Jason M. Mensinger MEd, ATC, PES, CES is a faculty member in the Athletic Training Education Program at Neumann University and also teaches courses in the Strength and Conditioning Minor. He is a Certified Athletic Trainer through the National Board of Certification and licensed through the state of Pennsylvania. In addition to his Athletic Training Certification, he is a certified Performance Enhancement Specialist and Corrective Exercise Specialist from the National Academy of Sports Medicine. Jason received his undergraduate degree in Athletic Training from King’s College and his Master of Education from Alvernia University. While at King’s, Jason did a summer training camp internship with the Philadelphia Eagles. Prior to his appointment at Neumann University, Jason served as Assistant Athletic Trainer and Strength and Conditioning Coordinator at Alvernia University, while also teaching courses in their Athletic Training Education Program as an adjunct professor. He is a member of the National Athletic Trainers’ Association, Pennsylvania Athletic Trainers’ Society, and Eastern Athletic Trainers’ Association. His research interests include biomechanics and injury prevention for the knee and lumbar spine. He also researches various topics in the areas of physical preparation for sport.

Instructor for the following courses:
ATR 440: Biomechanics
ATR 445: Biomechanics Lab
ATR 310: Health/Disease Prevention
ATR 330: Therapeutic Modalities
ATR 350: Pathophysiology And Pharmacology for ATR
ATR 220: Emergency Response: First Aid And CPR
ATR 260: Exercise Technique and Prescription
ATR 270: Program Design In Strength And Conditioning

Recent publications:


Stephen J. Thomas, PhD, ATC, Assistant Professor. Dr. Thomas received his undergraduate and masters degrees in Athletic Training from Temple University. He then received his PhD in Biomechanics & Movement Science from the University of Delaware. Prior to working at Neumann University, Dr. Thomas performed a post-doctoral fellowship at the University of Pennsylvania in the Department of Orthopaedic Surgery and Biomedical Engineering, where he received a Ruth L. Kirschstein Research Grant from the National Institute of Health. He has served on several national committees and is currently the Chair of the Research Committee for