

MARK E. COLE, Ph.D. ATC
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Macomb, Illinois 61455
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EDUCATION

- 2010 Ph.D., Health Science, Concentration: Sport Psychology, Sociology of Sport,
University of Wisconsin-Milwaukee
Dissertation Title: *Elite Athletes' Experiences with the Phenomena of Emotion*
- 1993 M.S., Exercise and Movement Science, Concentration: Sports Medicine,
University of Oregon
- 1991 B.S., Sports Science and Athletic Training, Indiana University

PROFESSIONAL EXPERIENCE

2009 - Present

Assistant Professor, Department of Kinesiology, Western Illinois University, Macomb, IL
Director, Sport and Exercise Psychology Lab, Department of Kinesiology
Director, Leathernecks Excel as Athletes and People (LEAP)
Comprehensive collaborative performance psychology program for student-athletes
conducted in conjunction with University Counseling Center, Beu Health Center, and the
Departments of Kinesiology, Intercollegiate Athletics, and Educational Studies

2004 – Present

Performance Consultant and President, Performance Medical Corp.

Provide performance enhancement services to sport and business clients

2004 – 2009

Staff Athletic Trainer, Blount Orthopaedic Clinic, Ltd., Milwaukee, WI

2000 – 2004

Clinical Instructor, ATEP Clinical Coordinator, and Assistant Athletic Trainer, Departments of
Human Movement Sciences and Intercollegiate Athletics, University of Wisconsin-Milwaukee

1999 – 2000

Adjunct Instructor, Department of Exercise Science, Marquette University
Adjunct Instructor and Assistant Athletic Trainer, Department of Health and Human
Performance, Concordia University – Wisconsin

1998

Team Athletic Trainer, U.S. Long Track Speedskating, Winter Olympic Games, Nagano, Japan

1996 – 2000

Head Athletic Trainer, U.S. Speedskating/NovaCare Outpatient Rehabilitation, Milwaukee,
Wisconsin

1993 – 1996

Staff Athletic Trainer/Interim Athletic Training Coordinator, Gundersen Clinic, Ltd., La Crosse, Wisconsin

RESEARCH AND SCHOLARSHIP

Research Publications

Cole, M.E. *Under review.* Adventure learning: an interdisciplinary approach to fostering awareness in sport teams. *Journal of Experiential Education.*

Cole, M.E. and Gaule, A. *In preparation.* Psychological first aid and the athletic trainer: Honing underappreciated competencies. *International Journal of Athletic Therapy and Training.*

Piper, T., **Cole, M.E.** and Andrade, P. *In preparation.* The effects of a basic core and upper body strengthening program on air rifle marksmanship. *Journal of Strength and Conditioning Research*

Welty, J.M., Hart, A., and **Cole, M.E.** (2015). Top model: Coaching models in Division III track & field. *Techniques*, 9(2), 450-56.

Piper, T.P., **Cole, M.E.**, Menk, D., and Schulte, J. (2014). Meningitis awareness for athletic trainers. *International Journal of Athletic Therapy and Training* 19(2).

Cole, M.E. and Smith, R.E. (2014). Raising awareness for adaptive physical activities: scuba diving. *Palaestra*, 28(1).

Cole, M.E., Kahanov, L., Eberman, L.E., Schmidt, R.L. (2013). Athletic trainers as event medical coordinators. *International Journal of Athletic Therapy and Training* 18(1), pp. 43-47.

Weyman, T., Giangarra, C.E., **Cole, M.E.** (1996). Waterskiing injuries. *Journal of Sports Chiropractic and Rehabilitation.* (10). pp. 111-114.

Book Chapters

Fletcher, T., **Cole, M.E.**, Meyer, B.B. (2008). Disordered Eating. In Mensch, J. & Miller, G.M. (Eds.) *The Athletic Trainer's Guide to Psychosocial Intervention and Referral.* Thorofare, NJ:Slack.

Books

Cole, M.E. and Hart, A. *In preparation.* *Handling Toxic Youth Sport Parents: A Guide for Physical Educators, Coaches, and Administrators.*

Education Technology

Cole, M.E. and Plos, J.M. *In preparation.* AT-APP: Mobile application for health science students and practicing professionals.

Presentations

- Cole, M.E.** (Invited 2016). *Problems communicating with coaches*. An invited presentation at the 42nd Annual Wisconsin Athletic Trainers' Association Business Meeting and Symposium. Green Bay, WI
- Cole, M.E.,** and Hart, A. (2015). *Youth sport parents: Toxic or tonic?* A paper presented at the North American Society for the Sociology of Sport Annual Conference, Santa Fe, NM.
- Cole, M.E.,** Krzyzkowski, R., Thornton, K., Paulsen, T., Thompson, D., and van Eijkelenburg, M., (2015). *Passport to recovery: Helping student athletes surmount injury*. A paper presented at the 40th Annual Conference of the Association for Applied Sport Psychology, Indianapolis, IN.
- Cole, M.E.** (2015). *Fostering mindfulness in sport teams: A pilot study*. A paper presented at Mindfulness and Compassion: The Art and Science of Contemplative Practice conference. San Francisco, CA
- Cole, M.E.** and Andreadis, A. (2014). *New emergency skills for athletic training practice*. A paper presented at the Illinois Athletic Trainers' Association Annual Meeting and Clinical Symposium. Lisle, IL.
- Cole, M.E.** and Hart, A. (2014). *Toxic sport parents: Healthy solutions for coaches, administrators and teachers*. A paper presented to American Alliance for Health, Physical Education, Recreation & Dance. St. Louis, MO.
- Cole, M.E.** and Smith, R. (2013). *Generating disability awareness: Adaptive SCUBA*. A paper presented at Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, St. Louis, MO.
- Cole, M.E.** and Schmidt, R.L. (2013). *Implementing new emergency care skills into your athletic training practice*. A paper presented at the Great Lakes Athletic Trainers' Association Annual Meeting and Clinical Symposium. Wheeling, IL.
- Cole, M.E.** (2012). *Adventure learning: An interdisciplinary approach to fostering awareness in sport teams*. A paper presented at the Association for Applied Sport Psychology Annual Conference, Atlanta, GA.
- Cole, M.E.,** Radlo, S.J. (2012). *Understanding the physical activity and nutritional habits of rural school children*. A paper presented at Illinois Association for Health, Physical Education, Recreation & Dance. Chicago, IL.
- Cole, M.E.,** Schmidt, R.L. (2012). *Athletic trainers as medical coordinators: Aces in their places*. National Athletic Trainers' Association Annual Meeting and Clinical Symposium. St. Louis, MO.
- Brown, S., Fitzgerald, B., **Cole, M.E.** (2012). *Handling injured athletes*. National Association of Sport and Physical Education Coaching Education Webinar Series.

- Cole, M.E.** (2011). *Elite athletes' emotional Skills: The forgotten assessment for athletic therapists*. A paper presented at 45th Canadian Athletic Therapists Association National Convention and 4th World Congress: World Federation of Athletic Training and Therapy, Banff, Alberta, CANADA.
- Schmidt, R.J. and **Cole, M.E.** (2011). *Athletic therapists as coordinators of medical services*. A paper presented at 45th Canadian Athletic Therapists Association National Convention and 4th World Congress: World Federation of Athletic Training and Therapy, Banff, Alberta, CANADA.
- Cole, M.E.** and Smith, R. (2011). *How to generate interest in adaptive scuba: A success story*. A paper presented at 2011 Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, St. Louis, MO.
- Smith, R. and **Cole, M.E.** (2011). *Disability awareness day events that work (and a few that don't)*. A paper presented at 2011 Midwest Symposium on Therapeutic Recreation and Adapted Physical Activity, St. Louis, MO.
- Cole, M.E.** (2007). *Emotion in sport: Keeping your eye on the ball*. Paper presented to the Wisconsin Athletic Trainers' Association, Nekoosa, WI.
- Meyer, B.B. & **Cole, M.E.** (2006). *Assessment of emotional intelligence: Implications for sport psychology research*. Poster presented at the 2006 British Association of Sport and Exercise Science Annual Conference, Loughborough, UNITED KINGDOM.
- Cole, M.E.** (2006). *Assessment of emotional intelligence: Implications for the health sciences*. Poster presented at the 2006 University of Wisconsin-Milwaukee Research Symposium, Milwaukee, WI.
- Cole, M.E.** (2005). *Athletic/Exercise participation as a precursor to disordered eating*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference, Vancouver, British Columbia, CANADA.
- Meyer, B.B., Parker, S.J., Davis, N.W., & **Cole, M.E.** (2005). *Emotional intelligence and collegiate athletes: Evidence-based practice*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference, Vancouver, British Columbia, CANADA.
- Kilty, K.A., Meyer, B.B., Parker, S.J., Davis, N.W., & **Cole, M.E.** (2005). *Emotional intelligence and collegiate coaches: Evidence-based practice*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference, Vancouver, British Columbia, CANADA.
- Meyer, B.B., Fletcher, T.B., Kilty, K.A., Parker, S.J., **Cole, M.E.**, Davis, N.W. (2005). *Emotional intelligence in sport: An exploratory study of college athletes and coaches*. Symposium organized and presented at the International Society of Sport Psychology 11th World Congress of Sport Psychology, Sydney, AUSTRALIA.

Meyer, B.B., Parker, S.J., Fletcher, T.B., Davis, N.W., & **Cole, M.E.** (2005). *The emotional intelligence of college athletes: An exploratory study*. Paper accepted for presentation at the International Society of Sport Psychology 11th World Congress of Sport Psychology, Sydney, AUSTRALIA.

Meyer, B.B., Kilty, K.A., Parker, S.J., Fletcher, T.B., **Cole, M.E.**, & Davis, N.W. (2005). *The emotional intelligence of college coaches: An exploratory study*. Paper accepted for presentation at the International Society of Sport Psychology 11th World Congress of Sport Psychology, Sydney, AUSTRALIA.

Cole, M.E., (2003). *Steroids: Just say know*. Presentation delivered to Wisconsin Association for Health Physical Education, Recreation and Dance, Green Bay, WI.

Cole, M.E., (2003). *Performance enhancing substances*. Presentation delivered to Wisconsin Association for Health Physical Education, Recreation and Dance, Green Bay, WI.

Cole, M.E. & Owsley, H.K. (1999). *Sports emergencies and the athletic trainer*. Paper presented at the Wisconsin Emergency Medical Services Association 13th Annual Meeting, Milwaukee, WI.

Cole, M.E. (1995). *Steroids: Just say know*. Paper presented at the University of Wisconsin-La Crosse Sports Medicine Symposium, La Crosse, WI.

Cole, M.E. & Fletcher-Klos, D. (1994). *Upper extremity closed kinetic chain rehabilitation*. Practical lab session directed during the University of Wisconsin-La Crosse Elbow and Shoulder Symposium, La Crosse, WI.

Local/Regional Presentations

Cole, M.E. (2010-2014). *Enhancing performance by managing stress in the workplace*. Invited presentation to OSF St. Mary's Hospital, Galesburg, IL.

Cole, M.E. (2013). *Mental skills training for high school athletes*. Two invited presentations to Community Unified School District 185, Macomb, IL.

Cole, M.E., (2005, 2006, 2007). *Sport and exercise psychology: An overview*. Presentation delivered to the Marquette University Athletic Training Education Program, Milwaukee, WI.

Cole, M.E., (2005). *Athletic/Exercise participation as a precursor to disordered eating*. Presentation delivered to UW-Milwaukee's Norris Health Center Eating Disorders Treatment Team, Milwaukee, WI.

Cole, M.E., (2005). *Optimal performance in collegiate football*. Presentation delivered to Bellin Health's Elite Football Combine, Green Bay, WI.

Cole, M.E., (2005). *Athletic/Exercise participation as a precursor to disordered eating?* Presentation delivered to Department of Human Movement Sciences Graduate Seminar, Milwaukee, WI.

Cole, M.E., (2005). *Transitioning to collegiate sports.* Presentation delivered to Bellin Health's Elite Football Pre-Combine Clinic, Green Bay, WI.

Cole, M.E., (2003, 2004). *Approved clinical instructor workshop.* Presentation delivered to clinical athletic trainers, University of Wisconsin-Milwaukee, Milwaukee, WI.

Cole, M.E., (2002). *Spinal immobilization in a sports emergency.* Presentation delivered to Merton fire department, Merton, WI.

Cole, M.E., (2002). *Emergency care and sports equipment.* Presentation delivered to Milwaukee county emergency medical service paramedics, Milwaukee, WI.

Cole, M.E., (2002). *Approved clinical instructor workshops.* Presentation delivered to community athletic trainers, Milwaukee, WI.

MEMBERSHIPS AND AWARDS

Professional Associations

Association for Applied Sport Psychology

American Psychological Association

National Athletic Trainers' Association

Critical Incident Stress Management Team, Illinois Athletic Trainers' Association

United States Olympic Sports Medicine Society

Professional Certifications and Related Training

Consultant Certification – Association for Applied Sport Psychology: Coursework and mentorship hours (Dr. Wendy Borlabi) complete, application due for review February 1, 2016.

LGBTQA Safe Space Ally, Western Illinois University

Western Connect Suicide Prevention Program, Western Illinois University

Critical Incident Stress Management, Illinois Athletic Trainers' Association

Faculty and Staff Partnerships for Accessible Solutions, Western Illinois University

Certified Athletic Trainer, Board of Certification (1991), Certification Number: 059102549

Illinois Licensed Athletic Trainer, Illinois Department of Financial and Professional Regulation (2010), License Number: 096.002748

Professional Awards & Recognition

2015 Sponsored Attendee, Faculty Summer Institute on Educational Technology, University of Illinois-Urbana/Champaign

2012-2015 Professional Achievement Award, Western Illinois University

2012-15 Provost Travel Award, Western Illinois University

2012, 2013, 2015 College of Education and Human Services Travel Award, Western Illinois University

2014 Full Graduate Faculty, Western Illinois University

2010 & 2014 Faculty Innovators, College of Education and Health Services

2012 Special Purpose Graduate Faculty, Indiana State University
 2010 Associate Graduate Faculty, Western Illinois University
 2004 – 2008 Chancellor’s Fellow and Research Assistant, University of Wisconsin-Milwaukee
 2005 Outstanding Service Award, Wisconsin Athletic Trainers’ Association
 2002 World Team Athletic Trainer, Major League Baseball All-Star Futures Game, Milwaukee, Wisconsin
 1991 – 1993 Graduate Teaching Fellow, University of Oregon

Grants and Research Funding

Cole, M.E., Hart, A., Radlo, S.J., Cody, T. and Wigglesworth, J. Brief Mindfulness-Based Stress Reduction (MBSR) Programming to Enhance Student Athlete Well-Being. *National Collegiate Athletic Association Innovations in Research and Practice Grant Program, Fall 2014 Proposal*. Proposed amount: \$50,000, Unfunded.

Cole, M.E., Radlo, S.J., Piper, T. and McIlvaine-Newsad, H. A Pilot Study Exploring the Use of Postural Assessment as a Performance Measure for State Mindfulness. *University Research Council Grant Program, Western Illinois University*. \$5,000, Unfunded.

Cole, M.E., Hart, A., Radlo, S.J., Cody, T. and Wigglesworth, J. Adapting Mindfulness-Based Stress Reduction (MBSR) Programming to Enhance Student Athlete Well-Being and Mental Health. *National Collegiate Athletic Association Innovations in Research and Practice Grant Program, Spring 2014 Proposal*. Proposed amount: \$50,000, Unfunded.

Lewis, S. *Emotional Intelligence and Mindfulness in Athletes*. Centennial Honors College Research Grant. Total award \$200. **Advisor: Mark Cole**

Cole, M.E., Radlo, S.J. Understanding the Physical Activity and Nutritional Habits of Rural School Children. *Illinois Association for Health, Physical Education, Recreation & Dance Jump Rope for Heart Research Grant*. Total award, \$4,249.

Cole, M.E. Assessment of Emotional Intelligence in the Health Sciences: A Dissertation Pilot Study. *UW-Milwaukee College of Health Sciences Student Research Grant*. Total award, \$500.

Reviewer Activities

Journal of Athletic Enhancement
 Journal of Athletic Training
 International Journal of Athletic Therapy and Training
 Athletic Training Education Journal

TEACHING

Graduate Students Supervised

Ryan Krzyzkowski – Committee Chair, Master’s thesis: *Academic and Athletic Identity Changes in Injured College Student-Athletes*, Spring 2016
 Philip Nickols – Committee Chair, Master’s thesis: *Collegiate Men’s Soccer Players’ Reporting of Concussive Symptoms*, Spring, 2016
 Meredith Schmitt – Committee Chair, Master’s thesis: *Senior Triathletes Lived Experiences*, Spring 2016

- Jenee Lange – Committee member, Master’s thesis: *In-season Changes in Quadriceps-Hamstring Ratio Among Women’s NCAA Division I Basketball Athletes*
- Dwayne Hagenow – Committee Chair, Master’s Thesis: *The Changing Model of Athletic Training Graduate Assistantships*
- Shelby Assmus – Committee member, Master’s thesis: *The Science Of Coaching Versus The Science Of Training And The Impact On Track And Field Performances*
- Rachel Bowden – Committee Chair, Master’s thesis: *Resistance Training Effects on Endurance Performance*, Fall 2015
- Amy Bednarko Gaule – Committee Chair, Master’s thesis: *Psychology First Aid Skills in Athletic Trainers*, Spring 2015
- Tiara Cash – Committee member, Master’s thesis: *Collegiate Athletes’ Experiences with Transition to Retirement*, Spring 2015
- Katie Hosteng – Committee member, Master’s thesis: *Sleep Behaviors of College Students*, Spring 2015
- Karisa Laskowski – Committee member, Master’s thesis: *Quantification of Force Produced during Horizontal Upper Body Plyometrics*, Fall 2014
- Amy Neuser – Committee Chair, Master’s thesis: *The Influences of Competence, Autonomy, and Relatedness among Chronically Exercising College Students*, Fall 2014
- John Ellis – Committee member, Master’s thesis: *Obsessive and Harmonious Passion in Individual Sport Athletes*, Spring 2015
- Johnathan Welty – Committee member, Master’s thesis: *Cognitive and Behavioral Relationships Between Personal values and Sport Involvement*
- Jamie Grau – Committee member, Master’s thesis: *Reductions in Pre- and Post-Competitive Anxiety in Swimmers Using Imagery and Breathing*
- Garrett Degross Committee member, Master’s thesis: *The Effect of Imagery and Coach-Athlete Interaction on Intrinsic Motivation and Performance*
- Elizabeth Houser – Committee member, Master’s Thesis: *Emotional Intelligence in Certified Athletic Trainers*
- Tao Wang – Committee Member, Master’s Thesis: *Factors Affecting Chinese Top Swimming Athletes’ Performance Improvement in Overseas Training Programs*
- Yang Wu – Committee Member, Master’s Thesis: *Relationships between Athletic Identity/Self Efficacy and Academic Performance among Division I-A Female Student Athletes*
- Joanna Degnegaard - Independent Study Project: *Educational Interventions For Body Dissatisfaction and the Thin Ideal*
- Sarah Fergusson – Independent Study Project: *Physical Activity & Nutritional Behaviors in Rural School Children*

Undergraduate Students Supervised

- Kevin Arakaki – *Homesickness in NCAA Division I student-athletes*, Independent study, 2015.
- Anthony Williams – *Sensory perception perturbations during prone bench press*, Senior Thesis research paper, 2014.
- Sarah Lewis – *Emotional intelligence and mindfulness in athletes*. Senior Thesis research paper and In-class honors project 2012-2013
- 2013 American Kinesiology Association Undergraduate Scholar
 - Phi Kappa Phi Undergraduate Research Paper Award, First place award winner
 - Currently pursuing Master’s degree in Health and Exercise Science at Colorado State University.

Graduate Courses Delivered

Social Psychological Aspects of Sport and Exercise Psychology
Applied Sport Psychology
Research Methods
Psychology of Injury and Rehabilitation
Qualitative Data Analysis

Undergraduate Courses Delivered

Sport and Exercise Psychology (in-person and online)
Therapeutic Modalities
Examination of Head, Neck, Trunk, and Abdomen
Upper Extremity Evaluation
Anatomy and Physiology I
Clinical Skills and Competencies I, II, III
Therapeutic Exercise
Pathology for Athletic Trainers
Principles of Strength and Conditioning I
Competencies in Athletic Training, Semester 1
Athletic Training Internship Field Experience and Seminar
Responding to Emergencies
Seminar in Athletic Training
Organization and Administration of Athletic Training
Palpatory Anatomy of the Human Body
Resistance Training Program Design and Implementation

SERVICE

Western Illinois University

Department of Kinesiology

Athletic Training Education Major Committee, Member, 2009 – Present
Graduate Teaching Assistant Mentor 2010 –Present
Undergraduate Curriculum and Appeals Committee, Chair, 2012 – 2014
Graduate Committee, 2011 – 2013
Department Operations Committee, 2010 – 2012
Department Technology Representative, 2009 – 2013
Athletic Training Unit B Staff Search Committee, 2013
Sport Management Faculty Search Committee, 2013
Exercise Science Faculty Search Committee, 2012

College of Education and Human Services

Dean's Faculty Council, Chair, 2013 – Present
COEHS Technology Committee, 2011 – 2014
Dean's Two-Year Review Committee, 2014
Grade Hearing and Appeal Committee, Chair, 2014
Diveheart Accessible SCUBA Programming Committee, 2010

Campus

LGBTQA Safe Space Ally, 2015-present
Western Connect Suicide Prevention Team, 2014- present
Faculty and Staff Promoting Accessible Services, 2014 - present

Sport Psychology Consultant to Intercollegiate Athletic Teams, 2011- present
Council on Admission, Graduation and Academic Standards, 2014- present
University Technology Advisory Committee, 2012 – 2014
Building Connections Mentor, 2012 – 2013

University of Wisconsin-Milwaukee

Department of Human Movement Sciences

Secretary, Human Movement Sciences Graduate Association, 2006-2007
Faculty Advisor, Society of Athletic Training Students, 2002 – 2004
Faculty Peer Review, 2001 – 2004
Facilities Committee, 2000 – 2001

College of Health Sciences

Student Representative, Information Technology Policy Committee Meeting, 2005 – Present
Faculty Mentor, Health Careers Opportunity Program, 2002 – 2004

Campus

Academic Staff Hearing and Appeals Committee, 2002 – 2004
Panelist, *Homophobia in Athletics*, 2003
Member, Safe Space Program, Lesbian, Gay, Bisexual, and Transgender Resource Center
2002 – 2004

State

Critical Incident Stress Management Team, Illinois Athletic Trainers' Association, 2014- Present
Southeast Regional Representative, Wisconsin Athletic Trainers' Association, 2002 – 2004
Planning Committee Chair, Wisconsin Athletic Trainers Association Annual Meeting, 2000
Wisconsin Athletic Trainers Association, Public Relations Committee-Chair, 1998 – 2000

National

Association for Applied Sport Psychology, Dorothy V. Harris Award Committee, 2013-2014
Sport Steering Committee of the National Association for Sport and Physical Activity, Chair,
2011 – 2013
Board of Certification, Examiner, 1992 – 2005
Board of Certification, Test Site Administrator, 2000 – 2005
United States Olympic Sports Medicine Program, 2000

Community

Macomb Junior/Senior High School Athletics Department

Sport Psychology Consultant, 2010 – present

YMCA of McDonough County Dolphin Swim Team

Sport Psychology Consultant, 2010 – present
Chair, Parent Advisory Board, 2011 –2014

Western Illinois Junior Football League

Equipment Fitting, 2011 – 2014
Safety Officer, 2011

Professional Interviews

Interview with *Training and Conditioning* Kristin Maki of Momentum Media regarding presentation *Athletic Trainers as Medical Coordinators: Aces in Their Places* at the 2012 National Athletic Trainers' Association in St. Louis, Missouri. 2012.

Interview with WIU-TV reporter Kristy Phillipson regarding stress in college students and the relevance of the College Student Stress Calendar. 2011.

Interview with *Today's TMJ4* reporter Kimberly Kane regarding injuries common to professional football players. 2003.

Interview with *Today's TMJ 4* reporter Ann Ballantine regarding performance enhancing substances in professional athletes. 1999.