

Chris H. Hummel, MS, ATC

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EDUCATION

Ithaca College, Ithaca, NY

Master of Science (2000)- Exercise and Sport Sciences- Concentration in Sport Psychology
Thesis Title : Describing the division III Christian student-athlete: A qualitative exploratory study.

Eastern Michigan University, Ypsilanti, MI

Bachelor of Science (1997)- Sports Medicine/Athletic Training- Magna Cum Laude

CERTIFICATIONS & LICENSURES

Board of Certification (BOC) for the Athletic Trainer Certification- #119702420

New York State Certification- #000176-1

National Provider Identifier- 1437116696

Approved Clinical Instructor (ACI)- Ithaca College Athletic Training Education Program

American Red Cross CPR for the Professional Rescuer/AED Certified Instructor

American Red Cross CPR for the Professional Rescuer/AED Certified

PROFESSIONAL EXPERIENCE

Clinical Assistant Professor/Athletic Trainer, Ithaca College (May 2005-Present)

- **Split Appointment Position** within the Department of Exercise and Sport Sciences with release time for athletic training duties
 - Fifty (50) percent of position consists of teaching and supervision within the Athletic Training Education Program
 - Fifty (50) percent of position consists of athletic training services to the Department of Athletics

Clinical Instructor/Athletic Trainer, Ithaca College (August 2000-May 2005)

- **Split Appointment Position** within the Department of Exercise and Sport Sciences with release time for athletic training duties

Adjunct Instructor, Ithaca College (August 1999-June 2000)

- Teaching responsibilities as assigned by the Department of Exercise and Sport Sciences

Assistant Athletic Trainer, Cornell University (August 1999-July 2000)

- Athletic Training responsibilities as assigned by Cornell University Athletic Department

TEACHING EXPERIENCE

Clinical Assistant Professor, Ithaca College (May 2005-Present)

- Prevention and Care of Athletic Injury

- Course Content: Introduction to Athletic Injury Prevention, Recognition, and Management
- Athletic Training Techniques I, II, & IV
 - Course Content for I: Hands-On Instruction of Taping and Wrapping Techniques Related to Orthopedic/Athletic Injuries; Emergency Care Related to Athletics
 - Course Content for II: Hands-On Instruction of Injury Assessment skills
 - Course Content for IV: Hands-On Instruction of Various Exercise and Rehabilitation Techniques; Joint Mobilizations, PNF, Plyometrics, Flexibility, Strength Training
- Clinical Experience in Athletic Training I
 - Supervised Practical Experience in Athletic Training
 - Course Content: Clinical skill proficiencies emphasizing taping/wrapping, stretching, emergency care, and basic therapy.
- Emergency Care for the Health Professional
 - CPR/AED for the Professional Rescuer; Emergency On the Field Care/Transport

Clinical Instructor, Ithaca College (August 2000-May 2005)

- Prevention and Care of Athletic Injury
- Athletic Training Techniques I, IV

Adjunct Instructor, Ithaca College (August 1999-June 2000)

- Human Anatomy Laboratory
- Applied Anatomy/Kinesiology Laboratory

Graduate Assistant, Ithaca College (August 1998-May 1999)

- Guest Lecturer
 - Prevention and Care of Athletic Injury (Sports Nutrition)
 - Advanced Prevention and Care of Athletic Injury (Elbow)

SCHOLARSHIP

Peer-Reviewed Poster Presentations

- **Hummel, C**, Lazenby, T, Geisler, P. (2010). Management of a stage III lisfranc ligament injury in a collegiate football player: A case report. New York State Athletic Trainers Association Annual Conference, Syracuse, NY, June 2010.
- Herbert, C, Dartt, C, **Hummel, C**. (2010). Recognition and management of a femoral stress fracture in a female collegiate lacrosse player: A case report. Eastern Athletic Trainers' Association Annual Meeting, Boston, MA, January 2010.
- Ambrose, E, **Hummel, C**, Lazenby, T, Geisler, P. (2008). Multiple anterior cruciate ligament failures in a college football player and the corresponding surgical techniques of reconstruction: A case report. Eastern Athletic Trainers' Association Annual Meeting, Valley Forge, PA, January 2008.
- Crowell, C, **Hummel, C**, Lazenby, T, Geisler, P. (2008). Right achilles tendon partial rupture in a collegiate football player: A clinical case report. Eastern Athletic Trainers' Association Annual Meeting, Valley Forge, PA, January 2008.
- King, D, Sigg, J, Belyea, B, **Hummel, C**, Buck, M. (2006). Effects of fatigue on lower extremity joint kinematics during a stop and go landing task. Proceedings from /30th American Society of Biomechanics Annual Meeting/, Blacksburg, VA, September 6-9, 2006. Paper # 135.

- King, D, Sigg, J, Belyea, B, **Hummel, C**, Buck, M. (2006). Impact mechanics during stop and go tasks under fatigued and non fatigued conditions. APTA-CSM, San Diego, CA February 2006.
- **Hummel, C.** (2005). An isolated non-traumatic first rib fracture in a collegiate baseball player. Eastern Athletic Trainers Association Annual Meeting. Boston, MA, January 2005.
- Scriber, K, **Hummel, C**, Dill, J, Kulpa, T. (2005). Management of an elbow ulnar collateral ligament sprain and glenohumeral instability in a college baseball catcher. Eastern Athletic Trainers Association Annual Meeting. Boston, MA, January 2005.

Peer-Reviewed Publications

- **Hummel, C**, Lazenby, T, Geisler, P. (In press). Management of a stage III Lisfranc ligament injury in a collegiate football player: A case report. *Athletic Training and Sports Health Care*.

Invited, Non-Peer Reviewed Publications

- Scriber, K, **Hummel, C.** (2004, December). A consistent path. *Training and Conditioning*, 41-44.

Invited Workshop/Lecture Presentations

- **Hummel, C.** Concussion management in high school athletics. NYSAAA Annual Meeting. Saratoga, NY. March 2010.
- **Hummel, C.** Management of unresolved tibial stress fractures in three division III female gymnasts. NYSATA Annual Meeting. Rochester, NY. June 2005.

Other Scholarship

- **James J. Whalen Academic Symposium- Ithaca College Non-Peer Reviewed Student/Faculty Campus-Wide Scholarship Forum**
 - LaChance, C & **Hummel, C.** Lisfranc joint injury in a collegiate football player: A case report. April 2010. (Poster Presentation)
 - Dale, J & **Hummel, C.** Isolated posterior cruciate ligament rupture in a collegiate football player: A case report. April 2010. (Poster Presentation)
 - Starzynski, L & **Hummel, C.** Graft Choices for ACL Reconstruction: A case report. April 2009. (Poster Presentation)
 - Bramwell, K & **Hummel, C.** Aviators fracture in a collegiate gymnast: A case study. April 2007. (Poster Presentation)
- **Invited Peer-Reviewer**
 - *Athletic Training & Sports Health Care* (2009-Present)
 - Review Content Expertise Areas: Concussion, Rehabilitation, Emergency Care
 - NATA Convention Program Committee Project Team (2009-Present)
 - Review presentation proposal submissions for the 2010 NATA Convention
 - Textbook Proposal Review (July 2006)
 - Emergency Trauma Management for Athletic Trainers. Lippincott Williams & Wilkins.

SERVICE

Service to Ithaca College (2004-Present)

- **Department of Exercise and Sport Sciences (ESS)**
 - Curriculum Committee (2004-2009)
 - Search Committees
 - Sport and Exercise Psychology Faculty (2005, 2007, 2010)
 - Athletic Training Program Director (2003 (**Chair**) & 2004)
- **School of Health Sciences and Human Performance (HSHP)**
 - HSHP Curriculum Committee **Chair** (2005-2008)
 - HSHP Curriculum Committee Member (2003-2009)
- **Ithaca College Athletic Training Education Program (ICATEP)**
 - American Red Cross Professional Rescuer Instructor- ESS Student Certification Challenge Course (2004-Present)
 - Injury Roundtable Coordinator (2001-Present)
 - Website Editor (2002-2005)
 - Newsletter Editor (2003-2005)
 - In-Service Coordinator (2002-2005)
- **Ithaca College- All College Service**
 - Ithaca College Faculty Council (2009-present)
 - Ithaca College Faculty Justice (2005-present)
 - Ithaca College General Education Task Force- **Chair** (2009-present)
- **Ithaca College Athletics**
 - Ithaca College Football Recruiting Luncheon Presenter (2006-Present)

Professional Service

- **New York State Athletic Trainers' Association (NYSATA)**
 - NYSATA Secretary (2005-2008)
 - NYSATA Acting Treasurer (May 2006-September 2006)
 - NYSATA Member (1999-Present)
- **United States Olympic Committee- Sports Medicine Volunteer** (May 2003)
 - Athletic Trainer at Chula Vista, CA Olympic Training Center
 - Treatment and Rehabilitation for various Olympic/National teams
 - Water Polo, Track and Field, Archery, Triathlon, Bobsled, Skeleton
- **Empire State Games- Athletic Trainer** (Summer 2001, 2002, 2003)
 - Track and Field, Volleyball, Gymnastics, Basketball
- **NATABOC- Examiner** (April 2000-April 2005)
 - Participated as Room Captain, Examiner, and Model for National Athletic Training Certification Exam

Community Service

- Ithaca High School- Student Enrichment Time Presentation
 - "How to Recognize a Concussion"- April 21, 2010
- Trinity Lutheran Church
 - Stewardship Chairman (January 2001-2003)
 - Volunteer Landscaping Committee (2001-present)
 - Substitute Teacher Sunday School (2002-2006)
 - Vacation Bible School Volunteer (2001-2006)
- Volunteer- Cayuga Lake Triathlon Sport Medicine Team (2008, 2010)

ATHLETIC TRAINING EXPERIENCE

Athletic Trainer, Ithaca College (August 2000-Present)

- Current Responsibilities: Head Athletic Trainer for Varsity Football, Gymnastics, and Women's Lacrosse
- Previous Responsibilities: JV Football, Baseball, Track and Field, Crew, JV Basketball, and Swimming
- Approved Clinical Instructor/Supervisor of Athletic Training Students

Assistant Athletic Trainer, Cornell University (August 1999-July 2000)

- Men's and Women's Cross Country & Track and Field
- Liaison for Cheerleading, Crew, and Men's & Women's Squash
- Team Physician Clinic Coordinator
- Summer Camp Coverage (Women's Volleyball, Football)

Athletic Trainer, Ithaca College, Graduate Assistantship (August 1998-May 1999)

- Men's and Women's Tennis, Non-Traditional Season Athletic Events
- Rehabilitation Coordinator; Supervision of Athletic Training Students

Athletic Trainer, Frank J. Schlehr, MD-Orthopedic Surgeon (November 1997-August 1998; July 1999-August 1999)

- Orthopedic and Sports Injury Assessment and History Analysis
- Rehabilitation Consultation, Insurance/Legal Correspondence

Athletic Trainer, Greater Buffalo Physical Therapy (June 1997-May 1998)

- Exercise Rehabilitation Coordinator

Athletic Trainer (Internship), Buffalo Blizzard (NPSL), and Greater Buffalo Physical Therapy (January 1997-April 1997)

- Assistant Athletic Trainer for Buffalo Blizzard (Professional Soccer)
- Assisted with All Aspects of Clinical Rehabilitation

Athletic Training Student, Eastern Michigan University (September 1995-April 1997)

- Division I Football, Men's and Women's Basketball, Baseball, Women's Volleyball, Track and Field, and Wrestling

PROFESSIONAL DEVELOPMENT/ACTIVITY

National/Regional Conferences (Attended in last five years)

- National Athletic Trainers Association Annual Meeting & Clinical Symposium (Philadelphia, PA, 2010)
- New York State Athletic Trainers Association State Conference (Syracuse, NY, 2010)
- Sports Related Conference on Concussion and Spine Injury (Boston, MA, 2010)
- National Athletic Trainers Association Annual Meeting & Clinical Symposium (San Antonio, TX, 2009)
- New York State Athletic Trainers Association State Conference (Syracuse, NY, 2009)
- New Developments in Sports-Related Concussion Conference (Pittsburgh, PA, July, 2008)

- New York State Athletic Trainers Association State Conference (Syracuse, NY, 2008)
- Eastern Athletic Trainers Association Annual Meeting (Valley Forge PA, 2008)-
Presenter
- Eastern Athletic Trainers Association Annual Meeting (Boston, MA, 2007)
- National Athletic Trainers Association Annual Meeting & Clinical Symposium (Atlanta, GA, 2006)
- New York State Athletic Trainers Association State Conference (West Point, NY, 2006)
- Eastern Athletic Trainers Association Annual Meeting (Philadelphia, PA, 2006)
- New York State Athletic Trainers Association State Conference (Rochester, NY, 2005)-
Lecturer
- Eastern Athletic Trainers Association Annual Meeting (Boston, MA, 2005)- **Presenter**

Workshops/Continuing Education (Attended/Participated in last five years)

- The Ithaca College Athletic Training Education Program's Advanced Clinical Update Series
 - Globalization of Sports Health Care and the Future of Injury Prevention. (October, 2009)
 - Orbital Trauma. (November 9, 2008)
 - Approved Clinical Instructor Workshop. (May 7, 2008)
 - Evidence Based Rehabilitation following ACL Reconstruction: A 20 Year Perspective. (November, 2007)
 - Proprioception and Kinesthesia: Where we came from, Where we seem to be headed. (November, 2006)
 - The Scapulothoracic Joint: Dyskinesia & Dysfunction (October 25, 2005)
 - Neurodynamics: Theory & Clinical Practice for the Athletic Trainer (December 6, 2005)
- Cayuga Medical Center: Sports Medicine Professional Lecture Series
 - Injection Therapies: The Evidence and the Art (January 20, 2010)
- Learning How to Read and Understand MRIs- Tim Hosea, MD (January 8, 2005)

Professional Activity

- **Ithaca College Athletics Clinical Policy and Procedure Guidelines- Lead Author**
 - Sports Concussion Management Policy and Procedures (Fall 2008, Updated February 2010)
 - Pre-Hospital Care of the Spine Injured Athlete Policy and Procedures (Fall 2008)

MEMBERSHIPS

National Athletic Trainers Association (**NATA**)
 Eastern Athletic Trainers Association (**EATA**)
 New York State Athletic Trainers Association (**NYSATA**)
 Eastern Michigan University Golf Team (1993-1995)