

Sarah Strand, Ph.D., M.A., ATC  
Department of Health and Human Sciences  
Loyola Marymount University  
Los Angeles, CA 90045  
310-568-6646

EDUCATION

Doctor of Philosophy in Athletic Training: Rocky Mountain University of Health Professions, 2011

Master's Degree in Organizational Management, 2003: Concordia University, 2003

Bachelor of Arts in Athletic Training  
Bachelor of Arts in Community Health  
Minor in Psychology: Bethel University, 2001

ACADEMIC EMPLOYMENT

Loyola Marymount University, Department of Health and Human Sciences  
Associate Professor  
2014- Present

Loyola Marymount University, Department of Health and Human Sciences  
Assistant Professor  
2007-2014

Loyola Marymount University, Athletic Training Program  
Program Director  
2013- Present

Loyola Marymount University, Athletic Training Program  
Clinical Education Coordinator  
2007-2013

Northeastern Illinois University, Graduate School  
Adjunct Faculty  
2005-2007

North Park University, College of Arts and Sciences, Department of Exercise and Sport  
Assistant Professor  
2003-2007

North Park University, Athletic Training Program  
Clinical Education Coordinator  
2005-2007

North Park University, Athletic Training Program  
Clinical Instructor  
2003-2005

### PROFESSIONAL EXPERIENCE

North Park University, Department of Athletics  
Assistant Athletic Trainer  
2003-2007

Concordia University, Department of Athletics  
Graduate Assistant Athletic Trainer  
2001-2003

### TEACHING/ADVISING

Loyola Marymount University, 2007 – Present

- HHSC 160: Principles of Athletic Training
- NTLS 190: Exploring Natural Science
- NTLS 198/HHSC 170: Personal Health
- NTLS 368/HHSC 301: Athletic Training Practicum I
- NTLS 369/HHSC 302: Athletic Training Practicum II
- NTLS 468/HHSC 303: Athletic Training Practicum III
- NTLS 478/HHSC 304: Athletic Training Practicum IV
- HHSC 398: Global and Community Health
- HHSC 398: Sports Medicine Teaching Workshop
- NTLS 397/HHSC 401: Athletic Training Internship I
- NTLS 497/HHSC 401: Athletic Training Internship II
- NTLS 460/HHSC 460: Therapeutic Modalities in Sports Medicine
- HHSC 461: Therapeutic Modalities in Sports Medicine Lab
- NTLS 464/HHSC 412: Administration in Sports Medicine
- NTLS 462/HHSC 461: Therapeutic Rehabilitation in Sports Medicine
- NTLS 497/HHSC469: Senior Seminar in Athletic Training
- HHSC 480: Biomechanics

Northeastern Illinois University, 2005 – 2007

- HPER-EXSC 433: Performance Related Injury Management (Graduate Students)

North Park University, 2003 – 2007

- EXS 100: Personal Health
- EXS 160: First Aid and CPR
- EXS 210: Athletic Training Practicum I
- EXS 211: Athletic Training Practicum II
- EXS 295: Sport Psychology
- EXS 310: Athletic Training Practicum III
- EXS 311: Athletic Training Practicum IV
- EXS 330: Therapeutic Exercise
- EXS 340: Therapeutic Modalities
- EXS 410: Athletic Training Practicum V
- EXS 411: Athletic Training Practicum VI

## **SCHOLARSHIP**

### **Peer Reviewed Journal Articles**

1. **Strand SL.** “Post Concussive Syndrome in a Collegiate, Female Basketball Player: A Case Study”. *Open Access Journal of Sports Medicine*, 4; 123-125. 2013.
2. Fajardo MA\*, Weston LB\*, **Strand SL.** ”The Effectiveness of Heat Modalities and Vibration Plate Therapy on Hamstring Flexibility: A Randomized Control Study”. *Journal of Athletic Medicine*, 1(1); 70-77. 2013.
3. **Strand SL,** Lechuga D, Zachariah T, Beaulieu K\* “Relative Risk of Concussions in Youth, Female Soccer Players”. *Applied Neuropsychology: Child* . 2014.
4. **Strand SL,** Hjelm J, Shoepe TC, Fajardo MA\*. “Norms for an Isometric Endurance Test”. *Journal of Human Kinetics*, 40; 93-102. 2014

\* Undergraduate student at the time of the study

### **Commission on Accreditation of Athletic Training Education (CAATE) Peer Reviewed Documents**

1. Ramirez DA, **Strand SL**. "Loyola Marymount University Athletic Training Education Program Self-Study". June 2013
2. Ramirez DA, **Strand SL** "Loyola Marymount University Athletic Training Education Program Annual Report."
  - a. June 2012
  - b. June 2011
  - c. June 2010
3. Ramirez DA, **Strand SL** "Loyola Marymount University Athletic Training Education Program Rejoinder". May 2009.
4. Ramirez DA, **Strand SL** "Loyola Marymount University Athletic Training Education Program Self-Study". September 2008.

### **Peer Reviewed Scholarship**

5. **Strand SL**, Shoepe TC. "Return to Play Following Lateral Ankle Sprains" as part of the National Strength and Conditioning Associations' online series, "Return to Play Following Injuries". Published online July 2013.
6. **Strand SL**, Shoepe, TC. "Return to Play Following Shin Splints" as part of the National Strength and Conditioning Associations' online series, "Return to Play Following Injuries." Published online October 2013.

### **Internal Grants Awarded**

- Summer Assessment Grant, Loyola Marymount University: 2012
  - Grant Amount: \$1000
- Core Course Development Grant, Loyola Marymount University: 2012
  - Grant Amount: \$500
- Faith and Justice Curriculum Grant, Loyola Marymount University: 2012
  - Grant Amount: \$5000
- Summer Assessment Grant, Loyola Marymount University: 2010
  - Grant Amount: \$1000 (Divided between four department members)

### **Peer Reviewed Conference Presentations**

1. **Strand SL**, Lechuga D, Zachariah, T, Beaulieu K\* "Relative Risk of Concussions and Symptom Prevalence in Youth, Female Soccer Players". Sports Neuropsychology Society International Sports Concussion Symposium. May 2013. Poster Presentation.

2. **Strand SL**, Ramirez DA. "So You Want to be a Preceptor?" Big Sky Sports Medicine and Athletic Training Conference, Big Sky, MT: February 2013.
3. **Strand SL**, Lechuga D, Zachariah T, Beaulieu K\*. "Relative Risk of Concussions in Youth, Female Soccer Players". Poster Presentation.
  - a. Big Sky Sports Medicine and Athletic Training Conference, Big Sky, MT: February, 2013.
  - b. Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA: October 2012.
  - c. Far West Athletic Trainers' Association Annual Meeting, San Diego, CA: April 2012.
4. **Strand SL**. "The Millennial Student in the Classroom: A New Generation of Learners". California Chapter of the American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting, Riverside, CA: March 2008.
5. **Strand SL**. "Concussions in Athletics". California Chapter of the American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting, Riverside, CA: March 2008.
6. **Strand SL**. "The Millennial Student". Illinois Chapter of the American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting, St. Charles, IL: November 2007.
7. Monaco M, **Strand SL**. "The Millennial Student: A New Generation of Learners". Lilly-East Conference on College and University Teaching, Newark, DE: April 2006.
8. **Strand SL**. "Concussions in Athletics". Illinois Chapter of the American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL: November 2005.

\* Undergraduate student at the time of the study

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**Peer Reviewed Directed Student Research Presentations**

1. Halderman IJ\*, **Strand SL**, Shoepe TC "The Effects of Low-Level Laser Therapy on the Power Production of the Lower Extremities in a Vertical Jump Test After 12 Minutes of Sub-Maximal Running on a Treadmill" Poster Presentation.
  - a. Undergraduate Research Symposium, Loyola Marymount University; March 2013.
  - b. Far West Athletic Trainers' Association Annual Conference, Sacramento, CA: April 2013. (Winner: Best Student Original Research)

2. Ballesteros B\*, Mitri M\*, Cavedon D\*, (Faculty Co-Authors: **Strand SL**, Ramirez DA). "The Effectiveness of H-Wave Technology and Interferential Electric Current Stimulation on Hamstring Flexibility." Far West Athletic Trainers' Association Annual Conference, Sacramento, CA: April 2013.
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3. Kwong TL\*, Ramirez J\*, **Strand SL**, Ramirez DA. "The Effectiveness of Vibration Platform Therapy on Increasing Hamstring Flexibility".
  - a. Undergraduate Research Symposium, Loyola Marymount University; March 2013
  - b. Far West Athletic Trainers' Association Annual Meeting: San Diego, CA, April 2012. Poster Presentation.
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4. Dove HJ\*, Echeverry DF\*, Pieterick C\*, (Faculty Co-Authors: **Strand SL**, Ramirez DA). "A Comparison of Heat Modalities and Vibration Plate Therapy on Hamstring Flexibility Within an Active Population".
  - a. Undergraduate Research Symposium, Loyola Marymount University; March 2013.
  - b. Far West Athletic Trainers' Association Annual Meeting, San Diego, CA: April 2012. (Winner: Best Student Presentation- Experimental Research)
5. Weston L\*, Pinnell H\*, Hunt K\*, (Faculty Co-Authors: **Strand SL**, Ramirez DA). "Post-Surgical Rehabilitation of an Epiphyseal Plate Fracture: A Case Study".
  - a. Undergraduate Research Symposium, Loyola Marymount University: March 2012
  - b. Far West Athletic Trainers' Association Annual Meeting, Las Vegas, NV: April 2011. (Winner: Best Student Presentation- Case Study Category)
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6. Beaulieu K\*, Gomez B\*, Ikuta K\*. (Faculty Co-Authors: Ramirez DA, **Strand SL**). "An Exploration of Achilles Tendon Ruptures and the Recovery Process: A Case Study". Far West Athletic Trainers' Association Annual Meeting, Honolulu, HI: June 2011. (Winner: Best Student Presentation- Case Study Category)
7. Alongi J\*, Schoettler S\*, Smith M\*, (Faculty Co-Authors: **Strand SL**, Ramirez DA). "An Exploration of How Extensive Rehabilitation Can Help to Avoid Surgical Procedures: A Case Study". Far West Athletic Trainers' Association Annual Meeting, San Diego, CA: April 2010. (Winner: Best Student Presentation- Case Study Category)

\* Undergraduate student at the time of the study

## **Works Under Consideration**

7. Halderman IJ\*, **Strand SL**, Shoepe TC. "The Effects of Low-Level Laser Therapy on the Power Production of the Lower Extremities in a Vertical Jump Test After 12 Minutes of Sub-Maximal Running on a Treadmill" Submitted for Peer Review at *Journal of Athletic Medicine*, April 2013.

\* Undergraduate student at the time of the study

## **PRESENTATIONS**

1. Lechuga, D, **Strand SL**. "Concussion Management Efforts for At-Risk Athletes in Low SES Districts". Webinar sponsored by Pearson Publishing as part of the series, "Safeguarding Student Athletes": April 2013. Invited Presenter
2. Lechuga D, **Strand SL**. "Are Girls More Vulnerable to Sports-Related Concussions? Recent Findings, Implications, and Proposed Interventions for Athletic Trainers and Other Health Care Professionals". Webinar sponsored by Pearson Publishing as part of the series, "Safeguarding Student Athletes": March 2013. Invited Presenter
3. **Strand SL**. "Preceptor Training Workshop: Loyola Marymount University Athletic Training Education Program". Loyola Marymount University, Los Angeles, CA (13 sessions over 7 years). Organizer and Presenter
4. **Strand SL**. "Time Management and Stress Management for Health" Journey of Faith Church, Manhattan Beach, CA (2 presentations). Invited Presenter
5. **Strand SL**. "Relative Risk of Concussions in Youth, Female Soccer Players". Junior Faculty Seminar, Loyola Marymount University, Los Angeles, CA: September 2011. Invited Presenter
6. **Strand SL**. "Concussions in Athletics" Laurel Soccer Organization, Baltimore, MD: December 2009. Invited Presenter

## **SERVICE**

### **Loyola Marymount University Service**

- Abstract reviewer, Undergraduate Research Symposium Committee, Loyola Marymount University: 2013
- Committee Member, Loyola Marymount University Emergency Management Committee, and Emergency Preparedness sub-committee: 2012-present
- Interviewer, Health Professions Advisory Committee, Loyola Marymount University: 2012-present

- Partner with LMU Family of Schools for assistance and organization with Westchester Enriched Sciences Magnet High School for the Health and Sports Medicine Magnet including creation of a course, workshops and student field trips, 2011-present
- Committee Member, Loyola Marymount University Athletic Advisory Board: 2010-present
- Faculty Advisor, "The Station", Campus Ministries student organization at Loyola Marymount University: 2010-present
- Committee Member, Loyola Marymount University Disability Support Services Committee: 2009-2011

### **Seaver College of Science and Engineering/Department of Health and Human Sciences Service**

- Member, Hiring Committee, Tenure track faculty position, Department of Health and Human Sciences, Loyola Marymount University: 2013-present
- Member, Hiring Committee, Tenure track faculty position, Department of Health and Human Sciences, Loyola Marymount University: 2012-2013
- Faculty Member, Study Abroad- Summer in Bonn, Germany: 2012 and 2013
- Committee Member, Loyola Marymount University Frank R. Seaver College of Science and Engineering Freshmen Advising Committee: 2012-present
- Freshmen Academic Advisor: 2012-present
- Co-Chair, Hiring Committee, Tenure track faculty position, Department of Health and Human Sciences, Loyola Marymount University: 2011-2012
- Academic Advisor: 2008-present
- Faculty Advisor, Loyola Marymount University Athletic Training Student Association: 2007-present
- CPR and First Aid instruction and certification for Athletic Training Students, Teaching Assistants, and students in courses within the college: 2007-present

### **Professional Service**

- Athletic Trainer for neurocognitive baseline testing, Los Angeles Galaxy-professional soccer team: 2013
- Member, California Athletic Trainers' Association Legislative Action Team: 2012-present
- Approved Provider, Loyola Marymount University- Continuing Education Units, Athletic Training Board of Certification: 2011-Present
- State Representative, National Athletic Trainers' Association Committee on Revenue: 2007-2009.
- Content Consultant, Human Kinetics Publishing Company: 2007
- Avon Breast Cancer Walk, Medical Volunteer: 2006
- Examiner, BOC Athletic Training Certification Exam: 2005-2007
- Chicago Marathon, Medical Volunteer: 2005, 2006