

**CURRICULUM VITAE FOR  
RANDY L. ALDRET, EdD, ATC, LAT, CSCS  
Assistant Professor & Director, Athletic Training Program  
University of Louisiana at Lafayette**

**HOME ADDRESS:**

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**NATIONAL PROVIDER IDENTIFIER:** 1568509784

**EDUCATION:**

*Doctorate of Education in Educational Leadership, Oklahoma State University* (2005-2014)  
Emphasis Areas: K-12 School Administration, Higher Education Administration  
Dissertation Title: *Identification of Essential Skills for Entry Level Athletic Trainers in South Louisiana: A DELPHI Study*

*Masters of Science in Health and Sports Sciences, University of Oklahoma* (1998-2003)  
Emphasis Area: Health Promotion and Wellness

*Bachelors of Science in Kinesiology, Louisiana State University* (1993-1997)  
Emphasis Areas: Athletic Training, K-12 Health and Physical Education Teaching Certification

**PROFESSIONAL EXPERIENCE:**

*Volunteer Athletic Trainer*

United States Olympic Training Center & USA Wrestling  
Colorado Springs, CO (2017-Present)

*Program Director, Assistant Professor and Adjunct Clinical Athletic Trainer*

University of Louisiana, Lafayette, LA (2014-Present)

*Clinical Education Coordinator, Instructor and Adjunct Clinical Athletic Trainer*

University of Louisiana, Lafayette, LA (2012-2014)

*Clinical Athletic Trainer, Adjunct Faculty and Preceptor*

Radford University, Radford, VA (2011-2012)

*Adjunct Faculty and Preceptor*

University of Tulsa Athletic Training Program (2008-2011)

*Volunteer Athletic Trainer*

Tulsa 66ers, NBA Development League (2008-2010)

*Head Athletic Trainer*  
 Cascia Hall Preparatory School, Tulsa, OK (2004-2011)

*Assistant Athletic Trainer*  
 Tulsa Talons, Arena Football League (2004)

*Volunteer Athletic Trainer*  
 Oklahoma City Blazers, Central Hockey League (2003-2004)

*Head Athletic Trainer*  
 Casady School, Oklahoma City, OK (2000-2004)

*Graduate Assistant Athletic Trainer*  
 University of Oklahoma, Norman, OK (1998-2000)

*Student Athletic Trainer*  
 Louisiana State University, Baton Rouge, LA (1993-1997)

**COURSES TAUGHT:**

*University of Louisiana at Lafayette*

KNES 101 – Introduction to Kinesiology	(2012-2014)
KNES 110 – Concepts of Fitness and Wellness	(2012-2014)
KNES 201 – Introduction to Athletic Training	(2012-2017)
KNES 237 – Clinical Experience in Athletic Training I	(2013-2018)
KNES 238 – Clinical Experience in Athletic Training II	(2012-Present)
KNES 333 – Assessment of Lower Extremity Injuries	(2013-2018)
KNES 334 – Assessment of Lower Extremity Injuries Lab	(2013-2018)
KNES 341 – Assessment of Upper Extremity Injuries	(2013-Present)
KNES 342 – Assessment of Upper Extremity Injuries Lab	(2013-Present)
KNES 430 – Advanced Sports Medicine	(2013-Present)
KNES 455 – Advanced Periodization & Rx Resistance Training	(2019-Present)
KNES 498 – Special Projects in Kinesiology II	(2014-2016)
KNES 510 – Research Methodology in Kinesiology	(2015)
KNES 600 – Graduate Internship in Kinesiology	(2017-Present)

*Radford University*

ATTR 333 – Athletic Skills Assessment, Senior Level	(2011)
ATTR 355 – Practicum IV, Senior Level	(2011)
ATTR 425 – Organization & Administration in Athletic Training	(2012)
Clinical Preceptor	(2011-2012)

*University of Tulsa*

ATRG 2653 – Care and Prevention of Athletic Injuries	(2008-2011)
Clinical Preceptor	(2011)

*Cascia Hall Preparatory School*

Middle School 1<sup>st</sup> Aid, CPR, Emergency Preparedness (2011)  
Sophomore Health and Wellness (created course text) (2005-2008)

*University of Oklahoma*

Introductory Student Athletic Trainer Education Course “STEP I” (2000)  
Senior Student Athletic Trainer Certification Preparation Course “STEP IV” (1999)

**CURRICULA AND COURSES CREATED:**

Developed Master’s Degree curriculum for Athletic Training Program, Submitted to Louisiana Board of Regents for Higher Education, 2018

Developed Student Leadership Conference for Athletic Training students in Louisiana, and hosted for the Louisiana Athletic Trainers Association, 2017

Developed new KNES 201 Introduction to Athletic Training course to enhance BOC scores in areas of Health, Wellness, Anatomy and Physiology, 2014

Developed High School Athletic Training Student Aide Symposium for area high school students to learn about allied health professions, 2013

**THESIS COMMITTEES:**

Outside Member, Jairus Vinnett, School of Architecture, (Defended, December 2018)

Co-Chair, Danielle Rudesill, School of Kinesiology, *The Effects of Starting Age for Volleyball-Specific training on Long-Term Outcomes*, (Defended, October 2018)

Outside Member, Paydrian Arvie, School of Architecture, (Defended, December 2017)

Chair, Brittany Trahan, School of Kinesiology, *Evaluation of the Effects of an Elastic Hamstring Assistance Device During Downhill Running*, (Defended, April 2015)

**GRADUATE COMMITTEES (NON-THESIS):**

*University of Louisiana at Lafayette*

Chair, Hunter Bonvillain, (2015-2017)  
Member, Felicia Dickens, (2016-2018)  
Member, Lionel Stokes, (2015-2017)  
Member, Garret Kreamer, (2014-2016)  
Member, Lena Marcus, (2015-2016)

## **STUDENT MENTORSHIP:**

### *McNair Scholars Program*

Gradney George (2017)

Brandi Frank (2015)

### *Kinesiology Undergraduate Research Scholars Program*

Hannah Corley (2017-present)

Grace Hoffpauir (2017-present)

## **CERTIFICATIONS and LICENSURE:**

National Athletic Trainers Association Board of Certification (Certification #069802489)	(1998-Present)
Louisiana State Board of Medical Examiners Licensure (#200224)	(2012-Present)
Oklahoma State Board of Medical Examiners Licensure (#AT204)	(1998-Present)
National Strength and Conditioning Association Certified Strength and Conditioning Specialist (Certification #7248215570)	(2018-Present)
Virginia Board of Medicine Department of Health Professions Licensure	(2011-2014)
American Heart Association Basic Life Support Training	(2011-Present)
Instrument Assisted Soft Tissue Mobilization (IASTM) Level 1 & 2	(2017-Present)
State of Louisiana Certified Emergency Medical Responder	(2013-2015)
American Red Cross CPR and First Aid Instructor Certification	(1998-2013)
American Red Cross Professional Rescuer Certification	(1997-2013)
Louisiana Department of Education Teacher Certification	(1997-2000)

## **MEMBERSHIPS:**

International Society of Psychoneuroendocrinology	(2018-Present)
Virginia Athletic Trainers Association	(2012-2014)
American College of Sports Medicine	(2004-Present)
National Strength and Conditioning Association	(2002-Present)
Oklahoma Athletic Trainers Association	(1998-Present)

National Athletic Trainers Association (1997-Present)

Louisiana Athletic Trainers Association (1994-1999, 2012-Present)

### **REFEREED PRESENTATIONS:**

**Aldret R.** National Athletic Trainers' Association Athletic Training Educators' Conference, *Facilitating Student Communication Skills and Psychological Recognition and Referral Through A Multifaceted Research Experience*, Dallas, TX (February 2019)

**Aldret R,** Bellar D, McDermott M, Corley H, Hoffpauir A. International Society for Psychoneuroendocrinology Annual Conference, *Feeling Like a Winner: Affective State, Emotional State, and Hormone Monitoring in Division-1 Athletes*, Irvine, CA (September 2018)

**Aldret R,** McDermott M, Corley H, Hoffpauir A, Mattox A, Aldret S, Bellar D. National Strength and Conditioning Association Annual Meeting, *The Relationship Between Cortisol Levels, Positive Mental Affect and Rate of Force Development in Division-1 Women's Volleyball Athletes*, Indianapolis, IN (July 2018)

**Aldret R,** McDermott M, Corley H, Hoffpauir A, Mattox A, Aldret S, Bellar D. American College of Sports Medicine Annual Meeting. *In-season Examination of Sleep Quality, Hormone Function, Strength and Affective State of Division-1 Volleyball Athletes*, Minneapolis, MN (May 2018)

**Aldret R,** Davis G, Bellar D. National Strength and Conditioning Association Annual Meeting, *The Effect of an Oral Pine Bark Supplement on Exercise and Post Exercise Performance and Post Exercise Inflammation, Oxidative Stress, Muscle Soreness and Muscle Damage*, Las Vegas, NV (July 2017)

Judge L, Bellar D, **Aldret R.** National Strength and Conditioning Association Annual Meeting, *Fitness Characteristics and Changes in Police Officers During an 8-Week Service Learning Fitness Training Program*, Las Vegas, NV (July 2017)

Moody K, Judge L, Davis G, **Aldret R,** Davis G, Bellar D. American College of Sports Medicine Annual Meeting, *The Effects of Vitamin D3 on Musculoskeletal Performance in College Aged Males*, Phoenix, AZ (May 2017)

**Aldret R,** Harris E. National Athletic Trainers Association Educators Conference, *Essential Skills for Entry Level Athletic Trainers in South Louisiana*, Dallas, TX (February 2015)

**Aldret R.** Louisiana Association of Health, Physical Education, Recreation and Dance State Meeting, *Creating a Duty-Task List for Entry Level Athletic Trainers*, Baton Rouge, LA (November 2014)

**Aldret R.** Louisiana Association of Health, Physical Education, Recreation and Dance State Meeting, *Type I Diabetes Mellitus in Secondary School Athletes: A Case Study & Pearls for Practice (Update)*, Baton Rouge, LA (November 2013)

#### **PROFESSIONAL PRESENTATIONS:**

Louisiana Chapter of the National Strength and Conditioning Association State Meeting, *Hot Water: Preventing Your Liability and Understanding the Physiology of Exertional Heat Illness*, Lafayette, LA (December 2018)

Louisiana Osteopathic Medical Association, *Acute and Post-Acute Fracture Management*, New Orleans, LA (August 2018)

University of Louisiana at Lafayette High School Athletic Training Student Aide Symposium, *I'm Board...a Spine Tingling Topic: The Role of the Athletic Training Student Aide in Spine Boarding Emergencies*, Lafayette, LA (March 2018)

Oklahoma Osteopathic Association Winter CME Seminar, *Snap, Crackle, Pop!*, Tulsa, OK (January 2018)

Louisiana Chapter of the National Strength and Conditioning Association State Meeting, *That Winning Feeling: A season-long look at the physical and emotional stressors placed on Division-1 athletes*, Mandeville, LA (December 2017)

Oklahoma Osteopathic Association Annual Convention, *We Keep Forgetting Our Topic: New Thinking on Concussion Exam and Management*, Norman, OK (April 2017)

University of Louisiana at Lafayette High School Athletic Training Student Aide Symposium, *Role of the Athletic Training Student Aide in the Treatment of Wounds*, Lafayette, LA (April 2017)

New Orleans Saints Student Athletic Trainer Symposium, *Safe Use of Modalities in High School Athletics (Lab Experience)*, Kenner, LA (March 2017)

Oklahoma State University Center for Health Sciences 30<sup>th</sup> Annual CME Spring Fling, *Management of Sport Related Concussion and TBI/Concussion Panel*, Tulsa, OK (May 2016)

University of Louisiana at Lafayette High School Athletic Training Student Aide Symposium, *Role of the Athletic Training Student Aide in the Recognition of Concussion*, Lafayette, LA (April 2016)

Mississippi Osteopathic Medical Association Winter Convention, *Sports Related Concussion Management*, Biloxi, MS (January 2016)

University of Louisiana at Lafayette High School Athletic Training Student Aide Symposium, *Emergencies and the Role of the Athletic Training Student Aide*, Lafayette, LA (March 2015)

New Orleans Saints Student Athletic Trainer Symposium, *Rehabilitation in Athletics*, Kenner, LA (March 2015)

Louisiana Chapter of the National Strength and Conditioning Association State Meeting, *Tissue Issues, or...what is Too Far, Too Fast when Returning from Injury?* Mandeville, LA (October 2014)

Louisiana Athletic Care Annual Meeting and Staff Symposium, *Professional Ethics and Preceptorship in Athletic Training*, Lafayette, LA (July 2014)

Louisiana Association of Health, Physical Education, Recreation and Dance Tour de Fitness, *Concussions – What Coaches Need to Know About Concussions*, Crowley, LA (July 2014)

Radford University Athletic Training Staff and Students, *Youth Sports Injuries and the Secondary School Setting*, Radford, VA (August 2011)

Oklahoma State University College of Osteopathic Medicine Family Medicine Residency Program, *An Athletic Trainer's View of the Sports Medicine Team*, Tulsa, OK (April 2011)

Oklahoma Athletic Trainers Association Annual Meeting, *Type I Diabetes Mellitus in Secondary School Athletes: A Case Study & Pearls for Practice*, Tulsa, OK (May 2010)

#### **PEER-REVIWED SCHOLARLY PUBLICATIONS:**

**Aldret R**, Bellar D. (2019). A double-blind, cross-over study to examine the effects of Maritime pine extract on exercise performance and post exercise inflammation, oxidative stress, muscle soreness and damage. *Journal of Dietary Supplements*. (In Press, DOI:10.1080/19390211.2019.1578847).

Moody K, Judge L, **Aldret R**, Davis G, Bellar D. (2019) The Effect of Tart Cherry Concentrate on Exercise Metabolism and Post-Exercise Oxidative Stress and Salivary Immunoglobulin A. (Accepted, *Journal of Biology of Exercise*)

Bellar D, **Aldret R.**, Judge L. (2018) The effects of a botanical blend on post-exercise mucosal antimicrobial proteins. *Journal of Athletic Enhancement*. 7(5):doi: 10.417/2324-9080.1000310. (Impact Factor = 1.54)

Kawata K, Mitsuhashi M, **Aldret R**. (2018) A preliminary report on brain-derived extracellular vesicle as unique blood biomarkers for sport-related concussion. *Frontiers in Neurology*. 9:239. (Impact Factor = 3.51)

**Aldret R.** (2018) Identification of essential skills for entry-level athletic trainers in south Louisiana. *Performance Improvement*. 57(1): 27-38.

**Aldret R,** Trahan B, Davis G, Campbell B, Bellar D. (2017). Effects of an elastic hamstring assistance device during downhill running. *Journal of Human Kinetics*. 57: 131-140. (Impact Factor = 1.51)

#### **PEER-REVIWED SCHOLARLY PUBLISHED ABSTRACTS:**

**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-1 athletes. *Medicine and Science in Sports and Exercise*. 50(5S):259.

**Aldret R,** McDermott M, 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. *Journal of Strength and Conditioning Research*. 32.

**Aldret R,** Davis G, Bellar D. (2017). The effect of an oral pine bark supplement on exercise performance and post-exercise inflammation, oxidative stress, muscle soreness and muscle damage. *Journal of Strength and Conditioning Research*. 31(S71-S72).

Judge L, Skalon T, Craig B, Peterson J, Powers S, **Aldret R,** Bellar D. (2017) Fitness characteristics and changes in police officers during an 8-week service learning fitness training program. *Journal of Strength and Conditioning Research*. 31(S198).

#### **SPONSORED RESEARCH:**

Bellar D, Davis G, **Aldret R,** McDermott M. Investigation of TMAO Levels with Chronic Ingestion of A-GPC and Choline Salts, \$42,120, (2018)

Bellar D, Davis G, **Aldret R,** Mattox A, McDermott M. The Efficacy of Maple Water to Promote General Health, Reduce in Inflammation and Markers of Metabolic Syndrome, \$3,750 (2018)

**Aldret R** and Bellar D. The Efficacy of Maple Water for Enhancing Human Performance during Exercise, \$6,516 (2017)

**Aldret R** and Bellar D. The Effect of Pycnogenol® on Exercise Performance and Post Exercise Inflammation, Oxidative Stress, Muscle Soreness and Muscle Damage, \$72,270 (2015-2016)

**Aldret R** and Bellar D. Investigation of the Effects of Biocidin on Post Exercise Immune Function, \$27,625 (2015)



## **GRANTS:**

### *Internal*

University of Louisiana at Lafayette, Faculty Travel Grant, *The Relationship Between Cortisol Levels, Positive Mental Affect and Rate of Force Development in Division-1 Women's Volleyball Athletes*, Presentation at National Strength and Conditioning Association Annual Meeting, \$1,000, funded Summer 2018

University of Louisiana at Lafayette, Faculty Travel Grant, *The Effect of an Oral Pine Bark Supplement on Exercise and Post Exercise Performance and Post Exercise Inflammation, Oxidative Stress, Muscle Soreness and Muscle Damage* Presentation at National Strength and Conditioning Association Annual Meeting, \$1,000, funded Summer 2017

University of Louisiana at Lafayette, Student Technology Enhancement Program (STEP) Grant, *Improving quality of chest compressions via Interaction with an advanced training mannequin*, \$2,285, funded Fall 2016

University of Louisiana at Lafayette, Undergraduate Student Research Grant, *Quality of sleep as a predictor of the duration of recovery from concussion*, \$2,000, funded Fall 2016

### *External*

Louisiana Board of Regents Traditional and Undergraduate Enhancement Fund, *Improved Standardize Board Test Scores Through an Improved Anatomical Lab Experience* (2015), Score 84/100, Amount Requested: \$91,265, Unfunded

Louisiana Board of Regents Traditional and Undergraduate Enhancement Fund, *Improving National Board Test Scores Through an Improved Anatomy Experience* (2014), Score 77/100, Amount Requested: \$88,755, Unfunded

## **HONORS and AWARDS:**

Faculty Member of the Year, *University of Louisiana at Lafayette School of Kinesiology*, 2016

Outstanding Advising Award, *University of Louisiana at Lafayette*, 2013 & 2015

## **PROFESSIONAL SERVICE:**

### *External – State and National*

US Figure Skating, National Network of Medical Providers, (2018-Present)

Director of Continuing Education, Louisiana Athletic Trainers Association, (2016-Present)

Secretary, Oklahoma Athletic Trainers Association (2006-2008)

Educational Program Coordinator, Oklahoma Athletic Trainers Association Annual Meeting  
Stillwater, OK (2008-2011)

Chair and Educational Program Coordinator, Louisiana Athletic Trainers Association Student  
Symposium (2013-Present)

Volunteer Medical Staff for the Oklahoma Endeavor Games for the Physically Challenged  
Oklahoma City, OK (2008-2010, 2016)

Staff Athletic Trainer, Women's College World Series  
Oklahoma City, OK (1999, 2000, 2004, 2008, 2010-Present)

Staff Athletic Trainer, NCAA Wrestling Championship, Oklahoma City, OK (2006, 2014)

Staff Athletic Trainer, NCAA Basketball Regional, Oklahoma City, OK (2007, 2009)

Staff Athletic Trainer, Big XII Men's Basketball Tournament  
Oklahoma City, OK (2007)

Member, EPIC Youth Sports Safety Group, Lafayette, LA (2017-Present)

Manuscript Reviewer, *Athletic Training Education Journal*, National Athletic Trainers  
Association (2017-Present)

Manuscript Reviewer, *BioMed Research International*, Hindawi Publishing Corporation  
(2014-Present)

Volunteer Athletic Trainer with Justin Sports Medicine, Southwest Louisiana Rodeo, Lake  
Charles, LA (2017-Present)

Chair, Higher Education Section, Louisiana Association of Health, Physical Education,  
Recreation and Dance (LAHPERD), Baton Rouge, LA (2014-2015)

Volunteer Athletic Trainer, CajunMan Triathlon, Lafayette, LA (2014-Present)

Volunteer Athletic Trainer, Zydeco Marathon, Lafayette, LA (2014-Present)

Volunteer Athletic Trainer with Justin Sports Medicine, Mid-Winter Fair Rodeo, Lafayette, LA  
(2013-Present)

Moderator, Tulsa Site, National Secondary Schools Athletic Healthcare Conference, Baton  
Rouge, LA (2010)

Test Examiner, National Athletic Trainers Association Board of Certification (2003-2007)

Staff Athletic Trainer and Lecturer, Oklahoma Baptist University Sports Medicine Symposium  
Shawnee, OK (2002-2005)

Volunteer Athletic Trainer for the Fellowship of Christian Athletes Summer Camps  
Oklahoma City, OK (2001-2003)

*University Level*

Member, Faculty Senate, University of Louisiana at Lafayette, Lafayette, LA (2017-Present)

Member, School of Kinesiology Research Council, University of Louisiana at Lafayette,  
Lafayette, LA (2017-Present)

Member, College of Education Tenure and Promotion Review Committee, University of  
Louisiana at Lafayette, Lafayette, LA (2016-2017)

Interim Head Men's Tennis Coach, University of Louisiana at Lafayette, Lafayette, LA (2016)

Member, Graduate Faculty Level II and School of Kinesiology Graduate Council, University of  
Louisiana at Lafayette, Lafayette, LA (2015-Present)

Web Ambassador for regular updates and maintenance of School of Kinesiology webpage,  
University of Louisiana at Lafayette, Lafayette, LA (2014-Present)

Chair, School of Kinesiology Annual Performance Review Committee, University of Louisiana  
at Lafayette, Lafayette, LA (2014-2016)

Chair, School of Kinesiology Athletic Training Program Clinical Education Coordinator Search  
Committee, University of Louisiana at Lafayette, Lafayette, LA (2014)

Member, School of Kinesiology Graduate Faculty Committee, University of Louisiana at  
Lafayette, Lafayette, LA (2014-Present)

Member, College of Education Website Redesign Committee, University of Louisiana at  
Lafayette, Lafayette, LA (2014-Present)

Chair, School of Kinesiology Athletic Training Faculty Search Committee, University of  
Louisiana at Lafayette, Lafayette, LA (2014)

Interim Assistant Athletic Trainer, University of Louisiana Athletics, Lafayette, LA  
(2013, 2014)

Faculty Advisor, Sports Medicine Association / Athletic Training Program Student Organization,  
University of Louisiana at Lafayette, Lafayette, LA (2012-Present)