

Jenny L. Toonstra Ph.D., ATC, LAT, ACUE

Clinical Associate Professor
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I. ACADEMIC DEGREES

University of Kentucky, Lexington, KY Doctor of Philosophy, Rehabilitation Science Dissertation: <i>"The relationship between patient expectations, functional outcome, self-efficacy, and rehabilitation adherence following cartilage repair of the knee: A sequential explanatory analysis"</i>	May 2014
The Steadman Hawkins Clinic, Vail, CO Knee, Shoulder and Sports Medicine Fellowship	July 2004
Western Michigan University, Kalamazoo, MI Master of Arts in Physical Education-Athletic Training Emphasis CAAHEP Post-Professional Graduate Program Thesis: <i>"Institutional barriers in obtaining CAAHEP accreditation: A comparison study"</i>	August 2003
Calvin College, Grand Rapids, MI <i>Bachelor of Arts in Exercise Science-Athletic Training Emphasis</i>	May 1999

II. ACADEMIC POSITIONS

A. Teaching Positions

1. Clinical Associate Professor, Marquette University, Milwaukee, WI, 2025-present
2. Associate Professor, Bowling Green State University, Bowling Green, OH, 2021-2025
School of Human Movement, Sport, & Leisure Studies
3. Assistant Professor, Bowling Green State University, Bowling Green, OH, 2018-2021
School of Human Movement, Sport, & Leisure Studies
4. Assistant Professor, Salisbury University, Salisbury, MD, 2014-2018
Department of Health and Sport Sciences
5. Adjunct Faculty, Grand Valley State University, Allendale, MI, 2010
Department of Exercise and Sport Sciences
6. Adjunct Faculty, Calvin College, Grand Rapids, MI, 2006-2010
Department of Health, Physical Education, Recreation, Dance & Sport
7. Clinical Faculty, Colby-Sawyer College, New London, NH, 2004-2006
Department of Exercise and Sport Sciences

B. Administrative Positions

1. Clinical Education Coordinator, Master of Athletic Training Program, Marquette University, Milwaukee, WI, 2025-present

2. Clinical Education Coordinator, Master of Athletic Training Program, Bowling Green State University, Bowling Green, OH, 2019-2025
School of Human Movement, Sport, and Leisure Studies
3. Director, Athletic Training Program, Salisbury University, Salisbury, MD, 2015-2017
Department of Health and Sport Sciences
4. Clinical Education Coordinator, Athletic Training Program, Salisbury University, Salisbury, MD, 2014-2015
Department of Health and Sport Sciences

III. NON-ACADEMIC POSITIONS

Research Assistant, University of Kentucky, Lexington, KY, 2010-2014
Department of Rehabilitation Sciences

Head Athletic Trainer, Calvin College, Grand Rapids, MI, 2006-2010
Department of Health, Physical Education, Recreation, Dance & Sport

Clinical Preceptor, Athletic Training, Grand Valley State University, Allendale, MI, 2006-2010
Department of Movement Science

Assistant Athletic Trainer/Clinical Faculty, Colby Sawyer College, New London, NH, 2004-2006
Department of Exercise & Sport Sciences

Physician Extender, The Steadman-Hawkins Clinic, Vail, CO, 2003-2004
Department of Orthopaedic Surgery

Head Athletic Trainer, Southwest Michigan Jaguars, Otsego, MI, 2003

Head Athletic Trainer, Western Michigan University Women's Club Ice Hockey, Kalamazoo, MI, 2002-2003

Graduate Assistant Athletic Trainer, Western Michigan University Sports Medicine Clinic, Kalamazoo, MI, 2001-2003
Department of Health, Physical Education & Recreation

Athletic Trainer/Clinic Outreach, Nova Care Rehabilitation, Grand Rapids, MI, 2000-2001
Grand Rapids South Christian High School

Athletic Trainer, Rehabilitation Professionals, Grand Rapids, MI, 1999-2000
Grand Rapids Catholic Central High School

IV. TEACHING EXPERIENCES

A. Undergraduate Courses

1. EXSC 4150-Therapeutic Medications & Health Conditions, Bowling Green State University, Fall, 2019, Spring, 2021, Summer 2022, Spring 2023, Spring 2024, Summer 2024
2. EXSC 4160-Therapeutic Exercise, Bowling Green State University, Spring 2019, Fall 2019, Spring 2020, Fall 2024
3. EXSC 2300-Structural and Functional Bases of Human Movement, Bowling Green State University, Spring 2019

4. AT 4180-BOC Exam Prep, Bowling Green State University, Fall 2018
5. EXSC 4190-Clinical Decision Making and Evidence-Based Practice, Bowling Green State University, Fall 2018, Fall 2019, Spring 2020, Spring 2022
6. ATTR 210-Foundations of Athletic Training, Salisbury University, Spring 2017
7. ATTR 384-Applied Therapeutic Exercise, Salisbury University, Spring 2015 & Spring 2016
8. ATTR 420-Clinical Rehabilitation and Administration, Salisbury University, Fall 2014-Fall 2016
9. ATTR 479-Athletic Training Practicum, Salisbury University, Spring 2016
10. PHEC 490-Independent Study, Salisbury University, Spring 2016
11. ATTR 221-Risk Management Strategies, Salisbury University, Spring 2015
12. ATTR 301-Clinical Research Practice, Salisbury University, Fall 2014 & Fall 2015
13. ATTR 320-Clinical Pathology, Salisbury University, Fall 2014 & Fall 2015
14. AT 740-Anatomical Musculoskeletal Dissection, University of Kentucky, Spring 2011-2014
15. PE 255-Basic Athletic Training, Calvin College, Spring 2006-2010
16. PED 217-Modern Principles of Athletic Training, Grand Valley State University, Spring 2010
17. ESS 232-Practicum II, Colby Sawyer College, Spring 2005 & Spring 2006
18. ESS 316-Therapeutic Rehabilitation, Colby Sawyer College, Spring 2005 & Spring 2006
19. ESS 432-Practicum VI, Colby Sawyer College, Spring 2005 & Spring 2006
20. ESS 231-Practicum I, Colby Sawyer College, Fall 2004 & Fall 2005
21. ESS 431-Practicum V, Colby Sawyer College, Fall 2004 & Fall 2005
22. ESS 105-Community First Aid and CPR, Colby Sawyer College, Fall 2004

B. Undergraduate-Graduate Courses

1. Not applicable

C. Graduate Courses

1. ATTR 7260-Modalities in Rehabilitation, Marquette University, Fall 2025
2. ATTR 7966-AT Practicum II, Marquette University, Fall 2025
3. ATTR 7674-AT Practicum VI, Marquette University, Fall 2025
4. ATTR 7887-Summative Assessment, Marquette University, Fall 2025
5. AT 6010-Emergency Management in Athletic Training, Bowling Green State University, Summer 2020, 2021, 2022, 2023, 2024
6. AT 6020-Evaluation & Application of Healthcare Research, Bowling Green State University, Summer 2022 & 2023
7. AT 6410-Advanced Clinical IV, Bowling Green State University, Fall 2022
8. AT 6510-Culminating Experience in AT, Bowling Green State University, Spring 2022, 2023, 2024, 2025
9. AT 6420-Global Healthcare Dynamics, Bowling Green State University, Fall 2021, 2022, 2023, Spring 2025
10. AT 6310-Advanced Clinical II, Bowling Green State University, Summer, 2021
11. AT 6200-Evaluation and Treatment II: Knee and Hip, Bowling Green State University, Spring, 2021, 2022, 2023, 2024, 2025
12. AT 6210-Advanced Clinical II, Bowling Green State University, Spring, 2021, 2022, 2023, 2024, 2025
13. AT 6100-Evaluation and Treatment I: Foot and Ankle, Bowling Green State University, Fall 2020, 2021, 2022, 2023, 2024
14. AT 6110-Advanced Clinical I, Bowling Green State University, Fall 2020, 2021, 2022, 2023, 2024
15. ATTR 555-Pathology and Assessment, Salisbury University, Spring 2018
16. ATTR 570-Foundations of Therapeutic Exercise, Salisbury University, Spring 2017 & Spring 2018
17. ATTR 655-Administration and Professional Development (on-line), Salisbury University, Spring 2018
18. ATTR 660-Applied Research (on-line), Salisbury University, Spring 2018
19. ATTR 620-Healthcare Administration (hybrid), Salisbury University, Summer 2017

20. ATTR 505-Risk Management Strategies, Salisbury University, Fall 2017
21. ATTR 520-Orthopedic Assessment & Diagnosis, Salisbury University, Fall 2016 & Fall 2017
22. ATTR 605-Therapeutic Interventions (on-line), Salisbury University, Fall 2017
23. ATTR 610-Research Methods for Clinical Practice (on-line), Salisbury University, Fall 2017
24. ATTR 501-Injury/Illness Prevention, Salisbury University, Summer 2016

D. Other Teaching

1. BGSU Faculty Development and Instructional Grant
Project: “*Enhancing Clinical Skill Development and Training Education Through Moulage Simulation*”.
Toonstra JL (2024). Submitted to BGSU Office of the Provost and Senior Vice President for Academic Affairs
Funded: \$1,8687.00
2. BGSU Faculty Development and Instructional Grant
Project: “*Preceptor Development Training Workshop: Acute Care for Athletic Trainers*”
Toonstra JL (2023). Submitted to BGSU Office of the Provost and Senior Vice President for Academic and Student Affairs
Funded: \$2,000
3. The Association of College and University Educators (ACUE) and the American Council on Education Certificate in Effective College Instruction, December 2022
4. Preceptor Development Training, Bowling Green State University, 2020-present
5. Salisbury University Sports Medicine Cadaver Workshop & Clinical Symposium, January 15-16, 2016
6. Preceptor Training and Development, Salisbury University, 2010-2014
7. Michigan Intercollegiate Athletic Association (MIAA) Sports Medicine Symposium, 2008

E. Thesis, Project, and Dissertation Students

<u>Name</u>	<u>Role</u>	<u>Type</u>	<u>Year</u>	<u>University</u>
1. Yiwen Yuan <i>Lasso Method with SCAD Penalty for Estimation and Variable Selection in Sequential Models</i>	Graduate Faculty Rep	Dissertation	2024	BGSU
2. Alexander Popovici <i>Three Strikes: Modern American Orchestras and their Communities</i>	Graduate Faculty Rep	Dissertation	2024	BGSU
3. Sarah Russin <i>The Aftermath of Trauma and its Effects on Family: A Narrative Literature Review</i>	Graduate Faculty Rep	Dissertation	2024	BGSU
4. Mingrui Yang <i>Assembly of Dissimilar Inorganic Nanocrystals</i>	Graduate Faculty Rep	Dissertation	2021	BGSU
5. Emily Roberts <i>Establishing safe thresholds to improve exercise capacity in collegiate athletes with inflammatory bowel disease (IBD): A critically appraised topic</i>	Second Reader	Project	2022	BGSU
6. Lauren Myers <i>Test-Retest reliability and minimal detectable change of the Fit Light Trainer</i>	Co-Chair	Project	2021	BGSU

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| 7. | Kelsey Catterton | Chair | Project | 2018 | Salisbury Univ. |
| | <i>A review of the effectiveness of prophylactic knee bracing on preventing ligamentous knee injuries in collegiate football players</i> | | | | |
| 8. | Silvana Cespedes | Chair | Project | 2018 | Salisbury Univ. |
| | <i>Prevalence of mental health illnesses in student-athletes and management strategies for the healthcare professional's involved: a literature review.</i> | | | | |
| 9. | Ashley Zajac | Chair | Project | 2018 | Salisbury Univ. |
| | <i>Prevalence of lower extremity overuse injuries in female dancers: a literature review</i> | | | | |

V. CURRICULUM DEVELOPMENT

A. Courses

1. AT 6440: Cultural Competency in Healthcare, completion of green sheets, Bowling Green State University, Spring 2023
2. Master of Athletic Training Program curriculum updates, completion of 4 green sheets, Bowling Green State University, Fall 2022
3. Master of Athletic Training Program revision of program learning outcomes and student learning outcomes for each course to align with new CAATE 2020 Standards, Bowling Green State University, Fall 2018-Spring 2020
4. ATTR 500-Advanced Strategies for Physical Wellness, Salisbury University, Summer 2018
5. ATTR 600-Comprehensive Approach to Health, Salisbury University, Summer 2018
6. Completion of the Commission on Accreditation of Athletic Training Education (CAATE) substantive change (mini self-study) for new Master of Science in Athletic Training Degree, Salisbury University, 2017
7. Proposal to the Maryland Higher Education Commission (MHEC) to transition from a Baccalaureate to master's Degree Program, Salisbury University, 2015

B. Workshops

1. Symposia Organizer, Bowling Green State University Sports Medicine Symposium, “*Preceptor Development Training Workshop: Acute Care for Athletic Trainers*, Summer 2023
 - a. Funded by Faculty Development and Instructional Improvement Grant
2. The Association of College and University Educators (ACUE) Effective Teaching Practices Course, 2022
3. Salisbury University Sports Medicine Cadaver Workshop & Clinical Symposium, January 15-16, 2016
4. Michigan Intercollegiate Athletic Association (MIAA) Sports Medicine Symposium, 2008

VI. PROFESSIONAL DEVELOPMENT

Certificate, Leading for Equity, Diversity, and Inclusion in Higher Education. University of Michigan, December 12, 2024

Anti-racist Pedagogy, Center for Faculty Excellence, Bowling Green State University, March 15, 2023

Commission on Accreditation of Athletic Training Education (CAATE) conference, Orlando, FL, 2021

Virtual Athletic Trainers' Educators' Conference, 2021, 2024

Great Lakes Athletic Trainers' Association Annual Meeting & Clinical Symposia, Chicago, IL 2019, 2020, 2021, 2022, 2024

International Cartilage Repair Society (ICRS) World Congress, Vancouver, BC, Canada 2019

World Federation of Athletic Training and Therapy (WFATT) World Congress, Tokyo, Japan 2019

National Athletic Trainers' Association (NATA) Educators' Conference, Grapevine, TX, 2015, 2017, & 2019

Active Learning Classroom Certification, Bowling Green State University Center for Faculty Excellence, 2018

Safe Zone Training, Bowling Green State University Center for Faculty Excellence, 2018

Writing Clear and Challenging Learning Outcomes, Bowling Green State University Center for Faculty Excellence, 2018

Overcoming the Invisible: Creating and Maintaining an Inclusive Work Environment, Bowling Green State University Center for Faculty Excellence, 2018

Program Evaluation: Learning Outcomes, Curriculum Mapping, and Assessment Workshop, Bowling Green State University Center for Faculty Excellence, 2018

Bowling Green State University (BGSU) Sports Medicine Symposium, 2018

National Athletic Trainers' Association (NATA) Capitol Hill Day, Washington DC, 2015 & 2018

Mid-Atlantic Athletic Trainers' Association (MAATA) Annual Meeting & Clinical Symposia, Virginia Beach, VA & Ocean City, MD, 2015, 2016, 2017, & 2018

Soaring with Online Learning Program, Salisbury University, 2017

Faculty Development Day, Salisbury University, 2014-2016

Teaching and Learning Conference, Salisbury University, 2015 & 2016

Maryland Athletic Trainers' Association (MATA) Annual Business Meeting & Clinical Symposia, Towson, MD, 2015 & 2016

Salisbury University Sports Medicine Symposium & Cadaver Workshop, January 2016

Safe Space Workshop, Office of Institutional Equity, Salisbury University, 2016

National Athletic Trainers' Association (NATA) Annual Meeting & Clinical Symposia, 2003, 2006-2008, 2011-2013, 2016

Commission on Accreditation of Athletic Training Education (CAATE) Conference, Tampa, FL, 2015

International Cartilage Repair Society (ICRS) 12th World Congress, Chicago, IL, 2015

Peninsula Orthopedic Associates, Athletic Training Continuing Education Series:

- Orthotic Therapy for Different Conditions, 2015
- The Athletic Hip, 2014
- Female Athlete Triad, 2014

Flipping the Classroom Workshop, Salisbury University, October 13, 2014 & November 21, 2014

Student Success Summit, Salisbury University, August 8, 2014

Southeast Athletic Trainers' Association (SEATA) Annual Meeting & Clinical Symposia, Atlanta, GA, 2014

University of Kentucky Sports Medicine Symposium & Concussion Summit, 2011-2014

Kentucky Athletic Trainers' Society (KATS) Annual Meeting & Clinical Symposia, Lexington, KY, 2013

American College of Sports Medicine (ACSM) Annual Meeting & Clinical Symposia, Indianapolis, IN, 2013

Applied Techniques of Manual Therapy-Treatment of Common Extremity Dysfunction through Mobilization, Great Lakes Seminars, 2009

Emergency Preparedness in Sports Medicine, Hope College Lecture Series, January 25, 2008

Eastern Athletic Trainers' Association (EATA) Annual Meeting & Clinical Symposia, Boston, MA, 2005

New Hampshire Athletic Trainers' Association (NHATA) Annual Meeting & Clinical Symposia, Manchester, NH, 2005

Great Lakes Athletic Trainers' Association (GLATA) Annual Meeting & Clinical Symposia, Evansville, IN, 2003

College and High School Athlete Sports Medicine Conference, Cincinnati, OH, 2000

Great Lakes Seminars: Treatment of Common Extremity Dysfunction through Mobilization, Grand Rapids, MI, 2000

Great Lakes Seminars: Comprehensive Treatment of the Knee: Grand Rapids, MI, 2000

VII. RESEARCH PROJECTS AND GRANTS

- A. Eastern Athletic Trainers' Association (EATA) Supported Research Program (June 2024)
 Project: *"When time is of the essence: Enhancing social determinants of health factors in emergency action plans (EAP's)"*
 Investigators: Madden M, **Toonstra JL**. Submitted to EATA.
 Funded: \$10,000.00
- B. BGSU Grants to Support Early Phase Research and Creative Activities (GSEPR-CA) (July, 2023)
 Project: *"Athletic trainers' perceived confidence with the 2020 acute care standards"*
 Investigators: Stiltner S, **Toonstra JL**, Cripps AE. Submitted to BGSU Office of Sponsored Programs and Research
 Funded: \$4,000

- C. BGSU Education and Human Development (EDHD) Research Development Grant (2020)
 Project: *“Prevalence and severity of self-reported symptoms in collegiate athletes with a history of multiple concussions: a mixed methods study”*
 Investigators: **Toonstra JL**, Cripps AE. Submitted to: EDHD Research Development Committee
 Funded: \$12,500
- D. Ohio Athletic Trainers’ Association (OATA) Research Grant (2019).
 Project: *Lived experiences of collegiate athletes following multiple concussions: A qualitative exploration.*
 Investigators: Cripps AE, **Toonstra JL**. Submitted to: OATA
 Funded: \$500.00
- E. Southeast Athletic Trainers’ Association (SEATA) Research and Education Grant (2013).
 Project: *The relationship between patient expectations, functional outcome, and rehabilitation adherence following cartilage repair of the knee: a sequential explanatory analysis.*
 Investigators: **Toonstra JL**, Mattacola CG, Howell DM. Submitted to: SEATA
 Funded: \$1,880.00
- F. National Athletic Trainers’ Association (NATA) Research and Education Foundation. Master’s Research Grant (2013).
 Project: *Understanding return-to-sport factors following anterior cruciate ligament reconstruction: a mixed methods study.*
 Investigators: Werner JW, Iannicelli JP, Howell DM, Mattacola CG, **Toonstra JL** & Howard JS.
 Funded: \$1,000

VIII. PUBLICATIONS

- A. Publications
1. Books
 - a. Book Chapters
 - i. **Toonstra JL**. (2020). “Evidence-Based Injury Evaluation.” In Kutz MR & Cripps AE, ed. *Musculoskeletal Assessment in Athletic Training and Therapy*. 1st ed. Burlington, MA. Jones & Bartlett Learning.
 2. Journal Articles
 - a. Refereed Articles
 - i. Journals
 1. Myers L, **Toonstra JL**, Cripps AE. The test-retest reliability and minimal detectable change of the FitLight Trainer. *Int J Athl Ther Train*. 2023; 28(2): 84-88. <https://doi.org/10.1123/ijatt.2022-0012>
 2. Roberts EC, Cripps AE, **Toonstra JL**. Establishing safe thresholds to improve exercise capacity in collegiate athletes with Inflammatory Bowel Disease (IBD): A critically appraised topic. *J Sports Med Health Sci*. 2022; 8(3): 1-13. (October)
 3. **Toonstra JL**, Howell D, English RA, Lattermann C, & Mattacola CG. The relationship between patient expectations and functional outcomes in patients undergoing cartilage repair of the knee: a mixed methods study. *J Sport Rehabil*. 2021; 30: 1038-1046. <https://doi.org/10.1123/jsr.2020-0022>

4. **Toonstra JL**, Cripps AE. The effectiveness of an infrapatellar strap in decreasing pain associated with patellar tendinopathy: A critically appraised topic. *J Sports Med Allied Health Sci.* 2020; 5(3): 1-6
<https://doi.org/10.25035/jsmahs.05.03.01>
5. Burland JP, **Toonstra JL**, Howard JS. Psychosocial barriers after anterior cruciate ligament reconstruction: a clinical review of factors influencing post-operative success. *Sports Health.* 2019; 11(6): 528-534.
<https://doi.org/10.1177/1941738119869333>
6. **Toonstra JL**, Howell DM, English RA, Lattermann C, Mattacola CG. Rehabilitation providers' perspective on recovery following autologous chondrocyte implantation: a qualitative study. *Phys Med Rehabil Studies.* 2019; 1(1): 1-9.
7. Burland JP, **Toonstra JL**, Werner JL, Mattacola CG, Howell DM, Howard JS. Decision to Return-to-Sport Following Anterior Cruciate Ligament Reconstruction, Part IA: A Qualitative Investigation of Psychosocial Factors. *J Athl Train.* 2018; 53(5): 452-463. <https://doi.org/10.4085/1062-6050-313-16>
8. Werner JL, Burland JP, Mattacola CG, **Toonstra JL**, English RA, Howard JS. Decision to Return-to-Sport Following Anterior Cruciate Ligament Reconstruction, Part II: Self-Reported and Functional Performance Outcomes. *J Athl Train.* 2018; 53(5): 464-474. <https://doi.org/10.4085/1062-6050-328-16>
9. **Toonstra JL**, Howell, DM, English RA, Lattermann C, Mattacola CG. Patient experiences of recovery following autologous chondrocyte implantation: a qualitative study. *J Athl Train.* 2016; 51(12): 1028-1036.
<https://doi.org/10.4085/1062-6050-51.12.12>
10. Howard JS, **Toonstra JL**, Meade AR, Whale-Conley CE, Mattacola CG. Feasibility of conducting a web-based survey of patient-reported outcomes and rehabilitation progress. *Dig Health.* 2016; 2: 1-10.
<https://doi.org/10.1177/2055207616644844>
11. Myers NL, **Toonstra JL**, Smith JS, Padgett CA, Uhl TL. Sustained isometric shoulder contraction of muscular strength and endurance: a randomized clinical trial. *Int J Sports Phys Ther.* 2015; 10(7): 1-11. PMID: 26676171
12. **Toonstra JL**, Howard JS, Uhl TL, English RA, Mattacola CG. The role of rehabilitation following autologous chondrocyte implantation: A retrospective chart review. *Int J Sports Phys Ther.* 2013; 8(5): 670-679. PMID: 24175146
13. **Toonstra JL**, Mattacola CG. Test-retest reliability and validity of isometric knee flexion and extension measurement using three methods of assessing muscle strength. *J Sport Rehabil.* 2012 Sep 4. PMID: 22951307.
<https://doi.org/10.1123/jsr.2013.TR7>

ii. Articles in progress:

1. **Toonstra JL**, Madden M. Social Determinants of Learning: Relevance to Athletic Training Education. *Ath Train Educ J*. (In review).
2. **Toonstra JL**, Madden M. Social Determinants of Learning in Athletic Training Education. *Ath Train Educ J*. (In review).
3. **Toonstra JL**, Cripps AE. Quality-of-life experiences in collegiate athletes with multiple concussions: a qualitative study. *J Athl Train*. (In preparation)

iii. Presentations: (*indicates undergraduate student; †indicates graduate student)

1. **Toonstra JL**, Martinez M. (2024). Recognizing and addressing microaggressions in the clinical environment: A Learning Lab. Great Lakes Athletic Trainers' Association Annual Meeting & Clinical Symposia. Wheeling, IL. (Peer-reviewed)
2. **Toonstra JL**. (2023). Social Determinants of Health: Relevance to Athletic Training. Bowling Green State University Sports Medicine Symposium. Bowling Green, OH. (Invited)
3. **Toonstra JL**, Cripps AE, Stiltner S (2023). Differences in voluntary motor control between intercollegiate athletes of different sports. National Athletic Trainers' Association Annual Meeting & Clinical Symposia. Indianapolis, IN. (Peer-reviewed).
4. Stiltner S, Cripps AE, **Toonstra JL** (2023). Gender differences in NeuroCom® VSR sport system limits of stability protocol in Division I intercollegiate athletics. National Athletic Trainers' Association Annual Meeting & Clinical Symposia. Indianapolis, IN. (Peer-reviewed).
5. Cripps AE, Stiltner S, **Toonstra JL** (2023). Correlation between the limits of stability and stability evaluation tests in healthy intercollegiate athletes. National Athletic Trainers' Association Annual Meeting & Clinical Symposia. Indianapolis, IN. (Peer-reviewed).
6. Dearing C†, **Toonstra JL**, Cripps A (2023). The effect of instrument assisted soft tissue mobilization on improving joint range of motion in active individuals: A critically appraised topic. Ohio Athletic Trainers' Association Annual Meeting & Clinical Symposia. Cleveland, OH. (Peer-reviewed)
7. Stiltner S, Cripps AE, **Toonstra JL** (2023). Gender differences in NeuroCom® VSR sport system limits of stability protocol in Division I intercollegiate athletics. Great Lakes Athletic Trainers' Association Annual Meeting & Clinical Symposia. Wheeling, IL. (Peer-reviewed).
8. Cripps AE, **Toonstra JL**, Stiltner S (2023). Correlation between the limits of stability and stability evaluation tests in healthy intercollegiate

- athletes. Great Lakes Athletic Trainers' Association Annual Meeting & Clinical Symposia. Wheeling, IL. (Peer-reviewed)
9. Cripps AE, **Toonstra JL**, Smith JA, Kutz M (2022). Baseline analysis of ImPACT test data in interscholastic athletes. World Federation of Athletic Training & Therapy (WFATT) World Congress. Winnipeg, Manitoba. (Peer-reviewed)
 10. Cripps AE, **Toonstra JL**, Smith JA, Sage A, Kutz M (2022). Baseline ImPACT test data for interscholastic athletes stratified by concussion history. World Federation of Athletic Training & Therapy (WFATT) World Congress. Winnipeg, Manitoba. (Peer-reviewed)
 11. Roberts EC, Cripps AE, **Toonstra JL**. (2022). Establishing safe thresholds to improve exercise capacity in collegiate athletes with Inflammatory Bowel Disease (IBD): A critically appraised topic. Ohio Athletic Training Association (OATA) Annual Meeting & Clinical Symposium. Cleveland, OH. (Peer-reviewed)
 12. **Toonstra JL**, Williams J, Martinez M. (2022). Advancing diversity, equity, inclusion, and access (DEIA) through evidence-based decision-making. Great Lakes Athletic Trainers' Association Annual Meeting & Clinical Symposia. Wheeling, IL. (Peer-reviewed)
 13. **Toonstra JL**, Cripps AE, Myers L†. Lived experiences of student-athletes following multiple concussions: a qualitative exploration. Paper presented at: Virtual Canadian Athletic Trainers' Association (CATA) Annual Meeting & Clinical Symposia; October 13, 2021. (Peer-reviewed)
 14. **Toonstra JL**, Cripps AE, Myers L†. Lived experiences of student-athletes following multiple concussions: a qualitative exploration. Paper presented at: Virtual National Athletic Trainers' Association (NATA) Annual Meeting & Clinical Symposia; June 22-24, 2021. (Peer-reviewed)
 15. **Toonstra JL**, Cripps AE, Myers L†. The impact of multiple concussions on the lives of student-athletes. Paper presented at: Virtual Ohio Athletic Trainers' Association (OATA) Annual Meeting & Clinical Symposia; May, 2021. (Peer-reviewed)
 16. Great Lakes Athletic Trainers' Association (GLATA) Diversity & Inclusion Committee. (2021). Report and Panel Discussion. Virtual Great Lakes Athletic Trainers' Association Annual Meeting & Clinical Symposia. (Invited)
 17. **Toonstra JL** (2020). "Interpreting specificity and sensitivity values to improve clinical decision-making. Great Lakes Athletic Trainers' Association Annual Meeting and Clinical Symposium. Wheeling, IL. (Peer-reviewed)

18. **Toonstra JL**, Howard JS, Conley CW. Pre-operative expectations are inversely correlated with rehabilitation adherence in patients undergoing cartilage repair of the knee. Paper presented at: 14th Annual International Cartilage Repair Society (ICRS) World Congress; October 5-8, 2019; Vancouver, Canada. (Peer-reviewed)
19. **Toonstra JL**. Rehabilitation providers' perspective on recovery following autologous chondrocyte implantation: a qualitative study. Paper presented at: 10th World Federation of Athletic Training and Therapy (WFATT) World Congress; May 12, 2019; Tokyo, Japan. (Peer-reviewed)
20. **Toonstra JL** (2019). "The science behind recovery". Bowling Green State University Women's Soccer Workshop. Bowling Green, OH (Invited).
21. **Toonstra JL** (2019). "Articular cartilage injuries of the knee: evidence for rehabilitation and return-to-sport". Evidence-based presentation. Great Lakes Athletic Trainers' Association Annual Meeting and Clinical Symposium. Wheeling, IL. (Peer-reviewed).
22. **Toonstra JL** (2018). "Training considerations for patients with knee pain". Allegro Coaching. Grand Rapids, MI (Invited).
23. **Toonstra JL** (2017). "Special tests of the shoulder and knee: Clinical interpretation of sensitivity and specificity values". Mid-Atlantic Athletic Trainers' Association (MAATA) student program. Virginia Beach, VA (Peer-reviewed).
24. Owens ME*, Szymanski* MR, **Toonstra JL**. Latarjet procedure in a 21-year-old male football athlete. Paper presented at: Mid-Atlantic Athletic Trainers' Association (MAATA) Annual Symposium; May, 2017; Virginia Beach, VA. (Peer-Reviewed)
25. Mitchell AS*, Wood ER, **Toonstra JL**. Vestibular rehabilitation in a 20 y.o. female volleyball player. Paper presented at: Mid-Atlantic Athletic Trainers' Association (MAATA) Annual Symposium; May, 2017; Virginia Beach, VA. (Peer-Reviewed)
26. **Toonstra JL** (2016). "Articular cartilage injuries of the knee: Evidence for rehabilitation and return-to-sport." Salisbury University Sports Medicine Cadaver Workshop & Clinical Symposium. Salisbury, MD (Invited).
27. Szymanski MR*, Saltarelli DN, **Toonstra JL**. Postural orthostatic tachycardia syndrome in an 18-year-old female volleyball player. Paper presented at: Mid-Atlantic Athletic Trainers' Association (MAATA) Annual Symposium; May, 2016; Virginia Beach, VA. (Peer-Reviewed)
28. Robinson DR*, Tovornik M, **Toonstra JL**. Avascular necrosis of the scaphoid in a 19-year-old collegiate baseball player. Paper presented at:

Mid-Atlantic Athletic Trainers' Association (MAATA) Annual Symposium; May, 2016; Virginia Beach, VA. (Peer-Reviewed)

29. Mitchell AS*, Wood ER, **Toonstra JL**. Vestibular rehabilitation in a 20-year-old female volleyball player. Paper presented at: Annual Salisbury University Student Research Conference; April, 2016; Salisbury, MD. (Peer-Reviewed)
30. Szymanski MR*, Saltarelli DN, **Toonstra JL**. Postural orthostatic tachycardia syndrome in an 18-year-old female volleyball player. Paper presented at: Annual Salisbury University Student Research Conference' April, 2016; Salisbury, MD. (Peer-Reviewed)
31. Uhl TL, Myers NL, **Toonstra JL**, Smith JS, Padgett CA & Butterfield TA. Effects of sustained muscle contraction on shoulder muscle strength and endurance: a randomized clinical trial. Paper presented at: 5th International Congress of Shoulder and Elbow Therapists; May 18-20, 2016; Jeju, Korea. (Peer-Reviewed)
32. Fiala KA, **Toonstra JL** & Ritenour DM (2015). Experiential learning and civic engagement in athletic training education. Salisbury University's Fifth Annual Teaching and Learning Conference. Salisbury, MD (Peer-reviewed). (Peer-Reviewed)
33. Iannicelli JP, Werner JL, **Toonstra JL**, Mattacola CG, Howard JS & Howell DM. To return or not return? A qualitative investigation of factors influencing return to sport following ACL reconstruction. Free Communications, Thematic Posters: Return to Play Factors after Anterior Cruciate Ligament Reconstruction. Paper presented at: NATA National Convention; June, 2015; St. Louis, MO. (Peer-Reviewed)
34. Werner JW, **Toonstra JL**, Ianicelli JP, Mattacola CG & Howard JS. Understanding return-to-sport factors following anterior cruciate ligament reconstruction. Free Communications, Thematic Posters: Return to Play Factors after Anterior Cruciate Ligament Reconstruction. Paper presented at: NATA National Convention; June, 2015; St. Louis, MO. (Peer-Reviewed)
35. Myers NL, Padgett CA, Smith JS, **Toonstra JL**, Butterfield TA & Uhl TL. Effects of sustained muscle contraction on shoulder muscle endurance. Free Communications, Thematic Posters: Shoulder Muscle Function and Fatigue. Paper presented at: NATA National Convention; June, 2015; St. Louis, MO. (Peer-Reviewed)
36. Driscoll PF*, Sachs KR* & **Toonstra JL**. Achilles tendon rupture in a 23-year-old men's lacrosse player. Paper presented at: Annual Salisbury University Student Research Conference' April, 2015; Salisbury, MD. (Peer-Reviewed)

37. Reilly KL*, Runser PE* & **Toonstra JL**. A partially torn pectoralis major in an out-of-season football player. Paper presented at: Annual Salisbury University Student Research Conference' April, 2015; Salisbury, MD. (Peer-Reviewed)
38. Sachs KR*, Driscoll PF* & **Toonstra JL**. Osteitis pubis and pelvic floor reconstruction in a 19-year-old male lacrosse player. Paper presented at: Annual Salisbury University Student Research Conference' April, 2015; Salisbury, MD. (Peer-Reviewed)
39. Driscoll PF*, Sachs KR* & **Toonstra JL**. Innovative Achilles tendon repair in a 23-year-old male lacrosse player. Paper presented at: Mid-Atlantic Athletic Trainers Association (MAATA) Annual Symposium; May, 2015; Virginia Beach, VA. (Peer-Reviewed)
40. Ziyout HG* & **Toonstra JL**. Hemi-hamate autograft arthroplasty for a chronically dislocated proximal interphalangeal joint and unicondylar fracture of the 5th digit. Paper presented at: Mid-Atlantic Athletic Trainers Association (MAATA) Annual Symposium; May, 2015; Virginia Beach, VA. (Peer-Reviewed)
41. Ziyout HG*, **Toonstra JL**, Lamboni PM & Orsoe JJ. Hemi-hamate autograft arthroplasty for a chronically dislocated proximal interphalangeal joint and unicondylar fracture of the 5th digit. Paper presented at: Maryland Athletic Trainers Association (MATA) Annual Symposium; May, 2015; Towson, MD. (Peer-Reviewed)
42. **Toonstra JL**, Lattermann C, Howard JS, Howell DM, & Mattacola CG. The relationship between patient expectations and functional outcome: a mixed methods analysis. Paper presented at: 12th International Cartilage Repair Society World Congress; February, 2015; Chicago, IL. (Peer-Reviewed)
43. **Toonstra JL** (2014). "The relationship between patient expectations, functional outcome, self-efficacy, and rehabilitation adherence following cartilage repair of the knee: a sequential explanatory analysis." Southeast Athletic Trainers' Association (SEATA) Meeting & Clinical Symposium. Atlanta, GA. (Peer-reviewed)
44. **Toonstra JL** (2014). "Training clients with lower extremity injury: advice for the personal trainer." Allegro Coaching. Grand Rapids, MI (Invited).
45. Howard JS & **Toonstra JL** (2013). "Articular cartilage injuries: Treatment options and expectations for return to activity." National Athletic Trainers' Association Annual Meeting. Evidence Based Forum. Las Vegas, NV. (Peer-reviewed)
46. Meade AR, Mattacola CG, **Toonstra JL**, & Howard JS (2013). Feasibility of conducting a web-based survey of patient-reported outcomes and rehabilitation progress. *J Athl Train*. 48(3), S-251. (Peer-Reviewed)

47. **Toonstra JL**, Mattacola CG, Lattermann C, & Howard JS (2013). Rehabilitation attendance following knee surgery is not influenced by driving distance. *Med Sci Sports Exer.* 45(5), S-296. (Peer-Reviewed)
48. **Toonstra JL** (2012). "A look inside athletic training." University of Kentucky, College of Health Sciences. HSE 101: Survey of Health Professions. Lexington, KY (Invited).
49. **Toonstra JL**, Mattacola CG & Lattermann C. Reliability and validity of isometric knee flexion and extension measurements using three methods of assessing muscle strength. Paper presented at: Annual Meeting of the Orthopaedic Research Society (ORS); January, 2012; San Francisco, CA. (Peer-Reviewed)
50. Gruner M, Kornoelje E, O'Connor EA & **Toonstra JL** (2010). "Practical approaches to addressing the female athlete triad." Aquinas College. Grand Rapids, MI. (Invited)
51. **Toonstra JL** (2010). "When bad knees happen to good people." Allegro Coaching. Grand Rapids, MI. (Invited)
52. **Toonstra JL**, Miller MG, Ritenour DM & Schutten MC. Institutional barriers in obtaining CAAHEP accreditation: A comparison study. Free Communications, Thematic Posters: Athletic Training Education. Paper presented at: NATA National Convention; June, 2003; St. Louis, MO. (Peer-Reviewed)

10. Editorships of Journals

- a. Associate Editor, *Journal of Sport Rehabilitation*, 2014-2019

IX. SERVICE

A. Program

1. Marquette University, Master of Athletic Training Program, Exercise Science
 - a. Clinical Education Coordinator, 2025-present
2. Bowling Green State University, Master of Athletic Training Program
 - a. Clinical Education Coordinator, 2019-2025
 - b. Initial CAATE accreditation co-author rejoinder; submitted fall 2021.
 - c. Initial CAATE accreditation co-author; submitted, spring 2021.

B. Department

1. Marquette University, Department of Physical Therapy
2. Bowling Green State University, School of Applied Human Development
 - a. Member, AHD Mary Ann Robertson Outstanding Thesis/Project Committee, 2024
 - b. HMSLS School Personnel Committee, 2022-2023
 - c. Search Committee Member, Asst. Professor in Exercise Science and Athletic Training Faculty Search, 2022
 - d. Member, Exercise Science Advisory Board, 2018-2025
 - e. Chair, Asst. Teaching Professor in Exercise Science Faculty Search, 2021
 - f. Member, HMSLS Undergraduate Curriculum Committee, 2019-2021
 - g. Member, HMSLS Professional Development Committee, 2019-2020

- h. Member, HMSLS Graduate Student Grants Committee, 2018-2019
- i. Member, HMSLS Mary Ann Robertson Outstanding Thesis/Project Committee, 2018-2019
- j. Member, HMSLS Research Methods Workgroup, 2018-2019
- k. Chair, HMSLS Graduate Program Website Review Ad Hoc Committee, 2018-2019
- 3. Salisbury University, Department of Health and Sport Sciences
 - a. Chair, Health and Sport Sciences Policies Committee, 2015-2018
 - b. Member, Health and Sport Sciences Exercise Science Advisory Board, 2017-present
 - c. Member, Physical Education Faculty Search, Fall 2016
 - d. Member, Exercise Science Faculty Search, Spring 2015
 - e. Chair, Clinical Assistant/Associate Professor in Athletic Training Faculty Search, 2015
 - f. Faculty Advisor, Phi Epsilon Kappa Professional Fraternity, 2014-2017
- C. College
 - 1. Marquette University, College of Health Sciences
 - 2. Bowling Green State University
 - a. Reviewer, Shirley Waugh Carlson and Ed Carlson Fellowship in Education Family Scholar Award, 2024
 - b. Member, EDHD Research and Development Committee, 2019-2023
 - c. Member, EDHD Inclusion & Diversity Committee, 2019-2021
- D. University
 - 1. Marquette University
 - 2. Bowling Green State University
 - a. EDHD Faculty Representative, SAAC Assessment Committee, 2018-2025
 - b. EDHD Faculty Representative, Faculty Senate, 2020-2021
 - c. EDHD Faculty Representative, Faculty Senate Alternate, 2021-2022
 - 3. Salisbury University
 - a. Member, College of Health and Human Services Faculty Learning Community, 2017-2018
 - b. Chair, Graduate Council Academic Policies Committee, 2016-2017
 - c. Member, Graduate Commencement Speaker Selection Committee, 2016 & 2017
 - d. Member, Honors Convocation Committee, 2015-2018
 - e. Member, Graduate Council, 2015-2017
 - f. Member, New Faculty Orientation Committee, 2015-2017
- E. Professional
 - 1. Committee Coordinator, Great Lakes Athletic Trainers' Association, Diversity & Inclusion Committee, March 2023-2025
 - 2. Editorial Board Member, *Athletic Training Education Journal*, 2022-present
 - 3. Member, Mercy Health & BGSU Interprofessional Education Committee, 2020-2025
 - 4. Member, Great Lakes Athletic Trainers' Association (GLATA) Diversity and Inclusion Committee, 2020-2023
 - 5. Director, Bowling Green State University Board of Certification Approved Provider Program, 2019-2025
 - 6. Mercy Health Interprofessional Education Escape Room & Communication Workshop, 2021-2025
 - 7. Member, Ohio Athletic Trainers' Association (OATA) Research and Grants Committee, 2018-2025
 - 8. 2022 Clinical Symposia Proposal Reviewer, National Athletic Trainers' Association, August 2021
 - 9. Associate Editor, *Journal of Sport Rehabilitation*, 2014-2019
 - 10. Peer reviewer, *Journal of Sports Medicine and Allied Health Sciences*, 2018-present
 - 11. Peer reviewer, *Journal of Sport Rehabilitation*, 2011-present
 - 12. Peer reviewer, *Journal of Athletic Training*, 2015-present

13. Director, Salisbury University Board of Certification Approved Provider Program, 2015-2018
14. Member, Eastern Shore Collaborative for Inter-Professional Education of Health Care Professionals (ESCIPE), 2015-2016
15. Member, Maryland Athletic Trainers' Association (MATA) Research and Education Committee, 2015-2016
16. Moderator, Oral Abstracts, Salisbury University Student Research Conference, 2015-2018
17. Abstract Reviewer, Maryland Athletic Trainers' Association (MATA), 2015
18. Editorial Assistant, *Journal of Sport Rehabilitation*, 2011-2014
19. Founding Member, Specialists Championing Optimal Performance & Education (SCOPE); West Michigan coalition aimed at addressing disordered eating amongst local competitive and recreational athletes, 2009-2010.
20. Chair, Public Relations Committee, New Hampshire Athletic Trainers' Association (NHATA), 2005-2006
21. President, Western Michigan University Student Professional Association of Sports Medicine (SPASM)

F. Community

1. Anatomage Table Demonstration, Women in STEM, Bowling Green State University, November 2022
2. Anatomage Table Demonstration, Bowling Green State University Nursing Camp, Summer 2022
3. Instructor, American Heart Association Basic Life Support (BLS), Wood County Hospital, 2018-2025
4. Medical Volunteer, Glass City Marathon, Toledo, OH 2022
5. Medical Volunteer, Ohio Special Olympics, Bowling Green, OH 2022
6. Volunteer, Tent City, Toledo, OH, 2021
7. Volunteer, Amberley Village Police Department Bike Safety Fair, Amberley Village, OH 2018 & 2019
8. Salisbury Marathon, Medical Services, Salisbury, MD, 2018
9. Tim Kennard 10K Race, Medical Services, Salisbury, MD, 2018
10. Sea Gull Century, Medical Services, Salisbury, MD, 2014, 2016-2017
11. Maryland Special Olympics State Soccer Competition, Medical Services, Fruitland, MD, 2014 & 2017
12. High School Cross Country Regional Meet, Medical Services, Salisbury, MD, 2015
13. Boston Marathon, Medical Services, Boston, MA, 2005
14. Century Mountain Bike Race, Medical Services, Vail, CO, 2003
15. Horseshoe 5K, Medical Services, Beavercreek, CO, 2003
16. Kalamazoo Invitation Soccer Shootout, Medical Services, Kalamazoo, MI, 2002 & 2003
17. Galesburg-Augusta High School Wrestling Tournament, Medical Services, Galesburg, MI, 2002 & 2003
18. Mattawan Rocket Football, Medical Services, Mattawan, MI, 2001 & 2002
19. Bangor High School Football, Medical Services, Bangor, MI, 2001
20. United States Tennis Association (USTA) Tennis Tournament, Medical Services, Kalamazoo, MI, 2001 & 2002

X.MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Ohio Athletic Trainers' Association (OATA), 2019-present

National Athletic Trainers' Association (NATA), 2000-present

Great Lakes Athletic Trainers' Association (GLATA), 2000-2004, 2006-2010, 2019-present

International Cartilage Repair Society (ICRS), 2019-2021

Mid-Atlantic Athletic Trainers' Association (MAATA), 2014-2018

Maryland Athletic Trainers' Association (MATA), 2014-2018

Southeast Athletic Trainers' Association (SEATA), 2010-2014

Kentucky Athletic Trainers' Society (KATS), 2010-2014

American College of Sports Medicine (ACSM), 2012-2014

Michigan Athletic Trainers' Society (MATS), 2000-2004, 2006-2010

Eastern Athletic Trainers' Association (EATA), 2004-2006

New Hampshire Athletic Trainers' Association (NHATA), 2004-2006

XI.HONORS AND AWARDS

Recipient, University of Kentucky, College of Health Sciences Wright Scholarship, 2013-2014

Recipient, University of Kentucky, College of Health Sciences Academic Enhancement Scholarship, 2013-2014

Member, Delta Epsilon Iota Academic Honor Society, 2011-2014

Recipient, Sears' Directors Postgraduate Scholarship, 2002

Outstanding Physical Education Major of the Year, 1998-1999

XI.CREDENTIALS

Ohio Occupational Therapy, Physical Therapy, and Athletic Trainers Board Licensed Athletic Trainer, #AT005766

Board of Certification (BOC) Certified Athletic Trainer, #040002048

Basic Life Support for the Health Care Provider Certified, American Heart Association

Instructor, Basic Life Support for the Health Care Provider, American Heart Association, Instr. # 02160435174