

Mark D. Hecimovich, PhD, ATC
 Associate Professor in Athletic Training
 University of Northern Iowa
 School of Kinesiology, Allied Health and Human Services
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Education

- PhD: Murdoch University, Murdoch, Western Australia, 2012.
- Master of Science: Minnesota State University, Mankato, Minnesota, 2003.
- Bachelor of Science: Northwestern Health Science University, Minneapolis, Minnesota, 1996.
- Doctor of Chiropractic: Northwestern Health Sciences University, Minneapolis, Minnesota, 1992.

Personal

- Born, 06 November 1964, Grand Rapids, Minnesota
- United States and Australian citizen

Certifications/Licensure/Registration

- Certified Athletic Trainer (ATC).
- Licensed Athletic Trainer (Minnesota)
- Registered Athletic Trainer (Iowa)
- Certified Strength and Conditioning Specialist (CSCS): National Strength and Conditioning Association.
- Level I Sports Trainer: Sports Medicine Australia.
- Accredited Exercise Scientist: Exercise and Sports Science Australia (ESSA).

Employment History

- University of Northern Iowa, Associate Professor, School of Kinesiology, Allied Health and Human Services, 2015-current
- Murdoch University, Senior Lecturer, Dean of Learning and Teaching, School of Psychology and Exercise Science, 2005-2015
- Austin Medical Center-Mayo Health Systems, Department of Orthopedics and Rehabilitation. Certified Athletic Trainer, 2001-2004.
- Riverland Community College. Lecturer (Health, Physical Fitness, Occupational First Aid/Safety/CPR), 2001-2003.

Noteworthy Professional Experience

- United States Olympic Training Center, Colorado Springs, Colorado, 2004.
- 2004 Olympics. Athens, Greece.
- 7th All-Africa Games, Johannesburg, South Africa, 1999.
- 6th All-Africa Games, Harare, Zimbabwe, 1995.
- 1996 Olympics. International Olympic Training Center, LaGrange, Georgia.

Publications

Cohen A, King D, **Hecimovich M**, Fraser C, Putrino D, Pearce AJ. (2017). Head impact monitoring and assessment using the King-Devick test for suspected concussion in amateur Australian senior rugby union players. *Journal of Sports Sciences*. (Accepted but yet published).

Hecimovich M, King D, Garrett T (2017). Head impacts as a result of participation in amateur wrestling: An exploratory analysis. *International Journal of Wrestling Science*. (Accepted but not yet published).

Muller S, Gurisik Y, **Hecimovich M**, Harbaugh G, Vallence AM. (2017) Individual Differences in Short-Term Anticipation Training for High-Speed Interceptive Skill. *Journal of Motor Learning and Development*. (Accepted but not yet published)

King D, **Hecimovich M**, Clark T Gissane C. (2017). Measurement of the head impacts in a sub-elite Australian Rules football team with an instrumented patch: An exploratory analysis. *International Journal of Sports Science and Coaching*. (Accepted but not yet published)

Hecimovich M, King D. (2016). Prevalence of head injury and medically diagnosed concussion in junior-level community-based Australian Rules Football. *Journal of Paediatrics and Child Health*. 2016 Nov 10. DOI:10.1111/jpc.13405

Hecimovich M, Hebert JJ. (2016). Reliability and concurrent validity of an alternate method of lateral lumbar range of motion in athletes. *South African Journal of Sports Medicine*. DOI: <http://dx.doi.org/10.17159/2078-516X/2016/v28i1a1414>

Hecimovich M, King D, Marais I. (2016). Player and parent concussion knowledge and awareness in youth Australian Rules Football. *The Sport Journal*. <http://thesportjournal.org/article/player-and-parent-concussion-knowledge-and-awareness-in-youth-australian-rules-football/>

Forrest M, **Hecimovich M**, Dempsey A. (2016). Lumbopelvic muscle activation patterns in adolescent fast bowlers. *European Journal of Sport Science*. DOI: 10.1080/17461391.2015.1135985. Epub 2016 Feb 3

Hecimovich M, Stomski N. (2016). Lumbar sagittal plane spinal curvature and junior-level cricket players. *International Journal of Athletic Therapy & Training*, 21:47-52. <http://dx.doi.org/10.1123/ijatt.2015-0028>

Hecimovich M, Peiffer J, Harbough G. (2014). Development and psychometric evaluation of a post exercise exhaustion scale utilising the Rasch measurement model. *Psychology of Sport & Exercise*, 15 (6), 569-579. <http://dx.doi.org/10.1016/j.psychsport.2014.06.003>

Shahtahmassebi B, Hebert J, Stomski N, **Hecimovich M**, Fairchild T. (2014). The Effect of Exercise Training on Lower Trunk Muscle Morphology. *Sports Medicine*. doi: 10.1007/s40279-014-0213-7

Hecimovich M, Styles I, Volet S. (2014). Development and psychometric evaluation of scales to measure professional confidence in manual medicine: a Rasch measurement approach, *BMC Research Notes*, 7, 338. doi: 10.1186/1756-0500-7-338

Hecimovich M, Volet S. (2014). Simulated learning in musculoskeletal assessment and rehabilitation education: comparing the effect of a simulation-based learning activity with a peer-based learning activity. *BMC Medical Education*, 14:253. doi: 10.1186/s12909-014-0253-6

Hecimovich M, Volet S. (2012). Tracing the evolution of chiropractic students' confidence in clinical and patient communication skills during a clinical internship: A multi-methods study. *BMC Medical Education*, 12:42. doi: 10.1186/1472-6920-12-42

Hecimovich M, Volet S. (2011). Development of professional confidence in health education: Research evidence of the impact of guided practice into the profession. *Health Education*, 111(3):177-197. DOI: 10.1108/09654281111123475

Hecimovich M, Marie J, Losco B. (2010) Effect of clinician feedback versus video self-assessment in 5th-year chiropractic students on an end-of-year communication skills examination. *Journal of Chiropractic Education*, 24(2):165-174. DOI: 10.7899/1042-5055-24.2.165

Hecimovich M, Volet S. (2009). The importance of building confidence in patient communication and clinical skills among chiropractic students: *Journal of Chiropractic Education*, 23(2):151-64. DOI: 10.7899/1042-5055-23.2.151

Beck R, Walker B, **Hecimovich M**, Ebrall P, Giuriato. (2009). Learning style changes in chiropractic students moving from academic learning to clinical application. *International Journal of Social Health Information Management*, 2(1):20-29.

Hecimovich M. (2004). Sport Specialization in Youth: A Literature Review. *Journal of the American Chiropractic Association*, 41(4):32-41

Hecimovich M. (2000). Eyewear Protection. *Journal of Sports Chiropractic and Rehabilitation*, 14(1):24-26

Hecimovich M. (1999). Eye Injuries: A Selection of Injuries and Treatment Protocols. *Journal of Sports Chiropractic and Rehabilitation*, 13(1):1-5

Manuscripts “In Progress”

King D, **Hecimovich M**, Dempsey A, Murphy M. Head impact and ocular pursuit testing in Australian Rules Football (Drafting manuscript for submission to *Journal of the Neurological Sciences*).

Hecimovich M, King D. Two-year measurement of the head impacts in a sub-elite Australian Rules football team with an instrumented patch (Drafting manuscript but journal not determined).

Hecimovich M, Pomije M, Harbough G. Effect of core, balance and endurance training on low back pain and functional outcomes in young gymnasts (Drafting manuscript for submission to *Physical Therapy and Health Activity*)

Manuscripts “In Review”

Shahtahmassebi B, Hebert J, **Hecimovich M**, Timothy J. Fairchild. (2016). Association between trunk muscle morphology, strength, and functional ability in healthy older adults. *Scientific Reports*.

Shahtahmassebi B, Hebert J, **Hecimovich M**, Timothy J. Fairchild T. (2017). The effect of a 12-week multimodal exercise program on trunk muscle morphology, strength and functional ability in healthy older adults: A randomized controlled trial. *Gerontology*.

Marais I, **Hecimovich M**. Measuring youth athletes’ and their parents’ recognition of concussion symptoms: implications for an education campaign. *BMC Research Notes*.

Cohen A, King D, Hecimovich M, Fraser C, Putrino D, Pearce A. (2017). Head impact monitoring and ocular pursuit testing for concussion in amateur senior rugby union players in Australia. *Journal of Sports Sciences*

Peer-Reviewed Presentations, Abstracts and Posters

Hecimovich M, King D, Garrett T. (2017). *Head impacts as a result in amateur wrestling: An exploratory analysis*. International Scientific and Professional Conference on Wrestling, Novi Sad, Serbia.

Shahtahmassebi B, **Hecimovich M**, Hebert JJ, Fairchild T. (2017). *The effect of a 12-week supervised multimodal exercise program on trunk muscle strength and functional ability in healthy older adults: A randomized controlled trial*. 10th International Congress on Sport Sciences, Tehran, Iran.

Hecimovich M, Hebert J. (2015). *Intra-rater reliability and concurrent validity of a tape measure and digital inclinometer measurement method for lateral lumbar range of motion in junior level cricket players*. 5th World Congress of Science and Medicine in Cricket, Sydney, Australia.

Hecimovich M, Stomski N. (2015). *Lumbar lordosis and lower back pain in junior cricket bowlers*. 5th World Congress of Science and Medicine in Cricket, Sydney Australia.

Forrest M, **Hecimovich M**, Dempsey A. (2015). *Lumbopelvic muscle activation patterns in adolescent fast bowlers*. Sports Medicine Australia (WA) State Conference, Busselton, Western Australia.

Gillman N, Joss B, **Hecimovich M**, Dempsey A. (2014). *The effect of modified clinical exercises on knee joint muscle activation*. 6th Exercise & Sports Science Australia Conference and Sports Dietitians Australia Update: Research to Practice. Adelaide, South Australia

Hecimovich M. (2013). *Professional self-confidence in health education: A multi-method study using the Rasch measurement model*. Western Australian Institute for Educational Research, Fremantle (Notre Dame University), Western Australia.

Shahtahmasebi B, Ebrahimi A, Hashemi A, **Hecimovich M**, Shahtahmassebi G. (2011). *Study the prevalence and types of Sports injury during floor exercises 8 to 11 years Iranian elite girl artistic gymnasts*. Australian College of Sports Medicine Conference, Perth, Western Australia.

Hecimovich M. (2011). *Development and psychometric evaluation of scales to assess patient communication and clinical skill confidence in students using the Rasch Measurement Model*. WFC Biennial International Conference. Rio de Janeiro, Brasil.

Hecimovich M, Ta N, Ruchel J, Ng J, Banch L, Perry J. (2010). *Comparative analysis of gait and posture of women with bare feet and high heel shoes: A pilot study*. COCA Scientific Conference. Australia. Poster.

Hecimovich M, McCarthy S, Navaratne D, Chan J, Choh A (2009). *Investigating the effect of elbow and shoulder angle on the action of the elbow flexors (primarily biceps brachii muscle)*. COCA Scientific Conference, Australia. Poster.

Hecimovich M. (2006). *Influences on student confidence in the areas of patient communication and application of clinical skills and their possible relationship on ethical issues and professionalism*. WFC Biennial International Conference. Cancun, Mexico. Abstract

Research supervision

(MS) Miranda Pomije (University of Northern Iowa). *Effect of core, balance and endurance training on low back pain and functional outcomes in young gymnasts*. 2016-current.

(PhD) Miss Nardine Gilman (Murdoch University). *Alteration of knee muscle activation using modified clinical exercises in patients with osteoarthritis*. 2014-current.

(PhD) Miss Behnaz Shahtahmassebi (Murdoch University). *The effects of exercise training intervention on truck muscle morphology and function*. 2011-2017.

(Honours) Yasmin Gurisik (Murdoch University). *Individual Differences in Learning with Elite Athletes: A Visual-Anticipatory Approach*. 2015.

(Honours) Mitch Forrest (Murdoch University). *Muscle activation patterns in elite-level junior cricket bowlers*. 2014-2015.

Grants awarded (External)

Hecimovich M. Dempsey A. (2016). Australian Football League, \$11,740. Quantifying Head Trauma in Australian Rules Football 2016.

Hecimovich M. (2015-2016). Pre-tenure Faculty Grant, \$1,500.00. University of Northern Iowa. Quantifying Head Trauma in Australian Rules Football 2016.

Hecimovich M, Volet S. (2013). Health Workforce Australia, Clinical Simulation Support Unit, \$9870. Simulated learning in exercise physiology education: Exploring its benefits on the development of clinical skills, confidence and motivation for future learning.

Hecimovich M. (2013) Western Australia Cricket Association, Talented Athlete Program, \$800. Identifying risk factors between bowling technique and pre-participation assessment and injuries in junior level cricket player.

Hecimovich M, Dempsey A. (2013). School of Psychology and Exercise Science for additional support of Western Australia Cricket Association, Talented Athlete Program, \$2900.

Hecimovich M, Maire J. (2006). Carrick Institute for Learning and Teaching Higher Education. \$14,400. Enhancing the student Educational Experience through School-based Curriculum Improvement Leaders.

Grants awarded (Internal)

UNI Pre-Tenure Faculty Grant Award (2016), *Simulated Learning in Athletic Training*, \$975.00.

UNI Faculty 2016 Summer Fellowship, *Quantifying Head Trauma in Australian Rules Football*.

UNI Pre-tenure Faculty Grant (2015), \$1,500.00

Public and Professional Service

University Service (UNI)

UNI Co-Chair Muslim Student Association (MSA), 2016

College of Education Service (UNI)

College of Education Faculty Senate, recently elected (Fall 2016 –current)

School and Divisional Service (UNI)

Coordinator for Post-Professional Masters in Athletic Training, 2016-current

Dimensions of Well-being Steering Committee, 2016-2017

Graduate committee, 2016-2017

KAHHS Open House, Oct and Nov 2016

Chair of Athletic Training Faculty Search Committee Spring 2016

Browsing Fair and Major and Career Opportunity Sessions (April 2016)

Prospective student interviews (March 2016)

HPELS Family Day (Nov 2015)

Academic Master Plan Open Forum (Sept 2015)

Graduate Faculty member, 2015-current

HPELS Technology Committee, 2015-2016

Memberships

- National Athletic Trainer's Association (NATA)
- Iowa Athletic Trainer's Association (IATA)
- Exercise and Sports Science Australia (ESSA)—Full member

- Sports Medicine Australia (SMA)—Full Member
- U.S. Olympic Committee Sports Medicine Society (USOSMS)
- International Federation of Sports Medicine (FIMS)
- National Strength and Conditioning Association (NSCA)
- Western Australian Institute for Educational Research (WAIER)

Additional professional activities

- NATA International Committee (2010-2015)
- Sports Medicine Australia Concussion position paper (2014-2015)