

## **Sara E. Bjerke**

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Department of Sports Medicine  
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### Licensure and Certification

BOC, Inc. Certification	1995 (current)
North Dakota Athletic Training License	1997-present
Minnesota Athletic Training Registration	1997-2014

### Education

Northern Michigan University Marquette, MI Master of Science in Exercise Science	May 2002
University of North Dakota Grand Forks, ND Bachelor of Science in Athletic Training	May 1995

### Professional Experience

University of North Dakota Department of Sports Medicine Instructor to Assistant Professor – July 1, 2019 Duties: Advisor, Athletic Training Student preceptor; teaching assignment of Pre-Athletic Training Classes Athletic Trainer Duties: Management of Hyslop Athletic Training Facility including inventory and scheduling; Service provided for 200 non-contact student-athletes of UND including event management; prevention, clinical diagnosis, & rehabilitation of student athletes	2014-present
Altru Health System Athletic Trainer Duties: Event management of 22 sports at Red River High School; coordinate all medical service for tournaments; budget and supply management; coordinated athletic training schedules	1997-2014

Northern Michigan University	1995-1997
Graduate Assistant Athletic Trainer	
Duties: Services provided to multiple NMU sports; supervisor of Athletic Training Students; lab instructor	

Awards

Mid America Athletic Training Association	2018
Ethnically Diverse and Female Recognition Award	

National Athletic Training Association	2016
Athletic Training Service Award	

Dan Campbell Legislative Class I Award	2015
Received by NDATA	

Professional Memberships and Offices

National Athletic Trainers Association	Since 1992
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North Dakota Athletic Trainers Association	
Vice President	2011-2012
President	2012-2014
Executive Director	2014-2016

Mid America Athletic Trainers Association	
North Dakota Representative	2014-2016

Committees and Service

COVID Protocol Committee	2020-2021
UND Department of Sports Medicine	

National Athletic Trainers Association Political Action Committee	2020-2022
Board of Directors – D5 representative	
Secretary	

Honors & Awards Committee	2019-present
Mid America Athletic Training Association	
MAATA Service Award Sub committee	

North Dakota Board of Athletic Trainers	2018-2021
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Documentation and Privacy Committee	2017-present
UND Department of Sports Medicine	

State Associations Advisory Committee	2016-2020
National Athletic Trainers Association	
Division I Representative	
Professional Development Sub-committee	

Nomination Committee	2016-2019
UND School of Medicine and Health Sciences	2019-2022
Chair 2017- current	
Annual Meeting Committee	
Mid America Athletic Trainers Association	2015-present
Concussion Safety Protocol Committee	2015-present
UND Department of Sports Medicine	
Academic Advisor	2015-present
UND Athletic Training Program	
Pre-Athletic Training Education	
Program Undergraduate Students	
Summer Registration	
Application Committee	2014-Present
UND Department of Sports Medicine	
Athletic Training Program	
Safe Kids	2013-present
Sports Safety Subcommittee	
Education Committee	
North Dakota Athletic Trainers' Association	
Co-chair of spring conference	2007,2011,2015,2018
Committee Member	2018-present
<u>Professional Presentations</u>	
“Concussion and Mental Health Implications”	February 29, 2020
Altru Sports Medicine Summit	
Altru Health System	
“Work/Life Balance for Athletic Trainers”	March 30, 2019
Panel Member	
Mid America Athletic Trainers Association	
“Networking”	March 30, 2019
Panel Member	
Mid America Athletic Trainer Association	
SAAC Division I Breakout Session	June 25, 2018
National Athletic Trainers Association	June 23, 2019
State Leadership Forum	June 16, 2020
“Return to Learn after Concussion”	April 23, 2015
UND Athletic Training Seminar	
Family Medicine Residents, 3 <sup>rd</sup> ATS, and DSM faculty	

<p>“Legislative Update”  Panel Presenter  NDATA Spring Symposium</p>	<p>April 25, 2015</p>
<p>“Concussion Law Passed...Now What?”  Breakout Panel  NATA State Leadership Forum</p>	<p>June 2014</p>
<p>“Dealing with Concussion around the State”  Panel Presenter  NDATA Spring Symposium</p>	<p>April 2012</p>
<p>“Eating Disorders in Female Athletes”  Altru Health System Sports Medicine Team Conference</p>	<p>April 1999</p>
<p>Bemidji State University Athletic Training In-service  Guest Lecturer at in-service for athletic training students  low back evaluation &amp; therapeutic plyo-ball exercises</p>	<p>October 1997  December 1997</p>
<p>“Therapeutic Swiss Ball Exercises”  Mid-America Athletic Trainers' Association Clinical Symposium,  Sioux Falls, SD  Student session presentation</p>	<p>March 1995</p>
<p><u>Professional Activities</u></p>	
<p>Young Professionals Career Skills Workshop  National Athletic Trainers Association Clinical Symposia  Invited Mentor</p>	<p>June 27, 2018  June 27, 2017</p>
<p>Safe Kids Sports Safety Clinics  Larimore Middle School  Northwood Public School  Thompson Public School</p>	<p>Spring 2019</p>
<p>Safe Kids Sports Safety Activities  Educate coaches and general public on concussion and  dehydration  Safe Kids Day Learning Fair  EGFPD Baseball Coaches Training  GFPD Softball Coaches Training</p>	<p>2013-2014</p>
<p>Safe Kids/Altru Health System Fall Coaches Clinic  Presenters to coaches on concussions topics and taping lab</p>	<p>September 2013</p>
<p>GFPS “Return to Learn”  Developed handouts and forms found on GFPS web site to assist  parents, teachers and counselors with students with concussions;  Presented information to all school nurses, counselors  and administrators</p>	<p>Fall 2013</p>

GFPS Middle School ImPACT Coordinator Coordinate all ImPACT test; train test administrators; Present at all coaches meetings; act as resource for Middle School Athletic Administrators and coaches	2012-2014
GFPS High School ImPACT Coordinator Implemented ImPACT protocols; administrative duties for GFPS tests; compile concussion data	2010-2014
GFPS Coaches Meeting Triannual presenter of concussion information to GFPS Coaches	2010-2014
“Sideline Connection” - contributing author Altru Sports Medicine Newsletter designed for coaches, parents and athletes. Authored seven articles on a variety of topics	1999-2002
Grand Forks Coaches Clinic: Taping and stretching” Organized clinic, created handouts, presented to high school coaches	1997-2000
Grand Forks Public School Career Education Presenter High School Intro to Medical Careers Eighth Grade Career Fair Job Shadow Mentor	1999-present
NMU Athletic Training High School Mini-Course Two sessions – one for coaches and other for students designed to teach basic athletic training and taping techniques	August 1996

### Teaching

PA 560: Primary Care III Co-guest lecturer to 2 <sup>nd</sup> year PA Students “Concussions: What we know and don’t know?”	2018, 2019, 2020
SMed 490: Learning of Systems in Athletic Training Guest Lecturer “Athletic Trainers and the Secondary School Setting”	September 2018, 2020
SMed 207L: Prevention & Care of Athletic Injuries Lab Course Director 1 Credit Spring Semester	Spring 2018
SMed 207: Prevention & Care of Athletic Injuries Course Director 2 credit Spring Semester Course Discontinued	2017-2020

FMed/SMed 101: Orientation to Athletic Training Course Director 1 credit Fall & Spring Semester Online as of Spring 2019	2015-present
FMed 481: Musculoskeletal Injury Examination Course Director Lecture and Lab for Athletic Training Students 4 credits	Fall 2014
FMed/SMed 208: Policies and Procedures Guest Lecturer "Concussions & Baseline Testing including ImPACT" "HIPAA and the Athletic Training Student"	Fall 2014-2020
FMed 200: Understanding Medicine Guest Lecturer "Radiology: X-rays in Sports"	Spring 2015- 2016
NMU PE 241: Prevention and Care of Athletic Injury Lab lecturer and assistant course director Basic athletic training course for PE majors.	1996-1997
<u>Professional Development</u>	
T&L 552 Online Teaching Practices and Innovation 3 credits	Summer 2020
T&L 545 Adult Learners 3 credits	Spring 2020
T&L 548 The Professoriate 3 credits	Fall 2019
Academic Advisor Development University of North Dakota Advising for Retention Academic Advising Series Session I, II, III	September 2017 2019-2020
Jim Rudd Memorial Lecture Series	2017-present
Building a Culture of Health in North Dakota Think Tank Invited participant	June 21, 2017
Open Educational Resources Seminar University of North Dakota Invited Participant	May 2017

Teaching with Technology University of North Dakota Invited Participant	May 2017
Active Learning in Professional Healthcare Education Conference. Attendee Grand Forks, ND	January 2016
Athletic Trainer' Educator Conference Dallas, TX	January 2015
ImPACT Workshop St. Louis, MO Pittsburg, PA Providence, RI	June 2015 July 2011 April 2010
University of North Dakota Division of Sports Medicine, Attendee Bi-Monthly Sports Medicine Conference Altru Family Medicine Residency Center Grand Forks, ND	2014-2016
Preceptor Training University of North Dakota Biennium training	2010-present
Red River Valley Sports Medicine Conference	1998-2004
Altru Sport Medicine Symposium	1999-2003
North Dakota Athletic Trainers' Association Conference and Business Meeting 1993, 1995, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2020	
Great Lakes Athletic Trainers' Association Annual Meeting 1997	
Mid-America Athletic Trainers' Association Spring Conference 1993, 1994, 1995, 1998, 1999, 2000, 2002, 2013, 2014, 2015, 2016, 2017, 2018, 2019	
National Athletic Trainers' Association Clinical Symposia 1995, 1997, 2014, 2015, 2016, 2017, 2018, 2019	
Met all CEU requirements as required by Board of Certification, Inc. Requirements fulfilled since 1995	