

Statement of Candidacy for Faculty Senate President

Dear Colleagues,

My name is Phillip Vardiman, I serve Kansas State University as an associate professor in the School of Health Sciences in the College of Health and Human Sciences. I was honored to have been encouraged to run for Faculty Senate President this coming election cycle. I understand the criticality that the role of Faculty Senate President has for the faculty, staff and students that they represent. I am confident that my experience has prepared me for this role.

I believe strongly in leadership through service to others, this is evident in my years of professional and academic service at all levels throughout my career. I served Kansas State since arriving in 2015, starting as the Program Director for the Athletic Training Program in the College of Health and Human Sciences from 2015-2024. I was responsible for the undergraduate accredited professional program and for the development of the new graduate professional program. I successfully led the program application through the approval process at KSU, KBOR, and external professional accreditation. This process provided me an opportunity to engage with many leaders across colleges, committees, and university administration.

In addition to my job, I have served in many other roles that have helped prepare me for the role of Faculty Senate President. I have served professionally as the Vice-President, President, and Past-President for the Kansas Athletic Trainers Society and as a Executive Board Member for the Mid-America Athletic Trainers' Association. I have served as a faculty senator and co-chair of the Academic Affairs Committee and co-chair of the Faculty Senate Committee on Technology. As co-chair for these committees, I have had the opportunity to work with many great senators and leaders while serving on the Faculty Senate Executive Committee and Faculty Senate Leadership Council. Through this work, I have gained experience, understanding, and great appreciation in the need for continued service and shared governance at K-State during this current time of change.

I take pride in my service work. I believe that listening, engaging, communicating and advocating for others is essential for good leadership. I appreciate the opportunities that I have had as a faculty senator and look forward to the opportunity to continue my service to Kansas State University and the Faculty, Staff and Students that I would be represent.

Respectfully,

Phillip Vardiman, PhD, LAT, ATC
Associate Professor
School of Health Sciences

ABBREVIATED CURRICULUM VITAE

Phillip Vardiman, PhD, LAT, ATC

EDUCATION

PhD 2006 Exercise Science, University of Arkansas, Fayetteville, Arkansas
MS 1998 Exercise Science, Oklahoma State University, Stillwater, Oklahoma
BS 1996 Athletic Training, Park University, Parkville, Missouri

ACADEMIC EMPLOYMENT HISTORY

July 2015- Present Associate Professor Kansas State University
July 2015-August 2024 Program Director, Athletic Training, Kansas State University
August 2014-2015 Associate Professor, Director, Athletic Training Program University of Kansas
August 2007-2013 Assistant Professor, Clinical Education Coordinator, University of Kansas
August 2005-2007 Instructor, Clinical Coordinator, University of Kansas
August 2000-2005 Instructor/ Athletic Trainer, University of Arkansas
August 1998-2000 Instructor/ Athletic Trainer, Park University

TEACHING EXPERIENCE AT KANSAS STATE UNIVERSITY

Foundations of Injury Prevention & Performance	Well-being Mind and Body
Care and Prevention (online)	Pathophysiology
Graduate Level Research Methods	Rehabilitation Techniques II
Clinical Therapeutic Interventions II	Durable Medical Equipment,
Rehabilitation Techniques I	Clinical Therapeutic Interventions I
Introduction to Therapeutic Interventions I	Professional Preparation AT Spring
General Medical Conditions	Advanced Athletic Training
Care and Prevention of Athletic Injuries	Therapeutic Modalities
Administration of Athletic Training	

SELECTED HONORS AND AWARDS

2026- Mid America Athletic Trainers' Association Hall of Fame
2025- Kansas State University Wildcat Watchtower Award
2025- Kansas Athletic Trainers' Society Hall of Fame
2024- National Athletic Trainers' Association State Excellence in Leadership Award
2024- Mid America Athletic Trainers' Association Isrow Above and Beyond the Call of Duty Award
2022- Mid America Athletic Trainers' Association Most Distinguished Athletic Trainer Award
2019- National Athletic Trainers' Association Most Distinguished Athletic Trainer Award
2019- First Infantry Division, US Army Fort Riley, KS Distinguished Trooper Award
2019- Mid America Athletic Trainers' Association Educator of the Year Award
2016- Kansas Athletic Trainers' Society Athletic Trainer of the Year
2016- Department of the Army Commander's Service Award
2015- National Athletic Trainers' Association Athletic Training Service Award
2012- Big XII Fellowship

SELECTED UNIVERSITY AND COLLEGE SERVICE AT KANSAS STATE UNIVERSITY

- Chair-School of Health Sciences Tenure and Promotion Handbook work group (2025)
- Co-chair Faculty Senate Committee on Technology (2022-present)
- Co-Chair Faculty Senate Academic Affairs Committee (Co-Chair, 2020-2021)
- Faculty Senate Leadership Committee (2020-Present)
- Faculty Senate Executive Committee (2020-Present)
- Institutional Review Board (January 2023- present)
- Institutional Review Board Interim Chair (2022-2023)
- KSU Representative Fort Riley Ready and Resilient Council (2018- 2021)

SELECTED PROFESSIONAL SERVICE

- National Athletic Trainers' Association Executive Council for Education (2025-Present)
- Kansas Athletic Trainers' Society, Past President 2024-2026, President 2021-2023 President Elect 2018-2020
- Kansas State High School Activities Association Sports Medicine Board Member 2018-2020
- Mid-America Athletic Trainers' Association District 5 Vice President 2023-2024
- Mid-America Athletic Trainers' Association District 5 Executive Board 2021-2023
- Mid-America Athletic Trainers' Association District 5 Research Grants Committee Chair, 2016- 2020
- National Athletic Trainers' Association Convention Program Committee, (June 2019-2023)
- USA Track and Field Head Athletic Trainer- Pan American Games, Lima, Peru (August 2019)
- National Athletic Trainers' Association Foundation, At-Large Director, July 2014-2020
- USOC and USA Track and Field Athletic Trainer- Olympic Games, Rio De Janeiro, August 2016

SELECTED RESEARCH PUBLICATIONS

- Newsham, K.R. and **Vardiman, J.P.** (2026). Just one more step: Foot posture and foot mobility, together, but not independently, influence dynamic balance. *Int. J Athl Ther Train* (in-press) doi: 10.1123/ijatt.2024-0131
- Siedlik, J. A., Deckert, J.A., Dunbar, A.J., Bhatta, A., Gigliotti, N.M., Chan, M.A., Benedict, S.A., Bubak, M., **Vardiman, J.P.**, Gallagher, P.M. (2025). Acute high-intensity exercise enhances T cell proliferation compared to moderate-intensity exercise. *Appl. Physiol. Nutr. Metab.* 1(50), 1-12. doi: 10.1139/apnm-2024-0420
- Pearson JR, Moodie N, Stout KW, Hawkins WC, Matuszek M, Graham ZA, Siedlik JA, **Vardiman JP**, Gallagher PM. (2023) Similar Responses in the Akt/Protein Kinase B Signaling Pathway Following Different Lower-Body Exercise Volumes in Recreationally Active Men. *J Strength Cond Res.* 37(5), 1034-1041. doi: 10.1519/JSC.0000000000004363
- Siedlik JA, Deckert JA, Clopton AW, Herda TJ, Weir JP, Gallagher PM, **Phillip Vardiman J.** (2022) Change in measures of moral function following acute bouts of Marine Corps Martial Arts Training. *Stress Health.* 38(3):534-543.
- Siedlik, J. A, Deckert, J. A., Benedict, S. H., Bhatta, A., Dunbar, A.J., **Vardiman, J.P.** & Gallagher, P. M. (2017) T cell activation and proliferation following acute exercise in human subjects is altered by storage conditions and mitogen selection. *Immunological Methods* 446, 7-14.
- Siedlik, J.A., Benedict, S.H., Landes, E.J., **Vardiman, J.P.**, & Gallagher, P.M., (2016) Acute bouts of exercise induce a suppressive effect on lymphocyte proliferation in human subjects: A meta-analysis. *Brain Behav Immun.* 56, 343-51. doi: 10.1016/j.bbi.2016.04.008.
- Trevino, M.A., Herda, T.J., Fry, A.C., Gallagher, P.M., **Vardiman, J.P.**, Mosier, E.M., & Miller, J.D. (2016) Influence of the contractile properties of muscle on motor unit firing rates during a moderate-intensity contraction in vivo. *J Neurophysiol* 116(2); 552-62. doi: 10.1152/jn.01021.2015.
- Trevino, M. A., Herda, T. J., Fry, A. C., Gallagher, P. M., **Vardiman, J.P.**, Mosier, E. M., & Miller, J. D. (2016) The influence of myosin heavy chain isoform content on mechanical behavior of the vastus lateralis in vivo. *Journal of Electromyography and Kinesiology* 28,143-51. doi:10.1016/j.jelekin.2016.04.005.

SELECTED PRESENTATIONS

- Phillip Vardiman** and Aric Warren, Helping your patients reach their goals Advanced IASTM Techniques for the extremities, Mid-America Athletic Trainers' Association Annual Meeting, Des Moines, IA (March 20, 2026,
- Phillip Vardiman** and Aric Warren, Cupping Therapy: A Spot on Treatment. Advanced Cupping Therapy Applications. National Athletic Trainers Association Annual Symposium, Orlando, FL (June 24, 2025)
- Phillip Vardiman**, Cupping Therapy. Extension for Community Healthcare Outreach (ECHO) Athletic Training Sports Medicine Seminar. Online Presentation (April 23, 2025)
- Phillip Vardiman** and Mark Haub. Workforce Heat Safety: Strategies for Prevention. Southeast Kansas Incorporation, Healthcare Seminar, Humboldt, KS (April 30, 2025)
- Phillip Vardiman** and Aric Warren, Helping Your Patients Reach Their Goals: Advanced IASTM Techniques For The Extremities, National Athletic Trainers Association Annual Symposium, New Orleans, LA (June 25, 2024)
- Phillip Vardiman**, Reporting for Duty: Athletic Trainers in the Military, Missouri Athletic Trainers' Association Annual Meeting, Columbia, MO (June 8, 2024)
- Phillip Vardiman**, Advanced Application Techniques in Blood Flow Restriction Therapy, Wichita Sports Medicine Symposium, Wichita, KS (June 3, 2023)
- Phillip Vardiman** and Molly Ryan. Building a Concussion Management Team in the Secondary School Setting. Kansas Athletic Trainers' Associations Annual Symposium, Lawrence, KS (November 13, 2022)