Curriculum Vita
Carla Heffner, Ed.D, ATC, LAT

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Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/Dissertation*
Ed.D.	2020	A. T. Still University	Doctor of Education in Health Professions	Mental Health Literacy and Self-Efficacy in Athletic Training Students
M.S.	1999	Iowa State University	Exercise Science	
B.S.	1997	Lock Haven University of Pennsylvania	Health Science (Athletic Training Emphasis)	

University Experience

Position	*University*	*Dates*
Assistant Clinical Professor Clinical Education Coordinator Profession Master's Program in Athletic Training	Texas State University	September 2022 – December 2023
Senior Lecturer Clinical Education Coordinator – Professional Master's Program in Athletic Training	Texas State University	2020 – 2022
Senior Lecturer Clinical Education Coordinator – Professional Program in Athletic Training	Texas State University	2013 - 2022
Assistant Athletic Trainer Senior Lecturer	Texas State University	2003-2013
Head Athletic Trainer Instructor Athletic Training Program Director	Missouri Valley College	2001-2003
Assistant Athletic Trainer Instructor	Missouri Valley College	1999-2001

Relevant Professional Experience

Position	*Entity*	*Dates*
PRN Athletic Trainer	Methodist Sports Medicine San Antonio, TX	2021-Present
PRN Athletic Trainer	Dripping Springs High School Lacrosse Club	2016-Present
PRN Athletic Trainer	Comal ISD New Braunfels, TX	2017-2021

PRN Athletic Trainer	Seguin ISD Seguin, TX	2019-2021
PRN Athletic Trainer	San Marcos CISD San Marcos, TX	2013-2021
PRN Athletic Trainer	Luling ISD Luling, TX	2014-2016
PRN Athletic Trainer	United States Australian Rules Football League National Championships Austin, TX	October 2015
CPR/First Aid Instructor	Texas State Athletics Department	2014-Present
Drug Testing Administrator	Jaime Perez Drug Testing	2014

Other Professional Credentials (Licensure, certification, etc.)

2014-Present	Technica Gavilan IASTM Certification	Technica Gavilan PTB
2011-Present	CPR/AED/First Aid Instructor Certification	American Red Cross
2003-Present	Texas State Licensure AT 3022	Texas Advisory Board of Athletic Trainers
1997-Present	Certified Athletic Trainer #079702463	National Athletic Trainers' Association

Courses Taught

Undergraduate Courses

AT 2260L	Acute Care of Athletic Injuries and Illnesses Lab
AT 2260	Acute Care of Athletic Injuries and Illnesses
AT 2356	Care and Prevention of Athletic Injuries and Illnesses
AT 2397	Athletic Training Seminar I
AT 2398	Athletic Training Seminar II
AT 3358	Clinical Pathopharmacology (Online)
AT 3497	Athletic Training Seminar III
AT 3498	Athletic Training Seminar IV
AT 3112	Clinical Assessment II Lab
AT 3312	Clinical Assessment II
AT 3111	Clinical Assessment I Lab
AT 3311	Clinical Assessment I
AT 3128	Lower Extremity Evaluation Lab
AT 3328	Lower Extremity Evaluation
AT 3136	Therapeutic Modalities Lab
AT 3146	Therapeutic Rehabilitation Lab
AT 3336	Therapeutic Modalities
AT 3346	Therapeutic Rehabilitation
AT 3400L	Cadaver Anatomy Lab
AT 4313	Therapeutic Intervention

Graduate Courses

AT5400	Gross Anatomy and Lab

AT 5231 Clinical Experience in Athletic Training II
AT 5320 General Medical Conditions Assessment
AT 5333 Internship in Athletic Training

Directed Student Learning

2024 Chair. Glover, L and Moore, J. The Effects of Kinesiophobia on Patient Return to Activity. Texas State University.
2023 Member. Hunter, R. Assessing the Mental Health of Black Collegiate D1 Athletes at HBCU's and PWI's. Tarleton State University.
2022 Member. Weisler, A. The Impact of Study Techniques on Board of Certification Pass Rates in Athletic Training. Texas State University.
2020-2021 Member. Horan, B. Sickle Cell Testing in Athletes. Tarleton State University. Graduated 2021.
2017-2018 Member. Barnhart, M. Culminating project, HHP. Graduated May 2018.

Courses Prepared and Curriculum Development

2020 Developed AT 5320 General Medical Conditions Assessment for the Professional Master's Program in Athletic Training.

2020 Developed AT3400L Cadaver Anatomy Lab for the Pre-Rehabilitation Sciences Program.

2020 Developed AT 5231 Clinical Experience in Athletic Training II for the Professional Master's Program in Athletic Training.

2017 Revised AT 2260 Acute Care of Injuries and Illnesses to align with 2017 American Red Cross updates

Other Teaching Activities

Fall 2021 Participant. *Inclusive Language in Pedagogy.* Department of Health and Human Performance. Texas State University, San Marcos, TX.

Summer 2021 Participant. *Setting Your Intentions: Inclusive Syllabi Design.* Department of Health and Human Performance. Texas State University, San Marcos, TX.

2020 – Present Clinical Education Coordinator, Professional Master's Program in Athletic Training. Duties include: Assign student clinical rotations at Texas State Athletics and affiliated clinical sites. Conduct site visits of Texas State Athletics and Affiliated clinical sites. Maintain student clinical exposure files. Assist program director with CAATE annual report. Conduct annual preceptor training for returning Texas State preceptors. Conduct preceptor training for new Texas State preceptors. Administer evaluations of Texas State preceptors.

Fall 2019. Participant. *Active Learning in Large Enrollment Hybrid Classes*. Department of Health and Human Performance. Texas State University, San Marcos, TX.

2013 – Present Clinical Education Coordinator, Professional Program in Athletic Training. Duties include: Assign student clinical rotations at Texas State Athletics and affiliated clinical sites. Conduct site visits of Texas State Athletics and Affiliated clinical sites. Maintain student clinical exposure files. Assist program director with CAATE annual report. Conduct annual preceptor training for returning Texas State preceptors. Conduct

preceptor training for new Texas State preceptors. Administer evaluations of Texas State preceptors. Coordinate on-site student orientations at the Texas State Student Health Center and My Emergency Room 24/7. Collaborate with Texas State Student Health Center, My Emergency Room 24/7, Hays County EMS, and San Marcos Orthopedics to schedule student clinical rotations.

Sept 2015 Participant. *Aligning the Interest of Clinicians, Educators, & Researchers to Promote Evidence-Based Practice. National Athletic Trainers' Association.* Online course.

March 2015 Participant. *Supporting TranStudents on Campus.* Texas State University. San Marcos, TX.

Feb 2015 Participant. *Teaching with Transgender Students in Mind.* Texas State University. San Marcos, TX.

Scholarly/Creative

Other Works not in Print: Grants and Contracts

March 2024 Thomas, A., Farrell, J.W., Sharpe, S., Heffner, C., Carter, T. (submitted). *The implementation of evidence-based adaptive and outdoor sports program for Veterans and members of the Armed Forces.* Department of Veterans Affairs, National Veteran Sports Program, and Special Events. Requested: $133,949 USD. Submitted: March. Role: Co-Investigator.

Invited Talks/Lectures/Presentations

June 2023 Heffner, C. & Thomas, A. *Understanding and Working with Adapted Sports Athletes.* Presented at South Padre Athletic Training Symposium. South Padre, TX.

February 2021 Heffner, C. *Ethical Considerations in Athletic Training.* Presented to the Tarleton State University Master's in Athletic Training first year students.

January 2020 Heffner, C. *Use of a Scoop Stretcher in the Management of a Cervical Spine Injury*. Presented at Southwest Athletic Trainers' Association Student Competency Workshop. San Marcos, TX.

April 2018 Heffner, C., & Webb, B. *Cervical Spine Injury: Scoop Stretcher Removal.* Presented at Alamo Area Athletic Trainers' Association Student Workshop. San Antonio, TX.

January 2017 Heffner, C. *Interview Skills*. Presented at Southwest Athletic Trainers' Association Student Competency Workshop. San Marcos, TX.

January 2016 Heffner, C. *Current Trends: Wound Care.* Presented at Southwest Athletic Trainers' Association Student Competency Workshop. San Marcos, TX.

January 2015 Heffner, C. *Best Practices: National Athletic Trainers' Association Position Statements.* Presented at Southwest Athletic Trainers' Association Student Competency Workshop. Arlington, TX.

Workshops

July 2023 Participant. SWATA Annual Meeting & Symposium. Southwest Athletic Trainers'

	Association. Arlington, TX.
June 2023	Speaker. SPATS Annual Symposium. Valley Athletic Trainers' Association. South Padre, TX.
May 2023	Participant. CATS Annual Symposium. College Athletic Trainers Association'. Las Vegas, NV.
July 2022	Participant. SWATA Annual Meeting & Symposium. Southwest Athletic Trainers' Association. Arlington, TX.
June 2022	Participant. NATA Annual Symposium. National Athletic Trainers' Association. Philadelphia, PA
August 2021	Participant. National Athletic Trainers' Association Clinical Education Coordinator Chat – Preceptor Development.
July 2021	Participant. Virtual SWATA Annual Symposium. Southwest Athletic Trainers' Association.
July 2021	Participant. Virtual South Padre Athletic Trainers' Symposium. Valley Athletic Training Association.
May 2021	Participant. Virtual Athletic Training Educators' Conference. National Athletic Trainers' Association
June 2020	Participant. College Athletic Trainers' Society Spring Webinar.
May 2020	Participant. Professional Football Athletic Trainers' Society Cares to Make a Difference Webinar.
February 2019, 2017, 2015	Participant. Athletic Training Educators' Conference. National Athletic Trainers' Association. Grapevine, TX.
May 2019, 2018, 2017, 2016	Participant. Spring Symposium. College Athletic Trainers' Society. Las Vegas, NV.
July 2019, 2018, 2017	Participant. Annual Meeting & Symposium. Southwest Athletic Trainers' Association. Arlington, TX.
June 2018, 2015, 2014	Participant. South Padre Athletic Trainers' Symposium. Valley Athletic Trainers' Association. South Padre, TX.
Sept 2016	Participant. Medical Considerations in Special Populations of Athletes. LSU College of Human Sciences and Education. Online Course.

Work in Progress

Thomas, A., **Heffner, C**., Chambers, A., & Carter, T. (In Progress). Student perceptions of adaptive sport: A cross discipline discussion on language and service-learning experiences.

*Authorship order not finalized

Awards, Fellowship, and Honors

2023 Recipient. College Achievement Award for Service, Presidential Awards Program. Texas State University.

2022 Recipient. College Achievement Award for Service, Presidential Awards Program. Texas State University.

2021 Recipient. Frank Medina Award, Southwest Athletic Trainers' Association. This award is given annually to an athletic trainer who has made significant contributions throughout their career to the athletic training profession. The recipient is selected by a three-member committee, comprised of the three previous Medina Award recipients.

2020 Recipient. Texas State Athletic Trainers' Association. Region VIII Spotlight Recipient. For extraordinary service, performance, dedication and contribution to the Athletic Training profession.

Service

Departmental

2022 Member. Professional Master's Program in Athletic Training, Admission Committee.

2022 Member. Assistant/Associate Professor in Athletic Training Search Committee

2020 Program Representative. Assisted with the completion the Professional Program in Athletic Training Self-Study and Site Visit.

2018 – Present Member. Health and Human Performance Alumni Committee.

2017 – Present Chair. Health and Human Performance Travel Committee.

2017 – Present Medical Coordinator. Larry Turner Classic Wheelchair Basketball Tournament. San Marcos, TX.

2017-2018 Member. Athletic Training Assistant Professor search committee. Texas State University.

2017-2018 First Responder Coordinator. Texas Regional Paralympic Sports Track and Field Clinic. San Marcos, TX.

2013 – Present Program Representative. Texas State University Athletic Training Program High School Visitation Day.

2009 – Present Faculty Advisor. Athletic Training and Sports Medicine Student Organization.

2012-2017 Member. Health and Human Performance Travel Committee.

Community

2014 – Present Race Director. Got Your Back 5k.
The Got Your Back 5k has generated over **$40,000** to scholarships, cancer support funds, and directly to cancer patients for assistance with medical costs. The Athletic Training and Sports Medicine student organization was awarded the Boko Award for Annual Program of the Year in 2016.

Professional

2021 Manuscript Review. Review manuscript submissions, *Athletic Training Education Journal.*

2016 – Present Co-Chair. Southwest Athletic Trainers' Association Student Competency Workshop Committee. The competency workshop is an annual student workshop held on the campus of Texas State University. 170 athletic training students from over 18 higher education institutions in Texas and Arkansas attend the workshop. The chair is responsible for creating a daily agenda that features national and regional speakers, break-out skill sessions, panel discussions, and test preparation for the students in attendance. The workshop is the only committee event that generates funds to contribute to the SWATA operating budget.

2011-2016 Member. Southwest Athletic Trainers' Association Student Competency Workshop Committee.

2011-2012 Member. Southwest Athletic Trainers' Association College and University Athletic Trainer Committee.

Organizations

Professional

2003-Present Member. Texas State Athletic Trainers' Association.

2003-Present Member. Southwest Athletic Trainers' Association.

1997-Present Member. National Athletic Trainers' Association.