

**SCOTT A. UNRUH**

**University of Nebraska at Kearney  
Cushing Building Room 158  
Kearney, NE 68849  
308-865-8627**

**OCCUPATION:** Associate Professor of Exercise Science & Athletic Training

**EDUCATION:** Ed.D. 1996: University of Arkansas - Fayetteville, Ar.  
Kinesiology - Physical Education

M.Ed. 1992: University of Arkansas - Fayetteville, Ar.  
Kinesiology - Physical Education

B.S. 1990: School of the Ozarks - Pointe Lookout, Mo.  
Physical Education

**PROFESSIONAL EXPERIENCE:**

**Higher Education**

Fall 1999 – Present

Program Director

Responsible for all program coordinator duties for the B.S.  
degree program in Exercise Science - Athletic Training

Responsible for all aspects of program development and  
implementation of CAAHEP/JRC-AT accreditation requirements

Responsible for teaching undergraduate courses in Athletic Training  
and HPERLS

Serve as HPERLS Graduate Program Chair

Responsible for teaching selected Graduate Courses in HPERLS

Supervise Athletic Training Graduate Assistants

Serve on graduate thesis and graduate program committees

Fall 1998 – Spring 1999

Clinical Assistant Professor – Athletic Training

University of Tulsa - Tulsa, Ok.

Responsible for providing instruction within an accredited B.S.  
Program in athletic training. Also responsible for advising  
Undergraduate students.

Team clinical responsibilities include medical coverage for the Men's and Women's Tennis and Golf Teams.

Fall 1997

Interim SM - AT Program Director - Department of Sport and Exercise Science - Barry University, Miami Shores, Fla.

Responsible for all program director duties for the B.S. & M.S. degree programs in Sports Medicine - Athletic Training

1995 – Spring 1998

Assistant Professor - Barry University - Miami Shores, Florida  
Department of Sport and Exercise Sciences

Responsible for providing instruction within an accredited undergraduate and graduate athletic training curriculum

Responsible for advising undergraduate and graduate students

Serve as department liaison for the university library committee

Serve as chair for departmental technology advisory committee

Serve as member of the Sports Medicine-Athletic Training Advisory Board

Serve on School and Departmental search committees

Fall 1993 & Fall 1994

Instructor - University of Arkansas - Fayetteville, Arkansas  
Department of Health, Kinesiology, Recreation and Dance

Responsible for teaching undergraduate courses within the bachelor of science degree - athletic training option

Spring 1993

Instructor - University of Arkansas - Fayetteville, Arkansas  
Department of Educational Technology

Responsible for teaching a graduate course in educational technology

### **Athletic Training**

1992 - 1994

Assistant Athletic Trainer - University of Arkansas - Fayetteville, Ar.  
Department of Intercollegiate Athletics

1994 /'95 Head Athletic Trainer for the men's and women's track and field team

1992 - 1994 Head Athletic Trainer for the men's track and field team

Assistant athletic trainer for all men's sports

1990 - 1992

Graduate Assistant Athletic Trainer - University of Arkansas - Fayetteville, AR.- Department of Intercollegiate Athletics

Responsible for men's track and field and assist with all men's sports

1986 - 1988

Athletic Trainer / Assistant Coach  
Wyandotte High School - Kansas City, Kansas

Responsible for athletic training services for the football and boy's basketball teams

Assistant to the head coach for the football team

1985

Athletic Trainer - Canton / Galva High School  
Canton, Kansas

Responsible for athletic training services for the entire Interscholastic athletic program

## **PROFESSIONAL MEMBERSHIP & CERTIFICATION**

National Athletic Trainer's Association - Certified Member  
(cert. # 059402389)

Nebraska State Athletic Trainers' Association - Certified Member

Midwest District Athletic Trainer's Association - Certified Member

American Red Cross First Aid, & CPR / AED professional rescuer Instructor  
Certification

## **COURSES TAUGHT**

### **Undergraduate**

American Red Cross First Aid, CPR & AED for the Professional  
Rescuer

Kinesiology

Assessment of Athletic Injuries

Therapeutic Modalities in Athletic Training  
Rehabilitation Techniques in Athletic Training  
Exercise Physiology  
Special Topics in Athletic Training  
Senior Seminar in Athletic Training  
Practicum in Athletic Training  
Supervision of Athletic Training Internships  
Elementary Methods of Teaching Physical Education

**Graduate**

Manual Therapies  
Advanced Exercise Physiology

**PUBLICATIONS**

Abstract

Unruh, S. (1997) The perceptions student-athletes have of their athletic trainer and the medical services provided by the athletic program at their institution. Journal of Athletic Training. 32(3) Supplement.

Unruh, S. (1998) Perceptions of athletic training services by collegiate Student-athletes: a measure of athlete satisfaction. Journal of Athletic Training. 33(4) 347-350.

Abstract

Scott S, Unruh, SA, Butcher M (2000) Factors identified by collegiate student-athletes as important for receiving quality athletic training care. Journal of Athletic Training. 35(2) Supplement.

Unruh, N, Unruh, SA, Scantling, E. (2002) Heat Can Kill: Guidelines to prevent heat illness in athletics and physical education. Journal of Physical Education Recreation and Dance. 73(6) 36 – 38.

Unruh, SA, Unruh, NC, Moorman, M, Seshadri, S. (2005) Collegiate student-athlete satisfaction with athletic trainers. Journal of Athletic Training. 40 (1) 52 - 55.

Scofield, D. & Unruh, SA. (2006) Dietary Supplement Use Among Athletes in Central Nebraska and Their Sources of Information. Journal of Strength and Conditioning Research. 20 (2).

**SCHOLARLY ACTIVITY CURRENTLY IN PROGRESS**

Long, D, Unruh, S, Rudy, J. The Occurrence of Alcohol Use by Athletic Training Students in the Mid-America Athletic Trainers' Association. A Graduate Research Project. (Currently in re-submission to the Journal of Athletic Training)

Unruh NC, Unruh SA, Scantling E. Placement of athletic trainers in high schools. (Currently in preparation for submission to the Journal for the AAPHERD).

## **PRESENTATIONS**

Unruh, S. (1996) Scapular strengthening and stabilization for the prevention of glenohumeral instability. Miami Heart Institute - Student Athletic Trainer Seminar - Miami Beach, Fla.

Unruh, S., Cramer, C. & Perkins, A. (1997) Incidence of heat related death in sport: A call for an administrative plan of prevention. Athletic Trainer's Association of Florida 9th Annual Clinical Symposium. Orlando, Florida

Unruh, S. (1997) The perceptions student-athletes have of their athletic trainer and the medical services provided by the athletic program at their institution. NATA Annual Meeting and Symposium - Salt Lake City, Utah.

Unruh, S. & O'Neil, J. (1997) Biomechanical factors related to chronic lower leg injury in athletes. Barry University School of Graduate Studies - Department of Podiatric Medicine Annual Sports Medicine Conference - Key Largo, Fl.

Unruh, S. & Hicks, L. (1998) Frequency of responses by principles and athletic directors for the preference of hiring athletic trainers with without teacher certification. Florida Association for Health Physical Education and Dance Annual Meeting. Daytona Beach Florida.

Ocander, S., Briggs, J.D., Unruh, S. (2000) Surviving athletic training accreditation: a practical approach to the self study process. Central District Association of the American Alliance for Health, Physical Education, Recreation, & Dance.

Scott, S., Unruh, S., & Butcher, M. (2000) Factors identified by collegiate student athletes as important for receiving quality athletic training care. NATA Annual Meeting & Symposium. Nashville, Tennessee.

Unruh, S. (2001) Scapular strengthening and stabilization for the prevention of glenohumeral instability. Mid-America Athletic Trainers' Association Annual Meeting and Symposium – Topeka, Kansas.

Unruh, S. (2002) Understanding Athlete Satisfaction with Care: a review of research in the area of satisfaction with care. Mid-America Athletic Trainers' Association Annual Meeting and Symposium – Omaha, NE.

Unruh, S., Unruh, N. (2005) Placing Certified Athletic Trainers in High Schools. American Alliance for Health, Physical Education, Recreation and Dance. – Chicago, IL.

Unruh, N., Unruh, S. (2006) A Call for an Administrative Policy That Addresses Environmental Conditions in Sport and Physical Education. American Alliance for Health, Physical Education, Recreation and Dance. – Salt Lake City, UT.

Unruh, S., Heelan, K. (2006) Parent Expectation of a Walking School Bus program Offered Through a Public School District in Nebraska. American College of Sports Medicine. – Denver, CO.

Scofield, D. & Unruh. (2006) Dietary Supplement Use Among Athletes in Central Nebraska and Their Sources of Information. National Strength and Conditioning Association. – Washington D.C.

## **OTHER NON-RESEARCH BASED SCHOLARLY ACTIVITY**

UNK Athletic Training Education Program (ATEP) accreditation Self Study. This project was a 3 part 481 page report conducted as a guided self study for accreditation of the program.

EMS: The Link to Life. Video Magazine Volume VII. Training: Fall Sports Injuries. (2001). Was a guest in an instructional segment in the video.

Provide in-service training in sport related injury and illness to EMS personnel across the state of Nebraska.

## **GRANT WRITING ACTIVITIES**

National Youth Sports Program - \$58,500 applied for and received.  
National Athletic Trainers Association Research and Education Foundation – \$4,200 applied for – Denied.  
University of Nebraska at Kearney Research Services Council Grant \$3,178.95 – Granted

## **SERVICE**

### **To Athletic Training Profession**

2003 – Present - Joint Review Committee – Athletic Training.  
Accreditation Site Visitor.  
2001 Mid-America Athletic Trainers Association - At large committee member for the annual student athletic trainer workshop.  
1996 – 1998 Southeast Athletic Trainers' Association  
Executive Committee - Membership Chair

### **To the University, College of Education, and HPERL/S Department**

- College of Education – Dean Search Committee member
- College of Education – Academic Policies and Standards Committee - College Constitution Committee
- Department of HPERLS – Department Review Self-Study Committee
- Faculty Senate – Senator
  - Senate Executive Committee (2004/05)
  - Athletic Committee – Chair (2003 – Present)
- University Assessment Committee
- Department of HPERLS – Search Committee Member for Exercise Science positions – Chair
- Department of HPERLS – Graduate Program Committee – Chair
- University NCAA Faculty Athletic Representative

## **SPECIAL ASSIGNMENTS**

1994 Southeastern Conference Outdoor Track and Field Championships  
Coordinator of Athletic Training and Medical Services

1994 Southeastern Conference Cross Country Championships - Site Coordinator for medical coverage

1994 NCAA Cross Country Championships - Site Coordinator for medical coverage

1993 & 94 Chili Pepper Run Cross Country Festival - Site Coordinator for medical coverage

1995 NCAA Division II Volleyball Championship - Site Coordinator  
NCAA Drug Testing Program

1996 Olympic Soccer in South Florida - Olympic Games - Volunteer  
Athletic trainer for the village clinic and at the Orange Bowl for Games

1997 – 98 Membership Chairman (Executive Committee assignment)  
Athletic Trainer's Association of Florida

1998 U.S. Diving Association - U.S. Invitational International Diving Competition - Athletic Trainer, responsible for assisting in medical coverage.



## **REFERENCES**

Dr. Carl Cramer - Associate Professor & Program Director of Sports Medicine - Athletic Training - Barry University - Miami Shores, Fl.  
(o) 305-899-3574

Dr. Greg Gardner – Associate Dean of the School of Nursing – University Of Tulsa – Tulsa, OK  
(o) 918-631-2316

Dr. Sue Shapiro – Associate Professor & Clinical Education Coordinator of Athletic Training - Barry University - Miami Shores, Fl.  
(o) 305-899-3574

Dr. G. Jean Cerra - Associate Vice President - Barry University – Miami Shores, Fl.  
(o) 305-899-3554

Dr. Ed Scantling – Associate Dean – College of Education – University of Nebraska at Kearney  
(o) 308-865-8677

Dr. Paul Bishop – Chair – Department of Health, Physical Education, Recreation and Leisure Studies – University of Nebraska at Kearney  
(o) 308-865-8604

Dr. George Oberle - (Retired) Former Department Chair - Sport & Exercise Sciences - Barry University  
941-346-1218