

Meghan R. Jackson, Ph.D., ATC, CSCS

EDUCATION

PhD in Kinesiology (2012-2017)

Louisiana State University, Baton Rouge, LA

Specialization in Exercise Physiology and Clinical Anatomy

Dissertation: *Effects of Kinetic and Kinematic Variables in Medial Elbow Joint Space in Collegiate Baseball Pitchers*

Master of Science in Education in Kinesiology (2008-2010)

Southern Illinois University, Carbondale, Illinois

Thesis: *Injury Rates Among Collegiate Softball Players from 1990-2010*

Bachelor of Science in Exercise Science (2004-2008)

Truman State University, Kirksville, Missouri

Concentration in Athletic Training; Minors: Psychology and Biology

PROFESSIONAL EXPERIENCE

Assistant Professor of Professional Practice

(2016-Present)

School of Kinesiology

Louisiana State University, Baton Rouge, LA

- Program Coordinator for Human Movement Sciences Concentration
 - Coordinated and advised students in the Pre-PT, Pre-PA, Pre-OT, Pre-Med, and Athletic Training Tracks; Approximately 900 head count majors
- Developed, prepared, and instructed Kinesiology courses; successfully transitioned courses to Hybrid and virtual format during COVID-19 pandemic
- 2020 TAF Undergraduate Teaching Award Recipient
- Oversaw Pre-Professional Internship program
- Assessment Coordinator for School of Kinesiology; developed new student learning outcomes and testing measures for improving the quality of instruction in the KIN program.
- KIN Career Fair coordinator
- Faculty advisor for Kinesiology Club, Pre-Pt Club, Pre-PA Club
- Member of the Scholarship Committee; Recruitment and Retention Committee
- Preceptor for Bachelor of Science of Education in Athletic Training

- Developed, coordinated, and supervised study abroad program for pre-professional students in San Jose, Costa Rica including clinical observation and Spanish Medical Terminology
- LSU Service-Learning Faculty Scholars Training Program member (2019)

Interim Assistant Program Director/Doctoral Assistant-Athletic Training (2012-2016)

School of Kinesiology

Louisiana State University, Baton Rouge, LA

- Director of Pre-Professional Athletic Training Program
- Developed new curriculum for the Bachelor of Science in Athletic Training for transition to MSAT
- Prepared and instructed Kinesiology courses
- Preceptor for Bachelor of Science of Education in Athletic Training; Training coordinator for preceptors
- Assisted Program Director with student recruitment, advising, student admission, and CAATE annual reports
- Manager of Athletic Training Student compliance

Outreach Athletic Trainer (2012-2018)

Baton Rouge, LA

Peak Performance; Action Medical Consultants

- Provided athletic training services for boys and girls High School competitions and practices including: volleyball, basketball, football, softball, baseball, track and field, and wrestling
- Provided Athletic Training service for other various events including: the Louisiana Marathon, International Wheelchair tennis tournaments, Basketball tournament at the Louisiana School for the Deaf, High School Indoor Track State Semifinals and Finals, along with various triathlons and competitions.

CDC Certified Health Coach (2015-2016)

San Francisco, CA

Omada Health

- Instructed and encouraged participants daily through Prevent, a 16-week course on proper nutrition and exercise to prevent Diabetes and other health-related conditions as well as a year-long maintenance program.

Fitness Center Director, Strength and Conditioning Coach, Instructor (2010-2012)

Lindenwood University, Saint Charles, MO

- Prepared and taught courses within Health and Fitness Sciences and Masters of Human Performance
- Created and implemented strength and conditioning programs consisting of High Intensity Training and resistance training for LU NCAA DII and NAIA athletic programs

- Provided Nutritional, Fitness, and Wellness advising
- Managed the LU Fitness Center, consisting of general student body and NCAA athletes
- Performed exercise testing including VO2max, Body composition, Wingate, and RMR
- Academic Advisor for Health and Fitness Science Majors
- Graduate Assistant and Work and Learn Supervisor

Graduate Assistant Athletic Trainer

(2008-2010)

Southern Illinois University, Carbondale, IL

- Provided injury evaluation, treatment and rehabilitation to athletes involved in Softball and Men's & Women's Swimming programs under the guidance of team physicians
- Responsible for home event coverage and travel to away events
- Approved Clinical Instructor for undergraduate athletic training students

TEACHING EXPERIENCE

Assistant Professor/Instructor, Louisiana State University

- KIN 1146 Basic Weightlifting (Summer 2013)
- KIN 2500 Human Anatomy (Spring 2017-Present)
- KIN 2503 Basic Athletic Training (Fall 2014)
- KIN 2504 Principles of Conditioning (Spring 2018)
- KIN 2509 Medical Terminology (Spring 2015-Present)
- KIN 3501 Advanced Athletic Training (Fall 2014)
- KIN 3502 Tests and Measurement in Kinesiology (2019-2020)
- KIN 3505 Organization and Administration in Athletic Training (Fall 2013)
- KIN 3509 Therapeutic Exercise and Rehabilitation (Spring 2014; 2016)
- KIN 3514 Biomechanics (Fall 2012-Present)
- KIN 3519 Anatomy Prosection (Fall 2012- Present)
- KIN 3608 Communicable and Non-communicable Diseases (Fall 2013-2015)
- KIN 4505 Practicum in Kinesiology (2019-Present)
- KIN 4506 Habitual and Addictive Drugs in Our Culture (Spring 2014)
- KIN 4519 Human Anatomy Dissection (Sum 13-Present)
- KIN 4525 Advanced Anatomy and Functional Impairment (Spring 2019)
- KIN 4571 Neuromotor Control of Human Movement-TA (Spring 2013)

Instructor, Lindenwood University

- EXS325/HP504 Biomechanics (Spring 2011-Spring 2012)
- PE/EXS 316 Exercise Physiology Lab (Fall 2010-Spring 2012)

PUBLICATIONS AND RESEARCH:

- Landin D, Thompson, M, Jackson M. (2017). Actions of the Biceps Brachii at the Shoulder: A Review. *Journal of Clinical Medicine Research*
- Landin, D., Thompson, M., & Reid, M. (2016). Actions of Two Bi-Articular Muscles of the Lower Extremity: A Review. *Journal of clinical medicine research*, 8(7), 489-94.
- Landin D, Thompson, M, Reid M. (2015). Knee and Ankle Joint Angles Influence the Plantarflexion Torque of the Gastrocnemius. *Journal of Clinical Medicine Research*. 7(8): 602–606. doi: 10.14740/jocmr2107w
- Landin D, Thompson, M, Reid M. (2014). The Contribution of the Rectus Femoris to Hip Flexion. *Journal of Athletic Enhancement*. 3:2 doi: 10.4172/2324-9080.1000143.
- Thompson M, Landin D, Reid, M. (2014). Superficial Peroneal Neuropathy After Navicular Injury in a Soccer Player: A Case Report. *Journal of Athletic Enhancement*. 3:4 doi:10.4172/2324-9080.1000161.
- Doctoral research focus-Clinical Anatomy- The use of Diagnostic Musculoskeletal Ultrasound in Overhead Athletes
- Developed protocol for clinical study using intravenous UV light in collegiate Athletes (2016)
- Developed and implemented protocol for clinical study utilizing Amniotic Stem Cell transplants in Collegiate Athletes (2015-2016)
- Assisted with Heat and Hydration Studies with LSU Football (Summer 2015)

PROFESSIONAL PRESENTATIONS, GRANTS, SERVICE, AND AWARDS:

- Benson, A.A & Reid, M (2015) Utilizing Evidence Based Practice Continuing Education Units to Educate Certified Athletic Trainers on General Medical Conditions in Ethnically Diverse Populations. National Athletic Trainers Association Ethnic Diversity Enhancement Grant. Amount awarded \$2510.00
- Landin D, Johannssen N, Reid M. October 2014. Implementing Clinical Ultrasound in Kinesiology. Submitted October 2014 to LA Board of Regents, Submitted Amount \$77, 000.00.

- Poster Presentation: “MEDIAL ELBOW JOINT SPACE IN OVERHEAD ATHLETES” (February 2017) SEACSM. Greenville, SC. *Nominated for Doctoral Student Award
- Poster Presentation: “ULTRASOUND EVALUATION OF MEDIAL ELBOW JOINT SPACE IN RECREATIONALLY ACTIVE INDIVIDUALS” (May 2014) ACSM National Meeting. Orlando, Florida
- Oral Presentation: “CLARIFYING BIARTICULATE MUSCLE ACTIONS AND CLINICAL APPLICATIONS OF THE FINDINGS” (February 2014) Southeast ACSM. Greenville, SC. (Cancelled due to weather)
- Oral Presentation: “CLARIFYING BIARTICULATE MUSCLE ACTIONS AND CLINICAL APPLICATIONS OF THE FINDINGS” (February 2016) Southeast ACSM. Greenville, SC.
- Oral Presentation: “HIP AND KNEE JOINT ANGLES AFFECT RECTUS FEMORIS HIP FLEXION TORQUE” (February 2013) Southeast ACSM. Greenville, SC.
- Poster Presentation: “FUNCTIONAL TRAINING WITH DISABLED ATHLETES” (May 2012) ACSM. San Francisco, CA.
- Poster Presentation: “FUNCTIONAL TRAINING WITH DISABLED ATHLETES” (October 2011) ACSM-Midstates. Kansas City, MO.
- Lab Instructor for Student SEATA symposium (January 2013; 2014; 2015; 2016)
- New Orleans Saints High School Athletic Training Symposium (March 2014; 2015; 2016; 2017)
- Benson, A.A & Reid, M (2015) Organizers for Athletic Training: Tackling the Pre-season an Evidence-Based Approach, Baton Rouge, Louisiana. EPB NATA approved course
- TAF Undergraduate Teaching Award (2020)
- LSU Service-Learning Faculty Scholars Training Program member (2019)
- Most outstanding new student organization award- Chaarg (May 2015)
- Most outstanding social program award-Chaarg (May 2015)
- Sigma Phi Epsilon Excellent Faculty Member Award (May 2013)
- Clint Thompson Excellence in Athletic Training Award recipient (May 2008)

CERTIFICATIONS/MEMBERSHIPS:

- NATABOC Certified Athletic Trainer: April 2008 #50802448
- Licensed Athletic Trainer, Louisiana #200256
- CDC Certified Health Coach for DPP programs (December 2015)
- NSCA Certified Strength and Conditioning Coach (July 2011)
- USA Weightlifting Performance Coach Level 1 (July 2011)
- Current American Heart Association Professional Rescuer CPR/AED Certification
- National Athletic Trainers’ Association (2006-present)
- Southeast Athletic Trainers’ Association (2012-present)
- Louisiana Athletic Trainers’ Association (2012-present)

- National Strength and Conditioning Association (2011-present)
- Member of the Missouri NSCA Advisory Committee (2011-2012)
- American College of Sports Medicine-Central States (2011-2012)
- Great Lakes Athletic Trainers' Association (2008-2010)
- Illinois Athletic Trainers' Association (2008-2010)

References:

Dr. Melinda Solmon
Department Chair
School of Kinesiology, LSU
Msolmo1@lsu.edu
225-578-2913

Dr. Amanda Benson
Assistant Program Director-Athletic Training, LSU
abenson@lsu.edu
334-372-2907

Dr. Melissa Thompson
Assistant Professor of Professional Practice
School of Kinesiology, LSU
melissathompson@lsu.edu
225-226-0365