

**Richard “Biff” Williams Ph.D., ATC, LAT**  
Curriculum Vita & Biographical Information

**GENERAL INFORMATION**

Place of Birth: Silverton, Oregon  
Citizenship: United States of America  
Marital Status: Married, five children  
Second Language: Portuguese

Home Address: 1770 Falcon Ridge  
Waterloo, IA 50701  
(319) 287-3232 (Home)  
(319) 273-6824 (Office)  
Biff.williams@uni.edu

Office Address: 203 Wellness Recreation Center  
Cedar Falls, Iowa 50614-0241  
(319) 273-6824

**EDUCATION**

Ph.D. New Mexico State University July 1998  
Major: Curriculum and Instruction

Dissertation: Attributes of Accredited Athletic Training Curriculum  
Programs Related to the Passing Rate of First-time National  
Certification Examinees.

Advisor: Dr. O.D. Hadfield

M.S. Indiana State University August 1995  
Major: Athletic Training

Thesis: The Effects of Selected Ankle Orthotics on Fatigued Muscle  
Activity

Advisor: Dr. Christopher Ingersoll

B.S. Weber State University June 1994  
Major: Lifestyle Management

Ricks College (BYU-Idaho) 1989/90 & 1992

## PROFESSIONAL EXPERIENCE

**Executive Associate Director** February 2006 - Present  
**School of Health, Physical Education & Leisure Services**  
**University of Northern Iowa**  
**Cedar Falls, Iowa**

### Responsibilities: (Internal Affairs)

- Strategic planning
- Technology
- Policies and procedures (governance)
- Curriculum
- Marketing (web site)
- Awards
- Oversee facility operations
- Control public relations
- Brochure development
- Oversee development of the Human Performance Center
- Equipment Management
- Manage renovation to Wellness Recreation Center
- Assist Director of School

### Achievements:

- A draft of the 2007-2011 Strategic Plan was developed
- The HPELS website was updated and improved
- Outcome assessment plans were developed in each division
- Key stakeholders in each division with action plans were identified
- Organized community college student recruitment visits
- Created the Academic Review Implementation Plan
- Curriculum committee was organized and new proposals forwarded
- Calculated the 2007 merit increases for the School of HPELS
- Organized the architectural meetings for the Human Performance Center
- Completed the 2007 federal inventory for the School of HPELS
- Identified the equipment/furnishing needs of the Human Performance Center
- Attended construction meetings for the Human Performance Center
- Reviewed all architectural schematics with user groups

**Chair, Division of Athletic Training  
University of Northern Iowa  
Cedar Falls, Iowa**

April 2002-August 2006

Responsibilities:

- Schedule courses- fall, spring, summer
- Develop and propose new curricula (Ed.D., emphasis area)
- Organize division committee activities and maintain strategic plan
- Establish and maintain advising loads and designate advisee's
- Create and support partnerships
- Update division brochures and website
- Organize and implement advisory committees
- Represent division at council of coordinators meetings
- New student advising, initial contacts with prospective students
- Promote scholarship and student organizations
- Oversee the proposal to merge the Sports Medicine Department within Intercollegiate Athletics with the Athletic Training Academic Division

Achievements:

- Successfully developed and proposed the Division of Athletic Training
- Successfully integrated the Sports Medicine Department into the academic division
- Successfully developed and proposed the Athletic Training Masters degree program
- Developed the Division of Athletic Training Advisory Group
- Implemented the Athletic Training Web site ([www.uni.edu/athtrn](http://www.uni.edu/athtrn))
- Assisted in the creation of the private-public partnership between UNI ATEP and medical community
- Successfully developed and proposed the Ed.D., intensive study area in Rehabilitation Studies
- Successfully recruited a research coordinator for the division

**Associate Professor, Program Director  
University of Northern Iowa  
Cedar Falls, Iowa**

March 2004- Present

Responsibilities:

- Served as the program director for the undergraduate Athletic Training Education Program (Until August 2006)
- Serve as the program director for the graduate Athletic Training Education Program (Currently serving)
- Maintain the accreditation of the undergraduate program
- Seek accreditation for the graduate program
- Create and maintain community relationships with clinical education sites.

- Market the athletic training educational programs
- Create clinical experience sites for the graduate program
- Seek funding for graduate assistantships within the community

Achievements:

- CAATE accreditation awarded to the undergraduate Athletic Training Education Program (October 2006) (7 year award)
- Solicited \$83,000 for athletic training graduate assistantships (March 2004) from UNI Presidents office
- Obtained eight community funded clinical rotation sites for graduate assistants
- Collaborated with fifteen (15) off campus clinical instructors for undergraduate clinical experiences.
- Recruited thirteen (13) students to begin the Masters of Science degree program the inaugural year.
- Entertained over 300 parents at the 2005 and 2006 Family Weekend open house.
- Successfully held the first graduate awards banquet
- Over 100 students in the athletic training program

**Assistant Professor, Program Director**  
**University of Northern Iowa**  
**Cedar Falls, Iowa**

August 1998-March 2004

Responsibilities:

- Establish a major in athletic training
- Develop the athletic training curriculum
- Achieve full accreditation for the undergraduate athletic training program
- Create clinical education sites and clinical rotations
- Actively recruit students for the athletic training program
- Promote traditions within the athletic training program
- Teach athletic training courses
- Enhance the number of students within the program

Achievements:

- Developed Athletic Training Masters of Science curriculum; passed board of regents August 2003
- Held first annual athletic training graduation ceremony (2002)
- Fifty students enrolled in athletic training program (2002)
- Athletic Training awards and scholarships established (2002)
- UNI Student Athletic Trainer Organization raised \$10,000 (2002)
- Twenty athletic training students attended the NATA annual meeting (2002)
- Initial CAAHEP accreditation awarded to the undergraduate Athletic Training Education Program (October 2001)

- Finished the CAAHEP Self Study (September 2000)
- Developed Athletic training major, passed board of regents (May 2000)
- Established ten on campus clinical rotations (1999)
- Established nine off campus clinical rotations (1999)
- Help solicit \$2.5 million for the human performance center (1998)
- Conceptualized the human performance center (1998)

**Teacher/Head Athletic Trainer** December 1997-May 1998  
**Del Valle High School**  
**El Paso, Texas**

Responsibilities:

- Implemented the responsible thinking classroom
- Coordinated the responsible thinking classroom
- Oversaw the day to day operation of the athletic training room
- Controlled budget and inventory
- Provided athletic training coverage for 18 high school sports

**Teacher/Head Athletic Trainer** August 1995- May 1997  
**El Paso High School & Lamar Elementary**  
**El Paso, Texas**

Responsibilities:

- Taught four hours of K-6 physical education courses (Lamar Elementary)
- Taught secondary sports medicine courses (El Paso High School)
- Established a student athletic training program
- Coordinated all athletic training services
- Provided athletic training coverage for 18 high school sports
- Processed and submit all insurance claims

**Graduate Assistant** June 1994-June 1995  
**Indiana State University**

Responsibilities:

- Sullivan High School, Co-Head athletic trainer
- Research Assistant

## TEACHING

### Courses Taught

- 42T:024 Introduction to Athletic Training
- 42T:025 Introduction to Athletic Training Clinical Experience
- 42T:110 Athletic Training Administration
- 42T:110 Athletic Training Administration Clinical Experience
- 42T:134 Upper Body Injury Assessment
- 42T:134 Upper Body Injury Assessment Clinical Experience
- 42T: 137 Lower Body Injury Assessment
- 42T: 137 Lower Body Injury Assessment Clinical Experience
- 42T:157 Therapeutic Exercise
- 42T:157 Therapeutic Exercise Clinical Experience
- 42T:143 Therapeutic Modalities
- 42T:143 Therapeutic Modalities Clinical Experience
- 42T:162 Athletic Training Pharmacology
- 42T:180 Athletic Training Seminar
- 42T:189 Athletic Training Practicum
- 42T:210 Pathoetiology and Orthopedic Assessment I
- 42T:220 Pathoetiology and Orthopedic Assessment II
- 42T:230 Evidence Based Rehabilitation Techniques I
- 42T:260 Current Topics in Allied Health
- 42T:270 Administration and Leadership in Athletic Training
- 420:289 Seminar: Athletic Training Education
- 420:050 Anatomy and Physiology of Human Movement
- 420:018 Prevention and Care of Athletic Injuries
- 420:019 Prevention and Care of Athletic Injuries Laboratory

### Courses Developed

All of the above courses and:

- 42T:033 Emergency Care in Athletic Training
- 42T:170 Athletic Training Pathology
- 42T:171 Athletic Training Pathology Clinical Experience
- 42T:240 Evidence Based Rehabilitation Practice II
- 42T:250 Orthopedic Surgical Interventions
- 42T:300 Critical Theories and Practices in Rehabilitation (3)
- 42T:310 Clinical Teaching Skills in Allied Health Professions (3)

## SCHOLARSHIP

### Book Chapters

Erusha, D, 2001. Athletic Administration for the High School Coach. Pearson Custom Publishing Co, **Chapter 14, "Medical and Safety Considerations"**, pp. 91-104.

### Published Manuscripts:

#### *Refereed/ Peer Reviewed*

Gage, M.J., **Williams, R.B.**, Knight, K.L., (2007). Bridging the Gap between Clinical and Academic Athletic Trainers. Journal of Athletic Training Education. (In Review)

Miller, K, Knight KL, **Williams R.B.**, (2007). Pickle Juice as a Treatment and Prevention Strategy for Exercise Associated Muscle Cramps. Journal of Athletic Training Education. (In Review)

**Williams, R.B.**, (2007). Developing and Standardizing the Academic Curriculum: A Case Study of Athletic Training Education. Korean Journal of Measurement & Evaluation in Physical Education & Sport Science. (In Press).

**Williams, R.B.**, (2006). Build the Body. Athletic Therapy Today. 11 (4), 15.

Finn, K.J., Dolgener, F., **Williams, R.B.**, (2004). Ingestion of carbohydrates following certification weigh-in did not benefit college wrestlers. Journal of Strength and Conditioning Research. 18 (2), 328-333.

**Williams, R.B.**, Hadfield, O.D., (2003). Attributes of Curriculum Athletic Training Programs Related to the Passing Rate of First Time Certification Examinees. Journal of Allied Health, 32, (4), 240-245.

**Williams, R.B.**, Hudson, M.B., & Evans, T.A. (2003). Recognition and prevention of injuries in sport rock climbing. Journal of Physical Education, Recreation, and Dance. 74 (9), 29-32.

**Williams, R.B.**, Knight, K.L., Hudson, M.H. (2003). Reduce Hitting Soreness and Injury. Coaching Volleyball, 12 (2), 25-30.

**Williams, R.B.** (2001). Recognition of Movement Injuries in Children. JOPHERD, 72 (6), 29-31, 37.

**Williams, R.B.** (2000). Athletic Training: the University of Northern Iowa Develops Innovative Public/Private Partnership in Support of New Curriculum.

Journal of the Iowa Association for Health, Physical Education, Recreation & Dance, 33 (2), 14-16.

**Williams, R.B.** (2000). Those devilish cramps. Training and Conditioning, 10 (9), 23-28.

### ***Guest Editorials***

**Williams, R.B.** (2006). The Future of Athletic Training Education Programs. Athletic Therapy Today 12 (2), 1.

### ***Internal***

Edginton, C.R.; **Williams, R.B.** (2001). Human Performance Center. PURSUIT, 3, (1), 3, 9.

**Williams, R.B.** (2000). Athletic Training: Changes for the new millennium. PURSUIT, 2 (2), 7.

### ***Web Based Articles***

Williams, R.B., (2001). Building Educational Partnerships" NATA Web page ([www.nata.org/committees/cic.successseries.html](http://www.nata.org/committees/cic.successseries.html))

### **Manuscripts in Progress**

**Williams, R.B.**, Gage, M.J. (2007) Bridging the Gap by Integrating Athletic Training Clinical Services within an Academic Department: A Case Study. Journal of Athletic Training Education. (Submission October 1, 2007)

**Williams, R.B.**, Lund R, (2007) Strategies for Enhancing the Athletic Training Education Program through Public-Private Partnerships. Journal of Athletic Training Education. (Submission October 1, 2007)

### **Published Abstracts**

Stoneberg KN, Dompier TP, Joslyn SA, Evans TA, **Williams RB** (2007). The Contribution of Socioeconomic Status and Maturity on Injury Risk in Youth Soccer Players. Journal of Athletic Training Supplement 42 (2), S-129.

Buchheit PB, Evans, TA, Ragan BG, **Williams RB** (2007). Psychometric Rasch Evaluation of a Shoulder Scale (PRESS). Journal of Athletic Training Supplement 42 (2), S-127.

**Williams RB**, Ragan BG, Evans TA, Stephenson A, Dompier TP (2006). Generalizability Theory: Reliability Analysis of Center of Pressure Excursion Velocity. Journal of Athletic Training Supplement 41 (2), S-52.

Ragan BG, Evans TA, Hertel JN, Denegar CR, **Williams RB** (2006). Item Response Theory: calibration of the Athletic Training Outcome Assessment Self-Report Instrument Using Rasch Modeling. Journal of Athletic Training Supplement 41 (2), S-70.

Evans TA, Hertel JN, Denegar CR, **Williams RB**, Ragan BG (2006). The Athletic Training Outcome Assessment Instrument has Severe Psychometric Limitations Measuring Treatment Efficacy and Outcomes. Journal of Athletic Training Supplement 41 (2), S-71.

Gorsch KA, Alderson LK, Minard SK, Hahn HM, Dompier TP, Lund RJ, **Williams RB** (2006). Effect of Acute Hamstring Stretching on Vertical Jump Peak Velocity. Journal of Athletic Training Supplement 41 (2), S-111.

Fricke, DA, **Williams RB**, (2005). Gastrocnemius Pain in a High School Football Player. Journal of Athletic Training Supplement 40 (2), S-84.

Stephenson AL, Evans TA, Ragan BG, Dompier TP, **Williams RB**, (2005). There is no Practice Effect when Assessing Center of Pressure Excursion Velocity. Journal of Athletic Training Supplement 40 (2), S-95.

Steffen TJ, Steele LR, Evans TA, Dompier TP, **Williams RB** (2005). Injury Incidence, Severity, and Relative Risk during Youth Soccer Tournaments. Journal of Athletic Training Supplement 40 (2), S-106.

Javellana PE, Bauer AL, Evans TA, Hamstra KL, **Williams RB**, (2004). The Appropriateness of Athletic Training Students as First Responders: A Description of Injuries Treated During a two-day Youth Soccer Tournament. Journal of Athletic Training Supplement 39 (2), S-91b.

Bauer A.L., Evans T.A., **Williams R.B.**, Lund R.J. (2004). The Relationship Between Eyes-Closed and Eyes Open Postural Control Measures Assessed During Five and Fifteen Second Trials. Journal of Athletic Training, Supplement, 39 (2) S-89.

**Williams R.B.**, Evans, T.A, Bishop D., (2003). Gastrointestinal Outbreak in a Collegiate football Team. Journal of Athletic Training, supplement, 38 (2) S-62.

**Williams R.B.**, Finn K, Ahrabi-Fard, I (2002). Flexibility Training for Volleyball. Proceedings of the AVCA Annual Convention, New Orleans. Pages 60-63.

**Williams, R.B.**, Hudson, M., (2003). Building Community Partnerships with Athletic Training Education Programs. Proceedings of the NATA Educators Conference.

Finn, K.J., Dolgener, F., **Williams, R.B.**, (2001). Ingestion of Carbohydrates following certification weigh-in did not benefit college wrestlers. Journal of the American Dietetic Association, 101 (9), A-46.

**Williams, R.B.**, Conway, D.C., (2001) Treatment of Acute Muscle Cramps with Vinegar: A Case Report. Journal of Athletic Training, 36 (2), S-106.

**Williams, R.B.**, Conway, D.C., (2000) Treatment of Acute Muscle Cramps with Pickle Juice: A Case Report. Journal of Athletic Training, 35 (2), S-24.

**Williams, R.B.** (1999). Attributes of accredited athletic training curriculum programs related to the passing rate of first-time national certification examinees. Journal of Athletic Training, 34 (2), S-65.

**Williams, R.B.**, Ingersoll, D.C., Knight, K.L., Kovaleski, J.E. (1996). Ankle braces cause muscles to fatigue faster. Journal of Athletic Training, 31 (2), S-35.

Knight, K.L., Ingersoll, C.D., Kovaleski, J.E., Narodowy, A.A., **Williams, R.B.** (1995). Fatiguing isotonic contractions recruit more motor units than similar isokinetic contractions. Journal of Athletic Training, 30, (2), S-29.

## **Invited Reviews**

### ***Chapters***

Chapter 9: Pelvis, Hip and Thigh. American Academy of Orthopedic Surgeons: Athletic Training and Sports Medicine 4<sup>th</sup> ed. June 2003.

## **Theses (Completed)**

### ***Graduate***

Shantelle Weichers. Master thesis **Committee Member** 2007. An examination of Group Agreement among Functional Ankle Instability participant Inclusion Criteria.

Tricia Haak. **Committee Member** 2007 Development and Validation of a Core Stability Model and Measures.

Abigail S. McCorkel. **Committee Chair** 2006. Athletic Training Education: A Review of Literature.

Kristin Stoneberg. Master Thesis **Committee Member** 2006. The Contribution of Socio-Economic Status and Maturity on Injury Risk in Youth Soccer.

Douglas Hess. Master Thesis **Committee Member** 2004. Effects of Trampoline training on Balance in Functionally Unstable Ankles.

Wes Zweifel. Master thesis **Committee Member** 2004. The effect of a gym ball on three common abdominal exercises compared to a flat surface.

Scott Dack. Master thesis **Committee Chair** 2002. The hamstring/quadricep strength ratio: Is it indicative of hamstring injury.

Todd Klein. Master thesis **Committee Member** 2002 in progress. A comparison of Lumbar Extension Strength of Asymptomatic Operating Room Nurses and Paramedics to the General Population Norms.

Gina Henkels. Master thesis **Committee Member** 2001. An Examination of Dynamic Postural Stability as Tested on the Biodex Stability System.

Robert Hammill. Master thesis **Committee Member** May 2001. The effect of stretching on performance.

### ***Undergraduate***

Anita Jo Blair. Undergraduate thesis **chair** May 2000. Athletic Training Services in the Cedar Valley High Schools: A Needs Assessment.

MaryAnn Troyna. Undergraduate thesis **chair** May 2000. The effects of instructional strategies on the learning styles of student athletic trainers.

### **Theses (In Progress)**

Peter Sand. Master Thesis Chair 2006. A Genealogy of Leaders within the National Athletic Trainer's Association.

Megan Shaw. Master Thesis Chair 2006. Social Constraints of Students within Undergraduate and Graduate Athletic Training Education Programs.

### **Research Committees**

David A. Fricke & Jenna F. Graham. (Research Project **Committee Member**) Effects of Menthol-based Analgesic Balm on Knee Extensor Torque Work. (2006)

### **Technical/Creative Writing**

**Williams, R.B.** University of Northern Iowa Graduate Athletic Training Education Program NATA Self Study Report (In Progress, due June 1, 2007).

**Williams, R.B.** University of Northern Iowa Athletic Training Education Program CAAHEP Self Study Report (September 1, 2005).

**Williams, R.B.** University of Northern Iowa Athletic Training Doctoral Emphasis Proposal: Development and Submission. (January 2004)

**Williams, R.B.** University of Northern Iowa Athletic Training Accreditation Random Audit. (August 1, 2004).

**Williams, R.B.** University of Northern Iowa Athletic Training Accreditation Annual Report. (August 1, 2003).

Hudson, M.B, & **Williams, R.B.** University of Northern Iowa Athletic Training Education Program Approved Clinical Instructor Workshop Manual (August, 2002). (Pages 1-64)

**Williams, R.B.** University of Northern Iowa Athletic Training Masters Degree Proposal: Development and Submission. (Approved, Sum 2003). Pages 1-60.

**Williams, R.B.** University of Northern Iowa Division of Athletic Training Proposal. Submitted March 2002. Pages 1-21. (Approved)

**Williams, R.B.** University of Northern Iowa Athletic Training Education Program Faculty Handbook 3<sup>rd</sup> ed. (August 1, 2002). Pages 1-105.

**Williams, R.B.** University of Northern Iowa Athletic Training Education Program Student Handbook 3<sup>rd</sup> ed. (August 2002). Pages 1-65 and appendices.

**Williams, R.B.** University of Northern Iowa Athletic Training Education Program CAAHEP Self Study Report (September 1, 2000). Pages 1-400.

**Williams, R.B.** University of Northern Iowa Athletic Training Major: Development and Submission. (Approved, May 2000). Pages 1-77.

**Williams, R.B.** University of Northern Iowa Athletic Training Education Joint Review Committee on Accreditation (JRC-AT) Candidacy Application and Submission Materials (September 1, 1999). Pages 1-72.

## **PRESENTATIONS**

Stoneberg KN, Dompier TP, Joslyn SA, Evans TA, **Williams RB** (2007). The Contribution of Socioeconomic Status and Maturity on Injury Risk in Youth Soccer Players. National Athletic Trainers Association Annual Meeting, June 26-30, 2007: Anaheim, CA.

Buchheit PB, Evans, TA, Ragan BG, **Williams RB** (2007). Psychometric Rasch Evaluation of a Shoulder Scale (PRESS). National Athletic Trainers Association Annual Meeting, June 26-30, 2006: Anaheim, CA.

**Williams RB** (2007). Strategies for Recruiting and Supporting the ATC-ACI through Public-Private Partnerships. Athletic Training Educators Conference. January 12-14, 2007: Dallas Texas. (Break out Session Speaker; 4 presentations).

**Williams RB**, Ragan BG, Evans TA, Stephenson A, Dompier TP (2006). Generalizability Theory: Reliability Analysis of Center of Pressure Excursion Velocity. National Athletic Trainers Association Annual Meeting, June 14-18, 2006: Atlanta, Georgia.

Ragan BG, Evans TA, Hertel JN, Denegar CR, **Williams RB** (2006). Item Response Theory: calibration of the Athletic Training Outcome Assessment Self-Report Instrument Using Rasch Modeling. National Athletic Trainers Association Annual Meeting, June 14-18, 2006: Atlanta, Georgia. (Poster Presentation)

Evans TA, Hertel JN, Denegar CR, **Williams RB**, Ragan BG (2006). The Athletic Training Outcome Assessment Instrument has Severe Psychometric Limitations Measuring Treatment Efficacy and Outcomes. National Athletic Trainers Association Annual Meeting, June 14-18, 2006: Atlanta, Georgia.

Gorsch KA, Alderson LK, Minard SK, Hahn HM, Dompier TP, Lund RJ, **Williams RB** (2006). Effect of Acute Hamstring Stretching on Vertical Jump Peak Velocity. National Athletic Trainers Association Annual Meeting, June 14-18, 2006: Atlanta, Georgia. (Poster Presentation)

**Williams R.B.**, (2004). Choosing a Graduate Program. Iowa Athletic Training Society Meeting, Cedar Falls, IA, July 16, 2005.

Fricke, DA, **Williams RB**, (2005). Gastrocnemius Pain in a High School Football Player. National Athletic Trainers Association Annual Meeting, June 13-16, 2005: Indianapolis, IN.

Stephenson AL, Evans TA, Ragan BG, Dompier TP, **Williams RB**, (2005). There is no Practice Effect when Assessing Center of Pressure Excursion Velocity. National Athletic Trainers Association Annual Meeting, June 13-16, 2005: Indianapolis, IN.

Steffen TJ, Steele LR, Evans TA, Dompier TP, **Williams RB** (2005). Injury Incidence, Severity, and Relative Risk during Youth Soccer Tournaments. National Athletic Trainers Association Annual Meeting, June 13-16, 2005: Indianapolis, IN.

**Williams R.B.**, (2004). Community Partnerships and Your Athletic Training Education Program. National Athletic Trainers Association Annual Meeting, June 19, 2004. Baltimore, MA

**Williams R.B.**, (2004). Choosing a Graduate Program. Mid America Athletic Trainers Association (MAATA), Omaha Nebraska, March 20, 2004

**Williams R.B.**, Evans, T.A, Bishop D., (2003). Gastrointestinal Outbreak in a Collegiate football Team. National Athletic Trainers Annual Meeting, St. Louis Missouri June 26, 2003.

Hudson, M., **Williams, R.B.**, (2003). Building community Partnerships with Athletic Training Education Programs. National Athletic Training Association's Education Conference. Montgomery, Texas: January 10, 2003.

**Williams, R.B.**, (2002). Developing an Injury Prevention Program. Iowa Association for Health, Physical Education, Recreation and Dance. Cedar Falls, Iowa: November 2, 2002.

**Williams, R.B.**, (2002). Recognition and Prevention of Movement Injuries. Iowa Association for Health, Physical Education, Recreation and Dance. Cedar Falls, Iowa: November 2, 2002.

**Williams, R.B.**, & Hudson, M, (July, 2002). University of Northern Iowa "Approved Clinical Instructor" Workshop. Cedar Falls, Iowa.

**Williams, R.B.**, & Hudson, M, (August, 2002). University of Northern Iowa "Approved Clinical Instructor" Workshop. Cedar Falls, Iowa.

Finn, K.J., Dolgener, F., **Williams, R.B.**, (2001). Ingestion of Carbohydrates following certification weigh-in did not benefit college wrestlers. American Dietetic Association's Food & Nutrition Conference and Exhibition. St. Louis Missouri, October 20-23.

**Williams, R.B.**, Conway, D.C., (2000) "Treatment of Acute Muscle Cramps with Vinegar: A Case Report" National Athletic Trainers Annual Meeting, 2000, Nashville Tennessee.

**Williams, R.B.**, Conway, D.C., (2000) "Treatment of Acute Muscle Cramps with Pickle Juice: A Case Report" National Athletic Trainers Annual Meeting, 2000, Nashville Tennessee.

**Williams, R.B.** "Attributes of Accredited Athletic Training Curriculum Programs Related to the Passing Rate of First-Time National Certification Examinees" National Athletic Trainers Annual Meeting, 1999, Kansas City, Missouri.

**Williams, R.B.**, Ingersoll, C.D., Knight, K.L., Kovalski, J.E. "Ankle Braces Cause Muscles to Fatigue Faster" National Athletic Trainers Annual Meeting, 1996, Orlando Florida.

Knight, K.L., Ingersoll, C.D., Kovaleski, J.E., Narodowy, A.A., **Williams, R.B.**  
 "Fatiguing Isotonic Contractions Recruit More Motor Units than Similar Isokinetic  
 Contractions" National Athletic Trainers Annual Meeting, 1995, Indianapolis  
 Indiana. (co-author)

## GRANTS

**Williams, R.B.**, Evans, T.A., Dompier, T.P., Ragan, B.G. Spring 2006  
 College of Education: Deans Office \$21,000 Research monies Awarded

Ragan, B.G., Evans, T.A., **Williams, R.B.** Grow Iowa Values Fund Spring 2006  
 \$10,000: (Proposal Submitted)

**Williams, R.B.**, Intercollegiate Academic Fund, UNI Spring 2003  
 \$3,360 UNISATO Grant; Awarded (Annual Meeting registration)

**Williams, R.B.**, Intercollegiate Academic Fund, UNI Spring 2002  
 \$4,455 UNISATO Grant; Awarded

**Williams, R.B.** College of Education, University of Northern Iowa Fall 2001  
 \$6,146.49 Student Computer Fee Grant; Awarded

**Williams, R.B.** Graduate College, University of Northern Iowa Summer 2001  
 \$350.00 Research Project; Awarded

**Williams, R.B.** Graduate College, University of Northern Iowa Summer 2000  
 \$185.00 Research Presentation; Awarded

**Williams, R.B.** Graduate College, University of Northern Iowa Summer 2000  
 \$88.00 Research Project: Awarded

**Williams, R.B.** Graduate College, University of Northern Iowa Summer 1999  
 \$252.00 Research Project Presentation; Awarded

**Williams, R.B.** Graduate College, University of Northern Iowa Summer 1999  
 \$155.00 Presentation Travel Funds: Awarded

**Williams, R.B.** Graduate School, Indiana State University Spring 1995  
 \$110.00 Research Supplies: Awarded

## **COMMITTEES AND SERVICE**

### **National**

NATA College/University Athletic Trainer's Committee "Billing Committee"	2007- Present
NATA Symposium and Convention (Moderator) "PNF and Hand Therapy" Atlanta Georgia	2006
NATA Symposium and Convention (Moderator) "Integrating Pilates in Athletic Training" Baltimore Maryland	2004
NATA Education Council "Post Professional Education Committee"	2003-Present
NATA Symposium and Convention (Moderator) "Ankle" St. Louis Missouri	2003
NATA Symposium and Convention (Moderator) "Educational Program Administration" Dallas Texas	2002
Education and Multimedia Chair (District V) National Athletic Trainers Association	2002-2007

### **State**

National Athletic Training Month (ADHOC) Committee Iowa Athletic Training Society	2000-Present
Education and Multimedia Chair Iowa Athletic Training Society	2000-2007
Research and Education Chair Iowa Athletic Training Society	1998-2006

### **University**

Human Performance Center Groundbreaking Committee	2006/2007
Human Performance Center/McLeod Center Advisory Committee University of Northern Iowa	2001/2002
Human Performance Center Athletic Training Network Committee Chair University of Northern Iowa	2001/2002

Human Performance & Development 2<sup>nd</sup> Floor Subcommittee      2000-Present  
 University of Northern Iowa

Teacher Education Faculty      1998- Present  
 University of Northern Iowa

Human Development and Performance Center Committee      1998-present  
 University of Northern Iowa

Graduate Faculty      1998-present  
 University of Northern Iowa

**College**

Administrative/Faculty Review Team, **Chairman**      2004-2005  
 University of Northern Iowa College of Education

College of Education Senate, At Large Committee Member      2004-2006  
 University of Northern Iowa

College of Education Senate (Alternate)      2002-2004  
 University of Northern Iowa

**Department**

Planning/Policies Committee, Athletic Training Division Rep      2003-2007  
 University of Northern Iowa: School of HPELS

Curriculum Committee Chair, School of HPELS      2004-2006  
 University of Northern Iowa

Graduate Committee, Athletic Training Division Representative      2003-2007  
 University of Northern Iowa: School of HPELS

Curriculum Committee, Athletic Training Division Representative      2003-2006  
 University of Northern Iowa: School of HPELS

Hall of Excellence Committee (HPELS)      2003-2007  
 University of Northern Iowa

Athletic Training Faculty Search Committee      2001/2002  
 University of Northern Iowa

Physical Education Emergency Plan Committee      2001  
 University of Northern Iowa

Monica Wild Library Fund Committee University of Northern Iowa	2001
Physical Education Scholarship Committee University of Northern Iowa	2000 -2002
Athletic Training Search Committee University of Northern Iowa	2000/2001
Physical Education Athletic Training Self Study Committee (Chair) University of Northern Iowa	1999/2000
Physical Education Technology Committee University of Northern Iowa	1999/2000
Head Athletic Trainer Search Committee University of Northern Iowa	July 1999
Exercise Physiology Search Committee (F99-29) University of Northern Iowa	March 1999
HPELS Internship Policies & Procedures Committee University of Northern Iowa	1998-2000
Physical Education Division Committee- At Large University of Northern Iowa	1998/99
Sponsor of the Student Athletic Trainers Organization University of Northern Iowa	1998-2003
Planning and Policies Committee University of Northern Iowa	1998-1999

## **CERTIFICATIONS/LICENSURES/MEMBERSHIPS**

### **Certifications/Licensures**

Clinical Instructor Educator	March 2001
CPR Certified	August 2006
BOC Certification	June 1995
Iowa License of Athletic Training	December 1998

## **Memberships**

Mid American Athletic Trainers Association District V	1998-Present
Iowa Athletic Training Society	1998- Present
National Athletic Training Association	1994- Present

## **CONTINUING EDUCATION**

### **Conventions/Symposia**

The Higher Learning Commission 112 <sup>th</sup> Annual Meeting, Chicago Illinois	April 20-24, 2007
National Athletic Trainer's Association Annual Meeting	1998-Present

### **Workshops**

LEAD (Leadership Education and Development): A Roundtable in Academic Administration (2006-07, University of Northern Iowa)

Accreditation Site Visitor workshop. (June 2001, Los Angeles California) Joint Review Committee on Athletic Training.

National Athletic Training Associations Clinical Instructor Educator Seminar. (March 2001, Atlanta Georgia)

Joint Review Committee of Athletic Training Entry-Level Development Workshop for New Programs. (September 1999, Orlando Florida)

## **HONORS AND AWARDS**

Outstanding Young Professional Award Athletic Training Department, Indiana State University	2004
Excellence in Leadership Award University of Northern Iowa: School of HPELS	2004
College of Education "Excellence in Service Award" University of Northern Iowa	2004
Young Professional Alumni Award School of Health and Human Performance, Indiana State University	2003

University Book & Supply Outstanding Teacher Award Winner College of Education, University of Northern Iowa	2001
University Book & Supply Outstanding Teacher Nominee College of Education, University of Northern Iowa	2000
Outstanding Student Organization Advisor Award Nominee University of Northern Iowa	2000
Dean's List New Mexico State University	1996-97
Graduate Assistantship Indiana State University	1994-95
Dean's List Indiana State University	1994-95
Dean's List Weber State University	1993-94
Dean's List Ricks College	1992

## References

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