

R. Nathaniel Foster PhD, ATC, LAT

Indiana Wesleyan University
Graduate Athletic Training Program Director
Associate Professor of Athletic Training
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EDUCATION

2007-2012

Capella University, Minneapolis, Minnesota

PhD in General Psychology with Sport Psychology Emphasis

Dissertation Title: *Flow and Spirituality: The relationship within undergraduate male and female varsity athletic participants.*

4.0 GPA

2000-2001

Ohio University, Athens, Ohio

M.S. Athletic Training June 8th, 2001

1996-2000

Indiana Wesleyan University, Marion, Indiana

B.S. Athletic Training April 29th, 2000

PROFESSIONAL EXPERIENCE

Fall 2006 – Present Indiana Wesleyan University

Post – Professional Graduate Athletic Training Program Director, IWU 2013-Current

Responsibilities include supporting inter-professional education, lead the faculty and development team in strategic planning, provide direct oversight for all academic and administrative matters concerning the development of the MS AT Program, prepare the MS AT annual budget, and guide the assessment of curricula and the utilization of data to improve instructional quality.

Associate Professor, IWU

2013-Current

Responsibilities include teaching core courses within the MS AT Program as well as additional courses within the School of Health Sciences (see below list). Faculty committee duties and other administrative duties within the School of Health Sciences.

Athletic Training Clinical Education Coordinator, IWU

2013-2015

Responsibilities included developing clinical sites and coordinate placement of AT students, develop tracking mechanism of student performance “learning over time” in databases, ensure clinical work is congruent with the AT curriculum design, ensure that supervising preceptors collaborate to design clinical experiences consistent with CAATE standards, developing, monitoring, and refining the clinical education component of the curriculum, and maintain clinical contracts and site data in databases.

Associate Athletic Trainer / Clinical Instructor / Assistant Professor, IWU **2006-2013**
Duties included providing athletic training services for practice and event coverage primarily to the men's soccer and baseball teams. Additional responsibilities included the supervision and instruction of clinical education and clinical field experiences for athletic training students.

Athletic Trainer / Physician Extender

Orthopaedic Specialty Institute, Orange, CA **2004-2006**
Multiple responsibilities in assisting orthopaedic surgeon included initial evaluation assessment, pre-op and post-op care, casting, wound care and surgery scheduling on a daily basis.

Clinical and Head Athletic Trainer

Orthopaedic Specialty Institute, Orange, CA **2003-2004**
Daily rehabilitation duties included physical therapy treatment to patients. Head Athletic Trainer responsibilities included management and scheduling of all other athletic trainers, and equipment ordering for the entire physical therapy facility.

Faculty / Head Athletic Trainer

Western High School, Anaheim, CA **2002-2003**
Responsibilities included comprehensive athletic training services for all 22 high school sports, including water polo and swimming. Additionally, supervised and instructed student aids interested in pursuing athletic training at the collegiate level. Freshman health teacher responsibilities included teaching 5 courses each semester of general health education.

Clinical / Head Athletic Trainer

Midwest Sports Therapy, Chillicothe, Ohio **2001-2002**
Clinical duties included physical therapy and rehabilitation of injuries in coordination with orthopaedic surgeon group. Head Athletic Trainer clinical outreach at Zane Trace High School responsibilities included complete athletic training services to all athletic teams. Additionally create the first High School Student Athletic Training Program that involved scheduling, supervision, and instruction of students interested in the athletic training discipline as a future career.

**UNIVERSITY
SERVICE**

Committee Service

University Faculty Senate	2013-2017
Senate President	2014-2017
School of Health Sciences Faculty Chair	2013-2017
University Faculty Relations Council	2013-2017
University Academic Leadership Council	2016-2017
University Faculty Rank and Promotion Council	2013-2017
IWU Athletic Training Education Committee	2015-Current
Post-Graduate Survey Review Board	2017-Current
Contract Review Task Force	2016-2018

Wellness Committee	2015-Current
Society of World Changers Committee	2015-2017
School of Health Sciences Academic Affairs Committee	2014-Current
School of Health Sciences Appeals Committee	2014-Current
School of Health Sciences Curriculum Committee	2014-Current
School of Health Sciences Leadership Council	2014-Current
School of Health Sciences Nominating Committee	2014-Current
School of Health Sciences Rand and Promotion Committee	2014-Current
School of Health Sciences Student Affairs Council	2014-Current
Attendance Policy Task Force	2015-2016
Graduate / Undergraduate Credit Crossover Policy Task Force	2015-2016
Graduate Council	2013-2015
University Strategic Planning Committee	2015-2016
Lilly Awards Selection Committee	2015-2016
Assessment Council	2013-2015
Graduate School Nominating Committee	2013-2014
Graduate Faculty Retreat Committee	2013-2015
Student Development Committee	2011-2013
Academic Media Policy Committee	2011-2013
Search Committees	
IWU National and Global Chancellor, University Provost, Dean of School of Health Sciences (X2), Occupational Therapy Program Director, Physical Therapy Program Director, Physical Therapy Clinical Education Coordinator, Occupational Therapy Faculty (X4), Occupational Therapy Clinical Education Coordinator, Anatomist, Exercise Science Program Director, Athletic Training Faculty (X5), Athletic Training Staff, Athletic Director, Baseball Coach	

Mission Trip Leader

Hephzibah Children's Home – Lead or Co-Lead Annual Trip	2011-2016
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**COURSES
TAUGHT**

PHE 101	Concepts of Health and Wellness
PHE 210	Computers and Technology in Physical Education and Sport
PHE 225	Psychology of Sport and Exercise
PHE 366	Alcohol and Drug Education
ATR 195	Introduction to Athletic Training
ATR 231	Advanced Athletic Training
ATR 296	Clinical III (Lower Extremity Evaluation)
ATR 399	Practicum III (Injury Prevention)
ATR 585	Advanced Psychosocial Issues in Health Care
ATR 570	Leadership and Management in Athletic Training
ATR 590	Research II
ATR 599	Research Capstone Seminar
ATR 560	Advanced Prevention and Emergency Management Techniques
ATR 575	Cadaver Anatomy (Assistant)
ATR 595	Pharmacological and Nutritional Aspects of Sports Performance
ATR 560	Advanced Prevention and Emergency Management Techniques

CURRICULUM DEVELOPMENT

ATR 565	Advanced Evidence Based Practice
ATR 570	Leadership and Management in Athletic Training
ATR 575	Cadaver Anatomy
ATR 580	Research I
ATR 585	Advanced Psychosocial Issues in Health Care
ATR 590	Research II
ATR 595	Nutrition and Pharmacological Aspects of Sports Performance
ATR 599	Research Capstone Seminar

COMMUNITY SERVICE

Indiana Athletic Trainers Association **2014-Current**
Co-Chair of IATA CISM (Critical Incident Stress Management) Committee

Great Lakes Athletic Trainers Association **2016-Current**
Critical Incident Stress Management Committee Member

Athletic Training Coverage

Boston Marathon, Boston, MA	2013, 2014, 2015, 2016, 2018
Macon Mud Run, Macon, GA	2014, 2015
NAIA Track and Field Championships, IWU Assistant Coordinator	2010, 2011, 2012, 2013

President -Town of Swayzee Council, Swayzee, IN **2012 - Current**
Responsibilities include overall management of town operations, including leadership, strategic planning and guidance to Town Marshal, Deputy, Clerk, and all other Town of Swayzee employees.

Oakbrook Church Board Member – Secretary, Kokomo, IN **2013 - Current**
Active member of the church community; member of church board of directors, small couples group leader; monthly volunteer service with video camera operations; mission trip to Haiti and mission trip to New York city.

Oak Hill Baseball Coach (9-10 Year Olds) **2012-2014**

Oak Hill Baseball Coach (11-12 Year Olds) **2014-2016**

Oak Hill Basketball Coach (9-10 Year Olds) **2015**

MEMBERSHIPS

National Athletic Trainers' Association	1999-Current
Great Lakes Athletic Trainers' Association	2006-Current
Indiana Athletic Trainers' Association	2006-Current
College Athletic Trainers' Society	2006-Current
American Psychological Association	2015-Current

LICENSES

Indiana Occupational Therapy, Physical Therapy, and Athletic Trainers Board Indiana License, October 2006, # 36001342A LAT
National Athletic Trainers' Association Board of Certification Athletic Training Certified, August 2000, # 080002251

PUBLICATIONS

Masri, A, Rice, M.S., Kopp Miller, B., & **Foster, R. N.** (In Press). Influence of Altruism upon Engagement with Craft Activity for Females Living in Long Term Care and Assisted Living Facilities, *Annals of International Occupational Therapy*.

Wilhite, G., Thompson, A., **Foster, R.N.**, & Doyle, A. (2009). Crutch fitting made easy. *NATA News, February*, 45.

POSTER PRESENTATIONS

Foster, R.N. (2017 August). Flow and spirituality: The relationship within undergraduate varsity athletic participants. Poster session presented at the American Psychological Association Annual Convention, Washington D.C.

Cook, M.R., Williams, A.L., **Foster, R.N.**, Bantz, E., Blubaugh, J., & Peters, C. (2018 June). The effects of simulated altitude masks on aerobic endurance in trained individuals. Poster session presented at the American College of Sports Medicine (ACSM) Annual Meeting, Minneapolis, MN.

Kirby, J., Hayden, H., Coffey, M., Forbes, B., Cook, M.R., **Foster, R.N.**, & Williams, A.L. (2017 November). The accuracy of caloric expenditure in fitness tracking technology. Poster session presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI.

Moore, C., Deaton, K., Meinert, B., Price, C., Cook, M.R., **Foster, R.N.**, & Williams, A.L. (2017 November). The effects of bingocize on muscular strength, balance, body composition and confidence in ADLs in the elderly. Poster session presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI.

Yoder, W., Bantz, E., Blubaugh, J., Peters, C., Cook, M.R., **Foster, R.N.**, & Williams, A.L. (2017 November). The effects of simulated altitude masks on aerobic endurance in trained individuals. Poster session presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI.

Shimmons, E., Balzano, D., Cain, L., Hornett, E., Cook, M.R., **Foster, R.N.**, & Williams, A.L. (2017 November). The effects of HIIT on body composition and muscular endurance. Poster session presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI.

PRESENTATIONS

Critical Incident Stress Management (CISM): ATCs Helping ATCs Process Trauma, California Athletic Trainers Association Annual Clinical Symposium and State Meeting, Sacramento, CA, 2018

Critical Incident Stress Management (CISM): Experiencing Trauma and the Need for Processing, Indiana Athletic Trainers Association Annual Meeting, Carmel, IN, 2017

Experiencing Work Related Psychological Trauma: How the Athletic Trainer Responds, Great Lakes Athletic Trainers Association Annual Meeting & Symposium, Wheeling, IL, 2016

The Blood of Jesus, Plenary Speaker, School of Service and Leadership Faculty Development Upland, IN 2016

Drafting Jesus: Present Tense Living, New Hope Church Flora, IN 2015

Trying to Follow Jesus, Oakbrook Valley, Dad Camp, Kokomo, IN 2014

Sport Psychology for the Athletic Trainer: Get in the Zone with Spirituality, Indiana Athletic Trainers Association Annual Meeting, 2012

Acts of Confession, Fellowship of Christian Athletes, Indiana Wesleyan University, 2010

Emergency Trauma Care and Taping Techniques, Orthopaedic Specialty Institute, 2004

Research Project: Burnout Among Athletic Trainers, Ohio University, 2001

Prevention of Muscle Cramps, Ohio University, 2001

Osteochondral Autograph Rehabilitation Procedures, Ohio University, 2001

**PERSONAL
ACHIEVEMENTS**

Half Marathon 13.1 X 3 (Grove City, OH, Carmel, IN, Indianapolis, IN) 2017

Ironman Muncie 70.3 (2015, 2016, 2017)

Ironman Wisconsin 140.6 (2017)