

Jennifer Lynn Plant, MS Ed., ATC, LAT, CSCS

University of Central Florida
Department of Health Professions – Program in Athletic Training

EDUCATION:

- 2000 – 2002 Master of Science in Education/Athletic Training
Old Dominion University, Norfolk, Virginia
- 1995 – 1997 Bachelor of Science in Sports Medicine – Athletic Training
Minor – Exercise Science (Summa Cum Laude)
Barry University, Miami Shores, Florida
- 1991 – 1995 Pre-Physical Therapy/Biological Sciences
Mississippi State University, Starkville, Mississippi

PROFESSIONAL EXPERIENCE:

UNIVERSITY OF CENTRAL FLORIDA

(June 2010 – present)
Orlando, Florida

Clinical Coordinator/Instructor Program in Athletic Training

- Oversee athletic training student internship placements
- Administration of athletic training clinical education sites
- Assist Program Director with advisement of students within the Program in Athletic Training
- Assist Program Director with advisement of Athletic Training Pending students
- Assist with Transfer Orientation sessions when needed
- Courses taught:
 - Introduction to Athletic Training (ATR 4014C) – 2010-present
 - Practicum in Athletic Training I-IV (ATR 3812, 3822, 4832, 4842) – 2010-present
 - Recognition and Evaluation of Athletic Injuries I & II Lab and Lecture (ATR 3212, 4213) – 2010-present
 - Physiologic and Metabolic Basis of Human Movement and Performance Lab and Lecture (PET 3510) – 2010-present
 - Biomechanics of Sport Lab and Lecture (PET 4315) – 2011-present
 - Therapeutic Exercise in Athletic Training Lab and Lecture (ATR 4313) – 2011-present

UCF SERVICE:

- Member of UCF COHPA TIP Selection Committee - 2011
- Faculty Library Representative for Health Professions – 2010-present
- Member of Department of Health Professions “Big Ideas Committee”

THE INDUSTRIAL ATHLETE OF AMERICA, INC

(August 2008 – June 2010)
Jupiter, Florida

Human Performance and Injury Prevention Specialist

- Development, implementation and coordination of comprehensive injury and illness prevention programs for employees
- Provide on-site emergency care and first aid assessments and treatments
- Make referral recommendations to workman’s compensation clinics as needed
- Perform ergonomic job analysis, including task analysis, risk factor identification and quantification, posture analysis and body mechanics analysis
- Provide initial assessment and treatment of job related work symptoms that could become job related illnesses and injuries
- Provide direct care for treatment of occupational injuries and illness symptoms within Florida licensure guidelines
- Target reducing frequency and severity of symptoms, illnesses and injuries
- Facilitate successful return to work through coordination of transitional work assignments
- Implement stretching program, stretch leader program and lifting lab to provide on the job ergonomic training
- Respond to symptoms of musculoskeletal disorders by providing floor coaching, job task observation and follow up corrective exercises prior to a symptom becoming an injury

- Attend monthly Safety Management Assessment Team meetings
- Conduct first aid, CPR/AED and bloodborne pathogen training of First Responders
- Assist with OSHA documentation and recordkeeping
- Compile and provide injury data trend analysis on a monthly basis

CHARLESTON SOUTHERN UNIVERSITY

(August 2006 – July 2008)

Instructor of Kinesiology/Clinical Coordinator Athletic Training Education Program

Charleston, South Carolina

- Approved Clinical Instructor within the Athletic Training Education Program
- Classroom instruction and development of the following courses: Practicum IV; Orthopedic Assessment of the Head, Neck and Torso; Orthopedic Assessment of the Lower Extremity; Emergency Response; Kinesiology; Freshman Seminar for Athletic Training
- Academic advising for undergraduate athletic training students
- Preparing athletic training students for presentations at both local and state student workshops
- Coordinate student clinical rotations within the University Athletic Department, at local high schools, and with local professional athletic teams
- Coordinate surgical observations between athletic training students and orthopedic surgeons
- Coordinate guest speakers from various medical professions to speak to our athletic training students as part of our “Meet the Professional” program
- Coordinate and assist fundraising activities
- Faculty member of the Student Disciplinary Committee and the Wellness Committee

CHARLESTON SOUTHERN UNIVERSITY

(November 2002 – July 2006)

Assistant Athletic Trainer/Instructor of Kinesiology

Charleston, South Carolina

- Dual role as Assistant Athletic Trainer and Instructor within the Athletic Training Education Program
- Classroom instruction and development of the following courses: Practicum III; Practicum IV; Orthopedic Assessment of the Head, Neck and Torso; Orthopedic Assessment of the Lower Extremity; Orthopedic Taping and Bracing; First Aid and CPR/AED; Basic Athletic Training; Personal and Community Health; Beginning Tennis; Intermediate Tennis; Freshman Seminar for Athletic Training
- Liaison between athletic training department and athletic department and athletic training department and academic administration
- Developing clinical skills and enhancing the knowledge of athletic training students based on their educational levels and needs
- Preparing athletic training students for presentations at both local and state student workshops
- Coordinate surgical observations between athletic training students and orthopedic surgeons
- Providing athletic training services to all Charleston Southern University student-athletes, specifically Men’s Basketball, Men’s and Women’s Indoor and Outdoor Track and Field, Volleyball, and Football. Strength and conditioning coach for women’s volleyball team
- Responsible for the documentation of all injury reports, treatment logs and rehabilitation protocols for Charleston Southern University student-athletes
- Maintaining a good working relationship and rapport with the team physicians and administrative staff in order to provide quality athletic training services
- Providing medical referrals of student-athletes to appropriate physicians and making appropriate follow up care.
- Faculty member of the Student Disciplinary Committee

LANGLEY HIGH SCHOOL*(August 2002 – October 2002)***Special Education Teacher/Athletic Trainer***McLean, Virginia*

- Providing appropriate athletic health care coverage to all student-athletes at the school (25 athletic teams)
- Providing proper documentation and recording of athletic injuries using the SIMS Injury Treatment/Tracking System software package
- Maintaining communication with student-athletes, coaches, parents, community medical professionals, and administrators

HAMPTON UNIVERSITY*(August 2000 – May 2002)***Graduate Assistant Athletic Trainer***Hampton, Virginia*

- Assisting head athletic trainer with event and team coverage for 18 Division I athletic teams
- Primarily responsible for volleyball, football, men and women's indoor/outdoor track, men/women's tennis, and softball team practice and game coverage
- Instructor of the Care and Prevention of Athletic Injuries undergraduate course
- Providing instruction and supervision of student athletic trainers on the concepts and skills concerning the domains of athletic training
- Responsible for the documentation of all injury reports, treatment logs and rehabilitation protocols for Hampton University student-athletes
- Responsible for making the appropriate physician referrals of Hampton University student-athletes and filing insurance claims
- Maintaining a good working relationship with the team physician and administrative staff in order to provide quality athletic training services
- Acting as a liaison between the NCAA and Hampton University during random drug testing of the student-athletes

NORTH BROWARD HOSPITAL DISTRICT*(December 1998 – July 2000)***Certified Athletic Trainer***Fort Lauderdale, Florida*

- Working in the capacity of head athletic trainer at Piper High School in Sunrise, Florida providing medical coverage for 23 athletic teams
- Performing yearly inventory and product ordering of all athletic training supplies at Piper High School
- Providing athletic training coverage for national soccer and tennis tournaments
- Performing musculoskeletal evaluations and triage at Broward County high school physicals

HEALTHSOUTH SPORTS MEDICINE AND REHABILITATION CENTER*(January 1998 – December 1998)***Certified Athletic Trainer***Plantation, Florida*

- Specializing in the rehabilitation of orthopedic injuries and surgeries
- Performing monthly inventory and product ordering for the clinic
- Documenting all treatment protocols and rehabilitation notes
- Working with physicians in providing rehabilitation services to both the athletic and general population
- Maintaining a good rapport with referring physicians and providing them with progress reports of their patients
- Responsible for DME instruction and fitting of patients
- Head athletic trainer at Piper High School in Sunrise, Florida
- Providing athletic training coverage at national junior tennis tournaments
- Providing fitness assessments at local health fairs
- Providing lectures on the prevention and management of tennis injuries specific to national and international junior tennis players at the Evert Tennis Academy in Boca Raton, Florida

ADDITIONAL ATHLETIC TRAINING EXPERIENCE:

- Cooper River Bridge Run 5K, Charleston, SC 2004-2008
- Charleston County Physical Examinations, Charleston, SC 2004-2008
- Charleston Southern University Summer Football Camps, Charleston, SC 2005-2007
- Special Olympics, Charleston, SC 2005-2008
- Bell and Schlau Track Meet, Charleston, SC 2005-2007
- National Women's Clay Court Championships, Fort Lauderdale, FL, 1998-2000
- National Boys and Girls Clay Court Championships, Plantation, FL, 1998-2000
- USTA Professional Tour, various locations, 1998-2000
- BOC Model/Examiner 2003-2007

CURRENT PROFESSIONAL CERTIFICATIONS/MEMBERSHIPS:

Certified Clinical Instructor Educator – 2011-present
State of Florida – Department of Health License #AL 2610 – 2010-present
Southeastern Athletic Trainers' Association – 2008-present
Athletic Trainers' Association of Florida – 2008-present
National Strength and Conditioning Association Certified Strength and Conditioning Specialist – 2003-present
American Red Cross First Aid/AED/CPR Instructor – 2003-present
NATABOC Certification #019802414 – 1997-present
National Athletic Trainers' Association – 1995-present
United States Tennis Association – 1985-present

CONFERENCE/SEMINAR ATTENDANCE:

NATA Educator's Conference – 2011
Clinical Instructor Educator (CIE) Seminar – 2011
NATA Annual Meeting – 1996-2009
SCATA Annual Meeting – 2003-2008
SEATA Annual Meeting – 1997-2000
ATAF Annual Meeting – 1996-2000

PUBLICATIONS AND PRESENTATIONS

Presented on Evaluation of Hip and Thigh Injuries, Student SEATA in Atlanta, Georgia – February 2011

Presentation of thesis research at the 2003 National Athletic Trainers' Association National Convention in St. Louis, Missouri
Topic: The Relationship Between Graduate Athletic Training Students Learning Style Preferences and Demographic Qualities
Thesis also abstracted in the Supplement to Journal of Athletic Training. 2003;38(2): S-40.

VOLUNTEER ACTIVITIES

- Habitat for Humanity – 2002-present; volunteer building houses yearly
- Cystic Fibrosis Foundation – 2005-present; volunteer on fundraising team

COMPUTER SKILLS

- Proficient with Microsoft Office – Excel, Access, PowerPoint, Word, Outlook
- Proficient with SportsWare
- Web CT/Blackboard