

Kristi M White, PhD, ATC

Professor and Health Science Professions Department Chair
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Academic Preparation

Ohio University Athens, Ohio
Doctor of Philosophy, Curriculum and Instruction August 2005

Ohio University Athens, Ohio
Master of Science in Physical Education – Athletic Training
June 1998

University of Minnesota Minneapolis, Minnesota
Bachelor of Science in Kinesiology – Athletic Training
June 1996

Professional Experience – (2009-Present)

Professor (2016)
Health Science Professions Department Chair
(August 2017 to Present)

Health Science Professions Director
(August 2016 to 2017)

Associate Professor (2009), **Tenured** (2012)
Athletic Training Education Program Director
(July 2009 to August 2016)

Presentations

- Fernandez A and **White K**. Use of Weighted Blankets to Decrease Anxiety in College Students. ASU Graduate Research Symposium. April 2023.
- Trevino B, Cramer M and **White K**. Determining the Clinical Effectiveness of Including Balance-Board Activities in Post-Concussion Rehabilitation. ASU Graduate Research Symposium. April 2023.
- Nyul R and **White K**. Medical Model Effects on Work-Life Balance of Athletic Trainers in DII Institutions. ASU Graduate Research Symposium. April 2022.
- **White K**. Athletic Training. Career Day. Goldthwaite High School. November 2016.
- **White K**. Health Science Professions. Area High Schools. Fall 2016.
- **White K**. Item Development Training. Exam Development Committee. Board of Certification. Omaha, NE. October 2016, February 2016, July 2015.
- **White K**. Exam Writing Workshop. Physical Therapy Department. May 2015.
- **White K** and Dale J. Writing Good Test Questions – BOC Workshop. National Athletic Trainers' Association Educators' Conference. Dallas, Texas. February 2015.

Internal Grants/Funding – Funded

- White K (2022). Angelo State University. Anatomage Tables. \$170,000.
- **White K**. (2012). Angelo State University. Athletic Training Education Lab Enhancement. \$40,000.
- **White K**. (2011). Angelo State University. HEAF Request for the Athletic Training Laboratory. \$1,965.85.

Textbook Reviewer

- **White K.** Lower Extremity and Orthopedic Assessment. Jones and Bartlett. 2014.
- **White K.** Cram Session Clinical Applications of Human Neuroscience: A Laboratory Guide. 2013.
- **White K.** Principles of Athletic Training (Edition 14). 2012.

Advising at Angelo State University

I advise all of the BSHSP students with more than 90 credit hours.

Instruction at Angelo State University

- AT 1141 Special Skills in Athletic Training
- AT 1341 Introduction to Athletic Training
- AT 2101, 2102, 3101, 3102, 4101, 4102 Athletic Training Practicum I - VI
- AT/KIN 3331 Care and Prevention of Athletic Injuries
- AT 4142 Athletic Training Clinical Experience II
- AT 4145 Instructional Experience in Athletic Training
- AT 4353 Administration in Athletic Training
- AT 4354 Pharmacology and General Medical Aspects in Athletic Training
- AT 4434 Evaluation of the Upper Extremities
- AT 4435 Evaluation of the Lower Extremities
- AT 4441 Therapeutic Modalities
- AT 4442 Therapeutic Exercise
- AT 6312 Research and Evidence Based Practice in Athletic Training
- AT 6318 Pharmacological
- AT 6330 Administrative Topics in Athletic Training
- AT 6335 Professional Preparation and Current Topics in Athletic Training
- AT 6400 Human Anatomy and Diagnostic Imaging
- AT 6410 Physical Examination and Management of Musculoskeletal Injuries II
- KIN 3360 Prevention and Care of Activity Related Injuries
- NURS 4337 Statistical Techniques for Health Professionals
- HSP 2101 Human Anatomy and Physiology I Lab
- HSP 2301 Human Anatomy and Physiology I
- HSP 2305 Introduction to Health Science Professions
- HSP 2325 Basic Skills for Healthcare Professionals
- HSP 2401 Human Anatomy and Physiology I
- HSP 3405 Physical Examination and Diagnosis of Musculoskeletal Injuries I
- HSP 3410 Physical Examination and Diagnosis of Musculoskeletal Injuries II
- HSP 4191 Research
- HSP 4291 Research
- HSP 4320 Communication Skills for Healthcare Professionals
- HSP 4330 Healthcare Organization and Leadership
- HSP 4331 Public Health
- HSP 4337 Statistical Techniques for Healthcare Professionals
- HSP 4345 Healthcare for Diverse Populations
- HSP 4391 Research
- GS 1181 Cheers: Hydration and Performance
- GS 1181 Discovering Your Strengths

Professional Associations

- Board of Certification, Inc, Athletic Trainer Certified. 1997-Present. Certification Number: 129702411
- National Athletic Trainers' Association Member. 1997-Present.
- Southwestern Athletic Trainers' Association Member. 2009-Present.
- Texas Athletic Trainers' Association Member. 2009-Present. License Number AT4655
- American Red Cross. CPR and AED Certification. 1996-2021.
- AAOS. Emergency Care and Safety Institute Course. Health Care Provider CPR and AED (BLS) Standard First Aid Adult, Child and Infant. 2021-Present.

Research Activities

Thesis Committee Member

Ryan Leibreich (Committee Member, California University of Pennsylvania, May 2013), The Effects of Elastic Ankle Taping on Functional Performance in Physically Active Individuals

Faculty Advisor -Student Research

- Fernandez A and **White K.** 2023. Use of Weighted Blankets to Decrease Anxiety in College Students. MAT Graduate Research Project.
- Trevino B, Cramer M and **White K.** 2023. Determining the Clinical Effectiveness of Including Balance-Board Activities in Post-Concussion Rehabilitation. MAT Graduate Research Project.
- Nyul, White. 2022. Medical Model Effects on Work-Life Balance of Athletic Trainers in DII Institutions. MAT Graduate Research Project.
- Drozd, White. 2020. Food Insecurities in College Students – Review of Literature.
- Rodriguez, White. 2020. Anxiety in College Students. – Review of Literature.
- Rosmon, Lugo, White. 2019. Effects of Splinting and Foot Exercises on Hallux Pain and Alignment.
- Rodriguez. 2019. Comparison of the Efficacy Between Yoga and Physical Therapy.

Faculty Research

Brown, White, Harriger, and Procter-Willman. Analysis of Laura Bush Institute's specific breast cancer data. (2019-present)

National Service

- White K. Board of Certification, Inc. Examination Development Committee Sub-Chair. Appointed 2013-2018.
- White K. Board of Certification, Inc. Examination Development Committee Member. 2006-Present.
- White K. Board of Certification, Inc. Mentor for Item Writing. 2001-present.
- White K. Board of Certification, Inc. Item Validator. 2011-2012.

Texas Service

- White K. Texas Advisory Board for Athletic Trainers. Licensure Practical Examiner. December 2010 -2013.

Angelo State University Service

- Angelo State University. Health Science Professions Department Chair. 2017 – Present.
- Angelo State University. Health Science Professions Director. 2016 – 2017.
- Angelo State University. Athletic Training Education Program Director. July 2009 -2016 and 2020- Present.
- Angelo State University. Archer College of Health and Human Services. Retention Committee.
- Graduate and Professional School Fair Representative. Fall 2012.
- Angelo State University. Archer College of Health and Human Services. Tenure and Promotion Committee 2016-present.
- Angelo State University. Experience ASU and True Blue Friday. Fall 2012-Present.
- Angelo State University. Archer College of Health and Human Services. Leadership Committee Member 2011-present.

Student Community Service Projects – Facilitated and Supervised through HSP 4330

Spring 2017

Boys & Girls Club – Breakfast burrito sale \$80.00
Concho Paws – Pet treat sale \$80.00
Comfort Keepers – Valentine cards 50 cards
Boys & Girls Club – 3 on 3 tournament fundraiser \$71.00
Team RWB – Bake sale raised \$157.00

Fall 2017

Food Bank – Bake sale for child hunger \$55.00
Meadow Creek Nursing & Rehab Center – Bake sale to raise funds for arts & crafts
American Red Cross- Bake sale to raise funds for victims of Hurricane Harvey
Wesley Trinity Methodist Church -
The Children’s Advocacy Center of Tom Green County – Tshirt sales \$400.00
Good Fellow Airforce Base – Thank you cards for 9/11

Spring 2018

New Bridge Family Shelter – Donate sales
Wesley Trinity Methodist Church – Daily bread soup lunch program food donation
Alzheimer’s Foundation – Bake sale \$118.25
Rust Street Ministries – T-shirt fundraiser \$97.00
Salvation Army – Clothes drive 14 bags of clothes

Fall 2018

SAISD – Bake sale \$30.00
Cullen Kicks Cancer – Bake sale \$128.00
Rust Street Ministries – Clothing drive
Rust Street Ministries – Bake sale & canned food drive \$132 and 12 cans
Concho Valley Food Bank – Bake sale \$50.00

Spring 2019 I

Rust Street Ministries – Canned food drive 47 cans and \$65.00
Rust Street Ministries – Clothing drive
San Angelo Animal Shelter – Relocated 7 dogs, raised \$75.00 and six 50lb bags of cat & dog food donated
Santa Rita Elementary – Kindergarten Read-a-thon

Spring 2019 II

Rust Street Ministries – Clothing drive 556 articles of clothing
Free Little Libraries San Angelo – 46 notes created
The Spring – Painting and dancing with elderly residents
Isaiah 58 – Canned goods and clothes drive
Garden Gathering Church – Clothes drive, four 10 gallon bags of clothes, 20 cans and \$20.00

Fall 2019

Regency House – Halloween Art Projects
Rust Street Ministries – Clothing Drive
UTA Disabled Basketball – Wheelchair Basketball Game Fundraiser
Ram Pantry Food Drive
The Garden Gathering Church – Clothing Drive

Spring 2020 I

Rust Street Ministries – Yard Sale Fundraiser
Meals on Wheels – Food Drive
Wall ISD – Law Enforcement Education
Salvation Army – Clothing Drive
Rust Street Ministries – Clothing Drive

Spring 2020 II

World Health Organization – Virtual Fundraiser
Rust Street Ministries – Clothing Drive
Shannon Medical Center – E-card Service Project
Young Life – Non-perishable food and baby project drive
Salvation Army – Clothing Drive

Fall 2020

Children’s Advocacy Center – Christmas For Kids
Mental Health of America – Go Fund Me Fundraiser
Maine Sea Coast Mission Fundraiser
Meals For the Elderly – Volunteer and Fundraiser
Brayden Park Assisted Living and Memory Care – Card Drive

Spring 2021 I

Springs Memory Care Facility – Planted Flowers for Residents
Rust Street Ministries – Clothing Drive and Food Drive
Ram Pantry – Food Drive
Rainbow Room – School Supply Drive
Tom Green County Foster Care – Fundraiser and Clothing Drive

Spring 2021 II

Sagecrest Alzheimer’s Care Facility - Fundraiser
San Angelo Animal Shelter – Food and Toy Drive
Jordan’s Crossing - Fundraiser
Cassie’s Place Animal Shelter – Food Drive
Concho Valley Crisis Rape Center – Informational Drive

Summer 2021

The Crest Retirement Center – Bingo Activity
Vets Center – Mental Health Awareness Project
Children’s Emergency Shelter - Fundraiser
House of Faith – Volunteer Recruitment

Fall 2021

Pregnancy Help Center Supply Drive
Concho Valley Food Pantry Drive
Concho Valley Women’s Shelter – Thanksgiving Meal
Concho Valley Home for Girls – Hygiene Product Drive

Spring 2022

Ram Pantry Food Drive
Meals for the Elderly
Salvation Army Clothes Drive

Valentine Card Drive – Nursing Home

Summer 2022

American Heart Association

Rust Street Ministries – Care Kits

Rust Street Ministries – Clothes on Wheels
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Cedar Manor Nursing Home – Plant Donation

Interprofessional Education Activities

- **EPIC Day.** Texas Tech Health Science Center Virtual Event. Faculty Facilitator. February 2021.
- **EPIC Day.** Texas Tech Health Science Center Virtual Event. Faculty Facilitator. February 2022.
- **Disaster Day.** Texas Tech Health Science Center. Lubbock, Texas. Faculty Facilitator. March 2021.
- **Disaster Day.** Texas Tech Health Science Center. Lubbock, Texas. Faculty Facilitator. March 2022.
- **Disaster Day.** Texas Tech Health Science Center. Lubbock, Texas. Faculty Facilitator. March 2023.
- **IPE Facilitator Certificate Course.** Texas Interprofessional Education Consortium. April 2022.

Continuing Education Certifications

- **Digital Accessibility Certification Program.** Spring 2023.
- **Hawks Grips Instrument Assisted Soft Tissue Mobilization Certification.** Spring 2023.