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EDUCATION

DAT Ohio University, Doctorate of Athletic Training May 2024
Research Project: “Athletic Trainer Confidence in the Management of Abdominal Injuries and GI Conditions”
Advisor: Dr. Janet E. Simon

Clinical Informatics Certificate (Ohio University), Issued 05/03/2024

MEd Bowling Green State University, School of Human Movement, April 2022
Sport and Leisure Studies, Specialization in Kinesiology
Master’s Project: “Establishing Safe Thresholds to Improve Exercise Capacity in Collegiate Athletes with Inflammatory Bowel Disease (IBD): A Critically Appraised Topic”
Advisor: Dr. Andrea Cripps

BA Muskingum University, Athletic Training May 2020
Senior Research Project: “Feasibility of coloring as a therapeutic modality in an athletic training setting”
Advisor: Dr. Ken Blood

Minored in Music

RESEARCH EXPERIENCE

DAT Research Project, Ohio University, Athens, OH 2024
Advisor: Dr. Janet E. Simon

- “Athletic Trainer Confidence in the Management of Abdominal Injuries and GI Conditions”
- The purpose of this research was to: 1). Assess athletic trainers’ confidence in managing and treating abdominal injuries and GI conditions compared to musculoskeletal injuries; 2). Determine the influence of descriptive characteristics and knowledge obtainment on confidence levels; and 3). Determine athletic trainers’ consensus on a need for more resources and guidelines on managing and treating abdominal injuries and GI conditions.

Master's Project, Bowling Green State University, Bowling Green, OH 2022

Advisor: Dr. Andrea Cripps

- “Establishing Safe Thresholds to Improve Exercise Capacity in Collegiate Athletes with Inflammatory Bowel Disease (IBD): A Critically Appraised Topic”
- Focused on safe exercise thresholds to promote improvements in exercise capacity in collegiate athletes with IBD.

Undergraduate Senior Research Project, Muskingum University

New Concord, OH

2020

Advisor: Dr. Ken Blood

- “Feasibility of coloring as a therapeutic modality in an athletic training setting”
- The goal of this research was to determine if a scheduled 20-minute coloring activity would help reduce symptoms in collegiate level student athletes who either had a current concussion diagnosis or had a history of two or more concussions.

TEACHING EXPERIENCE

Ohio University, Athens Ohio

August 2026-Present

Visiting Professor, College of Health Sciences and Professions, Athletic Training

Department

- Courses
 - AT 1001: Introduction to Sports Medicine (Undergraduate)
 - AT 5010: Diagnosis and Care of Lower Extremity Pathologies (MSAT)
 - AT 5341: Clinical Research in Athletic Training I (MSAT)
 - AT 5342: Clinical Research in Athletic Training II (MSAT)
 - AT 5140: Medical Conditions in Athletic Training (MSAT)
 - AT 6310: Neuromechanics of Sport Injury Rehabilitation (DAT)
- Social media manager for department
- Serve as faculty mentor for MSAT students

Muskingum University, New Concord, OH

2022-2023 Academic Year

Adjunct Professor, Athletic Training Program (Undergraduate)

- Taught AHT-470 (Organization and Administration) and ATHT-496 (Current Concepts in Athletic Training) courses for the undergraduate athletic training program

Bowling Green State University, Bowling Green OH

2020-2021 and 2021-2022
Academic Years

Teaching Assistant, Masters of Athletic Training Program

- Assisted with AT 6100 (Evaluation & Treatment) and AT 6220 (Pathophysiology) courses for the masters of athletic training program
- Formatted course material on Canvas and assisted during class labs (i.e., model for course practicals)

PUBLICATIONS

Journal Publications

Research Abstract of the 2024 OATA Annual Meeting and Clinical Symposium Special Issue:

Roberts, E.C. and Simon, J.E. “Athletic Trainer Confidence in the Management of Abdominal Injuries and GI Conditions,” *The Journal of Sports Medicine and Allied Health Sciences*, vol. 10, no. 1, 2024.

Research Manuscript:

Roberts, E.C., Toonstra, J., and Cripps, A. “Establishing Safe Thresholds to Improve Exercise Capacity in Collegiate Athletes with Inflammatory Bowel Disease (IBD): A Critically Appraised Topic,” *The Journal of Sports Medicine and Allied Health Sciences*, vol. 8, no. 3, 2022.

Research Abstract of the 2022 OATA Annual Meeting and Clinical Symposium Special Issue: Roberts, E.C., Toonstra, J., and Cripps, A. “Establishing Safe Thresholds to Improve Exercise Capacity in Collegiate Athletes with Inflammatory Bowel Disease (IBD): A Critically Appraised Topic,” *The Journal of Sports Medicine and Allied Health Sciences*, vol. 8, no. 1, 2022.

PRESENTATIONS AND INVITED LECTURES

Free Communication Presentation, “Athletic Trainer Confidence in the Management of Abdominal Injuries and GI Conditions,” Ohio Athletic Trainers’ Association (OATA) Annual Meeting and Clinical Symposium. 2024.

Free Communication Presentation, “Establishing Safe Thresholds to Improve Exercise Capacity in Collegiate Athletes with Inflammatory Bowel Disease (IBD): A Critically Appraised Topic,” Ohio Athletic Trainers’ Association (OATA) Annual Meeting and Clinical Symposium. 2022.

SERVICE AND PROFESSIONAL AFFILIATIONS

National Athletic Trainers’ Association (NATA), Ohio Athletic Trainers’ Association (OATA), and Great Lakes Athletic Trainers’ Association (GLATA)
Certified Member (Member #: 99874)

NATA Foundation Educational Resources Committee (ERC) member, 2026-Present

Genesis Healthcare System, 2022-2026

Sports Health Department: Athletic Trainer – outreach to Muskingum University (full-time)

Ohio University, Spring 2026

Served as preceptor for MSAT program for spring semester clinical immersion

Peer Reviewer for the *Journal of Sports Medicine and Allied Health Sciences*, 2023-present

High School ACL Injury Prevention Outreach, June 2025-July 2025

Implemented ACL injury prevention program as part of extra outreach services to Maysville high school while stationed at Genesis Orthopedics office in summer; performed 3 sessions each with girls' soccer and volleyball teams

Crohn's and Colitis Foundation, 2021-2024
Volunteer member of the Patient Advisory Task Force

Muskingum University, 2022-2023
Adjunct professor for undergraduate athletic training program and served as clinical preceptor

Bowling Green State University, 2021-2022
Member of Exercise Is Medicine On Campus (EIM-OC) committee

Volunteer Opportunities at Bowling Green State University, 2021-2022
Performed BodPod testing for BGSU's football team (01/28/2022), BGSU's undergraduate Applied Exercise Physiology class lab (10/26/2021), and BGSU's Women's soccer team (07/27/2021); Assisted with a lab day for the HMSLS program – taught visiting middle school and high school students about the BodPod.

AWARDS AND HONORS

Ohio University College of Health Sciences and Professions Outstanding Graduate Award, 2024

Summa Cum Laude (Muskingum University, 2020; Bowling Green State University 2022; Ohio University 2024)

Iota Tau Alpha (Muskingum University, 2019)

Academic OAC award (Muskingum University Women's Soccer - Fall 2017, 2018, and 2019 seasons)

RESEARCH INTERESTS

Inflammatory Bowel Disease (IBD) in athletes

Evaluation, treatment, and management of abdominal injuries and gastrointestinal illnesses in athletes

General medical conditions in athletes

Treatment for concussions (particular attention towards return to learn activities)

Sports nutrition (particular attention towards injury/illness recovery)

Lower extremity injury Prevention