

CURRICULUM VITAE

Denise Lebsack
Aka O'Rand & Wiksten

School of Exercise and Nutritional Sciences
San Diego State University
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I. EDUCATION

| <u>Institution</u> | <u>Years Attended</u> | <u>Degree</u> | <u>Major</u> |
|---|-----------------------|---------------|-------------------|
| University of Virginia | 1991-1994 | Ph.D. | Sports Medicine |
| <i>Dissertation: The Relationship of Strength and Balance as a Function of Age.</i> | | | |
| University of Virginia | 1988-1989 | M.Ed. | Athletic Training |
| Central Michigan University | 1984-1987 | B.S. | Sports Medicine |

II. TEACHING POSITIONS AND RANK HELD

| <u>Institution</u> | <u>Rank</u> | <u>Date</u> | <u>Department</u> |
|---------------------------------------|---------------------|--------------|-----------------------------------|
| San Diego State University | Associate Professor | 1999-present | Exercise and Nutritional Sciences |
| San Diego State University | Assistant Professor | 1995-98 | Exercise and Nutritional Sciences |
| San Diego State University | Lecturer | 1994-95 | Physical Education |
| California University of Pennsylvania | Instructor | 1989-91 | Sports Medicine |

III. TEACHING EFFECTIVENESS

Instructional Technology

Upper & Lower Extremity Injury Evaluation: An Interactive Approach- Authored Two-Disc Multimedia CD-ROM Program

Textbooks

Special Tests for Orthopedic Examination- Authored Reference Textbook

Athletic Trainers' Guide to Strength and Endurance Training- Authored Textbook

Special Tests for Orthopedic Examination, 2nd Edition-Authored Reference Textbook

Special Tests for Orthopedic Examination, 3rd Edition- Authored Reference Textbook

Special Tests for Orthopedic Examination, 4th Edition- Authored Reference Textbook

Courses Taught

San Diego State University, 1994-Present

ENS 466- Clinical Pathology for Athletic Trainers
 ENS 464- Pathomechanics of Sports Injuries
 ENS 462- Therapeutic Modalities in Sports Medicine
 ENS 460- Professional Issues
 ENS 465- Organization & Administration in Athletic Training
 ENS 389A-D- Practicum in Athletic Training
 ENS 330- Exercise and Wellness Across the Lifespan
 ENS 365- Scientific Basis of Sport Injury
 ENS 367/368- Clinical Evaluation of Sports Injuries- I & II
 ENS 367/368L-Clinical Evaluation of Sports Injuries Lab- I & II
 ENS 303- Applied Kinesiology
 ENS 289- Pre-Professional Practicum in Athletic Training
 ENS 265- Techniques in Athletic Training
 ENS 265L- Techniques in Athletic Training Lab

California University of Pennsylvania, 1989-1991

CPE 305- Kinesiology
 CPE 315- Exercise Physiology
 ATE 260- Athletic Training II
 ATE 100- Practicum in Athletic Training I
 ATE 120- Substance Abuse Education

IV. PROFESSIONAL GROWTH

Refereed Technology Publication

Wiksten, D.L. & Barry, B.F. (1999). Upper & Lower Extremity Injury Evaluation: An Interactive Approach. Multimedia CD-ROM program- 2 Disk Series. Publisher: SLACK, Inc.

Refereed Book Publications

Konin, J.G., **Wiksten, D.L.**, Isear, J.A., & Snyder, A. (2015). Special Tests for Orthopedic Examination, Fourth Edition. Publisher: SLACK, Inc.

Konin, J.G., **Wiksten, D.L.**, Isear, J.A., & Brader, H. (2006). Special Tests for Orthopedic Examination, Third Edition. Publisher: SLACK, Inc.

Konin, J.G., **Wiksten, D.L.**, Isear, J.A., & Brader, H. (2002). Special Tests for Orthopedic Examination, Second Edition. Publisher: SLACK, Inc.

Wiksten, D.L., & Peters, C. (2000). Athletic Trainers' Guide to Strength and Endurance Training. Publisher: SLACK, Inc.

Konin, J.G., **Wiksten, D.L.**, & Isear, J.A. (1997). Special Tests for Orthopedic Examination. Publisher: SLACK, Inc.

Publications (Refereed Journals)

Murray, N., Cipriani, D., **O'Rand, D.**, & Reed-Jones, R. (2013) Effects of Foot Position during Squatting on the Quadriceps Femoris: An Electromyographic Study. International Journal of Exercise Science. 6(2), Article 4.

Cipriani, D., Haines, M., **O'Rand, D.**, & Levy, S. (2009). Reliability and validity of a partial weight bearing measure of lower extremity performance. North American Journal of Sports Physical Therapy. 4(2), 49-59.

Rauh M., Macera C., Ji M., & **Wiksten, D.** (2007). Subsequent Injury Patterns in Girls' High School Sports. Journal of Athletic Training, 42(4), 486-494.

Guest Editor: Wiksten, D.L. & Harrelson, G.L. (2002). Special Issue on Athletic Training Education for Journal of Athletic Training, 37(4).

Wiksten, D.L., Spanjer, J., & LaMaster, KL. (2002). Effective Use of Multimedia Technology in Athletic Training Education. Invited author for Special Issue on Education for Journal of Athletic Training, 37(4), S-213-S-219.

Wiksten, D.L., Patterson, P., Antonio, K., De La Cruz, D., & Buxton, B.P. (1998). The Effectiveness of an Interactive Computer Program Versus Traditional Lecture in Athletic Training Education. Journal of Athletic Training, 33, 238-243.

Patterson, P., Rethwisch, N., & **Wiksten, D.L.** (1997). The reliability of the trunk lift in high school boys and girls. Measurement in Physical Education and Exercise Science, 1, 145-151.

Wiksten, D.L., Perrin, D.H., Hartman, M.L., Gieck, J.H., & Weltman, A. (1996). The relationship between muscle and balance performance as function of age. Isokinetics and Exercise Science, 6, 125-132.

Patterson, P. & **Wiksten, D.L.**, Ray, L., Flander, C., & Sanphy, D. (1996). The validity and reliability of the Back Saver Sit-and-Reach test in middle school girls and boys. Research Quarterly for Exercise and Sport, 67(4), 448-451.

Mattacola, C.G., **Lebsack, D.A.**, & Perrin, D.H. (1995). Intertester reliability of assessing postural sway using the Chattecx Balance System. Journal of Athletic Training, 30 (3), 237-242.

Lebsack, D.A., Gieck, J., & Saliba, E. (1990). Iliotibial band friction syndrome. Journal of Athletic Training, 25, 356-361.

Research Abstracts (Refereed Journals)

Weltman, A., Weltman, J.Y., Wideman, L., **Wiksten, D.L.**, Pritzlaff, C., Kanaley, J.A., Clasey, J.L, Evans, W.S., Thorner, M.O., & Hartman, M.L. (2000). GH Therapy and Exercise Training in Older Adults for 1 Year : Effects on Fitness, Strength & Function. International Congress of Endocrinology in Sydney, Australia.

Wiksten, D.L., Patterson, P., Voigt, G., & LaMaster, K. (1999). The Effectiveness of an Interactive Multimedia Program on Upper Extremity Injury Evaluation as a Supplement to Traditional Methods of Instruction. Journal of Athletic Training, 34(2) Supplement, S-12.

Voigt, G., LaMaster, K., **Wiksten, D.L.**, & Patterson, P. (1999). Qualitative Assessment of the Effectiveness of an Interactive Multimedia Program on Upper Extremity Injury Evaluation. Journal of Athletic Training, 34(2) Supplement, S-63.

Hanssen, T.L., Patterson, P., & **Wiksten, D.** (1999). Test-Retest Reliability of the KAT - 2000 for Balance Measurement. Journal of Athletic Training, 34(2) Supplement, S-29.

Wiksten, D.L., Bohling, C., & Selder, D. (1998). Selected Psychological Correlates of Deceptive Athletic Injuries. Journal of Athletic Training, 33(2) Supplement, S-10.

Wiksten, D.L., DeLaCruz, D., & Antonio, K. (1996). The effectiveness of an interactive computer program versus traditional teaching in athletic training education. Journal of Athletic Training, 31(2), S-46.

DeLaCruz, D., **Wiksten, D.L.**, & Antonio, K. (1996). Student attitudes towards an interactive computer program versus traditional teaching in athletic training. Journal of Athletic Training, 31(2), S-46.

Antonio, K., **Wiksten, D.L.**, & DeLaCruz, D. (1996). The effectiveness of an interactive computer program versus traditional teaching in clinical performance of athletic training. Journal of Athletic Training, 31(2), S-13.

Pilla, A.A., Martin, D.E., Schuett, A.M., McCue, F.C., **Wiksten, D.L.** & Grossman, J. (1996). Pulsed radio frequency therapy on edema from grade I and grade II ankle sprains: A placebo controlled, randomized, multi-site, double-blind clinical study. Journal of Athletic Training, 31(2), S-53.

Lebsack, D.A., Perrin, D.H., Hartman, M.L., Gieck, J.H., & Weltman, A. (1995) The relationship between muscle and balance performance as a function of age. Journal of Athletic Training, 30(2), S-36.

Lebsack, D.A. & Perrin, D.H. (1994). Comparison of subjective and objective assessment of balance. Journal of Athletic Training, 29, 170.

Gutgesell, M., Womack, C., **Lebsack, D.**, Davis, S., Weltman, J., & Weltman, A. (1994). Fitness, body composition, and cardiovascular risk factors in resident physicians. Medicine & Science in Sports & Exercise, 26(S-5), 178.

Mattacola, C.G., **Lebsack, D.A.**, & Perrin, D.H. (1994). Inter-examiner reliability for the Chattecx Balance System. Journal of Athletic Training, 29, 170.

Presentations

Invited Speaker at the National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 26, 2003; St. Louis, MO. Educational Forum Session: "Specialty Certification in Athletic Training."

Invited Speaker at the American College of Sports Medicine Health & Fitness Instructor Workshop; July 17, 2001; San Diego, CA. "Treatment and Prevention of Common Injuries."

Invited Speaker at the Southwest American College of Sports Medicine; November 12, 1999; San Jose, CA. "Educational Multimedia in Athletic Training."

Invited Speaker at the National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 18, 1999: Kansas City, MO. "Development and Application of Multimedia for the Educational Setting."

Abstract Presentation at the National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 16, 1999: Kansas City, MO. "The Effectiveness of an Interactive Multimedia Program on Upper Extremity Injury Evaluation as a Supplement to Traditional Methods of Instruction."

Abstract Presentation at the National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 19, 1999: Kansas City, MO. "Test-Retest Reliability of the KAT -2000 for Balance Measurement."

Invited Speaker at the National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 15, 1998: Baltimore, MD. "Lower Leg Injuries and Evaluation."

Abstract Presentation at the National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 14, 1998: Baltimore, MD. "Selected Psychological Correlates of Deceptive Athletic Injuries."

Invited Speaker at National Athletic Trainers' Association Research and Education Foundation Professional Educators' Conference; February 1, 1997: Dallas, TX. "Effective Implementation of Instructional Technology into the Classroom."

Invited Speaker at Southwest American College of Sports Medicine Annual Meeting; November 15, 1996: Las Vegas, NV. "Exercise and Balance in the Older Adult."

Exhibit Presentation at Learning with Technology Showcase; September 26 & 27, 1996: San Diego, CA. "Effectiveness of an interactive computer program versus traditional teaching."

Invited Speaker at National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 15, 1996: Orlando, FL. "Hip and Groin Examination."

Poster Presentation at National Athletic Trainers' Association Annual Meeting and Clinical Symposia; June 13, 1996: Orlando, FL. "The effectiveness of an interactive computer program versus traditional teaching in athletic training education."

National Athletic Trainers' Association District 8 Research Award Presentation at the Far West Athletic Trainers' Association Annual Meeting & Clinical Symposia; April 28, 1996: San Diego, CA. "The effectiveness of an interactive computer program versus traditional teaching."

Poster Presentation at the National Athletic Trainers' Association Annual Meeting & Clinical Symposia; June 14, 1995: Indianapolis, IN. "The relationship between strength and balance as function of age."

Abstract Presentation at the National Athletic Trainers' Association Annual Meeting & Clinical Symposia; June 14, 1994: Dallas, TX. "Comparison of subjective and objective assessment of balance."

Clinical Presenter at the Pennsylvania Athletic Trainers' Society, Inc. Tenth Annual Meeting and Clinical Symposium; May, 1990: Hershey, PA. "Iliotibial band friction syndrome: Diagnosis and treatment."

Book Reviews

Wiksten, D.L. (1996). Chapter- Musculoskeletal Injury, by Denise Fandel, ATC. Personal Trainer Manual, 2nd Edition. Published by American Council on Exercise.

Grants

PI- University Grants Program, \$8,709; San Diego State University, December 2006. "Reliability and Validity of the Total Gym Squat Protocol as a Measure of Lower Extremity Strength and Functional Performance."

Co-Investigator- Epidemiological Investigation Grant Award, \$26,853; National Athletic Trainers' Association Research and Education Foundation, May 2003. "An Epidemiological Investigation of the Female Athlete Triad Among Female High School Athletes."

Co-Investigator- Injury Surveillance Grant Award, \$43,590; National Athletic Trainers' Association Research and Education Foundation, September 2002. "High School Sports Injury Patterns Among Girls: Trends and Risk Factors."

PI- Education Grant Award, \$3,450; National Athletic Trainers' Association Research and Education Foundation, August 1997. "Evaluating the Effectiveness of Instructional Technology Methods in Athletic Training Education."

PI- Multimedia Student Assistant Grant Award; Instructional Technology Services, San Diego State University, January 1997. "Injury Evaluation: An Interactive Approach."

PI- Technology Grant Award; College of Professional Studies and Fine Arts, San Diego State University, November 15, 1996. "Anatomical Concepts in Sports Medicine."

PI- Multimedia Student Assistant Grant Award; Instructional Technology Services, San Diego State University, September 1996. "Injury Evaluation: An Interactive Approach."

Co-Investigator- Electropharmacology, Inc., \$12,000; November 1994. "Non-Invasive Pulsed Radiofrequency for Grade I and Grade II Ankle Sprains."

PI- National Athletic Trainer's Association District 8 Research Award, \$650; December 1994. "The Effectiveness of an Interactive Computer Program versus Traditional Lecture-Demonstration in Athletic Training Education."

Awards

Emerging Professional Award; November 23, 1996. Presented by Western Society for Physical Education of College Women.

Professional Affiliations

National Athletic Trainers' Association, 1988-present
Certification #07-0423, Membership #851234

American College of Sports Medicine, 1992-2000
Member #506989

Pennsylvania State Board of Physical Therapy, 1990-1992
Class A Certification #RT-000691

Athletic Training Research and Education Society, 1993-1998
Charter Member

California Athletic Trainers Association, 1993-1998

V. SERVICE

San Diego State University

Department Level

Graduate Advisor for School of Exercise & Nutritional Sciences; 2012-present.

Undergraduate Athletic Training Program Director; 1999-2005; 2009-2012
Written three Self Study Reports for Accreditation Review. Each report consists of over 700 pages of documentation and narrative summaries regarding accreditation standards, assessment, and outcomes.

Undergraduate Athletic Training Clinical Coordinator; 2006-2009

Undergraduate Academic Advisor for Department of Exercise and Nutritional Sciences; 1996-1999

Member of the Exercise and Nutritional Sciences Ad-Hoc Long Term Planning Committee for the Department of Exercise and Nutritional Sciences; Fall 2010-present

Member of Exercise and Nutritional Sciences Area Representatives Committee for the Department of Exercise and Nutritional Sciences; Fall 2003-Spring 2004

Member of Exercise and Nutritional Sciences Executive Council; Fall 2000-Spring 2002.

Member of Scholarship Committee for the Department of Exercise and Nutritional Sciences; Spring 2000 – Spring 2002; Fall 2009-Spring 2012

Member of Doctorate in Physical Therapy Search Committee for five separate faculty searches for the School of Exercise and Nutritional Sciences; Spring 2012 & Fall 2012.

Member of Rehabilitation Science Search Committee for the School of Exercise and Nutritional Sciences; Fall 2010.

Member of Exercise and Sport Psychology Search Committee for the Department of Exercise and Nutritional Sciences; Spring 2004.

Member of Department Chair Search Committee for the Department of Exercise and Nutritional Sciences; Spring 2001-Fall 2002

Member of Measurement and Evaluation Search Committee for the Department of Exercise and Nutritional Sciences; Fall, 2000.

Co-chair of Kinesiotherapy Search Committee for the Department of Exercise and Nutritional Sciences; Spring, 2000.

Member of Physical Education Teacher Education Search Committee for the Department of Exercise and Nutritional Sciences; 1999-2000

Member of Review Committee for Faculty Merit Increases for the Department of Exercise and Nutritional Sciences; Fall, 1999

Member of Nutrition Search Committee for the Department of Exercise and Nutritional Sciences; 1995-1996

College Level

Chair- College Personnel Committee for College of Professional Studies and Fine Arts; 2008-2009.

College Personnel Committee for the College of Professional Studies and Fine Arts; 2006-2008.

Academic Policy & Planning Committee for College of Professional Studies and Fine Arts; 2007-2009.

Pre-Professional Health Student Evaluation Committee for the College of Sciences; 1997-present

Technology Grant Review Committee for the College of Professional Studies and Fine Arts; 1997-98.

ABC Priority Development Committee for the College of Professional Studies and Fine Arts; 1997.

University Level

General Education Committee for San Diego State University; 1999-2002

*Outside of San Diego State University*National Level

Committee Chair- Specialty Certification Committee for the National Athletic Trainers' Association Education Council, 2001-2003.

Associate Editor- *Journal of Athletic Training*, 1999- 2002.

Committee Member- National Athletic Trainers' Association Education Council Executive Committee, 2001-2003.

Special Guest Editor- *Journal of Athletic Training*, Special Issue on Athletic Training Education. 2000-2002.

Committee Member- National Athletic Trainers' Association Education Council: Entry-Level Undergraduate Athletic Training Education Sub-Committee, 1997-2001.

Committee Member- National Athletic Trainers' Association Research and Education Foundation: Education Committee, 1997-99.

Committee Member- Professional Educators' Conference Committee, Conference Dates: January 29-31, 1999.

Athletic Training Advisory Board Member- SLACK, Inc., 1998- present

Grant Reviewer- National Athletic Trainers' Association Research and Education Foundation: Research Committee, 1996-98.

Committee Member- National Athletic Trainers' Association Board of Certification Item Development Committee, 1995-96.

Vice President- Athletic Training Research & Education Society, 1995-98.

Community Level

Arco Olympic Training Center, San Diego- physiological testing services; 1995-1998.

Education Committee Member- Foothills United Methodist Church, La Mesa, CA; 2002-2004.

Teacher: Vacation Bible School- Foothills United Methodist Church, La Mesa, CA; Summer 2003-2006.

Mission Committee Member- Foothills United Methodist Church, La Mesa, CA; 2004-2005.

Chair, PE Docent Committee- Murdock Elementary School, La Mesa, CA; 2007-2009.

Chair, Mission Committee- Foothills United Methodist Church, La Mesa, CA; 2005-2007.

Chair, Discipleship Team- Foothills United Methodist Church, La Mesa, CA; 2009.

Camp Volunteer- Journey Community Church, HIS Ministries, Tecate, BC Mexico; Summer 2013 & 2014.