



Kathleen Gallais

Where was your undergraduate AT degree from?

Valley City State University

What is your current GA position?

NDSU Track and Field

What is your thesis topic and why does it interest you?

My thesis topic involves comparing different brand of Kinesiology tape on patellar tendonitis. This interests me because we often assume that products which are advertised the similarly, have similar applications and similar results. I'm interested to see the differences between the brands, and to understand if they are as effective as they claim to be.

What is your favorite aspect about being an Athletic Trainer?

My favorite aspect about being an athletic trainer is getting to watch my athletes return to competition after working hard on treatments and rehab- I feel just as accomplished as they do.

If you were stranded on a deserted island, what band or musician would help keep your sanity?

I would take Queen- Nothing beats the classics.

When you are not at your GA position or working on your coursework and thesis; what do you like to do in your free time?

Currently, sleeping is the main one! But I like to work out, spend time with friends, and drink coffee.

What is your favorite thing about the Fargo-Moorhead area?

I like the small city feel. Fargo-Moorhead is a young community, and it seems like there are many opportunities.