

Adrian Wright-FitzGerald, DAT, LAT, ATC

ACADEMIC CURRICULUM VITAE

Department of Health, Exercise & Applied Science
John G. Rangos, Sr. School of Health Sciences
Duquesne University
Pittsburgh, PA 15282

EDUCATION:

2020	Doctor of Athletic Training	A.T. Still University
2011	MS in Applied Anatomy & Physiology	Boston University
2009	BS in Athletic Training, Cum Laude	Duquesne University

LICENSURE / CERTIFICATION / REGISTRATIONS:

2024 – Present	Certified – American Red Cross Basic Life Support Instructor
2022 – Present	Certified – American Red Cross First Aid/CPR/AED Instructor
2021 - Present	Licensed - Pennsylvania Board of Medicine Athletic Trainer #RT007732
2009 - Present	Certified - Board of Certification in Athletic Training #2000001676
2009 – Present	Certified – American Red Cross BLS for the Professional Rescuer
2009 - 2021	Licensed - Massachusetts Board of Allied Health Athletic Trainer #2022

PROFESSIONAL EXPERIENCE:

Academic Faculty Appointments:

2024 – Present	Director, Health Sciences Program Department of Health, Exercise & Applied Science John G. Rangos Sr., School of Health Sciences Duquesne University, Pittsburgh, PA
2021 – Present	Assistant Professor Department of Health, Exercise & Applied Science John G. Rangos Sr., School of Health Sciences Duquesne University, Pittsburgh, PA
2016 – 2019	Lecturer Department of Physical Therapy & Athletic Training Sargent College of Health & Rehabilitation Sciences Boston University, Boston, MA
2014 – 2016	Adjunct Faculty Department of Athletic Training & Exercise Science Lasell College, Newton MA

Clinical/Other Appointments

2021 – present	Casual Athletic Trainer, University of Pittsburgh Medical Center
2019 – 2020	Injury Prevention Specialist, O2x, Scituate, MA
2011 – 2016	Assistant Athletic Trainer, Bentley University, Waltham MA
2009 – 2011	Graduate Assistant Athletic Trainer, Boston University, Boston, MA

PUBLICATIONS:

Gass A, Kelshaw PM, Donahue C, **Wright-FitzGerald A**, & Beidler E. The Impact of Mental Health Diagnoses and Medication Use on Sleep In Collegiate Athletes. Annual Conference of the *American College of Sports Medicine*.

Wright-Fitzgerald A, Martinez S, & Mehls K. Hamstrings:Quadriceps Co-Activation Ratio Between Males and Females in the Barbell Back Squat. Poster Presentation at *National Strength and Conditioning Association* National Conference

Wright-FitzGerald AS, Burrows AM. Adaptations in prosimian glenohumeral joint structure relative to posture and locomotion. *Am J Phys Antropol*. 2010;50:248

Wright-FitzGerald AS, Balceuiuk MD, Burrows AM. Shouldering the Burdens of Locomotion and Posture: Glenohumeral Joint Structure in Prosimians. The Anatomical Record: Advances in Integrative Anatomy and Evolutionary Biology. 2010; 293:680-691.

PRESENTATIONS:

2022	National Strength & Conditioning Association National Conference (New Orleans, LA). Poster Title: <i>Hamstring:quadriceps co-activation ratio between males and females in the barbell back squat</i> .
2020	National Athletic Trainers' Association (VNATA). Rapid Fire Presentation: <i>Athletic Trainers' Perceptions of and Experience with Social Determinants of Health in the Collegiate and University Setting</i>
2010	American Association of Physical Anthropologists (Albuquerque, NM), Poster Title: <i>Adaptations in Prosimian Glenohumeral Joint Structure Relative to Posture and Locomotion</i> .

APPLIED PRESENTATIONS & WORKSHOPS:

National:

2020	Tactical Athlete Injury Prevention. Arlington County Fire Department, Arlington, VA, September
2018	Tactical Athlete Injury Prevention. Department of Defense Fire Academy, San Angelo TX, December.

- 2018 Tactical Athlete Injury Prevention. Champaign Fire Department, Champaign IL, August.
- 2017 Tactical Athlete Injury Prevention. Broward County Fire Department, Broward County FL, March.
- 2016 Tactical Athlete Injury Prevention. U.S. Government/State Department/Special Operations, Washington, DC, October.

Regional:

- 2019 Tactical Athlete Injury Prevention. Worcester Regional Fire Department, Worcester MA, January
- 2018 Tactical Athlete Injury Prevention. Bridgewater Fire Department, Bridgewater MA, September.
- 2018 Tactical Athlete Injury Prevention. Worcester Regional Fire Department, Worcester MA, January
- 2017 Tactical Athlete Injury Prevention. Portland Fire Department Portland, ME, August.
- 2017 Tactical Athlete Injury Prevention. Dorchester & Quincy Regional Fire, Dorchester, MA, May.
- 2017 Tactical Athlete Injury Prevention. Sharon Regional Fire Department, Sharon, MA, April.
- 2017 Tactical Athlete Injury Prevention. Portland Fire Department Portland, ME, January.
- 2016 Tactical Athlete Injury Prevention. Hingham Fire Department Hingham, MA, September.

Local:

- 2023 Mobility & Injury Prevention Training. HomePI8 Training. Gibsonia, PA. February
- 2022 Heat, Hydration & Exertional Sickling. Duquesne City School District Duquesne, PA. August
- 2020 Tactical Athlete Injury Prevention. Boston Fire Academy, Boston, MA, July.
- 2019 Tactical Athlete Injury Prevention. Boston Fire Academy, Boston, MA, January.
- 2018 Tactical Athlete Injury Prevention. Boston Fire Department, Boston, MA, November.

2018	Tactical Athlete Injury Prevention. Boston Fire Academy, Boston, MA, February.
2017	Tactical Athlete Injury Prevention. Boston Fire Department, Boston, MA, December.
2017	Injury Prevention. Boston Special Weapons and Tactics (SWAT), Boston, MA. February
2016	Tactical Athlete Injury Prevention. Boston Fire Department, Boston, MA, December.
2016	Tactical Athlete Injury Prevention. Boston Fire Department, Boston, MA, August.

TEACHING ACTIVITIES:

Duquesne University

Courses Taught:

HLTS115: Introduction to Health & Exercise Science: *Lead instructor, involved in curriculum development, creation of new learning assignments*

Fall 2024: 50 students
Spring 2024: 54 students
Fall 2023: 50 students
Spring 2023: 70 students
Fall 2022: 50 students
Spring 2022: 28 students
Fall 2021: 102 students

HLTS225: Current Concepts in Sports Medicine, Lecture: *Lead instructor, developed all course material and learning assessments, mentored adjunct lecture faculty*

Spring 2026: 32 students
Fall 2025: 30 students
Fall 2024: 25 students
Spring 2024: 48 students
Fall 2023: 25 students
Spring 2023: 38 students
Fall 2022: 25 students
Fall 2021: 63 students (2 sections)

HLTS225/L: Current Concepts in Sports Medicine, Lab: *Lead instructor, developed all lab material, mentored student lab teaching assistants*

Spring 2026: 32 students
Fall 2025: 58 students
Spring 2025: 63 students
Fall 2024: 49 students
Spring 2024: 48 students

Fall 2023: 49 students
Spring 2023: 38 students
Fall 2022: 49 students
Fall 2021: 63 students

HLTS285: Foundations of Health Promotion & Disease Mitigation: *Lead instructor, developed all course material and learning assessments*

Fall 2025: 27 students
Fall 2024: 26 students
Fall 2023: 23 students
Fall 2022: 24 students
Fall 2021: 9 students

ATH120: Elements of Athletic Training, Information Literacy & Scientific Terms: *Lead instructor, involved in curriculum development and collaboration with instructors of other sections of the course*

Spring 2022: 61 students (2 sections)
Spring 2021: 48 students (2 sections)

HLTS400: Independent Study: *Lead supervisor, individualized independent study experiences*

Spring 2026: 1 student
Spring 2025: 1 student
Spring 2024: 1 student
Fall 2023: 1 student
Spring 2023: 1 student
Spring 2022: 1 student

HLTS452/GLBH452: Origins of Preventative Health: *Lead instructor, three-week international Maymester study abroad. Development of course material, itinerary, pre-departure planning, coordination with in-country partners, post-travel debriefing and reflection.*

Summer 2026: Peru, 10 students
Summer 2024: Peru, 9 students
Summer 2023: Guatemala, 6 students
Summer 2022: Peru, 6 students

HLTS461: Health Science Capstone I: *Lead supervisor of planning, execution, and reporting of senior Capstone projects*

Fall 2024: 9 students
Spring 2024: 1 student
Fall 2023: 6 students

HLTS462: Health Science Capstone II: *Lead supervisor of planning, execution, and reporting of senior Capstone projects*

Spring 2026: 10 students
Spring 2025: 9 students
Fall 2024: 2 students
Spring 2024: 6 students

Fall 2023: 1 student

Guest Lectures, Duquesne University

HLTS 311: Tests & Measures: “Patient Reported Outcome Measures”

Department of Health, Exercise & Applied Science

2 sessions, 100 minutes

Spring 2025

Fall 2024

Spring 2024

Fall 2023

Spring 2023

Fall 2022

Spring 2022

HLTS 312: Strength & Conditioning Across Populations: “Mobility”

Department of Health, Exercise & Applied Science

2 lecture sessions, 1 lab session, 3.5 hours

Spring 2025

Fall 2024

Spring 2024

Fall 2023

Spring 2023

Fall 2022

Spring 2022

GLBH 185: Introduction to Global Health: “Noncommunicable Disease & Injury”

Center for African Studies

Asynchronous module, one week in length

Spring 2026

Fall 2025

Spring 2025

Fall 2024

Spring 2024

Fall 2023

Spring 2023

Fall 2022

ATHT 416/L: Applied Science of Physical Performance: “Sleep Health”

Department of Athletic Training

2 sessions, 5 hours

Spring 2023

Spring 2022

Spring 2021

Advisory Responsibilities:

2023 – Present The Hidden Opponent Faculty Advisor

2022 - Present MEDLIFE Faculty Advisor

Boston University

Courses Taught:

SAR AT304: Athletic Training Practicum II

Fall 2016

SAR HP345: Introduction to Sports Medicine: *Lead instructor, development of all course materials, BU Hub Approved Course: Communication: Digital/Multimedia Expression*

Spring 2019

Spring 2018

SAR AT404: Clinical Athletic Training I

Fall 2017

Fall 2016

SAR AT430: Orthopedic Rehabilitation: *Lead instructor, curriculum development and revision*

Spring 2018

Spring 2017

SAR AT505: Clinical Athletic Training IV

Spring 2019

Spring 2018

Spring 2017

SAR AT531: Clinical Medicine I: *Lecture Co-Instructor, lead lab instructor. Curriculum revision of labs, practical exams. Student cohorts containing both undergraduate AT students and graduate level PT students*

Fall 2018

Fall 2017

Fall 2016

SAT HP560: General Medical Practicum: *Lead facilitator of student general medical observations and journals*

Fall 2018

Spring 2017

Fall 2017

SAR AT631: Health Promotion & Wellness: *Lead instructor, development of all curriculum and assessments*

Summer 2020 (remote)

Fall 2018

Fall 2017

SAR HP725: Foundations of Education & Health Promotion: *Lead instructor, curriculum and assessment revision, cohort of graduate level PT students*

Spring 2019

Spring 2018

SAR HS793: Critical Literature Review: *Advisor, graduate level students in Applied Anatomy & Physiology*

Spring 2019

Fall 2017

Spring 2017

International Service-Learning Trips: *Lead Faculty Chaperone*

2019	Healthcare Traditions and Challenges, India
2018	Healthcare Tensions and Transformations, Thailand
2018	Origins of Food, Guatemala

Lasell College

Courses Taught

EXSC107: Lifestyles and Human Behavior: *Primary instructor, lecture*

Spring 2016

Fall 2015

Spring 2015

AT202B/C: Introduction to Sports Medicine: *Primary instructor, lecture & lab*

Spring 2016

Fall 2015

Spring 2015

Fall 2014

Spring 2014

THESIS COMMITTEE / ADVISEMENT

University of South Carolina

2023-2024	Research Committee Member Megan McQueen, SCAT, ATC, NREMT Thesis Title: Identifying Injury, Reporting, and Injury Management Trends Among EMS Providers in South Carolina.
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INNOVATIVE & ADVANCED TEACHING

2022 - 2023	Duquesne University, Department of Athletic Training Standardized Patient Simulations: Exertional Heat Stroke: In collaboration with the University of Pittsburgh School of Medicine Standardized Patient Program, successful development of a standardized patient case for exertional heat stroke, execution of the case scenario with two standardized patients and undergraduate, graduate, and professional clinical level learners to execute rectal thermometry for diagnosis of exertional heat stroke
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- 2022 Association for Athletic Training Education (AATE)
Foundations to Instruction Series, Health Literacy: Acted as a content expert to develop and present an inaugural course in the Foundations to Instruction Series, a virtual continuing education course to provide athletic training program faculty with foundational knowledge related to health literacy as well as educational strategies for teaching and assessing curricular development in health literacy. Course included an 11-page interactive asynchronous prep module complete with linked resources and guiding questions to address course objectives. A 90-minute synchronous session was hosted for content review and curricular templates to be developed, for Board of Certification continuing education units.

HONORS AND AWARDS:

- 2025-2026 Dean's Award for Excellence in Community & Professional Service
John G. Rangos, Sr. School of Health Sciences
Duquesne University
- 2024-2025 Dean's Award for Excellence in Teaching
John G. Rangos, Sr. School of Health Sciences
Duquesne University
- 2017 Course Development Stipend, Center for Teaching and Learning,
Boston University

PROFESSIONAL SOCIETIES:

- 2022 - Present Member – National Strength & Conditioning Association
2022 – Present Member – Yoga Alliance Registry
2021 – Present Member – American College of Sports Medicine
2008 – Present Member – National Athletic Trainer's Association #1026958

PROFESSIONAL ACTIVITIES AND SERVICE:

Academic Major Committee Assignments:

Duquesne University Committees

Rangos School of Health Sciences Service

- 2026 - present Chair, RSHS Community Building & Engagement Committee (CBE)
2024 - 2026 Co-Chair, RSHS Community Building & Engagement Committee (CBE)
2023 – present Member, Clinical Coordinator Group
2022 – present Member, Community Engaged Learning & Service Committee
2022 – present Member, Health Advisory Committee
2021 - present Member, RSHS Community Building & Engagement Committee

University Service

- 2024 – present Judge, Undergraduate Research & Scholarship Symposium
2023 – present Member, Subcommittee for Allies Training, LGBTQIA Faculty Senate

2022 - present	Member, LGBTQIA Faculty Senate Committee
2023 – 2023	Judge, Graduate Research & Scholarship Symposium

Industry Consultation:

2021 - 2024	Association for Athletic Training Education/AT Each Moment Social Media Coordinator
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Professional Service; Volunteering:

2011 – present	Boston Marathon, Finish Line Medical Volunteer
2017 – 2019	Board of Certification, Item Writer
2017	Boston Athletic Association 5K Finish Line Medical Volunteer
2014	Prudential US Figure Skating National Championships Medical Volunteer
2013	Special Olympics of MA, Summer Games Medical Volunteer