

# University of Louisiana at Lafayette

## College of Education Faculty Curriculum Vitae Information

### Randy L. Aldret, EdD, ATC, LAT

Title Department Office Number Extension Email Address	Assistant Professor and Athletic Training Program Director KNES BOURG 136-A 337-482-5681 raldret@louisiana.edu
Education	Doctorate of Education in Educational Leadership, Oklahoma State University, August 2014 Masters of Science in Health and Sports Sciences, University of Oklahoma, May 2003 Bachelors of Science in Kinesiology, Louisiana State University, December 1997 National Athletic Trainers Association Board of Certification, 1997-Present Louisiana State Board of Medical Examiners Licensure, 2012-Present Virginia Board of Medicine Department of Health Professions Licensure, 2011-Present Oklahoma State Board of Medical Examiners Licensure, 1998-Present
Teaching Philosophy	I believe in allowing the students to succeed or fail on their own merits. The transition to college can be scary enough for many students, so my job as educator and advisor is eliminate many of the ancillary reason why students do not succeed in college. This is why I try to make myself available to my advisees as much as possible, and not limiting our conversation to what courses to take. Many students just need an advocate to show them the mechanics of a working university; that is where I come in!
Bio	Dr. Aldret has been a practicing athletic trainer for 20+ years, with experience in the high school, arena football and collegiate settings. Additionally, Dr. Aldret has served as an adjunct professor at two other schools (University of Tulsa and Radford University), prior to his appointment at UL. Dr. Aldret served as an assistant athletic trainer in the UL athletic department during the Fall of 2013 & 2014, where he was part of the medical staff for the Ragin Cajuns' third and fourth New Orleans Bowl victories. Dr. Aldret is married to the former Stephanie Hendricks of Oklahoma City, who is his research partner, the Medical Director for the UL Athletic Training Program and serves as a

	team doctor for Ragin Cajun athletics, the Louisiana IceGators and numerous high schools in the Lafayette area.
Courses Taught	<p>KNES 510 – Research Methodology in Kinesiology, 2015-Present</p> <p>KNES 498 – Special Projects in Kinesiology II, 2014-Present</p> <p>KNES 598 - Individual Graduate Research Study, 2014-Present</p> <p>KNES 237 – Clinical Experience in Athletic Training I, 2013-Present</p> <p>KNES 333 – Assessment of Lower Extremity Injuries, 2013-Present</p> <p>KNES 334 – Assessment of Lower Extremity Injuries Lab, 2013-Present</p> <p>KNES 341 – Assessment of Upper Extremity Injuries, 2013-Present</p> <p>KNES 342 – Assessment of Upper Extremity Injuries Lab, 2013-Present</p> <p>KNES 430 – Advanced Sports Medicine, 2013-Present</p> <p>KNES 101 – Introduction to Kinesiology, 2012-Present</p> <p>KNES 110 – Concepts of Fitness and Wellness, 2012-Present</p> <p>KNES 201 – Introduction to Athletic Training, 2012-Present</p> <p>KNES 238 – Clinical Experience in Athletic Training II, 2012-Present</p>
Research Interests	<p>Best practices in athletic training education</p> <p>Concussion Management and Assessment</p> <p>Diabetes management in athletic participation</p>
Advising	I work with an average of 80 advisees per semester
Graduate Committees	<p>Brittany Trahan, MS in Kinesiology, Exercise Science</p> <p>Lionel Stokes, MS in Kinesiology, Exercise Science</p> <p>Lena Marcus, MS in Kinesiology, Exercise Science</p> <p>Felicia Dickens, MS in Kinesiology, Exercise Science</p> <p>Garret Creamer, MS in Kinesiology, Exercise Science</p>
Teaching Experience	<p>Instructor and Clinical Education Coordinator, University of Louisiana at Lafayette, August 2012-May2014</p> <p>Adjunct Faculty, Preceptor and Assistant Athletic Trainer, Radford University, July 2011-May 2012</p> <p>Adjunct Faculty and Preceptor, University of Tulsa, August 2009-May 2011</p> <p>Head Athletic Trainer, Cascia Hall Preparatory School, Tulsa, OK, July 2004-May 2011</p> <p>Head Athletic Trainer, Casady School, Oklahoma City, OK, July 2000-May 2004</p> <p>Graduate Assistant Athletic Trainer, University of Oklahoma, July 1998-May 2000</p>
Publications	<p>Aldret R, Trahan B, Davis G, Campbell B, Bellar D. (2016) Effects of an elastic hamstring assistance device during downhill running. <i>(In Review, Journal of Human Kinetics)</i></p> <p>Aldret R. (2015) Identification of essential skills for entry-level athletic trainers in south Louisiana. <i>(In Review, ATJE16-022)</i></p>

Presentations	<p>National Athletic Trainers Association Educators Conference, <i>Essential Skills for Entry Level Athletic Trainers in South Louisiana</i> (February 2015)</p> <p>Louisiana Association of Health, Physical Education, Recreation and Dance State Meeting, <i>Using Delphi Methodology to Identify Essential Skills in Athletic Training</i> (November 2014)</p> <p>Louisiana Athletic Care Annual Meeting and Staff Symposium, <i>Professional Ethics and Preceptorship in Athletic Training</i> (July 2014)</p> <p>Louisiana Association of Health, Physical Education, Recreation and Dance Tour de Fitness, <i>Concussions – What Coaches Need to Know</i> (July 2014)</p> <p>Louisiana Association of Health, Physical Education, Recreation and Dance State Meeting, <i>Type I Diabetes Mellitus in Secondary School Athletes: A Case Study &amp; Pearls for Practice (Update)</i>, (November 2013)</p> <p>Radford University Athletic Training Staff and Students, <i>Youth Sports Injuries and the Secondary School Setting</i>, (August 2011)</p> <p>Oklahoma State University College of Osteopathic Medicine Family Medicine Residency Program, <i>An Athletic Trainer’s View of the Sports Medicine Team</i>, (April 2011)</p> <p>Oklahoma Athletic Trainers Association Annual Meeting, <i>Type I Diabetes Mellitus in Secondary School Athletes: A Case Study &amp; Pearls for Practice</i>, (May 2010)</p>
Grants	
Conferences Attended	<p>National Athletic Trainers Association Clinical Symposia and Expo, 1997-Present</p> <p>National Athletic Trainers Association Athletic Training Educators Conference, 2012-Present</p> <p>Louisiana Athletic Trainers Association Annual Meeting, 1997, 2012-Present</p> <p>Oklahoma Athletic Trainers Association Annual Meeting, 2000-2011</p> <p>Louisiana Osteopathic Medical Association Annual Meeting, 2012-Present</p> <p>American Osteopathic Association of Sports Medicine Annual Meeting, 2012-present</p>
Professional Memberships	<p>National Athletic Trainers Association, 1997-Present</p> <p>National Strength and Conditioning Association, 2002-Present</p> <p>American College of Sports Medicine, 2004-Present</p>
Awards	<p>Outstanding Advising Award, University of Louisiana at Lafayette, 2013 &amp; 2015</p> <p>Faculty Member of the Year, School of Kinesiology, University of Louisiana at Lafayette, 2015-16</p>
Sponsored Research	<p>Aldret, R.A., Aldret, S.N., Mattox, A.M., and Bellar, D.M. <i>Evaluation of Sleep, Physiological, and Neurocognitive Measures</i></p>

	<p>during the Return-to-Play Process in Post-Concussion Professional Hockey Players, \$28,750 (2015-Present)</p> <p>Aldret, R.A. and Bellar, D.M. <i>The Effect of Pycnogenol® on Exercise Performance and Post Exercise Inflammation, Oxidative Stress, Muscle Soreness and Muscle Damage</i>, \$72,270 (2015-Present)</p> <p>Aldret, R.A. and Bellar, D.M. <i>Investigation of the Effects of Biocidin on Post Exercise Immune Function</i>, \$27,625 (2015)</p>
Dissertation	<p>Title: <i>Identification of Essential Skills for Entry Level Athletic Trainers in South Louisiana: A Delphi Study</i></p> <p>Brief Summary: The participants gave a clear conceptualization of the essential skills needed as an entry-level athletic trainer, while also identifying some skills missing from the Competencies. The athletic trainers on the panel consistently ranked higher skill categories from the Competencies, while the administrators on the panel ranked the non-competency skill categories higher. Additionally, there is still some resistance to increased use evidence in practice, which may be further proof of the chasm between what is considered desirable by clinical setting athletic trainers and academic setting athletic trainers.</p> <p>Advisor: Ed Harris, Professor, Higher Education Leadership, School of Educational Studies</p>
Other Professional Experience	<p>Head Athletic Trainer, Cascia Hall Preparatory School, Tulsa, OK, July 2004-May 2011</p> <p>Assistant Athletic Trainer, Tulsa Talons Arena Football, Tulsa, OK 2004</p> <p>Head Athletic Trainer, Casady School, Oklahoma City, OK, July 2000-May 2004</p> <p>Graduate Assistant Athletic Trainer, University of Oklahoma, July 1998-May 2000</p>
Service	<p>Continuing Education Coordinator, Louisiana Athletic Trainers Association, 2016-Present</p> <p>Medical Services, Cajunman Triathlon, Lafayette, LA, 2014-Present</p> <p>Interim Assistant Athletic Trainer and Visiting Team Host, University of Louisiana Athletics, Lafayette, LA, 2013-Present</p> <p>Chair and Educational Program Coordinator, Louisiana Athletic Trainers Association Student Symposium, 2013-Present</p> <p>Volunteer Athletic Trainer with Justin Sports Medicine, Mid-Winter Fair Rodeo, Lafayette, LA, 2013-Present</p> <p>Moderator, Tulsa Site, National Secondary Schools Athletic Healthcare Conference, Baton Rouge, LA, 2010</p> <p>Educational Program Coordinator, Oklahoma Athletic Trainers Association Annual Meeting, Stillwater, OK, 2008-2011</p>

	<p>Volunteer Medical Staff for the Oklahoma Endeavor Games for the Physically Challenged, Oklahoma City, OK, 2008-2010, 2016</p> <p>Secretary, Oklahoma Athletic Trainers Association, 2006-2008</p> <p>Staff Athletic Trainer, NCAA Basketball Regional, Oklahoma City, OK, 2007 &amp; 2009</p> <p>Staff Athletic Trainer, Big XII Men's Basketball Tournament Oklahoma City, OK, 2007</p> <p>Staff Athletic Trainer, NCAA Wrestling Championship, Oklahoma City, OK, 2006 &amp; 2014</p> <p>Test Examiner, National Athletic Trainers Association Board of Certification, 2003-2007</p> <p>Staff Athletic Trainer and Lecturer, Oklahoma Baptist University Sports Medicine Symposium, Shawnee, OK, 2002-2005</p> <p>Volunteer Athletic Trainer for the Fellowship of Christian Athletes Summer Camps, Oklahoma City, OK, 2001-2003</p> <p>Staff Athletic Trainer, Women's College World Series, Oklahoma City, OK, 1999, 2000, 2004, 2008, 2010, 2011, 2012, 2013, 2014, 2015, 2016</p>
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