

TROY A. COPPUS, EDD, LAT, ATC, CSCS

tacoppus@gmail.com

Phone: (812) 661 9401

EDUCATION

University of North Carolina Greensboro, Greensboro, North Carolina

Ed.D. in Kinesiology

August 7, 2020

Dissertation: The Value of Subjective Measures in Quantifying Workload and Injury Incidence in Male Intercollegiate Soccer Players

Committee: Dr. Pam Brown (Co-Chair), Dr. Diane Gill (Co-Chair), Dr. Bill Karper

GPA: 4.00/4.00

High Point University, High Point, North Carolina

M.S. in Sport Studies

May 6, 2006

Created instructional videos of entire body AROM, PROM, RROM/MMT, and orthopedic special tests to fulfill requirements for Practicum course

GPA: 4.00/4.00

Ohio Northern University, Ada, Ohio

B.S. in Athletic Training

May 23, 2004

Minor: Exercise Physiology

Honors: Graduate "with Distinction"

GPA: 3.59/4.00

TEACHING EXPERIENCE

Troy University, Troy, Alabama

Athletic Training Program/Kinesiology and Health Promotion Department

Instructor

AT 6650 "Pharmacological Considerations in Athletic Training"

Summer 2022 – present

AT 6660 "General Medical Concerns & Special Populations"

Summer 2022 – present

AT 6665 "Clinical Experience V"

Summer 2022 – present

AT 6664 "Clinical Experience IV"

Spring 2022 – present

AT 6645 "Professional Practice in Athletic Training"

Fall 2021 – present

AT 6633 "Examination and Therapeutic Management III"

Fall 2021 – present

AT 6663 "Clinical Experience III"

Fall 2021 – present

AT 6610 "Healthcare Management & Quality Improvement"

Summer 2021

AT 6662 "Clinical Experience II"

Summer 2021

AT 6632 "Examination and Therapeutic Management II"

Summer 2021

Winston-Salem State University, Winston-Salem, North Carolina

Health, Physical Education, and Sports Studies Department

Guest Lecturer

PED 4110 – Senior Seminar in Sports Medicine

Fall 2023 – present

Provided students with insight regarding the role of athletic trainers in a health care team and discussed professional development considerations.

University of West Georgia, Carrollton, Georgia
Department of Health and Community Wellness

Guest Lecturer

CMWL 2100 – Introduction to Health and Community Wellness **Spring 2022 – present**
Provided students with insight regarding the role of athletic trainers in a health care team.

Auburn University Montgomery, Montgomery, Alabama
Department of Kinesiology

Guest Lecturer

PHED 2010 – Foundations of Health & Physical Education **Spring 2022, Fall 2022**
Provided students with insight regarding the role of athletic trainers in a health care team.

Southern Union State Community College, Wadley, Alabama
Health Education Department

Guest Lecturer

HED 232 – Care and Prevention of Athletic Injuries **Fall 2021**
Informed students of steps to become an athletic trainer with a transitioning education model.

University of Evansville, Evansville, Indiana
School of Health Sciences

Instructor

AT 490 "Pharmacology and Medical Conditions"	Fall 2019 – Fall 2020
AT 690 "Gen Med & Pharm in Athletic Health Care"	Fall 2019 – Fall 2020
AT 590 "Graduate Clinical Level I"	Summer 2019 – Summer 2020
AT 580 "Evidence Based Inquiry"	Summer 2019 – Summer 2020
AT 388 "Evaluation of the Lower Body"	Spring 2019 – Spring 2021
AT 390 "Rehabilitation of Athletic Injuries"	Spring 2019 – Spring 2021
AT 588 "Evaluation of the Lower Extremity"	Spring 2019 – Spring 2021
AT 688 "Advanced Rehabilitation of Athletic Injuries"	Spring 2019 – Spring 2021
AT 551 "Psychological Considerations in Athletic Training"	Fall 2018, Fall 2020
AT 693 "Professional Issues in Athletic Training"	Spring 2018 – Spring 2019
AT 650 "Administration of Athletic Training"	Spring 2018
AT 350 "Organization & Administration in Athletic Training"	Spring 2018
AT 575 "Advanced Nutritional Issues in Athletic Training"	Fall 2017 – Fall 2018
EXSS 150 "Introduction to Health Sciences"	Spring 2017 – Fall 2020
EXSS 400 "Principles and Theories of Strength & Conditioning"	Fall 2015 – Fall 2020
AT 582 "Foundational Skills in Athletic Training"	Summer 2015 – Summer 2020
EXSS 150 "Introduction to Health Sciences"	Fall 2014 – Fall 2018
AT 591 "Graduate Clinical Education I/II"	Fall 2015 – Fall 2016, Fall 2019 – Fall 2020
HE 100 "Concepts of Health and Wellness"	Spring 2015 – Spring 2016
HE 160 "First Aid with CPR"	Spring 2012 – Spring 2014
AT 282 & AT 282-L "Basic Skills in Athletic Training & Lab"	Spring 2008 – Spring 2019
AT 391 "Clinical Level III"	Fall 2007 – Fall 2016, Fall 2019

Instructor, Study Abroad

EXSS 350 "Organization and Administration in Exercise Science" **Summer 2009**
Team taught in Harlaxton College, Grantham, England

Preceptor/Approved Clinical Instructor for Athletic Training **Fall 2007 – Spring 2017**

Southern Illinois University Edwardsville, Edwardsville, Illinois
Department of Applied Health

Guest Lecturer

KIN 275 "Intro to Careers in Nutritional & Exercise Sciences"
Provided students with insight regarding the role of athletic trainers in a health care team.

Fall 2018 & Fall 2019

University of North Carolina Asheville, Asheville, North Carolina
Department of Health and Wellness Promotion

Lecturer

HWP 220 "Introduction to Sports Medicine"
HWP 421 "Seminar in Sports Medicine"
HWP 152 "Health and Fitness"

Fall 2006 – Spring 2007
Spring 2007
Spring 2007

Western Carolina University, Cullowhee, North Carolina
Department of Health and Human Science

Clinical Site Coordinator

Representative for UNC Asheville clinical site within WCU Athletic Training Program.

Fall 2006 – Spring 2007

Approved Clinical Instructor for Athletic Training

Fall 2006 – Spring 2007

High Point University, High Point, North Carolina
Department of Exercise and Sport Science

Instructor

PEC 110 "Bowling"

Fall 2004 – Spring 2006

Approved Clinical Instructor for Athletic Training

Fall 2005 – Spring 2006

Guest Lecturer

ESS 211 "Evaluation of Athletic Injuries"
ESS 391 "Clinical in Injury Prevention & Emergency Procedures"
ESS 392 "Clinical in Strength Training & Isokinetics"
ESS 499 "Senior Seminar"

Spring 2005, 2006
Fall 2004, 2005
Spring 2005, 2006
Fall 2004, 2005

Ohio Northern University, Ada, Ohio
Department of Human Performance and Sport Sciences

Teaching Assistant

BIOL 231 "Anatomy & Physiology 1"
BIOL 232 "Anatomy & Physiology 2"
HPES 221 "Exercise Physiology"

Fall 2002, Fall 2003
Winter 2002, Winter 2003
Spring 2003, Spring 2004

PEDAGOGICAL CONTINUING EDUCATION

Association of College and University Educators

Promoting Active Learning

Spring 2023

Inspiring Inquiry and Preparing Lifelong Learners

Spring 2023

Designing Learner-Centered and Equitable Courses

Summer 2023

Creating an Inclusive and Supportive Learning Environment

Fall 2023

True North Intercultural
Navigating Cultural Differences
Completed the six-module course

October 2022

CLINICAL EXPERIENCE

Briotix Health, Evansville, Indiana

Part-time Industrial Sports Medicine Provider

June 2017 – July 2019

Provided sports medicine care for Evansville Zone Frito Lay Distribution Center Operations and Sales employees. Recorded weekly on-site hours for consultations, ergonomic assessments, and in-person evaluations of work-related and non-work-related conditions. Maintained patient confidentiality according to HIPAA guidelines. Abided by OSHA standards in providing care.

University of Evansville, Evansville, Indiana
Intercollegiate Athletics

Assistant Athletic Trainer

July 2007 – July 2017

Primarily responsible for Men's Basketball, Women's Soccer, Men's and Women's Cross Country, and Women's Tennis practice and event coverage. Staff contact for Cheer/Dance. Administered ImpACT Testing for baselines on all student-athletes and post-injury testing. Utilized SportsWare injury software for documenting student-athlete injuries. Assisted in insurance claim filing for all student-athletes. AT staff contact responsible for handling student-athlete and parent medical claim questions. Assisted administration Pre-Participation Physical Examinations for all student-athletes. Assisted editing and revising Intercollegiate Athletics Pre-Participation forms annually. Assisted administration of UE Student-Athlete Drug Testing.

University of North Carolina Asheville, Asheville, North Carolina
Intercollegiate Athletics

Assistant Athletic Trainer

July 2006 – July 2007

Primarily responsible for Women's Soccer, Men's Basketball, and Men's Tennis practice and event coverage. Assisted coverage for Men's Soccer, Men's and Women's Cross Country, Men's and Women's Indoor/Outdoor Track & Field, Women's Tennis, and Women's Volleyball. Utilized SIMS injury software for documenting student-athlete injuries. Administered Pre-Participation Physical Examinations for all student-athletes. Assisted administration of UNC Asheville Student-Athlete Drug Testing. Assisted in insurance claim filing for all student-athletes.

High Point University, High Point, North Carolina
Intercollegiate Athletics

Graduate Assistant Athletic Trainer

August 2004 – May 2006

Assisted athletic training coverage for Men's and Women's Basketball, Men's and Women's Soccer, Men's and Women's Cross Country, Men's and Women's Track & Field, Baseball, and Volleyball.

UNIVERSITY SERVICE

Troy University, Troy, Alabama

Planning Committee Member
Annual Helen Keller Lecture

January 2025 – April 2025

Member
Library Advisory Committee

November 2022 – present

Troy University, Troy, Alabama
College of Health Sciences

Committee Member
Homecoming Tent Alumni & Community Event

September 2023 – October 2023

Committee Member
Emergency Medical Services Education Program Committee

February 2022 – April 2022

Participant – Lead
MSAT CAATE Peer Review (Online)

January 2022

- Earned full 10-year continuing accreditation after submission of rejoinder

Troy University, Troy, Alabama
Department of Kinesiology and Health Promotion

Advisory Board Member
Troy University Exercise Physiology Program

August 2024 – present

Search Committee Member
KHP Lecturer
MSAT Clinical Education Coordinator

August 2023
June 2021

Faculty Advisor
Iota Tau Alpha, Alpha Chapter
Sports Medicine Club
Graduate Teaching Assistants

August 2021 – present
August 2021 – present
August 2022 – May 2025

Program Director
Master of Science in Athletic Training Program

June 2021 – present

Academic Advisor
KHP Undergraduate & MSAT Students

June 2021 – present

Interviewer
MSAT Admission Interviews

May 2021 – present

University of Evansville, Evansville, Indiana

Member
Admissions and Standards Committee
Graduate Curriculum Committee
Writing Across the Curriculum Sub-Committee
Graves Hall Safety Committee
2nd floor representative

Fall 2019 – Spring 2021
Fall 2018 – Spring 2021
Fall 2017 – Spring 2021
Fall 2017 – Spring 2021
Fall 2018 – Spring 2021

University of Evansville, Evansville, Indiana
School of Health Sciences

Clinical Education Coordinator
Master of Science in Athletic Training Program **Summer 2020 – Spring 2021**

Interim Program Director
Master of Science in Athletic Training Program **Summer 2019 – Summer 2020**

Clinical Education Coordinator
Athletic Training Programs **Fall 2017 – Spring 2019**

Academic Advisor
Undergraduate, Graduate Athletic Training & Exercise Science students **Fall 2017 – Spring 2021**

Program Director & CSCS Sponsor
NSCA-ERP Undergraduate Exercise Science **Spring 2016 – Spring 2021**

Search Committee Member
MS ATP Clinical Education Coordinator **Summer 2019**
UG ATP Clinical Education Coordinator **Spring 2019**
ATP Clinical Education Coordinator **Spring 2011, 2015**

Participant
ATP CAATE Undergraduate Re-accreditation Visit **December 2018**
ATP CAATE Professional-Level Master's Initial Accreditation Visit **January 2017**
ATP CAATE Undergraduate Re-accreditation Visit **October 2008**

Interviewer
MSAT Admittance Interviews **Spring 2015 – 2021**
ATP Freshman Admittance Interviews **Spring 2008 – 2020**
ATP Senior Rotation Interviews **Spring 2008 – 2020**

University of Evansville, Evansville, Indiana
Athletic Department

Athletic Training Host
Missouri Valley Conference Women's Soccer Championship **November 2007, 2013, 2015**
Missouri Valley Conference Men's & Women's Cross Country Championship **October 2015**
Missouri Valley Conference Women's Golf Championship **April 2010**

Search Committee Member
Athletic Training Intern **Spring 2009 – 2019**
Assistant Athletic Trainer/Instructor **July 2008, February 2013, April 2016, May 2017, May 2018**
Assistant Sports Information Director **September 2010**
Head Strength & Conditioning Coach **June 2008, June 2013**

University of Evansville, Evansville, Indiana
Student Recreation

Athletic Trainer
2016 Campus Recreation Bike Race **April 16, 2016**

Western Carolina University, Cullowhee, North Carolina
Department of Health and Human Sciences

Participant

Undergraduate ATP CAATE Initial Accreditation Visit

March 2007

High Point University, High Point, North Carolina
Department of Exercise and Sport Science

Participant

Undergraduate ATP CAATE Re-accreditation Visit

October 2004

PROFESSIONAL SERVICE

Manuscript Reviewer

Frontiers in Psychology
Journal of Men's Health
Athletic Training & Sports Health Care

January 2025
December 2024
October 2017 – June 2020

Committee Member

SEATA Quiz Bowl Committee

November 2024 – present

Participant

CAATE Standards Committee Listening Session

January 22, 2024

COMMUNITY SERVICE

Advisory Board Member

Thomas University Exercise and Sports Science Program

July 2024 – present

Guest Speaker

Carroll HS HOSA, Ozark, AL
Encore Rehabilitation AT Pre-Season Education, Midland City, AL

September 8, 2022
July 19, 2022

Instructor

American Red Cross Basic Life Support
American Red Cross First Aid/CPR/AED

August 2015 – present
July 2012 – present

Volunteer Athletic Trainer

Demolition City Roller Derby; Evansville, Indiana
Jerome Davis Challenger Cup Bull Riding Event; Archdale, North Carolina

April 2009 – May 2010
August 2005

PUBLISHED MANUSCRIPTS

Delinsky L. K., **Coppus, T. A.**, Gilliam, L. A., & Price, C. A. (2023). Bio-banding in sport. *ASAHPERD Journal*, 44(2), 2-7.

Coppus, T. A., Delinsky, L. K., Martin, T., Green, M. S., Sluder, J. B., Basford, L., Moore, M., & Helms, J. (2023). Weight training injuries: Importance of teaching proper form in secondary schools and athletics. *MAHPERD Journal*, 10(1), 14-20.

Delinsky, L. K., **Coppus, T. A.**, Brown, M. G., McNeal, B. J., Sluder, J. B., & Green, M. S. (2023). The importance of return-to-class and sport activity protocols following mild post-traumatic brain injury for secondary school students. *MAHPERD Journal*, *10*(1), 8-13.

Coppus, T. A., Delinsky, L. K., Addison, C., Hameed, D., Loudor, M., & Sluder, J. B. (2023). Advocating dry needling by athletic trainers and physical therapists in injury rehabilitation and the barriers that prevent application. *MAHPERD Journal* *10*(1), 3-7.

Coppus, T. A., Anderson, T., Hurley, E., Gill, D. L., & Brown, P. K. (2022). The practical utility of objective training load indices in Division I college soccer players. *Journal of Strength & Conditioning Research*, *36*(4), 1026–1030.

PENDING MANUSCRIPT

Cox, A. E., **Coppus, T. A.**, & Delinsky, L. K. Mental health and sports: Professional education recommendations for Commission on Sport Management Accreditation principles. [Manuscript submitted for publication]. College of Health Sciences, Troy University.

POSTER PRESENTATIONS

Coppus, T. A., Delinsky, L. K., & Lanier, K. (2025, February 21) Menstruation and perceived soreness in Division I women's soccer players. [Poster presentation]. Southeast ACSM Conference. Greenville, SC, USA.

Coppus, T. A., Delinsky, L. K., & Crisman, C. (2024, February 23) Obstructive sleep apnea in NCAA FBS football offensive line position players. [Poster presentation]. Southeast ACSM Conference. Greenville, SC, USA.

Green, M. S., Mitchell, I. R., Delinsky, L. K., & **Coppus, T. A.** (2023, November 13). The prevalence of scoliosis in asymmetrical-rotation sport athletes and effective intervention. [Poster presentation]. ASAPERD Fall Conference. Birmingham, AL, USA.

Green, M. S., Sluder, J. B., Delinsky, L. K., **Coppus, T. A.**, Brown, M. G., & McNeal, B. J. (2022, November 14). The Importance of Return to Class and Sport Activity Protocols Following Mild Post Traumatic Brain Injury for Secondary School Students. [Poster presentation]. ASAPERD Fall Conference. Birmingham, AL, USA.

Green M. S, Sluder, J. B., Hill, A., Kaye, C., Cunningham, D., Delinsky, L. K., & **Coppus, T. A.** (2022, April 22). The Effect of Anterior Knee Displacement During the Back Squat. [Poster presentation]. ASAPERD Spring Conference. Orange Beach, AL, USA.

Coppus, T. A., Delinsky, L. K., Moore, M., Welch, C. R., & Freeman, S. S. (2021, November 15). Sickle Cell Disorder in High School Athletes. [Poster presentation]. ASAPERD Fall Conference. Birmingham, AL, USA.

Delinsky, L. K., **Coppus, T. A.**, Upton, K., & Perkins, L. (2021, November 15). The Importance of Having a Full-Time Athletic Trainer in the High School Setting. [Poster presentation]. ASAPERD Fall Conference. Birmingham, AL, USA.

Sluder, J. B., Green, M. S., **Coppus, T. A.**, Delinsky, L. K., Addison, C., Loudor, M., & Hameed, D. (2021, November 15). Advocating Dry Needling by Athletic Trainers and Physical Therapists in Injury

Rehabilitation and the Barriers Preventing Its Application. ASAPERD Fall Conference. Birmingham, AL, USA.

Green, M. S., Sluder, J. B., Delinsky, L. K., **Coppus, T. A.**, Roca, G., Harrison, D., & Stacks, G. (2021, November 15). Sex differences in response to non-traditional resistance training: A literature review. [Poster presentation]. ASAPERD Fall Conference. Birmingham, AL, USA.

ORAL PRESENTATIONS

Cox, A. E., **Coppus, T. A.**, & Delinsky, L. K. (2025, January 31). Mental health and sports: Professional education recommendations for Commission on Sport Management Accreditation principles. [Oral presentation]. COSMA Conference. Las Vegas, NV, USA.

Hilburn, A. N., **Coppus, T. A.**, Vardaman, S., Delinsky, L. K., Allen-Jones, R. J., Chen, N. L., & Butler, J. (2024, October 19). Bridging disciplines: IPE simulation – uniting campus minds for collective impact. [Oral presentation]. International Conference on Social and Educational Sciences. Chicago, IL, USA.

Coppus, T. A., Delinsky, L., K., & Mouser, J. G. (2023, February 23). Self-report soreness indicates previous day workload in male collegiate soccer players. [What's Up Doc? Oral presentation]. Southeast ACSM Conference. Greenville, SC, USA.

GRANTS

Southeast Athletic Trainers' Association Research & Education Committee

Research Grant, \$5,000 (not funded) **April 2024**
Project: Mental Health Literacy and Collegiate Athletic Trainers

National Athletic Trainers' Association Research & Education Foundation

New Investigator Grant, \$20,000 (not funded) **February 2024**
Project: Health Literacy and Rating of Perceived Exertion Accuracy

Troy University, Troy, Alabama
Faculty Development Committee

Presentation Grant, \$1000.00 (applied) **February 2025**
Used for presentation at Southeast ACSM Conference in Greenville, SC

Presentation Grant, \$1000.00 (awarded) **February 2024**
Used for presentation at Southeast ACSM Conference in Greenville, SC

Presentation Grant, \$1000.00 (awarded) **February 2023**
Used for presentation at Southeast ACSM Conference in Greenville, SC

University of Evansville, Evansville, Indiana
Eykamp Center for Teaching Excellence

Teaching Innovation Grant, \$129.00 (awarded) **December 2019**
Used to purchase portable web cam to implement in athletic training course instruction

CERTIFICATIONS

Total Motion Release, Level 2	August 2024
Total Motion Release, Level 1	April 2024
Structure & Function Education Foundations of Dry Needling 1	March 2023
Alabama Licensed Athletic Trainer (#2495)	May 2021
Selective Functional Movement Assessment Levels 1 & 2	June 2009 & July 2010
National Provider Identifier #1306881966	June 2006
American Heart Association BLS Provider	Valid through November 2026
American Red Cross Basic Life Support Instructor	Valid through November 2025
American Red Cross First Aid/CPR/AED Instructor	Valid through November 2024
NSCA Certified Strength & Conditioning Specialist (#200425189)	December 2004
BOC Certified Athletic Trainer (#060402653)	June 2004

PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine, Southeast Region
Alabama Athletic Trainers' Association
Southeast Athletic Trainers' Association
Alabama State Association for Health, Physical Education, Recreation, and Dance
National Athletic Trainers' Association (#991983)
National Strength & Conditioning Association (#000051627)

AWARDS AND RECOGNITION

<i>Troy University</i> , Troy, Alabama Chancellor's Fellow	2024 – 2025
<i>University of Evansville</i> , Evansville, Indiana Student-Athlete Academic Honors Breakfast Invitee Chi Omega Professor's Breakfast Invitee Women's Soccer Faculty and Staff Recognition Day Invitee	September 2013, 2016 April 2011, 2012, 2013 September 2012, 2018
<i>Western Carolina University</i> , Cullowhee, North Carolina Outstanding New ACI Award	2006 – 2007
<i>Ohio Northern University</i> , Ada, Ohio Phi Epsilon Kappa Service Award Highest Athletic Training Student Cumulative GPA for the Year Human Performance & Sport Sciences Club Award of Excellence Human Performance & Sport Sciences Major of the Year Joseph Uhl Scholarship	2004 2002 – 2003, 2003 – 2004 2004 2003 2003