

Margaret K. Frens, MS, AT, ATC

mfrens@gmail.com

616.836.5243 (c)

768 Concord Dr., Holland, MI 49423

Education

Indiana University, Bloomington, IN
MS – Kinesiology/Athletic Training – June 1997

Hope College, Holland, MI
BA – Kinesiology/Athletic Training
Minor – Biology – May 1996

Professional Experience

Owner, AIRE Athletic Training, LLC July 2017 - current
Personal Athletic Training Services

- o Developed and opened business servicing physically active population in a private setting
- o Provision of various services related to manual therapies, corrective and therapeutic exercises and stretching

Workshops: Oct 2017 (2); Nov 2017 (1); March 2018 (1); May 2018 (1)

Mobility Workshops for various groups held focusing on self-assisted mobility work as well as corrective and therapeutic exercise for runners and cyclists

Hope College, Holland, MI – Adjunct Instructor August 2018 – Feb 2020

- o Anatomical Kinesiology for Dance – DAN 221
- o Fall semester, 3 credit course, for majors/minors in the accredited Dance department

Angelo State University – Adjunct Instructor January 2018 - current

- o Human Nutrition and Supplementation – HSP 4315
- o Online teaching for ASU in HSP Department for pre-health majors

Hope College, Holland, MI

Department of Kinesiology

August 1998 – May 2000;

August 2002 – June 2017

- o Program Director/Clinical Education Coordinator & Assistant Professor/Athletic Trainer – July 2014 – June 2017
- o Assistant Athletic Trainer/Assistant Professor of Kinesiology 2002 – 2014
- August 1998 – May 2000 - Athletic Trainer/Visiting Instructor of Kinesiology
- Experience in instructing courses pertaining to the major of athletic training including: First Aid and Safety, Care and Prevention of Athletic Injuries, Therapeutic Modalities, Therapeutic Exercise, Injury Assessment, General Medical Conditions, and Clinical Experiences in Athletic Training I, II, III and IV.
- Senior Seminar course, IDS 463, entitled: Family, Faith and Calling
- Online Course: KIN 209 Medical Terminology (also taught in regular academic career as hybrid course)
- KIN 202: Writing in Exercise Science
- Supervision and clinical instruction of athletic training students in AT program
- Athletic training services provided to 20 collegiate men's and women's teams
- Administrative duties relative to the maintenance of medical records (assisted with obtaining EMR for AT/Health Services in 2013-2014; implementation in Fall 2015), athlete care and referral, physician liaison, policy and procedure development and other necessary functions for day-to-day operations

Achiever – Restorative – Learner – Empathy - Responsibility

in the athletic training room, chiropractic clinic scheduling and facilitation, and PPE scheduling and facilitation

University of New England, Biddeford, ME

Assistant Professor of Athletic Training, Department of Performance Management August 2000 – May 2002

- Instructed courses pertaining to the major of athletic training including: Prevention and Care of Athletic Injuries, Therapeutic Modalities, Therapeutic Exercise, Assessment of Athletic Injuries, Introduction to Athletic Training, First Aid and CPR and Clinical Experiences I, II, and III.
- Supervision and clinical instruction of student athletic trainers
- Assisted with curricular and administrative responsibilities

Slippery Rock University, Slippery Rock, PA

Assistant Athletic Trainer, Department of Athletics July 1997 – August 1998

- Assist head athletic trainer with clinical and administrative responsibilities; co-director of summer athletic camps
- Supervision and clinical instruction of student athletic trainers

Indiana University, Bloomington, IN

Graduate Assistant Athletic Trainer August 1996 – June 1997

- Athletic training responsibilities with women’s volleyball
- Supervision of undergraduate student athletic trainers
- Teaching assistant for undergraduate laboratory sessions

Volunteer and Committee Immersion

MATS Professional Education Committee Member

June 2009 – 2016; June 2017 - current

Co-chair MATS Professional Education Committee

June 2009 - 2015

- Facilitated, moderated and coordinated annual education meeting for athletic trainers in the state of Michigan. Our committee picks a location, acquires speakers and workshop topics as well as enables the functions of the meeting to occur over a one/two-day course
- Facilitated and moderated the viewing of a day-long webcast for the 2010 National Secondary School Athletic Healthcare Conference on July 15, 2010 for local ATC’s for 5 CEU’s; sponsored by the MATS PEC

Board of Certification (BOC) Exam Development Committees

Oct 2004 - current

Exam Development Committee Co-Chair

Jan 2020 – current

- Collaborate with Exam Development Director and Co-director to meet objectives of the meetings three times per year in Omaha, NE
- Collaborate with EDC Co-Chairs to meet meeting objectives during our time in Omaha
- Facilitate Driver Review of Exam forms several times per year for exam windows with Castle/Scantron
- Collaborate with EDC BOC Staff and BOD officials to carry out directives for the BOC Exam and it’s goals for the protection of the public and valid certification of student candidates as athletic trainers

Focused Testlet Co-chair

July 2015 – Dec 2019

- Specific roles have changed based on the exam format; consistent participation in varied capacity with travel to Raleigh, NC – 2011 and Omaha, NE – present; online review assignments as well as question and exam development

Academic Affairs Board, Ad-hoc Committee for the Intellectual Engagement of the Christian Faith, December 2015 – 2017: Charged with assessment of learning goals and understanding of content relative to the historic Christian faith in the courses across campus. Strategies to assess and understand these along with recommendations for further development of the engagement and critical processing of relative information will be discovered and reported within a 2-year period.

Article Reviewer for *Clinical Kinesiology*

2012 - 2017

Hamilton Public Schools

Hamilton WISH program volunteer
Hamilton Blue Star PTO – Trustee

2014 – current
Fall 2017 – Fall 2019

Holland Public Schools

Education Foundation Board Member

2013 – 2014

Third Reformed Church, Holland, MI

Housing Ministry Team Delegate and Liaison

Fall 2018 - current

Health Ministry Team and AED Coordinator; Deacon Education for First Responder Care

2005 – current

Good Sam Ministries Housing Mentor and Volunteer

2017 - current

Worship Committee member

May 2017 – current

Spring Retreat Committee member

2017

VBS craft coordinator/assistant

2014 – 2017

Hope College Men's Basketball head coach hiring committee

2014

Nurse Run/Walk, Holland Community Hospital,

2013 - 2014

Medical Coverage Coordinator/Volunteer

GLATA Education Committee Member

March 2007 – 2014

- Assisted in the planning and functions of the annual winter meeting for GLATA. Speaker applications reviewed, meeting functions planned and other necessary features of continuing education for District IV of the NATA discussed and coordinated.

Social Science Conversation Planning Committee

2010 – 2011

- Planned speakers and topics for Social Science Division professional development with committee

GLATA Student Senate Advisor

2004 – 2006

- Assisted with coordination of the first GLATA SS group
- Facilitated calls and meeting topics for student program at GLATA
- Mentored students in decision making and program and professional development

Clinical Instructor Educator

2001 - 2004

Achiever – Restorative – Learner – Empathy - Responsibility

- Completed formal training for CIE and conducted trainings for ATEP's I participated in at UNE and Hope

Avon Walk for Breast Cancer, Chicago, IL

June 2004 - 2007

- Medical Volunteer and PT tent director in 2006 and 2007

Pennsylvania Special Olympics, Slippery Rock University

October 1997

- Medical Volunteer

Publications and Presentations

Dry Needling: Foundations and Demonstration, Indiana Athletic Trainers' Association State Education Meeting, November, 2018

"Study Schmudy...BOC Study Habits" AND Ethics Panel Discussion, GLATA Student Symposium, Wheeling, IL, March 2015 and 2016

"When I do this, what do you see?" MATS Student Symposium, GVSU, November 2013

AED and crisis management instruction, Jan 2013, Kelloggsville HS, Grand Rapids, MI

Social Sciences Collaborative Research Colloquium, Sept. 2, 2010, Hope College, Guest speaker

GLATA Student Educational Program Presenter, "Pilates and Swiss Ball Use in Rehabilitation", GLATA, Detroit, MI, March 2010

Guest speaker for Ball State University class topic: spine rehabilitation; webcast; Lisa Jutte (Professor); Spring 2008

Careers in the Sciences; developed by Tod Gugino; Guest speaker/presenter 2008, 2009

MATS Annual Meeting Program Presenter, "Pilates and Functional Rehabilitation", MATS, East Lansing, MI, June 2008

"*Composing a Career in Athletic Training*," Co-authored chapter with Richard Ray for Praeger Handbook of Sports Medicine and Athlete Health. Chapter is in Volume 1 of 3. Edited by CT Moorman and DT Kirdendall. Drafted over the summer of 2008; Publication date of 2011, Praeger, Santa Barbara, CA

GLATA Student Educational Program Presenter, "BOC Exam Changes", GLATA, Madison, WI, March 2006

Career Day, Jenison Middle School

One of 41 presenters on March 7, 2006

Presented on Athletic Training Education and as a profession to three separate groups of students

GLATA Student Educational Program Presenter. "BOC Written Simulation and OP Tactics". GLATA, Toledo OH, March 2005.

Frens, MK. "Identifying a spleen injury in a collegiate football player".

Presented at GLATA, Chicago, IL, March 2004 as Free Communications presentation; drafted July 2003

Lippincott Williams & Wilkins Powerpoint Presentations

Anderson, M. *Fundamentals of Sports Injury Management*, 2nd Ed., 2003

Ten chapters completed for contract; Contact Pete Darcy, pdarcy@LWW.com

Career Day, MSAD #60, Noble High School, Berwick, ME

Presentations were given from various professionals promoting education and provided for explorations in careers for sophomore level students; November 2001, 2000

Career Day, Windham High School, Windham ME

Presentations were given by over 35 professionals promoting education and provided for explorations in careers for sophomore level students; it was the first year they have provided this service for the students; March 2001

"Injuries to the Wrist and Hand." Presentation, Esther Geissel Student Athletic Trainer Workshop, Hope College, Holland, MI; January 1999

Abfall-Frens, MK and Bruce SL. Improving proprioception following lower extremity injury. *Athletic Therapy Today*. 1998; 3(5).

Ray, R, Luchies, C, Abfall-Frens, M, Hughes, W, and Sturmfels, R. Cervical spine motion in football players during three airway exposure techniques. (Supplement to *Journal of Athletic Training*, July 1997); *JATA*, 2002, 37(2)

- Poster Presentation, NATA Convention, Salt Lake City, UT; June 1997
- Research done November 1995 – April 1996

Continuing Education and Certifications

Structure and Function	March 2017
<ul style="list-style-type: none"> • Foundations in Dry Needling for Orthopedic Rehabilitation and Sport Performance 	
Graston Technique Certification, Indianapolis, IN	November 2011
"Fundamental Techniques of Evaluation and Manual Therapy for the Spine", Michigan State University, May 12-14, 2005	
EATA Annual Meeting; Boston, MA	January, 2001 & 2002
American Red Cross Instructor Course; Sanford, ME	September 2001
Preparation for the instruction in first aid and CPR skills for the professional rescuer	
Center for the Prevention of Hate/Violence, Bethel, ME	August 2001
<ul style="list-style-type: none"> • Training seminar for the intervention of hate violence and intolerance; inservices delivered throughout 2002 year to college community 	
Clinical Instructor Educator Course; Providence, RI (EATA)	January 2001

NATA Annual Meeting and Clinical Symposia Attendance:

- St. Louis, MO 2003 & 2008
- Indianapolis, IN 1995 & 2005
- Baltimore, MD 1998
- Salt Lake City, UT 1997

GLATA Annual Meeting and Symposia Attendance:

- Wheeling, IL 2012, 2014, 2015, 2016, 2018, 2019
- Detroit, MI 2010
- Ft. Wayne, IN 2009
- Madison, WI 2006
- Toledo, OH 2005
- Chicago, IL 2004
- Columbus, OH 2002
- Detroit, MI 2000
- Indianapolis, IN 1999
- St. Charles, IL 1998
- Bloomington, MN 1997
- Madison, WI 1996
- Detroit, MI 1994
- Dayton, OH 1993

MATS Professional Education Meeting Attendance:

- East Lansing, MI 2017
 - Ypsilanti, MI 2013 - 2016
 - Hope College, 2012
 - Crystal Mountain Resort, 2011
 - East Lansing, MI, 2008, 2009
- NATA BOC Examiner Training Program, GLATA, March 1999
 - Distinguished Lecture Series in Sports Medicine, Hope College, Holland, MI; 1998 - 2014

Grants and Awards

Distinguished Athletic Trainer Award, Michigan Athletic Trainers' Association - June 2017

GLATA Presidential Award of Excellence, 2011; given in response to efforts in serving GLATA on the Education Committee

PURE Grant, Hope College, Fall 2010, Funded, \$1000

Written for support of continuing development of course assignment dealing with the submission of a research proposal and possible funding through grant development with the students at the conclusion of the semester; assistance with evaluation procedures, assessment and overall design has been utilized with Carrie Dummer (Education) and Lorna Hernandez-Jarvis (General Education Director)

CrossRoads Grant; Funded, \$4,400 for senior seminar course development with Eva Dean Folkert entitled: Family, Faith and Calling: Directions and Journeys. Began course in Spring 2007

Hope College Departmental Awards (1995 – 1996):

- Doc Green Senior Award in Athletic Training
- K. White Departmental Award in Kinesiology
- Major of the Year award in Kinesiology

Professional Certifications & Memberships:

- Graston Technique Certification, 2011
- American Red Cross Instructor: 2001 - present
 - Community CPR and First Aid

Achiever – Restorative – Learner – Empathy - Responsibility

- Professional Rescuer
- Responding to Emergencies
- American Red Cross Licensed Approved Provider: November 2017 – present
- BOC Examiner: 1999 - 2006 (exam moved to CBE therefore services no longer required)

Association Memberships:

- National Athletic Trainers' Association; member since 1993
- Great Lakes Athletic Trainers' Association member
- Michigan Athletic Trainers' Society member

Professional Health Identification and Validation Information:

- BOC Certified Athletic Trainer: Certification Number: 059602480
- State of Michigan License: #2601000048
- NPI#: 1417004938

References:

Kirk Brumels, PhD, AT, ATC
Department of Kinesiology – Chair
Hope College
brumels@hope.edu
616-836-4342

R. Richard Ray, EdD, ATC
Department of Kinesiology
ray@hope.edu
616-403-1405

Joseph Lueken, MS, LAT, ATC
Head Athletic Trainer
Indiana University
jlueken@indiana.edu
812-345-1653