA's awards committee.

Brown, president of the NCSA, earned his bachelor's degree in physical education from East Tennessee State University and his Ed.D. from Florida Atlantic University. As a graduate assistant in Florida, he was responsible for isokinetic performance testing designed to determine human responses to high velocity training. He joined Cal State Fullerton's faculty 2002, after having worked as director of the human performance laboratory at Arkansas State University and research director for an orthopaedic surgeon's office and teaching and coaching at a public school.

Coburn will receive NSCA's Young Investigator Award.

"This honor is awarded to researchers who are at the beginning of their academic careers and have demonstrated exceptional contributions to the exercise and sport science literature," Housh noted. "One of the criteria for this award is the promise for continued research contributions in the future. This is also an international award that is bestowed on researchers from around the world. Jared has quickly become a recognized leader in sport science research and is clearly deserving of this very important award."

Coburn, a Cal State Fullerton alumnus, joined the tenure-track faculty in 2005. He worked as a lecturer of kinesiology from 1993 to 2001. He earned his bachelor's and master's degrees in physical education from CSUF and his PhD in human sciences from the University of Nebraska.

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