



Douglas Mann

Associate Professor
Health & Exercise Science

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Education:

BA (Psychology) University of Miami (Fla)
MS (Education, Athletic Training) Old Dominion University
DPE (Physical Education) Springfield College

Research Interests:

Athletic Injury Prevention

My area of interest is in athletic injury prevention, particularly flexibility programs and injury prevention, life stress and injury prevention, and cognitive reserve and neuroplasticity.

Honors and Awards:

2016 Rowan University Athletic Training Hall of Fame
2008 Joe Blankowitsch Eastern Athletic Trainers Association Presidential Award

Member of:

Eastern Athletic Trainers Association
Athletic Trainers Society of New Jersey
National Athletic Trainers Association
USA Swimming Coach

Recent Academic Projects:

Conference Presentation (2016) Cooper Healthcare Symposium. Neuroplasticity and Rehabilitation

Presentation (2015 and 2016) Philadelphia Marathon. Stress and Anxiety and Running

Presentation (2016) Broad Street Run. Stress and Anxiety and Running

Exhibitor and Organizer (2015 and 2016). Organized "Psyching Team" Philadelphia Marathon. Spoke with runners individually who were nervous about upcoming race.