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EDUCATION

Bachelor of Science in Health and Safety awarded with distinction, (1986)
Indiana University, Bloomington, Indiana
Emphasis in Athletic Training (NATA Approved Undergraduate Curriculum)

Master of Science in Exercise and Sports Science, (1988)
University of Arizona, Tucson, Arizona
Specialization in Athletic Training (NATA Approved Graduate Curriculum)

Doctor of Philosophy in Sports Medicine, (1994)
University of Virginia, Charlottesville, VA

PROFESSIONAL POSITIONS

Indianapolis Colts, Summer 1984

Athletic Training Intern

Lynn Carlson Physical Therapy Clinic, Summer 1987

Staff Athletic Trainer

University of Arizona, 1986-1988

Head Athletic Trainer, Rincon High School

Princeton University, 1988-1991

Athletic Trainer, University Health Service
(Primary assignments: Freshman football, indoor track & field, baseball)

University of Virginia, 1991-1994

Head Athletic Trainer, Albemarle High School
Head Athletic Trainer, The Miller School
Instructor and Teaching Assistant, Department of Human Services

Clinical Instructor, Department of Human Services
Grant Research Assistant (1992-1993) Pfizer Pharmaceuticals, "A double-blind, parallel multi-center study to determine the efficacy and safety of Q.I.D. topical piroxicam gel compared with placebo in acute lateral epicondylitis."

West Virginia University, 1994-1995

Assistant Professor, School of Physical Education
Graduate Curriculum Coordinator, Athletic Training Education Program

University of Virginia, 1995-2001

Assistant Professor, Curry School of Education
Director, Sports Medicine/Athletic Training Research Laboratory, 1999-2001
Associate Director, Sports Medicine/Athletic Training Research Laboratory, 1995-1999
Athletic Trainer, Baseball (1996/97 seasons)

Virginia Commonwealth University, 2001-Present

Visiting Assistant Professor, Division of HPER, School of Education, 2001-2002
Assistant Professor, Division of HPER, School of Education, 2002-2004
Program Director, Athletic Training Education Program (Undergraduate), 2001-2003
Director, Exercise Science Programs, 2002-2003
Director, Sports Medicine Research Laboratory. 2001-Present
Director, Graduate Studies in Health and Movement Science, 2003-Present
Associate Professor, Department of Exercise Science, 2004-Present
Co-Director, Doctoral Program in Rehabilitation and Movement Science, 2005-Present

SCHOLARSHIP

Refereed Journal Publications

(*Dissertation Advisor, †Thesis Advisor, ‡Senior Author)

Arnold BL, Perrin DH. (1993). The reliability of four different methods of calculating quadriceps peak torque and angle-specific torque at 30°, 60°, and 75°. Journal of Sport Rehabilitation, 3, 243-250.

Arnold BL, Perrin DH, Hellwig EV. (1993). The reliability of three isokinetic knee-extension angle-specific torques. Journal of Athletic Training, 28, 227-229.

Grossman J, **Arnold BL**, Perrin DH, Kahler DM. (1995). Effects of ibuprofen on pain, decreased range of motion, and decreased strength associated with delayed onset muscle soreness of the elbow flexors. Journal of Sport Rehabilitation, 4, 253-263.

Arnold BL, Perrin DH. (1995). Effect of repeated isokinetic concentric and eccentric contractions on quadriceps femoris muscle fatigue. Isokinetics and Exercise Science, 5, 81-84.

Arnold BL. (1995). A review of selected blood-borne pathogen position statements and federal regulations. Journal of Athletic Training, 30, 171-176.

Arnold BL, VanLunen BL, Gansneder BM, Szczerba JE, Mattacola CG, Perrin DH. (1996). Relationship between athletic trainer credentials/characteristics and salary. Journal of Athletic Training, 31, 215-218.

Arnold BL, Perrin DH, Kahler DM, Gansneder BM, Gieck JH. (1996). The effects of cutaneous and joint receptors on the quadriceps femoris torque-velocity relationship. Isokinetics and Exercise Science, 5, 149-155.

Catlaw K, **Arnold BL†**, Perrin DH. (1996). Effect of cold treatment on the quadriceps concentric and eccentric torque-velocity relationship. Isokinetics and Exercise Science, 5, 157-160.

Arnold BL, Perrin DH, Kahler DM, Gansneder BM, Gieck JH. (1997). A trend analysis of the quadriceps femoris force-velocity relationship. Journal of Orthopaedic and Sports Physical Therapy, 25, 316-322.

Smith JL, Szczerba JE, **Arnold BL†**, Martin DE, Perrin DH. (1997). Role of hyperpronation as a potential risk factor for ACL injury. Journal of Athletic Training, 32, 25-28.

Docherty CL, Moore JH, **Arnold BL†**. (1998). Effects of strength training on strength development and joint position sense in functionally unstable ankles. Journal of Athletic Training, 33, 310-314.

Arnold BL, Gansneder BM, Van Lunen BL, Mattacola CG, Szczerba JE, Perrin DH. (1998). Importance of selected athletic trainer employment characteristics in collegiate, clinical, and high school settings. Journal of Athletic Training, 33, 254-258.

Schmitz RJ, **Arnold BL***. (1998). Intertester and intratester reliability of the Biodex Stability System. Journal of Sports Rehabilitation, 7, 95-101.

Arnold BL, Schmitz RJ. (1998). Examination of balance measures produced by the Biodex Stability System. Journal of Athletic Training, 33, 323-327.

Shultz SJ, Perrin DH, Adams JM, **Arnold BL**, Gansneder BM, Granata KP. (2000). Assessment of neuromuscular response characteristics at the knee following a functional perturbation. Journal of Electromyography and Kinesiology, 10, 159-170.

Ochsendorf DT, Mattacola CG, **Arnold BL†**. (2000). Effect of orthotics on postural sway following fatigue of the plantar flexors and dorsiflexors. Journal of Athletic Training, 35, 26-30.

Depino GM, Webright WG, **Arnold BL†**. (2000). Duration of maintained hamstring flexibility following cessation of an acute static stretching protocol. Journal of Athletic Training, 35, 56-59.

Oshikoya CA, Shultz SJ, Mistry D, Perrin DH, **Arnold BL**, Gansneder BM. (2000). Effect of coupling medium temperature on rate of intramuscular temperature rise using continuous ultrasound. Journal of Athletic Training, 35, 417-421.

Schmitz RJ, **Arnold BL***, Perrin DH, Granata KP, Gaesser GA, Gansneder BM. (2000). Changes in the mechanical and electromyographic output during isotonic and isometric exercise in men and women. Isokinetics and Exercise Science, 8, 119-127.

Hess DM, Joyce CJ, **Arnold BL†**, Gansneder BM. (2001). Effect of a 4-week agility training program on postural sway in the functionally unstable ankle. Journal of Sports Rehabilitation, 10, 24-35.

Spernoga SG, Uhl TL, **Arnold BL†**, Gansneder BM. (2001). Duration of maintained hamstring flexibility following a one-time modified proprioceptive neuromuscular facilitation protocol. Journal of Athletic Training, 36, 44-48.

Shultz SJ, Perrin DH, Adams JM, **Arnold BL**, Gansneder BM, Granata KP. (2001). Neuromuscular response characteristics in males and females following knee perturbation in a single leg weight bearing stance. Journal of Athletic Training, 36, 37-43.

Earl JE, Schmitz RJ, **Arnold BL†**. (2001). Activation of the VMO and VL during dynamic mini-squat exercises with and without isometric hip adduction. Journal of Electromyography and Kinesiology, 11, 381-386.

Chu JC, Kane EJ, **Arnold BL†**, Gansneder BM. (2002). The effect of the Sully Shoulder Stabilizer on active joint reposition sense in stable and unstable shoulders. Journal of Athletic Training, 37, 141-145.

Rose HM, Shultz SJ, **Arnold BL†**, Gansneder BM, Perrin DH. (2002). Acute orthotic intervention does not affect muscular response times and activation patterns at the knee. Journal of Athletic Training, 37, 133-140.

Jenkins HL, Valovich TC, **Arnold BL†**, Gansneder BM. (2002). Removal tools are faster and produce less force and torque on the helmet than cutting tools during face mask removal. Journal of Athletic Training, 37, 246-251.

Powers ME, **Arnold BL***, Weltman A, Perrin DH, Mistry D, Kahler D, Kraemer W, Volek J. (2003). Creatine supplementation increases total body water without altering fluid distribution. Journal of Athletic Training, 38, 44-50.

Docherty CL, **Arnold BL***, Zinder SM, Granata K, Gansneder BM. (2004). Relationship between two proprioceptive measures and stiffness at the ankle. Journal of Electromyography and Kinesiology, 14, 317-324.

Drouin JM, **Arnold BL***, Gansneder, BM. (2003). Active Knee Joint Velocity Replication Measures are Stable and Accurate in Healthy Individuals. Somatosensory and Motor Research, 20, 281-287.

Arnold BL, Docherty CL. (2004). Bracing and Rehabilitation – what’s new. Clinics in Sports Medicine, 23, 83-95.

Padua DA, Carcia CR, **Arnold BL***, Granata KP. (2005). Gender differences in leg stiffness and recruitment strategy during two-legged hopping. Journal of Motor Behavior, 37, 111-125.

Docherty CL, **Arnold, BL***, Gansneder BM, Hurwitz SR, Gieck JH. (2005). Functional Performance Deficits in Volunteers with Functional Ankle Instability. Journal of Athletic Training, 40, 30-34.

Docherty CL, Gansneder BM, Hurwitz SR, **Arnold BL***. (2006). Development and Reliability of an ankle injury assessment tool. Journal of Athletic Training, 41, 154-158.

Padua DA, Carcia CR, Gansneder BM, Perrin DH, **Arnold BL***, Granata KP. (2006). Fatigue vertical leg stiffness and stiffness control strategies in males and females. Journal of Athletic Training, 41, 294-304.

Weaver MF, Bond DS, **Arnold BL**. (2006). Aberrant drug-taking behaviors and headache: patient versus physician report. American Journal of Health Behavior. 30, 475-482.

Docherty CL, **Arnold BL***, Hurwitz S. (2006). Contralateral force sense deficits are related to the presence of functional ankle instability. Journal of Orthopedic Research, 24, 1412-1419.

Arnold BL, Docherty CL. (2006). Low load eversion force sense, self-reported ankle instability, and frequency of giving way. Journal of Athletic Training, 41, 233-238.

Non-Refereed Journal Publications

Arnold BL. (1996). The alpha level and statistical power demystified. Athletic Therapy Today, 2(1), 34-35.

Arnold BL. (1997). Measurement reliability and its clinical application: part 1. Athletic Therapy Today, 2(5), 33-34.

Arnold BL. (1997). Measurement reliability and its clinical application: part 2. Athletic Therapy Today, 2(6), 47-48.

Arnold BL. (1997). Ankle musculature as a dynamic stabilizer? Athletic Therapy Today, 2(4), 38-39. .

Arnold BL. (1997). Single subject research as an alternative to group research. Athletic Therapy Today 2(3), 19-20.

Arnold BL. (1997). Non-experimental research. Athletic Therapy Today, 2(2), 44-45.

Arnold BL. (1997). Experimental designs and experimental controls. Athletic Therapy Today, 1(4), 36-37.

Arnold BL. (1998). A reader's guide to statistics. Athletic Therapy Today, 3(1), 50-51.

Arnold BL. (1998). External validity: do research studies apply to the real world? Athletic Therapy Today, 3(2), 38-39.

Arnold BL. (1998). Bracing, taping, and patellofemoral alignment. Athletic Therapy Today, 3(4), 51-52.

Arnold BL. (1998). EMG as a method of validating rehabilitation protocols. Athletic Therapy Today, 3(5), 35-36.

Arnold BL. (2001). Are NATA position statements legally binding? NATA News, May, 47.

Manuscripts in Review

Manuscripts in Preparation

Arnold BL, Docherty CL. High-load tension and effort senses are not decreased in individuals with functional ankle instability.

Books & Chapters

Arnold BL, Gansneder BM, Perrin DH. (2005). Research Methods in Athletic Training. Philadelphia: F.A. Davis Company.

Refereed Research Abstracts

Arnold BL, Perrin DH. (1993). The reliability of four different methods of calculating quadriceps peak torque. Journal of Athletic Training, 28, 160.

Arnold BL, Perrin DH. (1994). Effect of repeated isokinetic concentric and eccentric contractions on quadriceps muscle fatigue. Journal of Athletic Training, 29, 167.

Grossman J, **Arnold BL†**, Perrin DH, Kahler DM. (1994). Effects of ibuprofen on pain, decreased range of motion, and decreased strength associated with delayed onset muscle soreness of the elbow flexors. Journal of Athletic Training, 29, 166.

Arnold BL, Perrin DH, Kahler DM, Gansneder BM, & Gieck JH. (1995). Effects of cutaneous and joint receptors on the quadriceps femoris force-velocity relationship. Journal of Athletic Training, 30, S30.

Catlaw K, **Arnold BL†**, Perrin DH. (1995). Effect of cold treatment on the quadriceps concentric and eccentric torque-velocity relationship. Journal of Athletic Training, 30, S31.

Drew BJ, **Arnold BL†**, Perrin DH. (1995). Effect of 25, 50, and 75% Maximal Voluntary Isometric Contraction Determined Preloads on Quadriceps Average Torque. Journal of Athletic Training, 30, S31.

Smith JL, Szczerba JE, **Arnold BL†**, Martin DE, Perrin DH. (1995). Role of hyperpronation as a potential risk factor for ACL injury. Journal of Athletic Training, 30, S17.

Arnold BL, VanLunen BL, Mattacola CG, Szczerba JE, Gansneder BM, Perrin DH. (1996). Characteristics of recently hired athletic trainers: common characteristics and their association to the practice setting. Journal of Athletic Training, 31, S45.

Gansneder BM, VanLunen BL, **Arnold BL†**, Mattacola CG, Szczerba JE, Perrin DH. (1996). Characteristics of recently hired athletic trainers: what characteristics are most important. Journal of Athletic Training, 31, S39.

Szczerba JE, **Arnold BL†**, VanLunen BL, Mattacola CG, Gansneder BM, Perrin DH. (1996). Characteristics of recently hired athletic trainers: the relationship of salary to practice setting and employee demographics. Journal of Athletic Training, 31, S13.

Kaminski TW, Perrin DH, **Arnold BL**, Gansneder BM, Gieck JH, Saliba EN. (1996). Concentric and eccentric force-velocity relationships between uninjured and functionally unstable ankles. Journal of Athletic Training, 31, S54. .

Arnold BL, Schmitz RJ. (1997). Normal stability patterns and relationships as assessed with the biodex balance system. Journal of Athletic Training,32, S25.

Schmitz RJ, **Arnold BL***. (1997). Intertester and intratester reliability of the Biodex Stability System. Journal of Athletic Training,32, S41.

Ochsendorf DT, Mattacola CG, **Arnold BL†**. (1997). Effect of orthotics on postural sway following fatigue of the plantar flexors and dorsiflexors. Journal of Athletic Training, 32, S25.

Docherty CL, Moore JH, **Arnold BL†**. (1997). The effects of strength training on joint position sense in functionally unstable ankles. Journal of Athletic Training, 32, S40.

Weston KA, Szczerba JE, **Arnold BL†**. (1997). Comparison of one set to fatigue and three sets of six strength training protocols. Journal of Athletic Training, 32, S31.

Galloway WD, Ernst G, **Arnold BL†**. (1997). The effects of patellar taping on knee joint proprioception. Journal of Athletic Training, 32, S53.

Depino GM, Webright WG, **Arnold BL†**. (1997). Duration of maintained hamstring flexibility following cessation of an acute static stretching protocol. Journal of Athletic Training, 32, S35.

Kaminiski TW, Perrin DH, **Arnold BL**, Gansneder BM, Gieck JH, Saliba EN. (1997). Effect of repeated isokinetic concentric and eccentric test repetitions on peroneal muscle fatigue. Med Sci Sports Exerc, 29, S248.

Klein BM, Moore JH, Gansneder BM, **Arnold BL†**. (1998). The effect of isometric tendon stretching on proprioception in stable versus unstable ankles. Journal of Athletic Training,33, S23.

Hawke R, Van Lunen BL, **Arnold BL†**. (1998). Acute proprioceptive measurements following resistive ankle exercises. Journal of Athletic Training,33, S26.

Schmitz RJ, **Arnold BL***. (1998). The effect of eccentric exercise on peak power production of the knee extensors and the resulting EMG signal. Journal of Athletic Training, 33, S77.

Van Lunen BL, Perrin DH, **Arnold BL**, Gieck JH, Saliba EN, Gansneder BM, McCue FC. (1998). Characterisitcs of anterior cruciate ligament injuries, preliminary findings. Journal of Athletic Training, 33, S60.

Waruch R, Romani WA, **Arnold BL†**. (1998). Isotonic power changes following repeated shoulder internal and isometric rotation in an injured population. Journal of Athletic Training, 33, S74.

McLeod IA, Uhl T, **Arnold BL†**, Gansneder BM. (1999). Effectiveness of shoulder bracing in limiting active range of motion. Journal of Athletic Training, 34, S84.

McKenzie MA, Powers ME, Perrin DH, **Arnold BL**. (1999). Shoulder internal and external rotator reciprocal muscle group ratios in overhead athletes and non-athletes. Journal of Athletic Training, 34, S82.

Miller JJ, Romani WA, **Arnold BL†**, Gansneder BM, Mistry D, Kirk SE. (1999). Estradiol levels and knee joint stiffness: a pilot study. Journal of Athletic Training, 34, S79.

Spernoga SG, Uhl TL, **Arnold BL†**, Gansneder BM. (1999). Duration of maintained hamstring flexibility following a one-time modified proprioceptive neuromuscular facilitation protocol. Journal of Athletic Training, 34, S76.

Dorshaw AD, Webright WG, Perrin DH, **Arnold BL**. (1999). Effect of body position on tibial displacement as measured by the Don Joy knee laxity tester. Journal of Athletic Training, 34, S75.

Oshikoya CA, Shultz SJ, Perrin DH, **Arnold BL**. (1999). Effect of coupling medium temperature on intra-muscular temperature rate of rise using continuous ultrasound. Journal of Athletic Training, 34, S74.

Joyce CJ, **Arnold BL***, Gansneder BM. (1999). Differences among navicular drop measures. Journal of Athletic Training, 34, S71.

Schmitz RJ, **Arnold BL***, Perrin DH, Granata KP, Gansneder BM. (1999). Effect of isotonic and isometric knee extension exercises on mechanical and electromyographical specificity of fatigue. Journal of Athletic Training, 34, S59.

Bauer AM, Webright WG, **Arnold BL†**, Schmitz RJ, Gansneder BM. (1999). Comparison of weight bearing and non-weight bearing gluteus medius EMG during an isometric hip abduction. Journal of Athletic Training, 34, S58.

Earl JE, Schmitz RJ, **Arnold BL†**. (1999). VMO and VL activations during a mini-squat exercise with and without hip adduction. Journal of Athletic Training, 34, S57.

Powers ME, **Arnold BL***. (1999). The effects of creatine supplementation and beta-hydroxy-beta-methylbutyrate supplementation on delayed onset muscle soreness. Journal of Athletic Training, 34, S33.

Uhl TL, Gieck JH, Perrin DH, **Arnold BL**, Saliba EH, Ball DW. (1999). The correlation between shoulder joint position sense and neuromuscular control of the shoulder. Journal of Athletic Training, 34, S10.

Shultz SJ, Perrin DH, Granata KP, Gansneder BM, **Arnold BL**, Adams JM. (1999). Neuromuscular response characteristics in males and females following knee perturbation. Journal of Athletic Training, 34, S11.

Schmitz RJ, **Arnold BL†**, Perrin DH, Granata KP, Gaesser GA, Gansneder BM. (1999). Changes in mechanical output and electromyography following fatiguing isotonic and isometric knee extension in men and women. Medicine and Science in Sports and Exercise, 31, S168.

Shultz SJ, Perrin DH, Gansneder BM, Granata KP, Adams JM, **Arnold BL**. (1999). Effect of lower extremity limb alignment on muscular activation patterns. Medicine and Science in Sports and Exercise, 31, S284.

Powers ME, **Arnold BL***, Perrin DH, Weltman AL, Mistry D, Kahler DM. (2000). The effects of creatine supplementation on intracellular and extracellular water content. Journal of Athletic Training, 35, S13.

Chu JC, Kane EJ, **Arnold BL†**. (2000). The effect of the Sully Shoulder Stabilizer on active joint reposition sense in stable and unstable shoulders. Journal of Athletic Training, 35, S63.

Hess DM, Joyce CH, **Arnold BL†**. (2000). Effect of a 4-week agility training program on postural sway of the functionally unstable ankle. Journal of Athletic Training, 35, S52.

Hobbs MC, Shultz SJ, **Arnold BL†**. (2000). Changes in knee joint compliance index and maximal displacement across the menstrual cycle. Journal of Athletic Training, 35, S37.

Rose HM, Shultz SJ, **Arnold BL†**. (2000). The effect of orthotic intervention on muscular response times and activation patterns at the knee. Journal of Athletic Training, 35, S32.

Powers ME, Weltman AL, Wideman L, **Arnold BL***. (2000). Estimating total body water (TBW) and intracellular and extracellular water (ICW, ECW) from multi-frequency bioelectrical impedance. Medicine and Science in Sport and Exercise, 32, S238.

King MA, **Arnold BL***, Boucher JP. (2001) Reliability of measuring pelvic inclination in the sagittal plane by digital still photography. Medicine and Science in Sport and Exercise, 33, S195.

Smith C, Kane EJ, **Arnold BL†**. (2001). The effect of three different warm-up protocols on hamstring flexibility. Journal of Athletic Training, 36, S38.

Liddle R, Houghlum PA, **Arnold BL†**. (2001). Effects of frequency on hamstring flexibility. Journal of Athletic Training, 36, S38.

Mahan CE, Houghlum PA, **Arnold BL†**. (2001). Effects of repetitive throwing on shoulder range of motion. Journal of Athletic Training, 36, S52

Jenkins HL, Valovich T, **Arnold BL†**. (2001). The effect of cutting and removal tools on the time for face mask removal. Journal of Athletic Training, 36, S68.

Maggio G, Padua DA, Perrin DH, **Arnold BL**. (2001) Fatigue effects dynamic stabilization time in subjects with functionally unstable ankles. Journal of Athletic Training, 36, S32.

Joyce CJ, Perrin DH, **Arnold BL**, Granata KP, Gansneder BM, Gieck JH. (2001). Dorsiflexor and plantar flexor muscle fatigue decreases postural control. Journal of Athletic Training, 36, S32.

Olmsted LC, Carcia CR, Shultz SJ, **Arnold BL**. (2001). The effects of functional ankle instability on the performance of the star excursion balance test. Journal of Athletic Training, 36, S75.

Arnold BL, Docherty CL. (2002). Ankle evertor force sense & reproduction is not related injury severity or episodes of rolling over and giving way. Journal of Athletic Training, 37, S23.

Docherty CL, **Arnold BL***. (2002). Ankle evertor unilateral force sense is stable across trials. Journal of Athletic Training, 37, S93.

Taylor ME, Drouin JM, **Arnold BL†**. (2002). Joint reposition sense but not force sense is altered in the functionally unstable ankle. Journal of Athletic Training, 37, S24.

Thorne RA, Padua DA, **Arnold BL†**. (2002). Rate of concentric evertor fatigue not affect by functional ankle instability. Journal of Athletic Training, 37, S22.

Zinder SM, Granata KP, Perrin DH, **Arnold BL**, Shultz SJ, Gansneder B. (2002). Reliability and validity of inversion/eversion effective ankle stiffness measurement. Medicine and Science in Sports and Exercise, 34, S101.

Drouin JM, **Arnold BL***, Gansneder B. (2002). Active knee joint velocity replication measures are stable and accurate in healthy individuals. Journal of Athletic Training, 37, S29.

Blake JM, Houghlum PA, **Arnold BL†**. (2002). The effect of time of static stretch on hamstring flexibility in 12-14 year-old males. Journal of Athletic Training, 37, S106.

Padua DA, Carcia CR, Gansneder BM, Perrin DH, **Arnold BL***, Granata KP. (2002). Influence of fatigue on vertical leg stiffness and stiffness recruitment strategies in males and females. Medicine and Science in Sports and Exercise, *34*, S178.

Padua DA, **Arnold BL***, Perrin DH, Carcia CR, Granata KP. (2002). Knee landing angle and hopping frequency influence vertical leg stiffness, stiffness recruitment strategies and ground reaction force. Journal of Athletic Training, *37*, S26. .

Basinger SK, King MA, **Arnold BL†**. (2002). Core stability and functional performance assessments are moderately related. Journal of Athletic Training, *37*, S13-14.

Arnold BL, Docherty CL. (2003). Unilateral low-load force sense and injury severity predict ankle giving-way. Medicine and Science in Sport and Exercise, *35*, S357.

Arnold BL, Docherty CL. (2003). Bilateral low-load force sense but not joint reposition sense predicts ankle giving-way. Journal of Athletic Training, *38*, S49.

Drouin JM, **Arnold BL***, Gansneder BM, Shultz SJ, Perrin DH, Gieck JH. (2003). The relationship between subjectively reported ankle instability and muscular amplitude during a stepping task. Journal of Athletic Training, *38*, S12.

Docherty CL, Gansneder BM, **Arnold BL***. (2003). Reliability and validity of an ankle instability instrument. Journal of Athletic Training, *38*, S12.

Docherty CL, **Arnold, BL**, Gansneder BM, Hurwitz SR, Gieck JH. (2004). Individuals with function ankle instability have contralateral low-load force sense deficits but not joint reposition sense deficits. Medicine and Science in Sports and Exercise, *36*, S187.

Docherty CL, **Arnold, BL**, Gansneder BM, Hurwitz SR, Gieck JH. (2004). Functional performance deficits are present in participants with ankle instability. Journal of Athletic Training, *39*, S8.

Arnold BL, Docherty CL. (2005). Low-load force sense deficits are related to frequency of ankle giving-way. Journal of Orthopaedic and Sports Physical Therapy, *35*, A-17.

Belez AL, Van Lunen BL, Onate JA, **Arnold BL**. (2005). Reliability of hand-held dynamometer cable resistance system for hip strength measurements. Journal of Athletic Training, *40*, S110.

Docherty CL, **Arnold BL***. (2005). The relationship between ankle force sense, joint reposition sense, and functional performance tests. Journal of Athletic Training, *40*, S90-91.

Bond D, Weaver M, **Arnold BL**. Aberrant Prescription Drug-taking Behaviors and Headache: Patient Versus Physician Report. American Public Health Association, New Orleans, LA, November 2005. Abstract WITHDRAWN due to Hurricane Katrina.

Ross SE, **Arnold BL**. (2005). Ankle stability confidence questionnaire score differences between stable and unstable ankles, and the relationship between symptoms of ankle instability and confidence scores. Mid-Atlantic Athletic Trainers' Association Annual Symposium, Virginia Beach, VA.

Arnold BL, de la Motte SJ. (2006). Individuals with ankle giving way produce an inversion moment at submaximal ankle torques. Medicine and Science in Sport and Exercise, 38, S86.

Arnold BL, de la Motte SJ. (2006). Measures of medial and lateral ankle torques are reliable in stable and unstable ankles. Journal of Athletic Training, 41, S29.

Sage B, Van Lunen BL, Onate JA, **Arnold BL**. (2006). The immediate effect of cryotherapy at the ankle joint on postural control. Journal of Athletic Training, 41, S51.

de la Motte SJ, **Arnold BL**. (2006). Individuals With Ankle Instability Have Decreased Postural Sway. Proceedings Southeast Chapter of the American College of Sports Medicine, Abstract O18.

Arnold BL. (2006). Inversion torque bias is positively related to increases in postural sway. Journal of Orthopedic and Sports Physical Therapy, 36.

Docherty CL, **Arnold BL**. (2006). Force sense deficits in functionally unstable ankles. Journal of Orthopedic and Sports Physical Therapy, 36.

Position Papers

Blood-borne Pathogens Guidelines for Athletic Trainers. (1995). Journal of Athletic Training, 30, 203-204.

Invited International Presentations

Arnold BL. "Neuromechanical Implications for Functional Ankle Instability." Return to Fitness 2004 – A One Day International Sports and Exercise Medicine Conference, Glasgow, Scotland, November 21, 2004.

Arnold BL. "What is the Current Evidence for Ankle Supports and Braces? An update." Return to Fitness 2004 – A One Day International Sports and Exercise Medicine Conference, Glasgow, Scotland, November 21, 2004.

Arnold BL. "Altered Neuromuscular Performance in Functional Ankle Instability." From Pain to Performance – 2006. London, England, May 5, 2006.

Arnold BL. "Ankle Taping And Supports: Evidence for Their Efficacy and Effectiveness." From Pain to Performance – 2006. London, England, May 5, 2006.

Arnold BL. "Ankle Bracing: Sense or Non-sense." Enkel de Enkel. Amsterdam, Netherlands, September 16, 2006.

Arnold BL. "Neuromechanics of Ankle Joint Injuries." Enkel de Enkel. Amsterdam, Netherlands, September 16, 2006.

Invited National Presentations

Arnold, BL. "Proposed Blood-borne Pathogen Position Statement for the National Athletic Trainers' Association." NATA Board of Directors Meeting, June 10, 1994.

Arnold, BL. "A summary of AIDS position statements and their comparison to federal guidelines and law." Joint Commission on Sports Medicine and Science, February 18-20, 1994.

Arnold, BL. "Professional Position Statements Related to HIV and HBV." National Athletic Trainers' Association Annual Meeting and Clinical Symposium, June 16, 1995.

Arnold, BL. "Management of Head and Neck Injuries." National Athletic Trainers' Association Annual Meeting and Clinical Symposium, June 12, 1996.

Arnold, BL. "The Development of NATA Position Statements." National Athletic Trainers' Association Annual Meeting and Clinical Symposium, July 2, 2000.

Arnold, BL. "New Trends in Isokinetic Assessment." National Athletic Trainers' Association Annual Meeting and Clinical Symposium, June 20, 2001.

Arnold, BL. "How We Did It." In State Legislation: Rules and Regulations. National Athletic Trainers' Association Annual Meeting and Clinical Symposium, June 23, 2001.

Arnold BL, Kaminski TW. "Special Interest Group: Ankle Instability." National Athletic Trainers' Association Annual Meeting and Clinical Symposium, June 25, 2003.

Arnold BL. "Treatment of Functional Ankle Instability". National Athletic Trainers' Associations Annual Meeting and Clinical Symposium, Atlanta, GA, June 17, 2006.

Invited Regional Presentations

Arnold BL. "Blood-borne Pathogens: Ethical Considerations." Mid-Atlantic Athletic Trainers' Association Clinical Symposium, May 20, 1995.

Arnold BL. "Electronic Resources in Athletic Training." Art and Science of Sports Medicine, June 11, 1997.

Arnold BL. "Potential Mechanisms of Functional Ankle Instability." Art and Science of Sports Medicine, June 6, 2001.

Arnold BL, Ross S. Prevention and Rehabilitation of Ankle Sprains. Thirty-third Annual Meeting, Southeast Regional Chapter American College of Sports Medicine, January 27, 2005; Charlotte, NC.

Ross SE, **Arnold BL.** "Ankle stability confidence questionnaire score differences between stable and unstable ankles, and the relationship between symptoms of ankle stability and confidence scores." Mid-Atlantic Athletic Trainers' Association, 2005, Virginia Beach, VA.

Invited State Presentations

Arnold BL. "Universal Precautions." West Virginia Athletic Trainers' Association, March 31, 1995.

Arnold BL. "Evolution of Athletic Training." Northern Virginia Sports Medicine Association Student Symposium, April 24, 1998

Arnold BL. "Neuromechanical Implications for Functional Ankle Instability." Sports Expo 2001. Charleston, SC, February 9, 2001.

Moderator/Discussant

"Questions for Counsel," National Athletic Trainers' Association Clinical Symposium, June 20, 1997.

"Preparation and Management for Cervical Spine Injuries in the Athlete," National Athletic Trainers' Association Clinical Symposium, June 18, 1998.

NATA Foundation Free Communications. Shoulder session. National Athletic Trainers' Association Clinical Symposium, June 16, 1999.

NATA Pronouncements Committee Presentations. National Athletic Trainers' Association Clinical Symposium, July 2, 2000.

NATA Foundation Free Communications. Functional ankle instability. National Athletic Trainers' Association Clinical Symposium, June 17, 2002.

Special Interest Group: Ankle Instability. National Athletic Trainers' Association Clinical Symposium, June 17, 2002.

Special Interest Group: Ankle Instability. National Athletic Trainers' Association Clinical Symposium. June 25, 2003.

“Graduate Education Options for the Athletic Trainer”, Mid-Atlantic Athletic Trainers' Association Clinical Symposium, May 2004.

“Diagnostic Imaging in Sports Medicine,” National Athletic Trainers' Association Clinical Symposium. June 18, 2006.

Grants:

Powers M, **Arnold BL***, Perrin DH, Weltman A, Kraemer WJ. (July 1998) Effects of creatin supplementation on intracellular and extracellular water content. National Athletic Trainers Association Research and Education Foundation. \$33,296

McLeod I, **Arnold BL†**. (April 1998). The effectiveness of shoulder bracing techniques in limiting range of motion. Mid-Atlantic Athletic Trainers Association. \$931.

Perrin DH, Shultz SJ, Rijke AM, Kirk SE, **Arnold BL**, Granata KP, Gansneder BM. Gender, Hormones, and Anterior cruciate compliance. (September 2000). National Institute of Arthritis, Musculoskeletal, and Skin Diseases. \$218,385

Ross SE, **Arnold BL**. (Fall 2006). Effects of texture insoles on single leg balance in subjects with functional ankle instability. Submitted to Mid-Atlantic Athletic Trainers' Association. Requested \$2000, Funded \$900.

Ross SE, **Arnold BL**. (Fall 2006). Effect of ankle support on single leg balance of stable and unstable ankles. Submitted to Mid-Atlantic Athletic Trainers' Association. Requested \$2000, Funded \$1000.

Onate J, Hertel J, Kramer L, Padua D, Marshall S, Van Lunen B, **Arnold BL**, Ross S. (September 2006). Lower Extremity Assessment Program in Collegiate Athletes: NCAA LEAP, \$137,190, NIAMS (NIH), 1R03AR054031-01.

Grant Applications:

Arnold BL. (Spring 1999) Assessment of strength and perception in chronic ankle instability. NATA Research and Education Foundation. \$44,684.

Van Lunen BL, **Arnold BL**, Perrin DH, Diduch RD, Chambless KM, Bogdanowicz, B. (Spring 1999). Characteristics of Anterior Cruciate Ligament Injury. NATA Research and Education Foundation. \$37,543.34

Arnold BL, Hurwitz S, Perrin DH. (Spring 2000). Force and effort sense deficits in functional ankle instability. National Institute of Arthritis, Musculoskeletal, and Skin Diseases. \$218,385

Arnold BL, Drouin JM. (Spring 2001). A comparison of active joint reposition sense and foot placement in uninjured and functionally unstable ankles. NATA Research and Education Foundation. \$25,502

Onate J, Hertel J, Kramer L, Padua D, Marshall S, Van Lunen B, **Arnold BL**, Ross S. (Spring 2006). Lower Extremity Assessment Program in Collegiate Athletes: NCAA LEAP. National Athletic Trainers' Association Research and Education Foundation. \$176,629

Ross SE, **Arnold BL**. (Spring 2006). The effects of vibrating ankle braces on time to stabilization of subjects with functional ankle instability. The National Athletic Trainers' Association-Research and Education Foundation. \$108,500

Ross SE, **Arnold BL**. (April 2007) Noise-enhanced balance and sensorimotor function in subjects with or without ankle instability. VCU School of Education Research Enhancement Award. \$10,000

Dissertation

The effects of cutaneous and joint receptors on the quadriceps femoris force-velocity relationship. (1994) University of Virginia, Charlottesville, VA.

TEACHING

University of Virginia, Curry School of Education, Department of Human Services, 1992-1994

Undergraduate Classes

EDHS 589, Human Anatomy Laboratory (Prosected Cadavers), Instructor
EDHS 353, Human Anatomy, Teaching Assistant

Graduate Classes

EDHS 758, Anatomical Basis of Sports Medicine, Teaching Assistant
(Cadaver Dissection)
EDHS853 Supervised Research in Athletic Training, Teaching Assistant
EDHS 841 Orthopedic Basis of Sports Medicine, Guest Lecturer

West Virginia University, School of Physical Education, 1994-1995

Graduate Classes

ATTR 391 Advanced Orthopedic Assessment (1994)
ATTR 391 Advanced Rehabilitation Techniques (1995)
ATTR 391 Advanced Topics in Athletic Training - Specialization (1994)
ATTR 323 Athletic Training Practicum (1994-1995)

University of Virginia, Curry School of Education, Department of Human Services,
1995-2001

Undergraduate Courses

EDHS 451/552 Emergency Medical Care, 1995-1998
EDHS 589 Advanced Athletic Injuries, 1995-1999
EDHS 353 Human Anatomy, 1998-1999
EDHS 354 Kinesiology/Biomechanics, 1995-2001

Graduate Courses

EDHS 758 Anatomical Basis of Sports Medicine, 1996-2001
EDHS 589 Neuromechanical Basis of Kinesiology, 1996, 2000
EDHS 899 Master's Thesis Seminar, 1995-2001
EDHS 750 Practicum in Athletic Training, 1995-1999

Virginia Commonwealth University, Department of Health and Human Performance,
2001-Present

Undergraduate Courses

HPEX 320 Upper Extremity Assessment, 2001-Present
HPEX 321 Lower Extremity Assessment, 2001-Present
HPEX 395 Clinical Experience I (Athletic Training), 2001-2003
HPEX 396 Clinical Experience II (Athletic Training), 2001-2003
HPEX 495 Clinical Experience III (Athletic Training), 2001-2003
HPEX 496 Clinical Experience IV (Athletic Training), 2001-2003
HPEX 395 & 495 Clinical Experience I/III (Athletic Training), Guest
Lecturer, 2004

Graduate Courses

HEMS 610 Laboratory Techniques in Movement Science (Co-taught),
Spring 2002
HEMS 660 Neuromuscular Performance, 2003-Present
HEMS 521 Pathomechanics of Sports Injury, Summer 2006
HEMS 591 Special Topics: Research Methods in Rehabilitation and
Movement Science, Fall 2006

SERVICE

National Service

Chair/Officer/Liaison

Chair, Pronouncements Committee, National Athletic Trainers' Association, 1997-2002

Liaison, National Athletic Trainers' Assn. Bone and Joint Advisory Council for the Bone & Joint Decade 2000-2010, 2000-2002

Liaison, National Athletic Trainers' Assn. Public Relations Committee, 2000-2001

Member

AIDS Task Force Investigator, Joint Commission on Sports Medicine and Science, 1993

Position Paper Investigator, Blood-borne Pathogens Guidelines, National Athletic Trainers' Association, 1993-1995

Column Editor, "Research Digest," Athletic Therapy Today, 10/96-10/98

Editorial Board Member, Journal of Athletic Training, 1997-2004

Credential Restoration Task Force, Board of Certification (NATA), Fall 2005

Exam Proctor, NATABOC Certification Exam

August 3, 2003

April 18, 2004

August 1, 2004

April 10, 2005

August 7, 2005

April 2, 2006

January 28, 2007

Editorial Board Member, Journal of Sport Rehabilitation, 2006-Present

Regional/State Service

Chair/Officer

President-Elect, Virginia Athletic Trainers' Association, 1996-1998

President, Virginia Athletic Trainers' Association, 1998-2000

Strategic Planning Committee, Southeast Chapter American College of Sports Medicine, 2005-2007

Clinical Program Committee, Southeast Chapter American College of Sports Medicine, 2005-Present

Program Committee, Mid-Atlantic Athletic Trainers' Association Clinical Symposium, 2006-Present

Member

District Council, Mid-Atlantic Athletic Trainers' Assn., 1998-2000

Legislative Committee, Virginia Athletic Trainers' Assn., 1996-Present

District Council, Mid-Atlantic Athletic Trainers' Assn., 2006-Present

University Service

Chair

Search Committee Collateral Faculty-Athletic Training, Virginia Commonwealth University, Fall 2004

Search Committee Collateral Faculty-Health and Physical Education/Teacher Education, Virginia Commonwealth University, Spring 2006

Member

School of H.P.E.R. Dean's Council, Indiana University, Fall 1983 & Spring 1984

Department of Exercise and Sport Science Advisory Council, University of Arizona, Fall 1987-Spring 1988

Affiliated Setting Clinical Instructor, NATA Approved Graduate Athletic Training Curriculum, University of Virginia, Fall 1992-Spring 1994

Strategic Planning Committee, West Virginia University, School of Physical Education, Fall 1994-Spring 1995

Alumni Relations Committee, School of Physical Education, West Virginia University, Fall 1994-Spring 1995

Grants & Contracts Committee, School of Physical Education, West Virginia University, Fall 1994-Spring 1995

Institutional Review Board for the Behavioral Sciences, University of Virginia, Fall 1997-Spring 2001

Ad Hoc Committee to Develop Kinesiology Mission Statement, Kinesiology Program Area, Curry School, University of Virginia, Spring 2000

Academic Affairs Committee, Curry School of Education, University of Virginia, Fall 1999-Spring 2001

Athletic Training Search Committee, Division of Health, Physical Education, and Recreation, Virginia Commonwealth University, Fall 2001-Spring 2002

Ad Hoc Committee to Recommend a Name Change for the Division of HPER, School Of Education, Virginia Commonwealth University, Spring 2002

School of Education Business Plan Committee, Virginia Commonwealth University, Fall 2003

Search Committee Clinical Exercise Physiology, Virginia Commonwealth University, Spring 2003

Curriculum and Academic Resources Committee, Virginia Commonwealth University, Fall 2003 – Spring 2005

Student Research Subcommittee, VCU 2020 Strategic Direction: Taking Our Position Among the Top Research Institutions, Virginia Commonwealth University, Spring 2005

School of Education Faculty Evaluation Review Committee, Virginia Commonwealth University, Fall 2004

School of Education/Graduate School Appeals Committee for Health and Movement Sciences, Virginia Commonwealth University, Fall 2004

School of Education/Graduate School Appeals Committee for Counselor Education, Virginia Commonwealth University, Fall 2004

Search Committee Administrative Assistant Department of Exercise Science, Virginia Commonwealth University, Fall 2005

Review Committee for the Academic Programs in Recreation, Parks, and Sport Management, Virginia Commonwealth University, Fall 2005.

Leadership Council, School of Education, Virginia Commonwealth University, Fall 2005-Present.

Graduate Council, Virginia Commonwealth University, Fall 2004-Present

Program and Courses Subcommittee, Fall 2005-Spring 2006

Admissions and Academic Standards Subcommittee, Fall 2006-Spring 2007

Strategic Planning Committee, Graduate School, Virginia Commonwealth University, Fall 2006-Present

Steering Committee, Center for Rehabilitation Science and Engineering (CERSE), Fall 2005-Present

Peer Review Committee, Department of Physical Therapy, School of Allied Health, Fall 2006

Guest Reviewer

Journal of Orthopedic and Sports Physical Therapy

Journal of Applied Biomechanics

Medicine and Science in Sport and Exercise

International Journal of Sports Medicine, Fall 2005

Scandinavian Journal of Medicine and Science in Sports, Spring 2006

Grant Reviewer

NATA Research and Education Foundation, Summer 2005

ZonMw Health Care Efficiency Research Programme (The Netherlands), Spring 2007

Consultant

Commonwealth of Virginia, Department of Health Professions. Panel to establish the risk of harm from the practice of athletic training, Spring 1998

Voeller, E. Career exploration: athletic trainer. (1999). Capstone Press, Mankato, MN. Technical consultant for text development

Service Grant Co-applicant, 1995

West Virginia University Senate Service Grant, "Interactive Broadcast to WV School Personnel re: Prevention of Blood-Borne Pathogen Transmission"

MEMBERSHIPS/CERTIFICATIONS

National Athletic Trainers' Association, Certified Member (830445, 04-1547), 1983-Present

Mid-Atlantic Athletic Trainers' Association, Certified Member, 1991-Present

Virginia Athletic Trainers' Association, Member, 1995-Present

Southeast Chapter, American College of Sports Medicine, Member, 1993-Present

American College of Sports Medicine, Member, 1993-Present

National Strength and Conditioning Association, 1998-2000

Clinical Instructor Educator, National Athletic Trainer's Association, May 16, 2002-Present

HONORS & AWARDS

Eta Sigma Gamma Health Science Honorary, Nu, Chapter, 1984

Golden Key National Honor Society, Indiana University, Charter Member, 1984

Great Lakes Athletic Training Association Undergraduate Living Memorial Scholarship, 1985

Indiana University School of H.P.E.R. Alumni Scholarship, 1985

Outstanding Doctoral Student Award, Curry School of Education, University of Virginia, 1994

Outstanding Grantsman of the Year, West Virginia University School of Physical Education, 1995

Award for Distinguished Scholarship, School of Education, Virginia Commonwealth University, 2006