

# Michael J. Welch, PhD, ATC, CSCS

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## **EDUCATION**

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<b>Ph.D., Health Professions Education</b> Simmons University, Boston, MA	August, 2020
<b>Certificate of Advanced Graduate Studies, Health Professions Education</b> Simmons University, Boston, MA	May, 2017
<b>M.S., Kinesiology</b> University of Massachusetts, Amherst, MA	May, 2010
<b>B.S., Athletic Training</b> Lasell University, Newton, MA	May, 2008

## **CERTIFICATIONS/LICENSURE**

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• American Red Cross CPR/Professional Rescuer of Red Cross	2004-present
• BOC Certified in Athletic Training	2008-present
• Licensed Athletic Trainer in the state of Massachusetts	2008-present
• NSCA Certified Strength and Conditioning Specialist	2012-present
• Certified Graston Technique M1 Provider	2015-present
• In-Body 770 Certified	2023-present

## **PROFESSIONAL MEMBERSHIPS**

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• Athletic Trainers' of Massachusetts	2008-present
• Eastern Athletic Trainers' Association	2008-present
• National Athletic Trainers' Association	2008-present
• National Strength and Conditioning Association	2012-present
• American College of Sports Medicine	2014-present
• College Athletic Trainers' Society	2015-present

## **PROFESSIONAL COMMITTEES/TASK FORCE/Working Groups**

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• Biology Department Assessment Working Group, <i>Simmons University</i>	2023-present
• Interprofessional Education Task Force, <i>Simmons University</i>	2022-present
• Interprofessional Education Committee, <i>Simmons University</i>	2022-present
• NCAA Faculty Athletics Representative (FAR), <i>Simmons University</i>	2020-present
• Voting Member, Allston/Brighton Friends of Daly Field, <i>Simmons University</i>	2022-present
• Vice President, Allston/Brighton Friends of Daly Field, <i>Simmons University</i>	2020-2022
• Athletic Training & Exercise Science Advisory Board, <i>Lasell University</i>	2014-2020
• Athletic Trainers' of Massachusetts (ATOM) Young-Professionals Committee	2014-2018

## **ACADEMIC APPOINTMENTS**

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### **Program Director, Health and Exercise Science**

2022-present

*Simmons University Boston, MA*

- Provide leadership and administrative systems to meet program vision, goals and objectives
- Oversee program budget, equipment and space maintenance, course scheduling and availability, and program assessment.
- Oversee initial program accreditation duties, program self-study, coordination of accreditation body site visit, and annual compliance with accreditation standards.
- Hiring, supervising, mentoring, and reviewing faculty performance within the program.
- Collaborate and communicate with the Associate Dean, Department Chair, and college leadership, as needed on administrative and operational issues.
- Represent program within the Simmons community, and beyond to external constituencies and opportunities.

### **Internship Coordinator, Exercise Science Program**

2020-2023

*Simmons University Boston, MA*

- Maintain accurate and current internship repository accessible to students seeking internships experiences in exercise science and related professions.
- Assist students in securing quality internship experiences.
- Cultivate a diversity of internship sites that provided valuable student experiences.
- Maintain records and copies of contractual agreements with all internship sites.

### **Assistant Teaching Professor, Health and Exercise Science**

2020-present

*Simmons University Boston, MA*

- *Foundations of Exercise and Health Lab, BIOL246.L:* Lab introduces students to the foundations of exercise that enhance health and prevent disease. Students learn to evaluate epidemiologic literature, studying factors that link lack of physical activity with the major chronic diseases of the present time. *Spring 2021, Spring 2022, Spring 2023, Spring 2024*
- *Form and Function in Resistance Exercises, EXSC110:* Teaches students how to train each muscle group with both free weights and machines, how to take individuals through a 1 repetition max (RM) in various exercises, and how to assign reps and sets of exercises for specific training goal. *Fall 2020, Spring 2021, Fall 2021, Summer 2024*
- *Introduction to Exercise Science, EXSC100:* Introduces the discipline of Exercise Science, including scientific foundations of the exercise science subdisciplines, professionalism, ethics, certification, licensure, employment opportunities. *Fall 2020, Spring 2021, Fall 2021, Summer 2024*
- *Kinesiology, BIOL362:* The analysis of human movement based on anatomical and mechanical principles. Emphasis is given to the application of these principles for the understanding of human movement and performance. *Fall 2020, Fall 2021, Fall 2022, Fall 2023*

- *Kinesiology Lab, BIOL362.L*: Application of material discussed in lecture with an emphasis on postural assessment, EMG recording, musculoskeletal anatomy, and functional movement. *Fall 2020, Fall 2021, Fall 2022, Fall 2023*
- *Internship Seminar, BIOL370*: Senior Capstone course focuses on internship experience and capstone/thesis project. Additional focus on professional preparation and post-graduation is incorporated throughout the course. *Fall 2022, Spring 2023, Fall 2023, Spring 2024*

### **Adjunct Faculty, Athletic Training & Exercise Science**

2010-2021

*Lasell University Newton, MA*

- *Assessment and Diagnosis I Lab, AT211.L*: Lab component focusing on clinical skill development including palpation, neurological assessment, manual muscle testing, goniometry measurements, and both stress and special tests of lower extremity musculoskeletal pathologies. *Fall 2011, Fall 2013*
- *Assessment and Diagnosis II Lab, AT212.L*: Lab component focusing on clinical skill development of palpation, neurological assessment, manual muscle testing, stress and special testing of upper extremity musculoskeletal and facial/cranial pathologies. *Spring 2011, Spring 2013*
- *Clinical Athletic Training I, AT203*: Engages clinical experiences while focusing on emergency care and techniques, facility usage, prophylactic taping and bracing, implementing policies, procedures and professional interactions. *Fall 2010*
- *Clinical Athletic Training II, AT204*: Emphasis placed on Athletic Trainer's role within athletic team, and the evaluation of orthopedic assessment techniques of the lower extremity. *Fall 2011, Spring 2012, Spring 2013, Spring 2020*
- *Clinical Athletic Training III, AT302*: Emphasis placed on Athletic Trainer's role within athletic team and evaluation of orthopedic assessment techniques of the upper extremity. *Fall 2011, Fall 2012, Fall 2013, Fall 2014, Fall 2015, Fall 2016, Fall 2017, Fall 2018, Fall 2019*
- *Kinesiology, EXSC222*: Examines the anatomical and mechanical concepts required for critical assessment, description, and qualitative analysis of human motion. *Spring 2012, Spring 2013, Spring 2014, Spring 2015, Spring 2016, Spring 2017, Spring 2018, Spring 2019*
- *Kinesiology Lab, EXSC222.L*: Lab component examining the anatomical and mechanical concepts discussed in lecture for critical assessment, description, and qualitative analysis of human motion. *Spring 2011, Spring 2012, Spring 2013, Spring 2014, Spring 2015, Spring 2016, Spring 2017, Spring 2018, Spring 2019*
- *Essentials of Musculoskeletal Anatomy, EXSC101*: Covers functional and applied anatomy; introduces basic kinesiology and orthopedic concepts, as well as medical nomenclature. *Fall 2011, Fall 2012, Fall 2013*

- *Pathophysiology, AT301*: Major pathophysiologic concepts explored via a body systems approach to discuss and determine etiology, manifestation, clinical signs and symptoms, treatment and prevention, of common disease function. *Fall 2013*
- *Professional Interactions & Ethics, EXSC104*: Discusses and explore ethics in medical professions, both personal and professional values, as well as multiculturalism and diversity in professional settings. *Spring 2011*
- *Strength & Conditioning Lab, EXSC305.L*: Lab component examining principles of weight training and conditioning, as well as development and implementation of exercise programs. *Spring 2013, Fall 2013*

### **Guest Lecturer**

*Simmons University, Boston, MA*

April 2020

- *Kinesiology, BIO362*: The analysis of human movement based on anatomical and mechanical principles. Guest lecture focused on structure and function of the elbow and hip complex.

*Lasell University, Newton, MA*

February 2020

- *Strength and Conditioning Lecture, EXSC305*: Examination of postural assessment and Functional Movement Screen application.

*University of Massachusetts, Amherst*

- *Prevention and Care of Athletic Injuries, EXSC301*: A focus on specific body segments, pathologies associated within those segments, how pathologies are manifested via biomechanics and what can be done to correct and prevent future injuries. *Fall, 2008*

### **Lab Instructor**

September 2008 – May 2009

*University of Massachusetts, Amherst*

- *Prevention and Care of Athletic Injuries Lab, EXSC301.L*: Lab focused on appropriate prevention techniques, demonstrating proper orthopedic assessment techniques to determine specific pathologies, acute and emergency care including spine boarding, splinting, prophylactic bracing and taping

## **PROFESSIONAL PRESENTATIONS, PUBLICATIONS & EDITORIAL ACTIVITY**

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### **Panel Discussions**

*Commission of Accreditation on Athletic Training Education (CAATE), Orlando, FL 10/8/2021*

- Panel member discussing the integration of Interprofessional Education Collaborative (IPEC) Core Competencies into Athletic Training education

*Simmons University, Boston, MA, 11/12/2021*

- “Working in Health Professions” Discussion Panel: Focused on highlighting the educational, collaborative and professional journey of various health professionals in different fields with a focus on preparing undergraduate and graduate students for entering the healthcare field

## **Publications**

- Schweiterman, J.M., Welch, M., Breitbach, A. (2023). Athletic Training Preceptor Perceptions of Interprofessional Collaborative Practice in Clinical Learning Experiences. *Internet Journal of Allied Health Sciences and Practice (IJAHSP)*, 21(2). DOI:10.46743/1540-580X/2023.2195

## **Editorial Activity**

- Manuscript Reviewer, Journal Article, *Strength & Conditioning Journal*, Colorado Springs, CO (June 2021-Present)
- Abstract Reviewer, Eastern Athletic Trainers' Association, Annual Meeting and Clinical Symposium, Wilkes Barre, PA (November 2022-Present)

## **AWARDS & RECOGNITION**

- Student Engagement Certificate of Leadership as an Academic Liaison for Health and Exercise Science, *May 2024*
- Simmons University Steve London Faculty/Staff Community Engagement Award - The award recognizes a faculty or staff member who has shown commitment and passion to engage our students with the communities of Boston, *May 2022*
- Great Northeast Athletic Conference Athletic Trainer of the Year Award, *August 2016*

## **STUDENT ADVISING AND SUPERVISION**

**Core Curriculum PLAN Advisor** 2021-Present  
*Simmons University, Boston, MA*

- Advise first year undergraduate students on core curriculum, PLAN (Purpose Leadership Action), in course registration and designing personalized academic experiences.

**Academic Major Advisor** 2021-Present  
*Simmons University, Boston, MA*

- Advise undergraduate Health and Exercise Science students in course registration and designing personalized academic plans.
- Collaborate regularly with pre-health and pre-med Academic Advisors for students interested in pursuing careers in healthcare.

**Internship Site Supervisor, Exercise Science Sports Medicine Rotation** 2014-2020  
*Lasell University, Newton, MA; Simmons University, Boston, MA*

- Supervised exercise science interns pursuing a career in sports medicine/sports performance. Oversaw history taking of orthopedic injuries, and the development of rehabilitation, injury prevention, and sport performance programs.

**Clinical Site Supervisor, Nutrition Sports Medicine Rotation** 2014-2020  
*Simmons University, Boston, MA*

- Supervised and mentored graduate nutrition students each semester pursuing a career in sports nutrition. Through the direction of team nutritionist/dietician, students provided nutritional information resources to student-athletes and teams in-one and in group formats with the sports medicine staff.

**Clinical Preceptor, Athletic Training** 2010-2020  
*Boston University, Boston, MA; Lasell University, Newton, MA*

- Oversaw athletic training students each semester. Students were involved in direct medical care of all varsity student athletes. This included injury evaluation, diagnosis, treatment and prevention, as well as organizational and administrative tasks.

**Athletic Training Faculty Workshops** 2015  
*Lasell University, Newton, MA*

- Developed and oversaw faculty workshops designed to improve efficiency of student pass-rate of Board of Certification Exiting Exam and Clinical Classroom Curriculum

**Athletic Training Certification Exam Preparation** 2012-2017  
*Lasell University, Newton, MA*

- Assisted in overseeing seminars focused on preparing students for Athletic Training Board of Certification Exam

**Senior Capstone/STEM Presentations** 2021-Present  
*Simmons University, Boston, MA*

- Assisted students in developing Internship-Capstone presentations. A combined two semester, 8-credit, 200-hour experience, where students research a topic of interest pertaining to their internship setting. Following a review of literature, students then develop a refined topic/question to explore deeper in the form of a case-study, systematic review, or original research question.

**Connected Learning Symposium** 2011-2019  
*Lasell University, Newton, MA*

- Assisted students in developing poster presentations in several courses: *Assessment and Diagnosis I, Assessment and Diagnosis II, Kinesiology, Pathophysiology, Clinical Athletic Training II, Clinical Athletic Training III*

## **CLINICAL EXPERIENCE**

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**Director of Sports Medicine, Strength and Conditioning Coordinator** 2016-2020  
*Simmons University, Boston, MA*

- Responsible for assessment, treatment, management, and rehabilitation of athletic injuries/conditions for all 200 varsity athletes
- Served as Healthcare Administrator for Simmons University athletics
- Controlled and coordinated medical clearance process for student athletes
- Oversaw all scheduling of athletic event medical coverage and clinic staffing
- Oversaw secondary insurance claims and billing

- Oversaw budgeting and purchasing of sports medicine and sports performance supplies, equipment and needs
- Oversaw inclement weather policy for athletics events and Emergency Action Plans for all athletic venues and off-site facilities
- Oversaw sports performance staff involved in strength and conditioning of all varsity athletes
- Served as internship supervisor for Simmons University and Lasell University exercise science & nutrition interns
- Served as clinical preceptor for undergraduate and graduate athletic training students from Lasell University and Boston University

**Per Diem Athletic Trainer** 2008-2021

*Massachusetts Youth Soccer Camps, Lancaster, MA*

- Provided medical care for Mass Youth Soccer League teams during summer tournaments

**Per Diem Athletic Trainer** 2010-2020

*Winsor School Athletics, Boston, MA*

Provided medical coverage for Winsor athletic events

**Per Diem Athletic Trainer** 2013-2019

*Babson University/PROPEL Hockey Clinic, Youth Hockey Camps, Wellesley, MA*

- Provided medical coverage of 40 youth hockey players

**Athletic Trainer, Strength and Conditioning Coordinator** 2010-2016

*Simmons University, Boston, MA*

- Responsible for assessment, treatment, management, and rehabilitation of athletic injuries/conditions for 250 varsity athletes
- Served as clinical preceptor for undergraduate athletic training students from Lasell University and Boston University
- Served as internship supervisor for Simmons University and Lasell University exercise science & nutrition interns
- Oversight of Strength and Conditioning programming and implementation for all varsity student athletes

**Graduate Assistant Athletic Trainer** 2008-2010

*University of Massachusetts, Amherst, MA*

- Directly responsible for providing care of men's soccer team and women's softball team
- Assisted in assessment, treatment, management, and rehabilitation of athletic injuries/conditions for 19 Varsity athletic teams consisting of 560 Division I student-athletes
- Worked directly with physicians in providing care
- Provided medical care for Massachusetts soccer clinics and UMass women's ice hockey

## **ADDITIONAL PROFESSIONAL EXPERIENCE**

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### ***“Find Your FIT” Instructor***

2011-2012

*Simmons University, Boston, MA*

- A physically interactive class developed and offered to Simmons student body to promote exercise and physical activity. Classes involved both didactic and practical components focusing on promoting a healthy lifestyle, improving muscular strength and flexibility, improving cardiovascular activity, proper nutrition, and the psychological/mental benefits resulting from increasing physical activity.

### **Personal Care Attendant**

2002-2019

*Granite State Independent Living, Concord, NH*

- Provided physical rehabilitation and manual therapy for immobilized patient with Muscular Dystrophy, including increasing range of motion, flexibility, functional movement and coordination through exercises aimed to improve activities of daily living.
  - Provided additional support in mobility, transferring and assisting in community.
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