

**JEREMY HAWKINS, PhD, ATC**  
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***CURRICULUM VITAE***

**EDUCATION**

- Ph.D. Brigham Young University, Provo, UT, April 2009  
(Physical Medicine and Rehabilitation)
- M.S. Oregon State University, Corvallis, OR, June 2004  
(Sports Medicine, Public Health Minor)
- B.S. Brigham Young University, Provo, UT, April 2002  
(Physical Education, emphasis: Athletic Training)

**CERTIFICATIONS AND CREDENTIALS**

- Certified Athletic Trainer (# 020302059; 2003 – Present)
- Endorsed Athletic Trainer, State of Colorado (# AT.0001223; 2013 – Present)
- Illinois Licensed Athletic Trainer (# 096.0030038; 2010 – 2013)
- American Red Cross CPR/AED for the Professional Rescuer, current

**ACADEMIC EXPERIENCE**

- Assistant Professor, Athletic Training Program Director, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2013 – Present)*
- Instructor, University of Phoenix, Phoenix, Arizona (2010 – Present)*
- Assistant Professor, Director of Undergraduate Athletic Training Education Program, School of Kinesiology and Recreation, Illinois State University, Normal, Illinois (2010 – 2013)*
- Assistant Teaching Professor, Clinical Education Coordinator of Athletic Training Education Program, Department of Exercise Sciences, Brigham Young University, Provo, Utah (2008 – 2009)*
- Instructor, Clinical Education Coordinator of Athletic Training Education Program, Department of Exercise Sciences, Brigham Young University, Provo, Utah (2006 – 2008)*
- Graduate Research Assistant, Department of Exercise Sciences, Brigham Young University, Provo, Utah (2004 – 2009)*

*Graduate Teaching Assistant*, Department of Exercise Sciences, Brigham Young University, Provo, Utah (2004 – 2006)

*Graduate Teaching Assistant*, Department of Nutrition and Exercise Sciences, Oregon State University, Corvallis, Oregon (2004)

## **CLINICAL EXPERIENCE**

*Outreach Certified Athletic Trainer*, Orthopedic and Sports Enhancement, Bloomington, Illinois (Fall 2011, Fall 2012, and Winter 2013)

- Provide athletic training services for home varsity football games boys' basketball games at Heyworth High School

*Certified Athletic Trainer*, Intermountain Healthcare, Provo, Utah (2010)

- Supervised and conducted athletic training outreach
- Served as a physical therapy aide
- Served as an Athletic Republic personal trainer

*Graduate Assistant Athletic Trainer*, Athletic Department, Western Oregon University, Monmouth, Oregon (2002 – 2004)

- Served as the head track and field athletic trainer and the assistant football athletic trainer
- Coordinated undergraduate clinical education of Oregon State University's undergraduate athletic training students

## **SCHOLARLY AND CREATIVE PRODUCTIVITY**

### **Peer-Reviewed Publications**

1. Hawkins JR, Hawkins SW. Theory to Practice – Clinical Applications of Cooling and Heating Modalities Among Certified Athletic Trainers and Sports Physical Therapists. *Sports Health: A Multidisciplinary Approach*. Under Review.
2. Hawkins JR. Athletic Injury Management Model in Humans. *J Athl Enhancement*. In press. (Accepted 6 August 2014)
3. Hawkins JR, Sharp EB, Williams SA. Take a page from your coach's play book: Teaching technical and tactical skills in athletic training. *Athl Train Educ J*. In press. (Accepted 20 June 2014)
4. Hawkins JR, McLoda TA, Stanek JM. A subjective and objective process for athletic training selection. *Athl Train Educ J*. In press. (Accepted 11 Dec 2013)
5. Hawkins JR, Miller KC (2012). The Importance of Target Tissue Depth in Cryotherapy Application. *J Athl Enhancement*, 1:2.
6. Hawkins JR, Shurtz J, Spears C (2012). Traditional Cryotherapy Treatments are More Effective than Game Ready® on Medium Setting at Decreasing Sinus Tarsi Tissue Temperatures in Uninjured Subjects. *J Athl Enhancement*, 1:2.
7. Jutte LS, Hawkins JR, Miller KC, Long BC, Knight KL (2012). Skinfold Thickness at 8 Common Cryotherapy Sites in Various Athletic Populations. *J Athl Train*, 47:170-177.

8. Hawkins JR, Knight KL, Long BC (2007). Are *Room Temperature* and *Thermal Neutral* Synonymous Terms? An Investigation of Common Therapeutic Modality Control Variables. *J Athl Train*, 42:327-332.
9. Jutte LS, Knight KL, Long BC, Hawkins JR, Schulthies SS, Dalley EB (2005). The uncertainty (validity and reliability) of three electrothermometers in therapeutic modality research. *J Athl Train*, 40:207-210.

### **Other Publications**

1. Hawkins JR (2014). The Need for Mentoring. *NATA Now, the Official Blog of the NATA News Magazine*. October 14, 2014. (Assessable at: <http://www.nata.org/nata-news-blog/need-mentoring>)
2. Hawkins JR (2014). Athletic Training Lessons Learned as an Umpire. *NATA Now, the Official Blog of the NATA News Magazine*. August 12, 2014. (Assessable at: <http://www.nata.org/nata-news-blog/athletic-training-lessons-learned-umpire>)
3. Hawkins JR (2014). Contributing to the Body of Knowledge. *NATA News, News Magazine of the National Athletic Trainers' Association*, July: 46.
4. Hawkins JR (2014). Students: Making the Most of the NATA Convention. *NATA Now, the Official Blog of the NATA News Magazine*. June 10, 2014. (Assessable at: <http://www.nata.org/nata-news-blog/students-making-most-nata-convention>)
5. Hawkins JR (2014). Students: Success Starts in the Summer. *NATA Now, the Official Blog of the NATA News Magazine*. May 20, 2014. (Assessable at: <http://www.nata.org/nata-news-blog/students-success-starts-summer>)
6. Hawkins JR (2014). Tips for AT Students to Foster Resilience. *NATA Now, the Official Blog of the NATA News Magazine*. May 9, 2014. (Assessable at: <http://www.nata.org/nata-news-blog/tips-students-foster-resilience>)
7. Hawkins JR (2014). The Need to Teach and Practice Ethics. *NATA Now, the Official Blog of the NATA News Magazine*. March 31, 2014. (Assessable at: <http://www.nata.org/nata-news-blog/emphasizing-ethics-education>)
8. Hawkins JR (2014). A How-To on Hitting the Books. *NATA News, News Magazine of the National Athletic Trainers Association*, March: 24.
9. Hawkins JR (2009). Letter to the Editor: Clinical Coordinator or Clinical Education Coordinator. *J Athl Train Educ*, 4:4-5.
10. Hawkins JR (2004). Understanding HIPAA. *NATA News*, November: 24-26.
11. Hawkins JR (2002). Training Program for Wildland firefighters. *Wildland Firefighter, The Voice of the Wildland Firefighter*, 5(11):11-13.

### **Conference Presentations**

1. Hawkins JR. Special Topics Presentation: Hyperbaric Chamber Use in Sports Medicine. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia & AT Expo (2014)*. Indianapolis, IN.
2. Hawkins JR, Hawkins SW. Free Communications Oral Presentation: Clinical Applications of Therapeutic Modalities Among Collegiate Athletic Trainers and Sports Physical Therapists. *National Athletic Trainers' Association 65<sup>th</sup> Clinical Symposia & AT Expo (2014)*. Indianapolis, IN. Published abstract: *J Athl Train*, 49:S – 47.

3. Hawkins JR. Breakout Session Presentation: Take a Page from Your Coach's Playbook: Teaching of Technical and Tactical Skills in Athletic Training. *2014 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Provo, UT.
4. Hawkins JR, Hawkins SW. Free Communication Oral Presentation: Clinical Applications of Therapeutic Modalities Among Collegiate Athletic Trainers and Sports Physical Therapists. *2014 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Provo, UT.
5. Kosik, KB, Hawkins JR, Langellier DM, Selkow NM. Free Communications Poster Presentation: Clinical Applications of Cryotherapy among Certified Athletic Trainers. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Las Vegas, NV.
6. Langellier DM, Hawkins JR, Kosik KB, Selkow NM. Free Communications Poster Presentation: Clinical Applications of Heating Modalities among Certified Athletic Trainers. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Las Vegas, NV.
7. Hawkins JR, Miller KC. Free Communications Poster Presentation: Gender Plays a Role in Deep Tissue Cooling Independent of Skinfold Thickness. *2012 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. St. Louis, MO. Published abstract: *J Athl Train*, 47:S – 134-135.
8. Hawkins JR, Miller KC. Free Communications Oral Presentation: Gender Plays a Role in Deep Tissue Cooling Independent of Skinfold Thickness. *2012 Illinois Association for Health, Physical Education, Recreation & Dance Convention*. St. Charles, IL.
9. Hawkins JR. Free Communications Oral Presentation: Is Tennis Ball Induced Bruising a Useful Acute Injury Model? *2011 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. New Orleans, LA. Published abstract: *J Athl Train*, 46:S – 128.
10. Hawkins JR. Education Session Presentation: Best Teaching Practices and Course Design. *2011 Illinois Athletic Trainers' Association State Meeting and Clinical Symposium*. Normal, IL.
11. Hawkins JR, Brucker J. Therapeutic Modalities Evidence Based Forum Discussant; *2010 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Philadelphia, PA.
12. Hawkins JR, Knight KL. Free Communications Poster Presentation: The treatment effect of cryotherapy, compression, a tobacco poultice, and the PolyMem SportsWrap® on an experimentally induced bruise. *2009 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Salt Lake City, UT.
13. Hawkins JR, Knight KL, Rich BSE, Millward C, Cassat D. Free Communications Poster Presentation: Development of an Acute Injury Model in Humans. *2008 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. St. Louis, MO. Published abstract: *J Athl Train*, 43:S – 59.
14. Hawkins JR, Miller KC, Knight KL. Free Communications Poster Presentation: Rate of cryotherapy temperature change – a function of adipose thickness or thermocouple depth? *2007 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Anaheim, CA. Published abstract: *J Athl Train*, 42:S – 65.
15. Miller KC, Hawkins JR, Knight KL. Free Communications Poster Presentation: Variations of skinfold thickness at different locations in college-aged physically

- active individuals and athletes. *2007 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Anaheim, CA. Published abstract: *J Athl Train*, 42:S – 68.
16. Hawkins JR, Miller KC, Knight KL. Free Communications Poster Presentation: Rate of cryotherapy temperature change – a function of adipose thickness or thermocouple depth? *2007 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Denver, CO.
  17. Jutte LS, Hawkins JR, Long BC, Miller KC, Knight KL. Free Communications Poster Presentation: Variations of skinfold thickness at different locations in college-aged physically active individuals and athletes. *2007 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Denver, CO.
  18. Hawkins JR, Knight KL. Free Communications Poster Presentation: How controlled are your controls? *2006 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Atlanta, GA. Published abstract: *J Athl Train*, 41:S – 101.
  19. Hawkins JR, Long BC, Knight KL. Free Communications Poster Presentation: Cold modalities decrease pain following orthopedic injuries. *2006 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Salt Lake City, UT.
  20. Hawkins JR, Long BC, Knight KL. Free Communications Poster Presentation: How controlled are your controls? *2005 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Phoenix, AZ.
  21. Hawkins JR, Harter RA. Free Communications Poster Presentation: Assessment of pre-fire season physical fitness among Bureau of Land Management (BLM) wildland firefighters. *2004 American College of Sports Medicine Annual Meeting*. Indianapolis, IN. Published abstract: *Med Sci Sports Exerc*, 36:S – 307.

## **Grants and Contracts**

### *Externally Funded*

1. Hawkins JR. Bike Repair for Ronald Lockett Rehabilitation Project at Over the Edge Sports, Fruita, Colorado. Amount requested: \$150.00. Funded: \$150.00
2. Hawkins JR. Annual Membership for Ronald Lockett Rehabilitation Project at the Fruita Community Center, Fruita Colorado. Amount requested: \$360.00. Grant Period: August 2014 – July 2015. Funded: \$360.00.
3. Hawkins JR. Clinical Applications of Cooling and Heating Therapeutic Modalities among Certified Athletic Trainers and Physical Therapists. Illinois Association for Health, Physical Education, Recreation, and Dance – Jump Rope for Heart Grant Program. Amount requested: \$2,417.00. Grant period: June 2013 – May 2014. Funded: \$2,417.00. (Grant withdrawn due to leaving the state.)
4. Hawkins JR. OxyHealth (Hyperbaric Chamber loaned to conduct a research study). February 2013 – January 2015. \$21,700.00.
5. Hawkins JR. Evaluation of Rate of Cooling Dependent Upon Skinfold Thickness. Illinois Association for Health, Physical Education, Recreation, and Dance – Jump Rope for Heart Grant Program. Amount requested: \$4,454.00. Grant period: August 2011 – July 2013. Funded: \$4,231.00

*Internally Funded*

1. Hawkins JR. Clinical Applications of Cooling and Heating Therapeutic Modalities among Certified Athletic Trainers and Physical Therapists. Illinois State University, University Research Grant. Amount requested: \$5,500.00. Grant period: July 1, 2013 – June 30, 2014. Funded: \$5,500.00. (Grant withdrawn due to leaving the university.)
2. Hawkins JR. Validation of a Superficial Bruise Injury Model. Illinois State University, University Research Grant. Amount requested: \$5,400.00. Grant period: July 1, 2012 – June 30, 2013. Funded: \$5,400.00.
3. Hawkins JR. Evaluation of Rate of Cooling Dependent Upon Skinfold Thickness. Illinois State University, University Research Grant. Amount requested: \$5,500.00. Grant period: July 1, 2011 – June 30, 2012. Funded: \$5,500.00.

**TEACHING**

**Courses Taught – Colorado Mesa University**

KINE 252 – *Principles of Evaluation and Assessment*  
KINE 234 – *Prevention and Care of Athletic Injuries*  
KINE 373 – *Upper Body Injury Assessment*  
KINE 374 – *Lower Body Injury Assessment*  
KINE 420 – *Therapeutic Modalities*  
KINE 430 – *Medical Conditions and Pharmacology in Sports*

**Course Taught – University of Phoenix**

SCI 162 – *Principles of Health and Wellness*  
SCI 164 – *Essentials of Health and Wellness*  
SCI 241 – *The Science of Nutrition*

**Courses Taught – Illinois State University**

KNR 207 – *Foundations for Successful Coaching*  
KNR 284 – *Prevention and Care of Athletic Injuries*  
KNR 288 – *Therapeutic Modalities*  
KNR 335 – *Administration of Athletic Training*  
KNR 361 – *Pathology and Pharmacology in Athletic Training*  
KNR 362 – *Seminar in Sports Medicine I*

**Courses Taught – Brigham Young University**

ExSc 320 – *Basic Athletic Training*  
ExSc 321 – *Basic Athletic Training Lab*  
ExSc 394 – *Athletic Training Clinical Education I*  
ExSc 395 – *Athletic Training Clinical Education II*  
ExSc 494 – *Athletic Training Clinical Education III*  
ExSc 495 – *Athletic Training Clinical Education IV*  
ExSc 501 – *Sports Medicine Pharmacology*

### **Independent Studies**

Fall 2014 (1 student project)  
Spring 2013 (3 student projects)  
Fall 2012 (1 student project)  
Spring 2012 (3 student projects)  
Fall 2011 (3 student projects)  
Spring 2011 (1 student project)

### **Graduate Student Committees**

Fall 2014 – Spring 2015 (committee member for 1 thesis)  
Fall 2013 – Spring 2014 (chair for 1 thesis)  
Fall 2012 – Spring 2013 (committee member for 1 thesis, chair for 1 thesis)  
Fall 2011 – Spring 2012 (committee member for 2 theses)  
Fall 2010 – Spring 2011 (committee member for 1 thesis)

### **PROFESSIONAL SERVICE**

*Member*, Colorado Athletic Trainers' Association Government Affairs Committee (2014 – Present)  
*Member*, Colorado Athletic Trainers' Association Education Committee (2013 – Present)  
*Chair*, Rocky Mountain Athletic Trainers' Association Honors and Awards Committee (2009)  
*Reviewer*, Journal of Athletic Training (2005 – Present)  
*Reviewer*, Journal of Sport Rehabilitation (2011- Present)  
*Reviewer*, Internal Journal of Athletic Therapy and Training (2013 – Present)

### **UNIVERSITY SERVICE**

#### **Colorado Mesa University**

*Member*, Exercise Science Faculty Search Committee (2014 – 2015)  
*Vice Chair*, Undergraduate Curriculum Committee (2014 – Present)  
*Director*, Athletic Training Program (2013 – Present)  
*Member*, Undergraduate Curriculum Committee (2013 – Present)  
*Member*, Department of Kinesiology Scholarship Committee (2013 – Present)  
*Member*, Monfort Family Human Development Lab Assistant Search Committee (Fall 2013)  
*Member*, Athletic Training Program Clinical Education Coordinator Search Committee (Summer 2013)

### **MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

National Athletic Trainers' Association (2001 – Present)  
Rocky Mountain Athletic Trainers' Association (2001 – 2002, 2004 – 2010, 2013 – Present)  
Colorado Athletic Trainers' Association (2013 – Present)  
Great Lakes Athletic Trainers' Association (2010 – 2013)  
Illinois Athletic Trainers' Association (2010 – 2013)  
Utah Athletic Trainers' Association (2001 – 2002, 2004 – 2010)  
Northwest Athletic Trainers' Association (2002 – 2004)  
Oregon Athletic Trainers' Association (2002 – 2004)  
National Strength and Condition Association (2002 – 2004)

Illinois Association for Health, Physical Education, Recreation & Dance (2011 – 2013)