

## Dr. Zachary J. Dougal LAT, ATC, CKTP

### EDUCATION:

Indiana State University, Terre Haute, Indiana  
College of Graduate and Professional Studies  
Doctor of Athletic Training (May, 2018)

Western Michigan University, Kalamazoo, Michigan  
College of Education and Human Development  
Master of Arts (April, 2007)  
Physical Education: Athletic Training

Ball State University, Muncie, Indiana  
College of Health  
Bachelor of Science (May, 2004)  
Athletic Training

### PROFESSIONAL EXPERIENCE:

2018-Present      *Assistant Clinical Professor/Program Director, Athletic Training Program*  
Ball State University: School of Kinesiology  
CAATE-Accredited Professional Program

2010-2018      *Clinical Education Coordinator, Athletic Training Program*  
Manchester University: Department of Exercise Science and Athletic  
Training  
CAATE-Accredited Professional Program

2016-2018      *Associate Professor*  
College of Natural and Health Sciences  
Department of Exercise Science and Athletic Training

2010-2016      *Assistant Professor*  
Department of Exercise and Sport Sciences

2007-2010      *Athletic Trainer*  
Orthopedics Northeast, Fort Wayne, IN

2006-2007      *Athletic Trainer*  
St. Rita's Medical Center, Lima, OH

### LICENSES/CERTIFICATIONS:

2019-Present      Certified Graston® Provider, M2

2017-Present      Certified Graston® Provider, M1

2016-Present      Certified Kinesiotaping® Practitioner (CKTP)

2013-2016      Certified ImPACT® Interpreter

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2011-Present	Sound-Assisted Soft Tissue Mobilization (SASTM)
2011-Present	NPI Registration (#1548537814)
2007-Present	Indiana Licensed Athletic Trainer: (#36001419A)
2006-Present	BOC Certified Athletic Trainer: (#080602185)
2004-2018	Red Cross CPR/First Aid/AED Lay Instructor Certified
2004-2018	Red Cross Professional Rescuer Instructor Certified
2002-2016	Red Cross Professional Rescuer Certified

## **COURSES TAUGHT:**

### **Ball State University**

AT 250	Application of Taping in AT
AT 372	Therapeutic Modalities
AT 373	Therapeutic Exercise
AT 696*	Advanced Techniques in AT*

### **Manchester University**

BIOL 204	Human Physiology
ESAT 113	Emergency Care for the Physically Active
ESAT 200	Principles of Nutrition
ESAT 200 (online, summer)	Principles of Nutrition
ESAT 246/ATTR 546*	Medical Considerations*
ESAT 265	Research Methods in Athletic Training
ESAT 373	Clinical Experience in Athletic Training IV
ESAT 470	Clinical Experience in Athletic Training V
ATTR 572*	Clinical Module II*
ATTR 573 (summer)*	Clinical Module III*
ATTR 540*	Research Methods in Human Performance*

*\*indicates graduate level courses*

## **ORIGINAL RESEARCH:**

Dougal ZJ, Edler J, Walker SE, Eberman LE. Preceptor perceptions of student integration in an immersive clinical education model. *Journal of Athletic Training*. 2018 Supplement. (Accepted).

## **PRESENTATIONS:**

### ***Local***

2018	Manchester University Faculty Professional Development. <i>Simulation to Improve Skill and Decision Making in Athletic Training</i> .
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2013 Indiana Athletic Trainers' Association Fall Symposium, Student Session.  
*The Integration of Mobile Devices for Sideline Concussion Assessment.*

### **Invited**

2019 National Athletic Trainers' Educator's Conference. Breakout Session.  
*Integrating Distance Learning During Immersive Clinical Experiences.*

2018 National Athletic Trainers' Association Clinical Symposium. Rapid Fire Session.  
*Preceptor Perceptions of Student Integration in an Immersive Clinical Education Model.*

2018 Canadian Athletic Therapist Association. Poster Presentation. *Preceptor Perceptions of Student Integration in an Immersive Clinical Education Model.*

2018 GLATA EBP Mini-Course: Emergent Care in Athletic Training-  
*Intravenous (IV) Therapy*

2016 Manchester High School- *Team Up Against Concussions*  
Parkview Sports Medicine- *Team Up Against Concussions*  
North Manchester Rotary Club- *Team Up Against Concussions*

2015 Discussion Day Presenter- *Mild Traumatic Brain Injury*

2013 Manchester University Faculty Professional Development Presenter.  
*IATA- Concussion Awareness: On the Field and in the Classroom.*  
Manchester University Lunch and Learn Presenter. *Concussion Awareness: On the Field and in the Classroom.*

### **STUDENT RESEARCH PRESENTATIONS:**

Lichtman JE, Cauhorn JR, Dougal ZJ, Beer JA, Geraghty RP. Morel-Lavallée Lesion in a High School Athlete: Clinical Case Report. IATA and GLATA Poster Presentations. 2018.

Morphew S, Dougal ZJ. A case study of Pagett-Schroetter syndrome in a baseball player. IATA Student Oral Presentation. 2013.

Banks B, Smith M, Dougal ZJ. An avulsion fracture of the lesser trochanter in a high school football athlete: a case study. Manchester University Student Research Symposium Poster Presentation. 2017.

### **STUDENT RESEARCH MENTORSHIP:**

Furnish AL, Dougal ZJ. Upper extremity physical adaptations in healthy active individuals throughout a 4-week cupping and/or resistive elastic band regimen. 2018.

Giorgi, E, Dougal ZJ. The long-term effects of muscle energy techniques and foam rolling on the hip and low back. 2018.

Banks B, Dougal ZJ, Huntington MW. Effects of contrast baths vs. active recovery and accelerated decrease of lactic acid level. 2017.

Jacob E, Dougal ZJ, Huntington MW. The relationship between lower extremity flexibility and balance scores in active older adults. 2017.

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Kehe B, Dougal ZJ, Huntington MW. Effects of tissue flossing on a college age population. 2017.

Kenyon E, Dougal ZJ, Huntington MW. The effect of dynamic stretching vs. sound assisted soft tissue mobilization on hamstring fatigue. 2017.

Pusey C, Dougal ZJ, Huntington MW. The effect of hip strength on the star excursion balance test. 2017.

Smith A, Dougal ZJ, Huntington MW. Integrating foam rolling as a recovery regimen in multi-event, distance, track athletes. 2017.

## GRANTS:

2017                      Indiana State University Graduate Research Grant

## PROFESSIONAL SERVICE:

2019-Present            NATA Foundation Scholarship Committee, District Four Representative

2018-Present            Clinical Practice in Athletic Training Journal. Section Editor-Preceptor Case Studies

2018                      IATA Scholarship Committee Member

2018                      IATA Education Committee Member

2017                      Moderator- Athletic Training Educators' Conference (ATEC)

2016                      IATA Education Committee Member

2012                      Moderator- Fort Wayne Teacher's Conference

2009                      GLATA Convention Region Planning Committee

## SERVICE EXPERIENCE:

2015-2018                Concussion Legacy Foundation-Team Up Against Concussion, Manchester Chapter Coordinator

2014-2018                Undergraduate Curriculum Committee (UCC) *\*formerly Academic Policies Committee (APC)*

2012-2018                American Red Cross Course Administrator

2012-2018                ATrack Online™ Administrator

2010-2018                Faculty Ambassador

2016-2017                Graduate Council Committee

2014-2015                4Hr Academic Issue Committee-*Ad Hoc*

2014-2015                Physical Activity Assessment Committee-Chair-*Ad Hoc*

2012-2014                Values, Ideas and the Arts Committee (VIA)

2013-2014                Institutional Review Board (IRB)

2011-2012                International Fair Committee-*Ad Hoc*

# Dr. Zachary Dougal, LAT, ATC, CKTP

2010-2011 Co-Advisor Manchester Athletic Training Club  
2008-2016 Assistant Athletic Trainer- Manchester University Athletics

## CONTINUING EDUCATION:

2019 Completed *M2 Graston Technique Course: Graston Provider* (May 2019)  
Attended Great Lakes Athletic Trainers' Association Annual Symposium (Wheeling, IL March 2019)  
Attended National Athletic Trainers' Association Educators' Conference (Dallas, TX, February, 2019)

2018 Attended Indiana Athletic Trainers' Association Fall Meeting (Carmel, IN, November, 2018)  
Attended Commission on Accreditation of Athletic Training Education (CAATE) Conference (Tampa, FL, October 2018)  
Attended National Athletic Trainers' Association Clinical Symposium. (New Orleans, LA, June, 2018)  
Attended Great Lakes Athletic Trainers' Association Annual Symposium. (Wheeling, IL, March 2018)

2017 Attended Indiana Athletic Trainers' Association Fall Meeting (Carmel, IN, October 2017)  
Completed *M1 Graston Technique Course: Graston Provider* (July 2017)  
Completed *Enhancing Emergent Care in Athletic Training: Wound Closure Training* (April 2017)  
Completed *Emergent Care in Athletic Training: Intravenous Therapy Training* (April 2017)  
Completed *Application of Casts and Orthotic Splints* (May 2017)  
Attended National Athletic Trainers' Association Educators' Conference (Dallas, TX, January 2017)

2016 Attended the Commission on Accreditation of Athletic Training Education (CAATE) Conference (Tampa, FL, October 2016)  
Obtained Certification for Kinesiotaping Practitioner (CKTP) (January 2016)

2015 Attended National Athletic Trainers' Association Educators' Conference (Dallas, TX, January 2015)

2014 Attended Kinesiotaping Training Seminar,KT1-2 (December 2014)

2013 Attended Concussion Management and ImPACT Interpretation Seminar. Indiana Sports Concussion Network. (October 2013)  
Attended National Athletic Trainers' Association Educators' Conference (Dallas, TX, January 2013)

## Dr. Zachary Dougal, LAT, ATC, CKTP

- 2012                    Obtained Approved Clinical Instructor (ACI) Educator Training (June 2012)
- 2011                    Attended *Faculty Forum* -Scott Humphries (December 2011)  
Attended *Faculty Forum*-Aaron Costello (November 2011)  
Obtained SASTM certification  
Attended *Professional Development* –Judd Case (October 2011)  
Attended National Athletic Trainers' Association Educators' Conference (Washington DC, March 2011)
- 2009                    Attended Indiana Athletic Trainers' Association Fall Symposium (Indianapolis, IN, November 2009)  
Attended National Athletic Trainers' Association Educators' Conference (Washington DC, March 2009)  
Attended Great Lakes Athletic Trainers' Association Annual Meeting (Fort Wayne, IN, March 2009)
- 2008                    Attended Indiana Athletic Trainers' Association Annual Meeting (Indianapolis, IN, October 2008)  
Attended National Athletic Trainers' Association Annual Meeting (St. Louis, MO, June 2008)
- 2007                    Attended Indiana Athletic Trainers' Association Annual Meeting (Indianapolis, IN, October 2007)

### **MEMBERSHIPS:**

- 2016-Present            Kinesiotaping Association International (KTAI)  
2007-Present            Indiana Athletic Trainers' Association  
2000-Present            National Athletic Trainers' Association  
2000-Present            Great Lakes Athletic Trainers' Association

### **AWARDS:**

- 2017-2018              Indiana State University Scholarship for Academic Merit