

LAURA POSTON

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(940)781-6975

EDUCATION

Midwestern State University

Master's of Education Degree in Sports Administration-May 11, 2019

Bachelor of Science in Athletic Training- May 13, 2017

EXPERIENCE

Midwestern State University (2019- Present)

- ❖ Multiple years as Instructor/Assistant Athletic Trainer working with various sports; Men's Soccer, Women's Basketball, Volleyball, and Softball
- ❖ Responsibilities Included:
 - Teaching courses consisting of Health and Wellness, Exercise Pharmacology, Anatomy and Palpations, Emergency Care Lab, and Taping Lab which consisted of students from both the Athletic Training Program and Exercise Physiology Program
 - Administration responsibilities in the Athletic Training Clinic consisting of properly kept files for student athletes, rehabilitation programs, and documenting the necessary treatments for each athlete seen
 - Management of athletic training students- ensuring proper techniques are taught and students are able to perform at the current level expected of them by giving proper level proficiencies that students must pass to show level of knowledge
 - Assisted with creating Covid-19 return to play protocols for athletes to safely return to campus and sports.
 - Proper communication with multiple team physicians as well as coaches

Midwestern State University (2017-2019)

- ❖ Two years as a Graduate Assistant working with the Men's Soccer Team as the Certified Athletic Trainer
- ❖ Experience with multiple sports by creating rehabilitation protocols, pre-participation examinations, hydration management, heat illness prevention, proper bracing and taping techniques, transporting athletes to and from physicians, and injury prevention

Orthopaedic and Sports Therapy Center (2016-2017)

- ❖ Physical Therapy Technician
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CERTIFICATIONS

- ❖ **American Red Cross- Basic Life Support for Healthcare Providers (May 2021-May 2023)**
- ❖ **Board of Certification ID Number: 2000029450**
- ❖ **Texas Department of Health Licensed Athletic Trainer: License Number: AT7213**
- ❖ **NPI- 1891315875**

ORGANIZATIONS

❖ **NATA MEMBER**

Member Number: 88752

AWARDS AND ACKNOWLEDGEMENTS

- ❖ Provost's Honor Roll Fall Semester and Spring Semester of 2015
- ❖ Dean's List Fall Semester of 2015
- ❖ Dean's List Spring of 2016
- ❖ Received the Minnie R. Wood scholarship for the 2016-2017 school year from the ATEP Department