

**MARY E. WESTBY, ED.D, LAT, ATC**  
mwestby@gustavus.edu

***EDUCATION***

**University of North Carolina at Chapel Hill**, Chapel Hill, NC  
CAAHEP accredited Undergraduate Athletic Training Education Program  
Bachelor of Arts in Exercise and Sports Science - Athletic Training, 2005 (with Highest Distinction)  
Minor in Chemistry

**Old Dominion University**, Norfolk, VA  
NATA accredited Post-Professional Graduate Athletic Training Education Program  
Master of Science in Education in Athletic Training, 2007  
Thesis Title: *The Effect of Instruction on Jump-landing Motion Patterns and Impact Forces*

**University of Minnesota**, Minneapolis, MN  
Certificate in Emerging Leaders in Private Colleges, December 2016

**Bethel University**, Arden Hills, MN  
Doctor of Education in Leadership in Higher Education, May 2020  
Dissertation Title: *Assessment of Student Learning Outcomes in Professional Athletic Training Programs*

***ACADEMIC EXPERIENCE***

**Graduate Student Teaching Assistant, Physical Education Department: Old Dominion University**,  
Norfolk, VA Fall 2006

**Co-Instructor, Physical Education Department: Old Dominion University**, Norfolk, VA Spring 2007

**Instructor and Academic Advisor, Health, Physical Education, and Recreation Department: Upper Iowa  
University**, Fayette, IA Fall 2007-July 2008

- Developed a new curriculum for classes that corresponded with the CAATE standards
- Assisted Program Director in execution of the CAATE self-study
- Served as academic advisor for 30 students in a variety of majors and programs

**Instructor, Health and Exercise Science Department: Gustavus Adolphus College**, St. Peter, MN  
August 2008 – June 2009

**Clinical Education Coordinator and Instructor: Athletic Training Program, Gustavus Adolphus College,  
St. Peter, MN** July 2009 – June 2016

- Coordinated the clinical rotations of athletic training major
- Monitored and evaluated clinical sites and instructors in order to provide quality educational environments for the athletic training students during the clinical experiences
- Developed over twelve new clinical experiences and sites, more than doubling the opportunities for students' clinical education
- Created and implemented Preceptor Training Seminars (acting as the Clinical Instructors Educator for the college)
- Assisted ATP Program Director in administrating of the ATP and in implementing and maintaining CAATE standards
- Taught general education and core curriculum ATP courses.
- Advised AT majors and pre-health students
- Compiled the CAATE Reaccreditation Self-Study and Site Visit for ATP (2011-2021)

**Athletic Training Program Director and Assistant Professor: Health and Exercise Science Gustavus  
Adolphus College, St. Peter, MN** September 2015 – Present

- Coordinates the organization and administration of the Master of Athletic Training program.
- Monitors and evaluates all aspects of the academic and clinical experiences in the ATP
- Implements and maintains CAATE standards
- Teaches general education and core curriculum ATP courses.
- Advises current AT students, exercise physiology students, and prospective students
- Work with admissions office in the recruitment of prospective students interested in athletic training
- Lead a team of faculty, administrators and staff to develop and implement the Master of Athletic Training Program
- Compiled the HLC and CAATE Substantive Change Self-Study for transition to master's degree
- Compiled the CAATE Reaccreditation Self-Study and Site Visit for ATP (2022-2032)
- Promoted to Assistant Professor in 2021
- Elected Co-Chair of ATP department in 2025

***COURSES TAUGHT***

**Old Dominion University**

**Advanced First Aid and CPR** (HE 224, 3 credits), **Gross Anatomy for the Sports Medicine Clinician (TA)** (ESPR 691, 4 credits)

**Upper Iowa University**

**Kinesiology** (HPER 305, 3 credits), **Clinical Work Practicum III** (HPER 322, 3 credits), **Clinical Work Practicum VI** (HPER 492, 3 credits)

**Gustavus Adolphus College**

**Introduction to Athletic Training** (HES 203, 0.5 credits), **Advanced Aspects of Athletic Training** (HES 349, 0.5 credits), **First Aid and CPR** (HES 200, 0.25 credits), **Therapeutic Agents in Athletic Training** (HES 320, 1.0 credits), **Senior Athletic Training Labs** (HES 317, 318, 319, 0.25 credits each), **Kinesiology** (HES 305, 0.5 credits), **Sophomore Athletic Training Lab** (HES 204, 0.25 credits), **Drugs in Sport and Performance** (HES 231, 0.5 credits), **Anatomy and Physiology Lab** (HES 234 & 235, 0.5 credits), **Relaxation** (HES 122, 0.25 credits), **Olympic Quest: Greece, Italy, Austria, and Germany** (HES 224, 1.0 credits), **Medical Topics in Athletic Training** (HES 206, 1.0 credits), **Olympic Quest: Examining Pre- and Post-World War II Olympiads** (HES 224, 1.0 credits), **Athletic Techniques III** (HES 311, 1.0 credits), **Senior Seminar in Athletic Training** (HES 353, 1.0 credits), **Leadership in Athletic Training** (HES 312, 1.0 credits), **Biomechanics and Functional Anatomy** (HES 309, 1.0 credits), **Clinical Pharmacology** (NUR 337/HES 337, NUR 337/HES 537, NUR 337/ATP 537, 1.0 credits, 4 credits), **Foundations of Athletic Training** (HES 500, ATP 500, 4 credits), **Therapeutic Interventions in Athletic**

**Training I** (HES 511, ATP 511, 3 credits), **Therapeutic Interventions in Athletic Training II** (HES 512, ATP 512, 3 credits), **Medical Terminology** (HES 214, 2 credit)

### ***CLINICAL EXPERIENCE***

**Certified Athletic Trainer: North Carolina Girls Soccer Camp**, Chapel Hill/Greensboro, NC  
Summers 2005, 2006

**Graduate Assistant Athletic Trainer: Old Dominion University**, Norfolk, VA  
Fall 2005-Spring 2007

**Assistant Athletic Trainer: Upper Iowa University**, Fayette, IA  
July 2007 – July 2008

- Staff certified athletic trainer for Men’s and Women’s Soccer, Women’s Basketball and Softball
- Served as an approved clinical instructor for the CAATE accredited undergraduate students

**Assistant Athletic Trainer: Gustavus Adolphus College**, St. Peter, MN  
August 2008 – June 2009

- Staff certified athletic trainer for Women’s Volleyball, Women’s Gymnastics, and Women’s Softball
- Served as an approved clinical instructor for the CAATE accredited undergraduate students

**Athletic Trainer for Summer Camps: Gustavus Adolphus College**, St. Peter, MN  
Summers, 2009 –Present

**Contract Athletic Trainer: St. Peter High School**, St. Peter, MN  
August 2016-May 2020

**Contract Athletic Trainer: Gustavus Adolphus College**, St. Peter, MN  
August 2009-Present

### ***PUBLISHED ABSTRACTS***

**Joos, M.E.,** Onate, J.A., Cortes, N., Padua, D.A., & Van Lunen, B.L. (2007). Relationship Between Jump Landing Motion Patterns and Ground Reaction Forces. *J Athl Train*, 42(2), S-90.

**Joos, M.E.,** Onate, J.A., Cortes, N., Padua, D.A., & Van Lunen, B.L. (2008). Visual Cues Reduce Landing Error Scoring System Scores. *J Athl Train*, 43(3), S-29.

Onate, J.A., **Joos, M.E.,** Cortes, N., Padua, D.A., & Van Lunen, B.L. (2008). Visual Cues Do Not Affect Ground Reaction Forces During a Landing Tasks. *J Athl Train*, 43(3), S-30.

### ***BOOK CHAPTERS***

Russell, H. C., **Westby, M.,** & Watt, M. C., (2020). A vignette-based approach to predicting behavioral intentions when managing running injuries. In *Sage Research Methods Cases: Medicine and Health*. SAGE Publications, Ltd., <https://doi.org/10.4135/9781529724738>

### ***PRESENTATIONS***

Invited Speaker:

April 2023 *Minnesota Athletic Trainers’ Association Annual Meeting*; Bloomington, MN  
Planning the Plan: Evaluation of Emergency Action Plans

Presenter:

May 2006 *Tidewater Sports Medicine Symposium*; Norfolk, VA  
The Effect of Instruction on Jump-landing Motion Patterns and Impact Forces

April 2007 *Old Dominion University Research Day Poster Presentation*; Norfolk, VA  
Relationship between Jump-landing Motion Patterns and Ground Reaction Forces

May 2007 *Mid-Atlantic Athletic Trainers’ Association Annual Meeting*; Virginia Beach, VA  
The Effect of Instruction on Jump-landing Motion Patterns and Impact Forces

June 2007 *National Athletic Trainers’ Association 58<sup>th</sup> Annual Meeting*; Anaheim, CA  
(Poster Presentation)

- The Relationship between Jump-landing Motion Patterns and Ground Reaction Forces  
 June 2008 *National Athletic Trainer's Association 59<sup>th</sup> Annual Meeting*; St. Louis, MO  
 Visual Cues Reduce Landing Error Scoring System Scores
- Jan 2013 *National Athletic Trainers' Association Athletic Training Educators' Conference*; Dallas, TX  
 (Poster Presentation)  
 Professional Development Units – A Method to Increase and Foster Life-Long Learning  
 Co-author: Kyle Momsen
- April 2014 *Minnesota Athletic Trainers' Association Annual Meeting*; Rochester, MN  
 A Survey and Review of Evidence of New and Alternative Modalities
- May 2015 *American College Health Association Annual Meeting*; Orlando, FL  
 Common Orthopaedic Evaluation Techniques for the Lower Extremity  
 Co-author: Kyle Momsen
- October 2015 *North Central College Health Association Annual Meeting*; LaCrosse, WI  
 Common Orthopaedic Evaluation Techniques for the Lower Extremity  
 Co-author: Kyle Momsen
- April 2017 *Minnesota Athletic Trainers' Association Annual Meeting*; Plymouth, MN  
 “Answering Clinical Questions: Literature Searches in the Field”  
 Co-author: Elizabeth Drake
- April 2018 *Minnesota Athletic Trainers' Association Annual Meeting*; Duluth, MN  
 “Answering Clinical Questions Part 1: Literature Searches in the Field”  
 “Answering Clinical Questions Part 2: What is this study actually telling me?”  
 Co-author: Elizabeth Drake
- February 2019 *National Athletic Trainers' Association Athletic Training Educators' Conference*; Dallas, TX  
 “Psychology of Injury Workshop: Teaching Psychology of Injury without a standalone class”  
 Co-author: Hayley Russell
- June 2019 *National Athletic Trainers' Association Annual Symposium and Expo*; Las Vegas, NV  
 “Answering Clinical Questions”  
 Co-author: Elizabeth Drake
- April 2021 *National Athletic Trainers' Association Athletic Training Educators' Conference*; Virtual  
 (Poster Presentation)  
 Survey of SLOs Cited by Professional Masters Athletic Training Programs
- October 2024 *National Athletic Trainers' Association Athletic Training Educators' Conference*; Virtual  
 Interprofessional Pharmacology Course

Co-Author on Papers Presented by Other Authors:

August 2008

Cortes, N., Onate, J.A., **Joos, M.E.**, & Van Lunen, B.L. Analysis of Ground Reaction Forces Intra Session Reliability and Peak Differences Across, Stop-Jump Tasks. American Society of Biomechanics – Southeast conference.

June 2019

Watt, M. C., Russell, H. C., **Westby, M. E.**, Tracey, J., Hanson, A. R. Lundstrom, C. & Wilson, P. B. Runners and injury: Psychological predictors of behavioral intentions. Canadian Psychological Association Conference, Halifax, NS.

### ***STUDENT RESEARCH PROJECTS AND PRESENTATIONS (AS ADVISOR)***

Roering, Christine. (2013) Plantar Fasciitis Treatment: A Systematic Review.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St Peter, MN

Saemrow, Matt. (2014) Adolescent ACL Injury: A Case Study.

Poster Presented at *Minnesota Athletic Trainers' Association Annual Meeting*; Rochester, MN

Mattson, Travis. (2015) Evidence-Based Practice: A Look into the Usage of and Perceived Effectiveness of Kinesiotape. A Descriptive Design.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Yllonen, Brett. (2015) The Effectiveness of Ultrasound Treatment in the Management of Delayed Onset Muscle Soreness on Collegiate Athletes.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Kirsch, Danielle (2016) The Effects of Crushed Ice Bags and the Use of Cold Pneumatic Compression Device (Game Ready®) on Pain Due to an Acute Ankle Sprain in Collegiate Athletes.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Ramos, Marissa (2016). Effects of a Six Week Upper Extremity Strength Plan with College-age Modern Dance Students.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Sneed, Brenna (2016) The Effects of Crushed Ice Bags and the Use of Cold Pneumatic Compression Device (Game Ready®) on Swelling Due to an Acute Ankle Sprain in Collegiate Athletes.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Stordalen, Anthony (2016) Mental Health Effects of Sports Related Concussion in Division Three Collegiate Athletes.

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Thompson, Jordan (2017) The Effects of Music on Exercise Performance from Delayed-onset Muscle Soreness (DOMS).

Poster Presented at *Minnesota Athletic Trainers' Association Annual Meeting*; Plymouth, MN

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Welke, Stephanie (2017) The Effects of Music on Perceived Pain from Delayed-onset Muscle Soreness (DOMS).

Poster Presented at *Minnesota Athletic Trainers' Association Annual Meeting*; Plymouth, MN

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Eichner, Alex (2018) The Effects of Therapeutic Cupping on Wrist Range of Motion.

Poster Presented at *Minnesota Athletic Trainers' Association Annual Meeting*; Duluth, MN

Poster Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Hedges, Rachel (2020) Impact of Injury on Athletic Identity in Collegiate Athletes. Poster Virtually Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

Johnson, Aleese (2020) Impact of Injury on Quality of Life in Collegiate Athletes. Poster Virtually Presented at *Celebration of Creative Inquiry*; Gustavus Adolphus College, St. Peter, MN

### ***GRANTS AWARDED***

Principal Investigator, \$1000 National Athletic Trainers' Association Research and Education Foundation Master's Research Grant Program – "The Effects of Instruction on Jump-Landing Motion Patterns and Impact Forces." **Joos ME**, Oñate JA, Van Lunen BL, Padua DA. (Awarded June 2006).

Principal Investigator, \$1,194.91 Kendall Center for Engaged Learning Mini-grant – "Casting Injuries and Fitting Durable Medical Equipment in HES 353." **Westby ME** (Awarded February 2019)

Principal Investigator, \$1111.50 Kendall Center for Engaged Learning Mini-grant – "NATA Master Preceptor Training Workshops." **Westby ME** (Awarded June 2021)

***HONORS, AWARDS AND PRIZES***

**NATA Research and Education Foundation Undergraduate Scholarship.** University of North Carolina at Chapel Hill (2004)  
**Mid-Atlantic Athletic Trainers' Association Undergraduate Scholarship.** University of North Carolina at Chapel Hill (2004)  
**North Carolina Athletic Trainers' Association Undergraduate Scholarship.** University of North Carolina at Chapel Hill (2004)  
**Member of Phi Beta Kappa Honor Society.** University of North Carolina at Chapel Hill (Since 2004)  
**Patrick F. Earey Outstanding Exercise and Sport Science Senior Award.** University of North Carolina at Chapel Hill (2005)  
**NATA Research and Education Foundation Masters' Scholarship.** Old Dominion University (2006)  
**Mid-Atlantic Athletic Trainers' Association Masters' Scholarship.** Old Dominion University (2006)  
**Athletic Training Academic Excellence Award,** Old Dominion University (2007)  
**Swenson-Bunn Memorial Award for Teaching Excellence,** Gustavus Adolphus College (2016)  
**NATA and GLATA Living Pinky Newell Doctoral Scholarship.** Bethel University (2017)  
**Minnesota Athletic Trainers' Association Post-Professional Scholarship.** Bethel University (2017)  
**Innovative Teaching Award.** Adapting Athletic Training Clinical Experiences for COVID-19. Gustavus Adolphus College (2021)

***CERTIFICATIONS***

**Board of Certification,** Certified Athletic Trainer - #050502070, May 2005 – Present  
**Licensed Athletic Trainer,** State of Virginia - #0126000897 July 2005 – January 2009  
**Licensed Athletic Trainer,** State of Iowa - #000645 August 2007- February 2008  
**Licensed Athletic Trainer,** State of Minnesota - #2095, September 2008 – Present  
**National Provider Index** - #1851418610, March 2007 - Present  
**Certified in Basic Life Support,** American Red Cross  
**Certified in Emergency Medical Response,** American Red Cross  
**Instructor of Emergency Medical Response, Basic Life Support, First Aid/CPR, CPR/AED for the Professional Rescuer,** American Red Cross  
**Instructor Trainer for First Aid/CPR/AED,** American Red Cross

***PROFESSIONAL SERVICE***

**Member,** National Athletic Trainers' Association, #992403 January 2003 – Present  
**Member,** Great Lakes Athletic Trainers' Association, #992403 January 2009 – Present  
**Member,** Minnesota Athletic Trainers' Association, #992403 January 2009 – Present  
**Advisor,** Various Student Organizations, Gustavus Adolphus College 2009 – Present  
 Gustavus Athletic Training Association, Iota Tau Alpha Honor Society, etc.  
**Minnesota Representative,** Great Lakes Athletic Training Association Young Professional Committee November 2010 – March 2014  
**Co-Advisor,** Minnesota Athletic Trainers' Association Student Senate August 2012 – July 2015  
 August 2023 - Present  
**Heath and Exercise Science Faculty/Staff Reviews,** Gustavus Adolphus College Spring 2009 – Spring 2025  
**Co-Chair,** Special Sub-committee on non-tenured track faculty, Gustavus Adolphus College Fall 2013-July 2015  
**Pre-Health Advisor,** Gustavus Adolphus College Fall 2014 – Fall 2019  
**Peer Reviewer,** Commission on Accreditation of Athletic Training Education 2014 – Present  
**Co-Chair,** Committee on Strategic Planning Implementation Strategy 1.4, Gustavus Adolphus College Fall 2016 – Summer 2017

**Program Assessment Liaison for Health and Exercise Science Department**, Gustavus Adolphus College  
Fall 2016-Spring 2021

**Member**, Pre-Health Advising Planning Committee, Gustavus Adolphus College  
Fall 2017-Spring 2018

**Chair**, COVID Action Team – Protective Equipment, Gustavus Adolphus College. Summer 2020 – Spring 2022

**Supervisor and contact tracer**, COVID Student Contact Tracers, Gustavus Adolphus College  
Fall 2020-Spring 2021

**Member**, Curriculum Committee, Gustavus Adolphus College  
Fall 2020 – Spring 2023

**Chair**, Curriculum Approval Sub-committee, Gustavus Adolphus College  
Fall 2021

**Curriculum Committee Representative**, College Accreditation Committee  
Fall 2020-Spring 2023

**Member**, Lund Center Renovation Project Leadership Team, Gustavus Adolphus College  
Spring 2021-Spring 2022

**Contributor**, HHMI Inclusive Excellence Project, Gustavus Adolphus College  
Spring 2021-Spring 2023

Served on the Phase 1 Leadership team – setting priorities for the 5-year project

Served on the Curricular Development Thread Team for phase two of the project

**Secretary/Treasurer**, Phi Beta Kappa, Eta Chapter of Minnesota, Gustavus Adolphus College  
Fall 2012 – June 2015

Summer 2022 – Present

**Member of Governmental Affairs Committee**, Minnesota Athletic Training Association  
Fall 2022-Present

**Faculty Admission Liaison**, Gustavus Adolphus College  
Fall 2022 - Present

**Member**, Athletic Training/Health and Exercise Science Tenure Track Search, Gustavus Adolphus College  
Spring 2022-Fall 2023

**Member**, Faculty Senate, Gustavus Adolphus College  
Fall 2023 – Present

**Faculty Senate Representative**, Enrollment Management Committee of the Board of Trustees  
Fall 2023 – Present

**Faculty Senate Representative**, College Accreditation Committee  
Fall 2023 – Present

**Member**, Nominations Subcommittee  
Fall 2024- Present

**Member**, Administrative Assistant for HES Search, Gustavus Adolphus College  
Fall 2024

**Member**, Administrative Coordinator for NUR & ATP Search, Gustavus Adolphus College  
Summer 2025

**Co-Chair**, ATP Department, Gustavus Adolphus College  
Summer 2025 - Present

### ***PROFESSIONAL MEETINGS***

**American College Health Association Annual Meeting** 2015

**National Athletic Trainers' Association Clinical Symposium & AT Expo**  
2005, 2006, 2007, 2008, 2009, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020 (virtual),  
2021(virtual), 2022 (virtual), 2023 (virtual), 2024 (virtual), 2025

**Mid-Atlantic Athletic Trainers' Association Clinical Symposium** 2006, 2007

**Commission on Accreditation of Athletic Training Education Annual Conference** 2016, 2019, 2021 (virtual)

**Great Lakes Athletic Training Association Winter Meeting and Symposium** 2011, 2012, 2013, 2020

**Minnesota Athletic Trainers' Association Annual Meeting**  
2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2021 (virtual), 2022 (virtual), 2023, 2024

**National Athletic Trainers' Association Athletic Training Educators' Conference**  
2011, 2013, 2017, 2019, 2021 (virtual), 2022 (virtual), 2024 (virtual)