

Joshua D. Wooldridge, PhD, ATC, CSCS, BRM

CURRICULUM VITAE

Assistant Professor of Practice
Department of Health, Nutrition, and Exercise
Sciences
North Dakota State University

(701) 231-1796
joshua.wooldridge@ndsu.edu
NPI: 1558013201

Education

University of Nevada, Las Vegas, Las Vegas, Nevada

Ph.D., Interdisciplinary Health Sciences, 2023

Dissertation: *Injury Concealment in Reserve Officers' Training Corps Cadets*

Illinois State University, Normal, Illinois

M.S., Kinesiology, Concentration: Athletic Training, 2019

Thesis: *Impact of a Single Injury Prevention Instructional Session on the Incidence of Injury Among US Army ROTC Cadets*

The College at Brockport, State University of New York, Brockport, New York

B.S., Athletic Training and Kinesiology, 2017

Niagara County Community College

A.S. (with distinction), Physical Education Studies, 2014

Professional Positions

North Dakota State University

Assistant Professor of Practice, 2023–

Clinical Education Coordinator, Master of Athletic Training program, 2023–

University of Nevada, Las Vegas

Doctoral Teaching Assistant, 2020–2023

Doctoral Graduate Assistant Athletic Trainer, UNLV Army ROTC, 2019–2023

Top Tier Doctoral Research Assistant, 2019–2020

Illinois State University

Graduate Assistant Athletic Trainer, ISU SMART Clinic, 2017–2019

Undergraduate Athletic Training Program Clinical Preceptor, 2017–2019

Graduate Assistant Athletic Trainer, ISU Army ROTC, 2017–2018

Sacred Heart of Mary Elementary School, Lewiston, New York

Physical Education Teacher, 2013–2014

Niagara County Community College

Anatomy and Physiology Tutor, 2013–2014

United States Army, A Co., 2nd Military Intelligence Battalion, 66th Military Intelligence Brigade, US Army Garrison Hohenfels, Germany

Small Arms Mechanic, 2010–2012

Special Populations Physical Training Instructor, 2010–2011

Human Intelligence Collector, 2009–2012

Teaching

Courses Currently Taught

North Dakota State University

HNES 770, Athletic Training Evidence Based Research and Practice, 2023–

HNES 774, Therapeutic Exercise, 2023–

Courses Previously Taught

University of Nevada, Las Vegas

As Instructor of Record:

KIN 150, Emergency Management of Injuries and Illness Lab, 2021–2023

As Co-teacher or Teaching Assistant:

KIN 101, Athletic Training, 2021

KIN 370, Clinical Experiences in Athletic Training I, 2020

KIN 371, Clinical Experiences in Athletic Training II, 2021

KIN 482, Advanced Athletic Training, 2021

KIN 495, Sports Medicine, 2021

KIN 750, Research Methods in Kinesiology and Nutrition Sciences, 2022

Scholarship

Publications

Wooldridge JD, Schilling BK, Young DL, Radzak KN. Musculoskeletal Injury Concealment in the Reserve Officers' Training Corps: A Survey of Cadets' Reporting Behaviors. *Military Medicine*. 2023; *online only*. doi: 10.1093/milmed/usad202

Wooldridge JD, Selkow NM, McLoda TA, Radzak KN. US Army Reserve Officers' Training Corps Cadets' Knowledge of Exercise-related Musculoskeletal Injuries. *International Journal of Exercise Science*. 2022;15(3):300-312. <https://digitalcommons.wku.edu/ijes/vol15/iss3/3>.

Bush H, Stanek J, **Wooldridge J**, Stephens S, Barrack J. Comparison of the Graston Technique® With Instrument-Assisted Soft Tissue Mobilization for Increasing Dorsiflexion Range of Motion. *J Sport Rehabil*. 2021;30(4):587-594. doi:10.1123/jsr.2019-0397

Presentations

International

Accepted; forthcoming: **Wooldridge JD**, Kasamatsu TM, Schilling BK, Young DL, Radzak KN. Qualitative Exploration of US Reserve Officers' Training Corps Trainees' Reasons for Injury Concealment. At: *6th International Congress on Soldiers' Physical Performance*. 2023 Sep 12; London, United Kingdom.

Wooldridge JD, McLoda TA, Selkow NM. Impact of a Single Injury Prevention Instructional Session on the Incidence of Injury in U.S. Army ROTC Cadets. At: *5th International Congress on Soldiers' Physical Performance*. 2020 Feb 11; Quebec City, Canada.

National

Wooldridge JD, Schilling BK, Young DL, Radzak KN. Investigation of Peer- versus Authority-led Video Interventions' Effects on Help-seeking Behaviors in ROTC Trainees. Poster presentation at: Military Health System Research Symposium. 2023 Aug 14; Kissimmee, FL.

Wooldridge JD, Schilling BK, Young DL, Radzak KN. Musculoskeletal Injury Concealment in the Reserve Officers' Training Corps. Poster presentation at: National Athletic Trainers' Association Annual Clinical Symposium and AT Expo. 2022 Jun 28; Philadelphia, PA.

Regional/State/Local

Wooldridge JD, Schilling BK, Pharr JR, Young DL, Radzak KN. The Presence of an Athletic Trainer Effects Musculoskeletal Injury Risk but not Injury Concealment in Reserve Officers' Training Corps Cadets. Poster presentation at: Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium. 2022 Apr 29; San Diego, CA.

Wooldridge JD, Arnas E, McLoda TA, Selkow NM. Impact of a Single Injury Prevention Instructional Session on the Incidence of Injury in U.S. Army ROTC Cadets. Poster presentation at: Illinois State University. Graduate Research Symposium. 2019 Apr 5; Normal, IL.

Wooldridge JD. Army Weak: The Effects of the United States Army's Psychosocial Environment and Physical Training on Musculoskeletal Injuries. Presented at: The College at Brockport, State University of New York. 33rd Annual Scholar's Day. 2017 Apr 12; Brockport, NY.

Wooldridge JD. The Unhappy Triad. Poster session presented at: The College at Brockport, State University of New York. 32nd Annual Scholar's Day. 2016 Apr 6; Brockport, NY.

Wooldridge JD, Ormsby RM. The Importance of Strength Training for Athletes. Presented at: Canisius College. NYS AHPERD Western Zone Annual Conference. 2013 Mar 23; Buffalo, NY.

Certifications

Barbell Rehab Method Certified, 2023

Barbell Rehab, LLC

Graduate Teaching Certification, 2022

The Graduate Academy, University of Nevada, Las Vegas

STOP THE BLEED® Registered Instructor, 2021

The American College of Trauma Surgeons

GrasTech M1 Basic Training, 2018

Graston Technique, LLC

Certified Athletic Trainer, 2017–Present

Board of Certification, Inc (#2000029165)

Certified Strength and Conditioning Specialist, 2017–Present

National Strength and Conditioning Association (#7248083449)

Professional Memberships

American College of Sports Medicine (#871817), 2020–Present

National Strength and Conditioning Association (#000990373), 2016–Present

National Athletic Trainers' Association (#77197), 2015–Present

Society of Health and Physical Educators, America, 2014–2015

New York State Association for Health, Physical Education, Recreation, and Dance, 2012–2016

Honors and Awards

Takashi Tanaka “T” Award for Enthusiasm, Hard Work, and Superior Patient Care, 2017

Department of Kinesiology, Sports Studies, and Physical Education, The College at Brockport, State University of New York, Brockport, New York

Excellence in Student Leadership, 2014

Office of Student Development, Niagara County Community College, Sanborn, New York

Chancellor's Award for Student Excellence, 2014

State University of New York, Albany, New York

Health, Physical Education, and Recreation Major of the Year, 2014

Division of Science, Health and Mathematics, Niagara County Community College, Sanborn, New York

Service

US Army ROTC Cadet Scholarship Board, University of Nevada, Las Vegas, Blackjack Battalion, 2021–2023.

Military Human Performance Research Group, University of Nevada, Las Vegas, 2021–2023
Jay B. Nash Outstanding Major Award Committee, New York State Association for Health, Physical Education, Recreation, and Dance (NYS AHPERD), 2015
2nd Annual Future Professionals Leadership Conference Planning and Selection Committee, NYS AHPERD, 2015
Future Professionals Person of the Year Award Committee, NYS AHPERD, 2014–2015
NYS AHPERD Annual Conference Planning and Program Acquisition, NYS AHPERD, 2014–2015
State University of New York Chancellor’s Award for Excellence in Scholarship and Creative Activities Award Committee, Niagara County Community College, 2014
Future Professionals Section President, NYS AHPERD, 2014–2015
Executive Council Member, NYS AHPERD, 2013–2014
NYS AHPERD Annual Conference Program Presider, NYS AHPERD, 2012–2015

Selected Professional Development

Teaching Development

UNLV Equity Institute, Faculty Development Center, University of Nevada, Las Vegas, 2022.

Pedagogy for Online Courses, The Graduate Academy, University of Nevada, Las Vegas, 2022.

Inclusive Teaching Practices, The Graduate Academy, University of Nevada, Las Vegas, 2022.

Continuing Education Courses

Creating an Evidence Based Practice, MedBridge, 2023.

Athletic Trainer’s Utilization & Clinical Establishment of IV Access & Fluid

Administration to Improve Patient Care, At: Far West Athletic Trainers’ Association Annual Meeting and Clinical Symposium, 2022.