

JEREMY HAWKINS, PhD, LAT, ATC

COLORADO MESA UNIVERSITY

Grand Junction, CO

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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)
- Colorado Licensed Athletic Trainer (# AT.0001223; 2013 – Present)
- National Provider Identifier: 1861411415 (2006 – Present)
- Health Care Provider CPR & AED/Advanced First Aid, current

ACADEMIC EXPERIENCE

Interim Provost and Chief Academic Officer, Colorado Mesa University, Grand Junction, Colorado (July 2026 – Present)

Acting Provost, Colorado Mesa University, Grand Junction, Colorado (September – November 2025, February – June 2026)

Senior Associate Vice President for Academic Affairs, Colorado Mesa University, Grand Junction, Colorado (2025 – Present)

Assistant Vice President for Academic Affairs – Academic Innovation, Colorado Mesa University, Grand Junction, Colorado (2023 – 2025)

Director of Graduate Studies, Colorado Mesa University, Grand Junction, Colorado (2023 – 2024)

Interim Director of Graduate Studies, Colorado Mesa University, Grand Junction, Colorado (2022 – 2023)

Professor, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2022 – Present)

Assistant Vice President for Academic Affairs – Student Success, Colorado Mesa University, Grand Junction, Colorado (2021 – 2023)

Department Head, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2016 – 2025)

Associate Professor, Athletic Training Program Director, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2016 – 2022)

Assistant Professor, Athletic Training Program Director, Department of Kinesiology, Colorado Mesa University, Grand Junction, Colorado (2013 – 2016)

Faculty, University of Phoenix, Phoenix, Arizona (2010 – 2014)

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)

- Provided 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, Gandola L, Rhoads MC. Incorporating the practice of gratitude journaling into an athletic training curriculum. *J Athl Train Educ Pract.* 2026;22(1):37-41.
2. Murray SR, Leadford CL, Snyder N, Pettitt RW, Hawkins JR. Successful Closed Reduction and Tooth-to-tooth Wire-fixation of a Mandibular Singular Parasympysis Fracture in a Male Collegiate Lacrosse Player. *J Sports Med Allied Health Sci: Official J Ohio Athletic Trainers' Association.* 2023;9(2):Article 4. Available at: <https://scholarworks.bgsu.edu/jsmahs/vol9/iss2/4>
3. Reich S, Hawkins JR, Powell A, Reeder M. Sport Specialization's Impact on Female Adolescent Athletes' Lower-Extremity Neuromuscular Control: A Critically Appraised Topic. *J Sport Rehab.* 2023;32(7):840-845.
4. Hawkins JR, Reeder M, Powell A, Smith J. Sleep Series Part III: Strategies to Improve Sleep; The Importance of Sleep for the Student Athlete. *Lower Extremity Review.* Nov 2021. (Accessible at: https://lermagazine.com/wp-content/uploads/2021/11/KINE_Sleep_10.22.21-combined.pdf)
5. Hawkins JR, Reeder M, Powell A. Sleep Series Part II: Sleep and Athletic Performance. *Lower Extremity Review.* Jun 2021. (Accessible at: <https://lermagazine.com/article/sleep-series-part-ii-sleep-and-athletic-performance>)
6. Hawkins JR, Reeder M, Powell A. Sleep Series Part I: Basics of Sleep and its Role with Injury. *Lower Extremity Review.* Jan 2021. (Accessible at: <https://lermagazine.com/article/sleep-series-part-i-basics-of-sleep-and-its-role-with-injury>)
7. Selkow NM, Kemmer C, Marcotte A, Hawkins JR. Reporting Numbness of the Hamstrings Occurs Faster with "To-Go" Ice Bags. *Athl Train & Sport Health Care.* 2021;13(1):25-30.
8. Hawkins JR, Heumann KJ. Is the Clinical Use of a Hyperbaric Chamber as a Modality to Aid in Recovery Supported by Evidence? *Med Res Arch.* 2019;7(11):1-7.
9. Hawkins JR, Reeder M, Olson M, Bronson A. Commentary: The Use of Case-based Learning and Concept Mapping to Teach Students Clinical Reasoning. *J Sports Med Allied Health Sci: Official J Ohio Athletic Trainers' Association.* 2019;4(3):Article 4. Available at: <https://scholarworks.bgsu.edu/jsmahs/vol4/iss3/4>
10. Gonzalez KE, Hawkins JR, Smith GA, Heumann KJ, Potochny NS. Assessment of Oxygen Saturation Levels during a Mild Hyperbaric Chamber Treatment. *J Clin Invest Stud.* 2018;1(2):1-3.
11. Murray SR, Ledford CM, Hartshorn DO, Crawford C, Nock D, Merrell JA, Reeder MT, Pettitt RW, Hawkins JR. An Unnecessary Broken Jaw: A Case Report Justifying Mandatory Protective Headgear for Girl's and Women's Lacrosse. *Int J Sports Sci Med.* 2017;1(2):32-33.
12. Hawkins JR, Reeder MT, Heumann KJ. Cryotherapy – A Call for Further Research. *Med Res Arch.* 2017;5(7):1-6.

13. Hawkins JR, Gonzalez KE, Heumann KJ. The Effectiveness of Hyperbaric Oxygen Therapy as a Treatment for Postconcussion Symptoms. *J Sport Rehab.* 2017;26(3):290-294.
14. Hawkins JR, Heumann KJ. The clinical use of a hyperbaric chamber as a modality to aid in recovery. *Strength Cond J.* 2017;39(3):31-34.
15. Heumann KJ, Cimolina J, Hawkins JR, Pettitt RW, Murray SR. The Acute Effect of Walking on Ultrasound Measurements from the Achilles InSight Ultrasonometer in College-age Individuals. *Int J Ex Sci.* 2016;9(4):491-496.
16. Hawkins SW, Hawkins JR. Clinical Applications of Cryotherapy among Sports Physical Therapists. *Int J Sports Phys Ther.* 2016;11:141-148.
17. Hawkins JR, Hawkins SW. Clinical Applications of Therapeutic Modalities among Certified Athletic Trainers, Part I: Cryotherapy. *Int J Athl Ther & Train.* 2016;21:62-67.
18. Hawkins JR, Hawkins SW. Clinical Applications of Therapeutic Modalities among Certified Athletic Trainers, Part II: Thermotherapy. *Int J Athl Ther & Train.* 2016;21:68-74.
19. Mills RM, Hawkins JR. Using Storytelling and YouTube Videos to Teach Nutrition in an Online Environment. *J National Extension Assoc Fam & Consumer Sci.* 2015;10:47-52.
20. Hawkins JR. Athletic Injury Management Model in Humans: Revisit. *J Athl Enhancement.* 2015;4:5.
21. 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.* 2015;10(3):244-248.
22. Hawkins JR, McLoda TA, Stanek JM. A Subjective and Objective Process for Athletic Training Selection. *Athl Train Educ J.* 2015;10(2):183-189.
23. Hawkins JR. Athletic Injury Management Model in Humans. *J Athl Enhancement.* 2014;3:5.
24. Hawkins JR, Miller KC. The Importance of Target Tissue Depth in Cryotherapy Application. *J Athl Enhancement.* 2012;1:2.
25. Hawkins JR, Shurtz J, Spears C. Traditional Cryotherapy Treatments are More Effective than Game Ready® on Medium Setting at Decreasing Sinus Tarsi Tissue Temperatures in Uninjured Subjects. *J Athl Enhancement.* 2012;1:2.
26. Jutte LS, Hawkins JR, Miller KC, Long BC, Knight KL. Skinfold Thickness at 8 Common Cryotherapy Sites in Various Athletic Populations. *J Athl Train.* 2012;47:170-177.
27. Hawkins JR, Knight KL, Long BC. Are Room Temperature and Thermal Neutral Synonymous Terms? An Investigation of Common Therapeutic Modality Control Variables. *J Athl Train.* 2007;42:327-332.
28. Jutte LS, Knight KL, Long BC, Hawkins JR, Schulthies SS, Dalley EB. The uncertainty (validity and reliability) of three electrothermometers in therapeutic modality research. *J Athl Train.* 2005;40:207-210.

Other Publications

1. Hawkins JR. Students: It's a Wonderful Life. *NATA Now, the Official Blog of the NATA News Magazine*. December 16, 2016. (Accessible at: <http://www.nata.org/blog/todd-christman/students-it%E2%80%99s-wonderful-life>)
2. Hawkins JR. Viewpoint: Is the clinical use of ice still relevant? *Exp Physiol*. 2016;101.7:789.
3. Hawkins JR. Students: Embrace Challenges and Recognize Opportunities. *NATA Now, the Official Blog of the NATA News Magazine*. May 20, 2016. (Accessible at: <http://www.nata.org/blog/todd-christman/students-embrace-challenges-and-recognize-opportunities>)
4. Hawkins JR. Students: Are You Getting Out What You Are Putting In? *NATA Now, the Official Blog of the NATA News Magazine*. February 24, 2016. (Accessible at: <http://www.nata.org/nata-news-blog/students-are-you-getting-out-what-you-are-putting>)
5. Hawkins JR. Students: Not Everything Needs to be Fun. *NATA Now, the Official Blog of the NATA News Magazine*. August 10, 2015. (Accessible at: <http://www.nata.org/nata-news-blog/students-not-everything-needs-be-fun>)
6. Hawkins JR. Students: The Power of Three Little Letters – A, T, C. *NATA Now, the Official Blog of the NATA News Magazine*. July 15, 2015. (Accessible at: <http://www.nata.org/nata-news-blog/power-three-little-letters-ATC>)
7. Hawkins JR. Students: Relationships in and Outside of the Athletic Training Clinic. *NATA Now, the Official Blog of the NATA News Magazine*. June 9, 2015. (Accessible at: <http://www.nata.org/nata-news-blog/students-relationships-and-outside-athletic-training-clinic>)
8. Hawkins JR. Students: Look for the “Flecks of Gold.” *NATA Now, the Official Blog of the NATA News Magazine*. March 24, 2015. (Accessible at: <http://www.nata.org/nata-news-blog/students-look-%E2%80%99Cflecks-gold%E2%80%99D>)
9. Hawkins JR. Students: Enhancing Your Experience by Embracing the Little Things. *NATA Now, the Official Blog of the NATA News Magazine*. January 20, 2015. (Accessible at: <http://www.nata.org/nata-news-blog/students-enhance-your-experience-embracing-little-things>)
10. Hawkins JR. The Power of a [Self] Pep Talk. *NATA Now, the Official Blog of the NATA News Magazine*. December 9, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/power-self-pep-talk>)
11. Hawkins JR. The Need for Mentoring. *NATA Now, the Official Blog of the NATA News Magazine*. October 14, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/need-mentoring>)
12. Hawkins JR. Athletic Training Lessons Learned as an Umpire. *NATA Now, the Official Blog of the NATA News Magazine*. August 12, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/athletic-training-lessons-learned-umpire>)
13. Hawkins JR. Students: Making the Most of the NATA Convention. *NATA Now, the Official Blog of the NATA News Magazine*. June 10, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/students-making-most-nata-convention>)
14. Hawkins JR. Students: Success Starts in the Summer. *NATA Now, the Official Blog of the NATA News Magazine*. May 20, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/students-success-starts-summer>)

15. Hawkins JR. Tips for AT Students to Foster Resilience. *NATA Now, the Official Blog of the NATA News Magazine*. May 9, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/tips-students-foster-resilience>)
16. Hawkins JR. The Need to Teach and Practice Ethics. *NATA Now, the Official Blog of the NATA News Magazine*. March 31, 2014. (Accessible at: <http://www.nata.org/nata-news-blog/emphasizing-ethics-education>)
17. Hawkins JR. A How-To on Hitting the Books. *NATA News, News Magazine of the National Athletic Trainers Association*. 2014;March:24.
18. Hawkins JR. Letter to the Editor: Clinical Coordinator or Clinical Education Coordinator. *J Athl Train Educ*. 2009;4:4-5.
19. Hawkins JR. Understanding HIPAA. *NATA News*. 2004;November:24-26.
20. Hawkins JR. Training Program for Wildland firefighters. *Wildland Firefighter, The Voice of the Wildland Firefighter*. 2002;5(11):11-13.

Book Chapters

1. Pettitt RW, Udermann BE, Hawkins JR (2022). Safety and Injuries. In: *Wellness for Life*. 4th ed. Dubuque, IA: Kendall Hunt Publishing Company.
2. Murray SR, Pettitt RW, Udermann BE, Ryan R, Hawkins JR (2015). Safety and Injuries. In: *Wellness for Life*. 3rd ed. Dubuque, IA: Kendall Hunt Publishing Company.

Webinars

1. Hawkins JR. Sleep as it Relates to Injury (2020). Live presentation for the National Athletic Trainers' Association Professional Development Center, recorded and made available on demand.

Conference Presentations

1. Hawkins JR, Gandola L. Implementing Gratitude Journaling in an Athletic Training Curriculum. Free Communications Poster Presentation. *Virtual Athletic Training Educators' Conference*. (2024)
2. Hawkins JR. Can the Development and Utilization of a Sports Medicine Certificate Help Bridge the Athletic Training Shortage Gap? *CATA/NMATA Combined State Meeting* (2023). Durango, CO.
3. Hawkins JR. Tips for Students. *Colorado Athletic Trainers' Association Annual Clinical Symposium* (2022). Virtual.
4. Hawkins JR. Sleep as it Relates to Injury. *Colorado Athletic Trainers' Association Annual Clinical Symposium* (2022). Virtual.
5. Heumann KJ, Hawkins JR, Reeder M. Free Communications Poster Presentation: NCAA division II baseball: A descriptive analysis of the live inning and game. *National Strength and Conditioning Association National Conference* (2019). Washington, DC.
6. Heumann KJ, Reeder M, Hawkins JR. Free Communications Poster Presentation: The effects of between inning cryotherapy and/or compression on measures of performance in division II baseball pitchers. *National Strength and Conditioning Association Regional Conference* (2018). Colorado Springs, Colorado.
7. Heumann KJ, Reeder M, Hawkins JR. Free Communications Poster Presentations: Positive correlations of between inning cryotherapy and/or compression on measures of

- performance in division II baseball pitchers. *National Strength and Conditioning Association National Conference (2018)*. Indianapolis, Indiana.
8. Hawkins JR. Special Topics Presentation: Sleep as it Relates to Injury. *National Athletic Trainers' Association 69th Clinical Symposia & AT Expo (2018)*. New Orleans, LA.
 9. Hawkins JR, Heumann KJ, Reeder M. Free Communications Poster Presentation: Longitudinal Biometric Changes in Athletic Training Students. *National Athletic Trainers' Association 69th Clinical Symposia & AT Expo (2018)*. New Orleans, LA. Published abstract: *J Athl Train*, 53(6):S – 235-236.
 10. Heumann KJ, Reeder M, Snyder N, Kasch S, Hawkins JR. Free Communications Poster Presentation: The effect of between innings cooling or compression on baseball pitching during competitive game. *2017 American College of Sports Medicine Annual Meeting*. Denver, CO. Published abstract: *Med Sci Sports Exerc*, 49(5S):1068.
 11. Beauregard T, Borders C, Hawkins JR, Selkow NM. Free Communications Poster Presentation: Access to medical care in deaf high school athletics. *2017 Northwest Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Tacoma, WA.
 12. Ledford CL, Hattervig SL, Hawkins JR. Free Communications Poster Presentation: Mandible fracture in a female lacrosse player. *2016 Rocky Mountain Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Albuquerque, NM.
 13. Cimolino J, Hawkins JR, Murray SR, Heumann KJ. Free Communications Poster Presentation: The Acute Effect of Walking on Ultrasound Measurements from the Achilles InSight Ultrasonometer in College-aged Individuals. *2015 Tennessee Association for Health, Physical Education, Recreation, and Dance Annual Convention*. Murfreesboro, TN.
 14. Hawkins JR, Smith GA, Heumann KJ, Potochny NS. Free Communications Oral Presentation: Treatment Effect of Four Different Mild Hyperbaric Oxygen Therapy Treatments on Clinically Induced Delayed Onset Muscle Soreness. *National Athletic Trainers' Association 66th Clinical Symposia & AT Expo (2015)*. Saint Louis, MO. Published abstract: *J Athl Train*, 50(6):S – 47.
 15. Wisniewski A, Hawkins JR, Selkow NM, Ledford C. Free Communications Poster Presentation: Tennis Ball Induced Bruising Model Revisit. *National Athletic Trainers' Association 66th Clinical Symposia & AT Expo (2015)*. Saint Louis, MO.
 16. Gonzalez KE, Hawkins JR, Smith GA, Heumann KJ, Potochny NS. Free Communications Poster Presentation: Assessment of Changes in Oxygen Saturation Levels during a Mild Hyperbaric Chamber Treatment. *National Athletic Trainers' Association 66th Clinical Symposia & AT Expo (2015)*. Saint Louis, MO.
 17. Hawkins JR. Evidence Based Practice Presentation: Evidence Based Clinical Application of Therapeutic Modalities. *2015 Colorado Athletic Trainers' Association Annual Symposium & Business Meeting*. Colorado Springs, CO.
 18. Hawkins JR. Special Topics Presentation: Hyperbaric Chamber Use in Sports Medicine. *National Athletic Trainers' Association 65th Clinical Symposia & AT Expo (2014)*. Indianapolis, IN.
 19. 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 65th Clinical Symposia & AT Expo (2014)*. Indianapolis, IN. Published abstract: *J Athl Train*, 49:S – 47.

20. 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.
21. 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.
22. 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.
23. 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.
24. 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.
25. 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.
26. 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.
27. Hawkins JR. Education Session Presentation: Best Teaching Practices and Course Design. *2011 Illinois Athletic Trainers' Association State Meeting and Clinical Symposium*. Normal, IL.
28. Hawkins JR, Brucker J. Therapeutic Modalities Evidence Based Forum Discussant; *2010 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*. Philadelphia, PA.
29. 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.
30. 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.
31. 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.
32. 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.
33. 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.
 34. 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.
 35. 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.
 36. 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.
 37. 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.
 38. 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.

Campus Presentations

1. Hawkins JR, Gandola L, Rhoades M. Fostering student well-being through gratitude journaling: A scholarship of teaching and learning approach. *2025-2026 Academic Year Faculty Colloquium*. Colorado Mesa University. Grand Junction, Colorado.
2. Hawkins JR, Gandola L. Implementing Gratitude Journaling in an Athletic Training Curriculum. *Fall 2024 Health Sciences Community Poster Event*. Grand Junction, Colorado.

Grants and Contracts

Externally Funded/Significant Undertaking

1. Hawkins JR, Gandola L, Rhoades M. NATA Research Foundation Education and Practice Grant. Pre-proposal submitted 29 Aug 2025. Not Funded.
2. Hawkins JR, Bronson A, Millward D, Powell A. Alo Diversity Fund Grant. Amount requested: \$20,000. Submitted 20 Feb 2020. Not funded.
3. Hawkins JR, Bronson A, Millward D, Powell A. Alo Strategic Fund Grant. Amount requested: \$13,500. Submitted 20 Feb 2020. Funded: \$2,000.
4. Hawkins JR, Heumann KJ. Manuscript publication grant, Medical Research Archives. Amount requested: \$2,999. Grant Period: November 2019. Funded: \$2,749.
5. NIH SF 424 (R&R) Small Business Research Grant in conjunction with ParaSym Solutions. Amount requested: \$224,524.00. Submitted 05 Sep 2018. Not funded.

6. Gonzalez KE, Hawkins JR, Smith GA, Heumann KJ, Potochny NS. Manuscript publication grant, Journal of Clinical Investigation and Studies. Amount requested: \$1150. Grant Period: August 2018. Funded: \$575.
7. Hawkins JR, Heumann KJ, Reeder M. Manuscript publication grant, Medical Research Archives. Amount requested: \$1,250. Grant Period: June 2017. Funded: \$1,000.
8. Hawkins JR. Bike Repair for Ronald Lockett Rehabilitation Project at Over the Edge Sports, Fruita, Colorado. Amount requested: \$150.00. Grant Period: August 2014. Funded: \$150.00
9. 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.
10. 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 withdrew due to leaving the state.)
11. Hawkins JR. OxyHealth (Hyperbaric Chamber loaned to conduct a research study). February 2013 – January 2014. \$21,700.00. The contract was renewed for an additional year.
12. 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
13. Hawkins JR. Travel associated with presenting at the 2010 National Athletic Trainers' Association Meeting and Clinical Symposium in Philadelphia, PA. Amount requested from Ferris Manufacturing Corporation: \$1,000. Grant period: June 22 – 25, 2010. Funded: \$1,000.

Internally Funded

1. Hawkins JR. Grant to pay for the purchase of gratitude journals. Colorado Mesa University, Faculty Professional Development Fund 2024 - 2025. Amount requested: \$3,000. Funded: \$1,000.
2. Hawkins JR. Grant to pay for the purchase of gratitude journals and to present the research obtained at the NATA National Convention. Colorado Mesa University, Faculty Professional Development Fund 2023 - 2024. Amount requested: \$3,000. Funded: \$1,400.
3. Hawkins JR. Grant to pay for certification as a Certified Strength and Conditioning Specialist to enhance the program offerings within the Master of Science in Athletic Training program. Colorado Mesa University, Faculty Professional Development Fund 2022 - 2023. Amount requested: \$889. Funded: Withdrew request to facilitate others receiving more funds.
4. Powell A, Hawkins JR. Grant to purchase 4 iPads to track outcome measures in the clinical setting. Colorado Mesa University, Faculty Professional Development Fund 2021 - 2022. Amount requested: \$2,000. Funded: \$1,000.

5. Hawkins JR. Grant to attend the 2020 National Athletic Trainers' Association Annual Meeting and Clinical Symposia. Colorado Mesa University, Faculty Professional Development Fund 2019 - 2020. Amount requested: \$1,870. Funded: \$1,496.
6. Hawkins JR. Grant to attend the 2018 National Athletic Trainers' Association Annual Meeting and Clinical Symposia. Colorado Mesa University, Faculty Professional Development Fund 2017 - 2018. Amount requested: \$1,031. Funded: \$1,000.
7. Hawkins JR. Grant to attend the 2017 Athletic Trainers' Educators Conference. Colorado Mesa University, Faculty Professional Development Fund 2016 – 2017. Amount requested: \$1,087. Funded: \$544.
8. Hawkins JR, Grieco C, Heumann KJ, Reeder M, Smith GA. Grant to purchase activity monitors. Colorado Mesa University, Faculty Professional Development Fund 2015 – 2016. Amount requested: \$2,662.95. Funded: \$1,864.00.
9. Hawkins JR. Travel associated with attending the 2015 National Athletic Trainers' Association Clinical Symposia and AT Expo in St. Louis, Missouri, June 23 – 26, 2015. Colorado Mesa University, Faculty Professional Development Fund 2014 – 2015. Amount requested: \$1,349.00. Funded: \$944.00.
10. 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 withdrew due to leaving the university.)
11. 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.
12. 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

ATRN 502 – *Research Methods II*
 ATRN 508 – *Therapeutic Modalities*
 ATRN 511 – *Professionalism in Athletic Training/Healthcare Ethics*
 ATRN 512 – *Professionalism in Athletic Training/Healthcare Ethics II*
 ATRN 513 – *Administration in Athletic Training*
 ATRN 515 – *Seminar in Evidence-Based Practice Research I*
 ATRN 516 – *Seminar in Evidence-Based Practice Research II*
 ATRN 517 – *Seminar in Evidence-Based Practice Research III*
 ATRN 521 – *Injury and Illness Diagnosis and Management I*
 ATRN 522 – *Injury and Illness Diagnosis and Management II*
 ATRN 524 – *Pharmacology and Sport Performance*
 ATRN 532 – *Clinical Education in Athletic Training II*
 ATRN 544 – *General Health Conditions and Pharmacology*
 ATRN 554 – *Functional Performance in Athletic Training*
 KINA 121 – *Beginning Tennis*
 KINE 200 – *Foundations of Kinesiology*

KINE 252 – *Principles of Evaluation and Assessment*
KINE 253 – *Clinical Experiences in Athletic Training I*
KINE 234 – *Prevention and Care of Athletic Injuries*
KINE 373 – *Upper Body Injury Assessment*
KINE 374 – *Lower Body Injury Assessment*
KINE 410 – *Rehabilitative Exercises*
KINE 420 – *Therapeutic Modalities*
KINE 420 – *Therapeutic Interventions*
KINE 430 – *Medical Conditions and Pharmacology in Sports*
KINE 478 – *Clinical Experiences in Athletic Training V*
KINE 501 – *Research Methods*
KINE 587 – *Research*

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

Spring 2019 (1 student project)
Fall 2018 (1 student project)
Spring 2015 (2 student projects)
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 2025 – Spring 2026 (chair for 8 projects)
Fall 2024 – Spring 2025 (chair for 4 projects)
Fall 2023 – Spring 2024 (chair for 5 projects)
Fall 2022 – Spring 2023 (chair for 4 projects)
Fall 2021 – Spring 2022 (chair for 3 projects, committee member for 2 projects)
Fall 2020 – Spring 2021 (chair for 2 projects)
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)
Member, Colorado Athletic Trainers' Association Education Committee (2013)
Chair, Rocky Mountain Athletic Trainers' Association Honors and Awards Committee (2009)
Reviewer, Strength and Conditioning Journal (2022)
Reviewer, Journal of Athletic Training (2005 – Present)
Reviewer, Journal of Sport Rehabilitation (2011- Present)
Reviewer, International Journal of Athletic Therapy and Training (2013 – 2014)
Reviewer, Journal of Athletic Enhancement (2014 – 2015)
Reviewer, Experimental Physiology (2016 – 2017)
Reviewer, Athletic Training Education Journal (2016 – Present)
Reviewer, International Journal of Sports Medicine (2019)
Reviewer, International Journal of Sports Physical Therapy (2019)

UNIVERSITY SERVICE

Colorado Mesa University

Member, Undergraduate Curriculum Committee (2024 – 2025)
Chair, Advising Sub-committee of the Retention Committee (2021 – 2022)
Member, RFP Schedule Builder Software (2021)
Member, Academic Adaptations Committee (2020 – 2021)
Member, Tenure and Promotion Adjustments Committee (2020)
Member, Parental Leave Ad Hoc Committee (2019)
Member, Institutional Review Board (2018 – 2024)
Chair, Undergraduate Curriculum Committee (2015 – 2016)
Chair, Criterion 2 Committee, HLC Self-Study Steering Committee (2015 – 2017)
Member, Exercise Science Faculty Search Committee (2014 – 2015)
Vice Chair, Undergraduate Curriculum Committee (2014 – 2015)
Director, Athletic Training Program (2013 – 2022)
Member, Undergraduate Curriculum Committee (2013 – 2016, 2024 – 2025)
Member, Department of Kinesiology Scholarship Committee (2013 – 2018)
Member, Monfort Family Human Performance 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)
National Strength and Conditioning Association (2002 – 2004, 2022 - 2023)
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)
Illinois Association for Health, Physical Education, Recreation & Dance (2011 – 2013)