

Aimee Gros, MS, LAT, ATC

Title Department Office Number Extension Email Address	Instructor, MSAT Program Director Kinesiology Bourgeois Hall, 131-A 337.482.6279 Aimee.gros@louisiana.edu
Education	2021: Ed.D. in Curriculum & Instruction, concentration in Health Professions Education, University of Louisiana at Monroe 2008: M.S. in Recreation and Sports Sciences, concentration in Athletic Training, Ohio University 2007: B.S. in Athletic Training, University of Southern Mississippi
Teaching Philosophy	My job is to help students have the “ah-ha, I finally get it!” moment. I balance academic knowledge, practical experiences, and decision-making skills so that learners can truly understand the material rather than just memorizing facts. By scaffolding information, students build on the material that they learn. As students acquire knowledge in the classroom, they should be allowed the opportunity to experience what they learn in a hands-on clinical setting. During time spent in the clinical setting, students should be given the opportunity to practice; these experiences, as well as feedback from others, help them to alter their knowledge and practice. Professional discussion and critical thinking moments, also, allow students to practically use information that they learn. By forming critical thinking and decision-making skills, students are more confident and knowledgeable while being less anxious. By incorporating these techniques as well as incorporating professional socialization and mentoring, I believe I can help students become knowledgeable professionals that are life-long learners.
Bio	Ms. Gros has been a Certified Athletic Trainer for 13 years. Her clinical experience includes the secondary school setting, physical therapy clinic, arena football, and collegiate club sports settings. During this time, she has served as a preceptor for approximately 40 athletic training students. She was an adjunct instructor at the UL Lafayette before accepting the Athletic Training Clinical Educational Coordinator position in 2014. She is currently an Instructor for the School of Kinesiology as well as the Program Director for Athletic Training.
Courses Taught	KNES 110 - Concepts of Fitness and Wellness KNES 111 - Skills and Techniques in Weight Training KNES 201 - Introduction to Athletic Training KNES 230/330 - Prevention and Treatment of Athletic Injuries KNES 316 – Legal Liabilities in Healthcare (<i>created course</i>) KNES 334 - Lower Extremity Lab KNES 335 - Clinical Experience in Athletic Training III (focus on General Medicine and Pharmacology) KNES 342 - Upper Extremity Lab

	<p>KNES 345/346 - Therapeutic Modalities and Lab</p> <p>KNES 425/426 - Reconditioning of Sports Injuries and Lab</p> <p>KNES 420 – Legal Liabilities in Sport and Physical Education</p> <p>KNES 430 – Advanced Sports Medicine</p> <p>KNES 437 - Clinical Experience in Athletic Training IV (focus on clinical anatomy, evaluation, and treatment through simulations, critical analysis discussions, and labs)</p> <p>KNES 438 - Clinical Experience in Athletic Training V (focus on Board of Certification preparation)</p> <p>KNES 443 – Exercise and Sport Psychology</p> <p>KNES 497 – Special Projects in Kinesiology</p> <p>HLTH 101 – CPR</p>
Teaching Experiences	<p>2012 – present: See Courses Taught at UL Lafayette as Instructor and Adjunct</p> <p>2010-2014: Sports Medicine I, II, III at Lafayette High School</p>
Publications	<p>Aldret, R., McDermott., Aldret, S., Alwert, A., Corley, H., Hoffpauir, G., Mattox, A., & Bellar, D. (2018). The relationship between cortisol levels, positive mental affect and rate of force development in Division I women’s volleyball athletes. <i>Journal of Strength and Conditioning</i>. 32.</p> <p>Aldret, R., McDermott, M., Hoffpauir, A., Corley, H., Mattox, A., Aldret, S., & Bellar, D. (2018). In-season examination of sleep quality, hormone function, strength, and affective state of Division I volleyball athletes. <i>Medicine & Sciences in Sports & Exercise</i>, 50, 259.</p>
Accreditation Works	<p>2020 – present: Commission on Accreditation of Athletic Training Education (CAATE) Self-Study Proposal for Entry Level Master’s Program</p> <p>2018 – 2019: Louisiana Board of Regents Letter of Intent and Proposal for an Entry-Level Master’s Program for Athletic Training at UL Lafayette</p> <p>2014 – 2019. Commission on Accreditation of Athletic Training Education (CAATE) Plan of Improvement for the Athletic Training Program</p>
Presentations	<p>2019. Lafayette Parish School System’s Annual In-Service. <i>Medical Scope of Practice</i>.</p> <p>2019. UL Lafayette High School Sports Medicine Student Aide Workshop. <i>Rehabilitation 101</i>.</p> <p>2019. New Orleans Saints Student Athletic Trainer Symposium. <i>Rehabilitation in Athletics</i>.</p> <p>2018. Louisiana State University: Center for Academic Success. <i>Leadership Tendencies in Collegiate Students</i>.</p>

	<p>2018. New Orleans Saints Student Athletic Trainer Symposium. <i>Rehabilitation in Athletics.</i></p> <p>2017. UL Lafayette High School Sports Medicine Student Aide Workshop. <i>Role of the Student Athletic Training Aide.</i></p> <p>2017. New Orleans Saints Student Athletic Trainer Symposium. <i>Rehabilitation in Athletics.</i></p> <p>2017. Student Southeastern Athletic Trainers Association. <i>Lab Proctor for Joint Mobilizations, Core Stabilization, and Emergency Care and Spine Boarding.</i></p> <p>2016. UL Lafayette: The Learning Center. <i>Handling Difficult Situations/Students.</i></p> <p>2016. New Orleans Saints Student Athletic Trainer Symposium. <i>Rehabilitation in Athletics.</i></p> <p>2016. UL Lafayette High School Sports Medicine Student Aide Workshop. <i>Wound Care.</i></p> <p>2016. Student Southeastern Athletic Trainers Association. <i>Lab Proctor for Joint Mobilizations, Core Stabilization, and Emergency Care and Spine Boarding.</i></p> <p>2015. UL Lafayette High School Sports Medicine Student Aide Workshop. <i>Spine Boarding.</i></p> <p>2015. Student Southeastern Athletic Trainers Association. <i>Lab Proctor for Joint Mobilizations, Core Stabilization, and Emergency Care and Spine Boarding.</i></p> <p>2014-2019. UL Lafayette Athletic Training Program. <i>Annual Preceptor Training.</i></p> <p>2013 - 2014. UL Lafayette: The Learning Center. <i>Handling Difficult Situations/Students.</i></p> <p>2011-2013 Lafayette High Health Academy/AHEC Summer Program. <i>Taping Skills for Athletic Trainers.</i></p> <p>2011 UL Lafayette’s Athletic Training Student High School Workshop. <i>Emergency Situations.</i></p> <p>2008. Newport Junior High/High School Career Fair. <i>What is Athletic Training.</i></p>
Grants	<i>Internal Grants:</i>

	<p>2016 UL Lafayette’s Student Technology Enhancement Program (STEP) grant. Improving Quality of Chest Compressions via Interaction with an Advanced Training Mannequin (\$2,285)</p> <p>2016 UL Lafayette’s Student Research Grant. Quality of Sleep as a Predictor of the Duration of Recovery from Concussion (\$2,000)</p>
Professional Membership	<p>2007 – present: National Athletic Trainers Association</p> <p>2007 – present: Southeastern Athletic Trainers Association</p> <p>2010 – present: Louisiana Athletic Trainers Association</p> <p>2008 – 2020: Ohio Athletic Trainers Association</p>
Awards	<p>2020 UL Lafayette’s Vesta Bourgeois Professorship in Health and Physical Education</p> <p>2016, 2018, 2019, 2020 UL Lafayette’s Outstanding Advisor Award</p> <p>2015 Who’s Who in Health Sciences Higher Education</p> <p>2010 Lafayette Parish’s Everyday Hero Award</p> <p>2010 Acadian Ambulance Service Award</p>
Additional Skills	<p><i>Professional Certifications:</i></p> <p>2007 – present: National Athletic Trainers Association, Board of Certification</p> <p>2009 – present: Louisiana State Board of Medical Examiners Licensure</p> <p>2018: UL Lafayette’s Distance Learning Certification</p> <p>2017 – present: American Heart Association BLS CPR Instructor</p> <p>2017: Instrument Assisted Soft Tissue Mobilization, Levels 1 & 2</p> <p>2006 – present: American Heart Association BLS CPR/AED Certified</p> <p>2007 – 2020: OTPTAT Board of Ohio Licensure</p>
Dissertation	<p><i>The Effects of Knowledge Retention, Self-Confidence, and Anxiety Levels Associated with Peer Assisted Learning in a Healthcare Course (in progress)</i></p>
Other Professional Experiences	<p>2014 – present: PRN Athletic Trainer for local athletic events</p> <p>2009-2014: Clinical Outreach Athletic Trainer for Acadiana Physical Therapy for Lafayette High School</p> <p>2008-2009: Clinical Outreach Athletic Trainer for NovaCare Rehab for Newport High School</p> <p>2007-2008: Graduate Assistant Athletic Trainer for Ohio University’s Club Sports</p>
Service	<p><i>University Level</i></p> <p>2020: Member, UL Lafayette’s College of Education Advising Task Force</p> <p>2018 – present: Program Director, Clinical Coordinator for Athletic Training Program</p> <p>2018 – 2020: Member, UL Lafayette’s Advising Task Force</p> <p>2018: Member, School of Kinesiology’s Strategic Plan Implementation Committee</p> <p>2016: Co-primary creator, School of Kinesiology’s Learning Community for Honors Students</p>

2016 – 2018: Chair, School of Kinesiology Annual Performance Merit Review Committee
2015: Chair, School of Kinesiology Instructor Hiring Committee
2014-2019: Volunteer, SOUL Camp group interviews
2014 – present: College of Education/School of Kinesiology Preview Day Coordinator
2014 – present: Academic advisor for approximately 150 undergraduate students per semester
2014 – present: Organization advisor for the Sports Medicine Association

External – Local and State Level

2020: Member, Southeastern Athletic Trainers Association LGBTQ+ committee
2020: Medical volunteer, Justin Sports Medicine Rodeo
2017 – 2019: Host/Instructor, Instrument Assisted Soft Tissue Mobilization courses
2016 – present: Host, EPIC Education and Consulting Continuing Education conference
2016 – 2019: Judge, HOSA – Future Health Professionals Organization: Regional level Sports Medicine Judge
2014 – 2020: Host, ACES Workshop (BOC preparation workshop)
2013 – 2019: Medical volunteer, CajunMan Triathlon, Zydeco marathon
2013: Creator, Lafayette/St Martin Parish School Board’s Concussion Protocol
2010 – 2103: Volunteer, Injury data reporter for NATA NATION project via DATALYS CENTER