

# TOWSON UNIVERSITY ATHLETIC TRAINING



## Welcome to Vol.6 of the Athletic Training Newsletter

Through publications, we intend to inform alumni on current happenings in the Towson University Athletic Training Program. We hope the content of these newsletters will keep the alumni involved, connected, and as excited as we are about the evolving program and profession. Have something you want to share - send us a message!

-Your Editor Mackenzie Tillman (MSAT '25)

### Follow us:

Instagram - @towson\_atp

Facebook - Towson University Athletic Training Club

Email the club: ATCLUB.TOWSON@GMAIL.com

Email the Program Director: ehildebrand@towson.edu

## IN THIS ISSUE

**TRANSITION TO GRADUATE - 2**

**LETTER FROM THE DIRECTOR- 3**

**DETAILS ABOUT PROGRAM - 4**

**ALUMNI SPOTLIGHTS - 5**

**IN ACTION - 6**

**SUPPORT TIGER FAMILY - 7**

**ALUMNI NETWORK - 7**



# Our Transition to a Graduate Degree

Beginning Summer of 2021, a new era of athletic training began at Towson University as we welcomed our first cohort to the Master of Science in Athletic Training Program. Since then, 23 individuals have successfully graduated, passed the Board of Certification, Inc. (BOC) exam, and have been hired as ATs. We are looking to add another 13 to that number this coming May!

The program continues to emphasize the development of strong clinicians grounded in providing patient oriented care through the support of preceptors and a variety of rotations: colleges, public and private secondary schools, and orthopedic and general health care clinics. With the implementation of a professional graduate program, we have expanded to include non-traditional and professional settings as well as large scale events such as the Baltimore Running Festival. Collectively, these experiences continue to remain what students value the most during this 6 semester program.

As a program, we look forward and strive to continue growing the love and passion for this profession.



MSAT Class of 2023



MSAT Class of 2024



MSAT Class of 2025



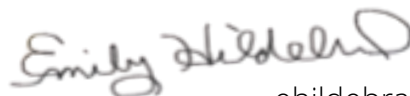
MSAT Class of 2026

# Sidelines with the Director

Change can be all things - refreshing, exhausting, uncertain, and exciting. That's certainly been the faculty's feelings as we work through the entry-level degree transition. Here are some specifics about the MSAT:

- Applicants must have **pre-requisite knowledge** in the sciences as well as statistics, nutrition, exercise science, and biomechanics. We also review completion of **observation hours, GPA, and writing abilities** before offering an **interview**. We aim to accept **20 applicants per cohort**.
- Accelerated pathways exist: **Exercise Science** or **Fitness, Wellness, Leadership** undergraduate majors can be completed in 3 years with 6 credits of graduate coursework counting toward that completion. This is what many refer to as a 3+2 model.
- We have established **pipelines** with Morgan State Univ. and are currently working to complete others that include 4-year and 2-year institutions. The benefit is to keep local MD talent here and support through UG for a successful transition to the MSAT. Lastly we participate in many high school career exploration initiatives to advocate athletic training as a career option.
- The program consists of **57 credits** over the course of **6 semesters** to include much of the same content from the undergraduate degree - redeveloped to address the current Domains and CAATE Standards as well as what we believe to be most important in developing an entry-level AT.
- Students must **maintain a 3.0 cumulative GPA** and may not earn more than two final course grades at the "C" level. Thus academic rigor has been maintained.
- Multiple faculty are involved in mentoring and assessing our ATS: **Mary Nadelen** (CEC), **Pete Lisman, Lisa Custer, Ashley Santo, and Claire Adkinson**. I have continued teaching courses as well as serving as the director which now involves considerable energy toward recruitment.
- We continue to **analyze student performance data** - clinical skills, didactic grades, BOC performance, professional involvement, and soft skills. All with the end goal of recruiting strong applicants and graduating top tier ATs.

**If you have suggestions about curriculum or want to get involved, feel free to reach out!**



ehildebrand@towson.edu



# Program Insights

## Clinical Sites

As we transitioned to a graduate program, our students have a plethora of clinical rotation options. We are so fortunate to be able to work with local *private/public schools, John Hopkins, Loyola, and Stevenson Universities, Baltimore Ravens and Orioles, Baltimore Blast and MD Black Bears, and our fellow TU Athletics*. Our current grad students are assigned to a clinical rotation each semester. This allows for 5 unique experiences for them before entering the field.



## Academic Updates

### New CHP Building :

Towson University has finished a new home for its renowned College of Health Professions programs. Located along University Avenue on the campus's academic core. The Dept. of Kinesiology will remain in Burdick Hall which has also received some make-overs to our lab spaces.

### Course Highlight:

#### *Human Performance Optimization*

"KNES 650 allows students to learn strategies for developing and implementing evidence-based injury prevention programs as well as methods for optimizing performance in various athletic populations. The class utilizes the department's strength and conditioning lab, which allows students to engage in numerous hands-on-learning activities."

-course instructor Dr. Peter Lisman, PhD, LAT, ATC, CSCS



# Alumni Spotlight:

## Jackson Biffle

MSAT 2023



### **What are you currently doing after graduating from Towson?**

Jackson was hired as the first athletic trainer at The Vanguard School in CO. He also teaches advanced athletic training courses. As of 2025, Jackson is headed back to MD and will be the AT at Concordia Prep!

### **What did you do during your time at Towson?**

During his time in the Master's Program, his clinical rotations were at Goucher College, TU Lacrosse, McDonogh School, and Calvert Hall.

### **What was your favorite memory at Towson?**

Jackson's favorite memory at Towson besides graduating, was traveling with Calvert Hall lacrosse during the MIAA-A playoffs. "It was a surreal feeling that my last game as an athletic training student was covering the championship against McDonogh because I had clinical rotations at both schools."

### **What is one piece of advice you could give to current students in the program? Most Rewarding thing about being an AT?**

"My biggest piece of advice is to put yourself in as many uncomfortable situations as possible as a student. You gain comfort and confidence by experiencing discomfort. The most rewarding part of athletic training is knowing that your job has a positive impact on society. We are in a position that can bring happiness, hope, and a sense of belonging to those who need it."

### **What are you currently doing after graduating from Towson?**

Post graduation, Morgan enrolled in the Houston Methodist Residency Program which focused on advanced knowledge and manual techniques for rehab. Currently, Morgan is working as a full-time outreach AT through the Houston Methodist Hospital system, at Tomball Memorial High School.

### **What did you do during your time at Towson?**

At Towson, Morgan earned her Bachelor's Degree in Athletic Training, while completing clinical rotations with TU Softball & Field Hockey, Johns Hopkins Men's Lacrosse, and at private schools in the area. She also held leadership positions within her sorority serving on the executive board as the philanthropy chair, and secretary for the Panhellenic Association.

### **What was your favorite memory at Towson?**

Morgan stated having multiple fun memories during her time at Towson, but the one that stood out was graduating among her friends!

### **What is one piece of advice you could give to current students in the program? Most Rewarding thing about being an AT?**

"If I could give one piece of advice it would be that the work is worth it! Being in the Athletic Training Program is not easy, but your peers and professors are there to help you succeed! The most rewarding part of athletic training for me is the relationship you build with athletes, it truly is a special bond and I am honored that I can provide care to my athletes"

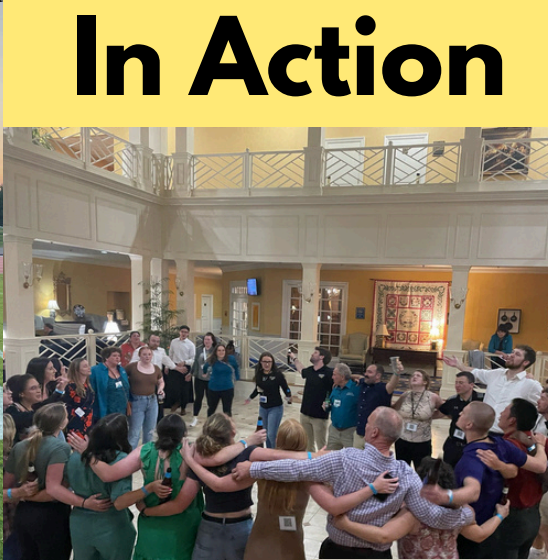
# Alumni Spotlight:

## Morgan Mennell

BS - Class of 2022







# In Action



# Support Your Tiger Family!

*Why:*

Another way to stay connected is through a financial contribution to the Program. We have recently established a Foundation Account which supports educational initiatives to honor our MSAT students. This could be attending a conference or reducing textbook costs.

*How:*

1. Head to the giving page on TU's Website: [www.towson.edu/giving](http://www.towson.edu/giving)
2. In the drop down menu, select: **Other Programs or Projects**
3. Select "Next"
4. In the "Please indicate the program or project you would like to support" enter: **Athletic Training Major – Kinesiology** OR the project number **14932**.

*When:*

Any time you have financial flexibility, you can make a donation.

## WE ARE BUILDING OUR ALUMNI NETWORK AND WANT YOU TO BE A PART OF IT!

Please use the QR code to update your contact information.

Recently married? Volunteering? Growing your family?  
We want to feature you so send us your latest happenings  
for future Newsletter editions.



DM us on Instagram @towson\_atp

Email us at:

ATCLUB.TOWSON@GMAIL.COM