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SPECIAL

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**EDITION:
ATHLETIC
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**The Career
Development
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Congratulates all
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Graduates!**

Emily Calder: Moving Up in the World of Athletic Training

By LaKeisha Brashier



Park alum Emily Calder first gained an interest in Athletic Training when she was in high school after taking an Anatomy & Physiology class. In addition, she was an athlete and enjoyed the atmosphere that playing sports provided. "Athletic Training brought the best of these together into the perfect occupation for me," she says.

Emily received her Bachelor of Arts in Athletic Training from Park in May 2011, and is completing clinical rotations at KU as a graduate assistant as part of her Master's in Exercise Physiology program. While at Park, Emily garnered many awards & accomplishments in her chosen field. She earned two first team MCAC awards as a softball player, two academic All-American awards, was a member of the Park University Athletic Training Association and Student Athlete Advisory Committee, and the winner of two athletic training department honors.

For students interested in a career in athletic training there are a few things to take into consideration, one being the demand on one's time. "Being an athletic trainer is a huge time commitment...you are the first person there in the morning and the last one out the door," Emily says. Also, having an athlete's health in your hands can be stressful because their health is what makes or breaks their performance and possible season. However, the rewards are plentiful. "There is no better feeling than watching an athlete progress through an injury and be able to compete at or better than the level they were previously at," remarks Emily.

Emily has gained valuable experience and knowledge from her graduate assistant position, including an inside look into the "hands on" portion of athletic training and being able to use the latest tools and techniques. After completing her Masters, she plans on staying at the Division I level and working with softball or baseball athletes.

Emily feels that Park's program prepared her well for what was ahead, and gives special thanks to Dr. Tom Bertoncino, Tony Erisman, as well as all of her professors. She is grateful for the people who helped her along, and says that building connections within your chosen field is important. "Without all the great letters of recommendation and help along the way, I would not be able to pursue my dreams, and this is the only reason I'm at KU now".

University of Kansas Athletic Training & Sports Medicine Department

By LaKeisha Brashier



University of Kansas Athletics has brought together an expansive health care team to assist its student athletes with all areas of health care from acute care of orthopedic injuries, rehabilitation, injury prevention, nutrition, and psychological services. Kansas Athletics has one of the largest sports medicine staff in the Big XII with 14 certified athletic trainers, 50+ student athletic trainers with 3 full time athletic training instructors, a sports psychologist and nutritionist, over a dozen physicians ranging from orthopedic surgeons, dermatologists, and general practitioners to optometrists, dentists and other medical staff.

In the fall of 2008, the Athletic Training Medical Facility opened its doors to the student athletes of Kansas Athletics. It houses Kansas Athletics' second Aquatic Rehabilitation Center with HydroWorx therapy pools including the HydroWorx 2000 with adjustable pool depth, multiple jets for variable resistance, and a full width underwater treadmill to assist the medical staff in the recovery of the student athletes. Each facility allows the medical staff to provide optimal health care to allow each student athlete the greatest potential for a safe recovery.

Source: www.kuathletics.com/sports-med/sports-med-history.html

Athletic Training Department Chair, Tom Bertoncino

By Megan Woods



Self described “tom boy”, Tom Bertoncino grew up about 2 hours south of Kansas City in the rural area of Southeast Kansas. He played all of the sports he possibly could in high school (football, basketball, and baseball). Due to his passion for sports, he wanted to choose a career that stayed close to the sports he loved. His senior year of high school he got injured playing football, and as a result he was introduced to the field of sports rehabilitation. From then on he was hooked.

Professor Bertoncino’s degrees include a Bachelor of Science in Biology from Pittsburg State University, a Master’s of Science in Education, and a Ph.D. in Educational Policy & Leadership both from Kansas University. Professor

Bertoncino’s current position at Park is the Department Chair of Athletic Training which includes the B.S. in Athletic Training and the Minor in Fitness Wellness. Also, starting next year the department will offer a B.S. in Fitness and Wellness for students who are interested in exercise science, but not necessarily a healthcare field like Athletic Training.

The Athletic Training major is a specialized major that focuses on injury prevention and injury care for people who are physically active. There is much more to athletic training than most people think. Often, Professor Bertoncino gets prospective students and even parents that confuse Athletic Trainers with Personal Fitness Trainers and Coaches. Although Athletic Trainers have duties that overlap with those professions, the majority of the job entails caring for the people who are sick and injured. The type of care that Athletic Trainers provide ranges from treating muscle strains to head injuries. The knowledge and skills that an Athletic Trainer must have to treat various injuries and illnesses are very extensive.

Some of these skills include good communication skills, a passion to help people, and good time management skills. The main challenge of this major is the time commitment. Students have to go to class in the morning and then attend clinicals in the afternoon. It’s not uncommon for students to put in 20+ internship hours a week on top of their regular class time. Professor Bertoncino said that the biggest reward is seeing the patient return to their regular activities and knowing that you were part of that person’s success.

Professor Bertoncino’s future vision for the Park Athletic Training Education Program is to add the preventative component of health care. For example, physical fitness and nutrition have received more attention as a means to prevent medical injuries and conditions. This is one of the main reasons for starting a Fitness and Wellness major next year. Professor Bertoncino would also like to move into a facility that has sufficient space for equipment that can rival any area program.

Professor Bertoncino sees the field of athletic training growing, and becoming more specialized. The specialization in the profession will demand much more education. As a result, the field of athletic training is already starting to debate changing the degree from a Bachelor’s level to a Master’s level. Athletic Training is a field of change.

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Student Stressor: Work, Work, Work!

By Megan Woods

What is one of the biggest concerns of students other than passing their classes? The answer is money! We need money to pay for classes, books, gas, groceries, rent, utilities, and to maintain some kind of social life. How do we get the money? We get it by working either part time or full time jobs. Sometimes it feels like all we do is go to school and work. Finding a balance between work, school, and relaxation may be one of the biggest challenges facing all students. There are things you can do to help relieve that stress.

Get 7 hours of sleep a night when you can, eat right, don’t over commit to outside activities and know your limits. Park University has counseling services if you need assistance. Good luck!

