



University of Wisconsin
SCHOOL OF MEDICINE
AND PUBLIC HEALTH

Andrew Watson. M.D, M.S.

Personal Data

Department of Orthopedics and Rehabilitation
Department of Pediatrics
University of Wisconsin School of Medicine and Public Health
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Education

Undergraduate

Trinity University, San Antonio, TX
May 1996, Philosophy (Major) and Physics (Minor)
Bachelor of Arts

Graduate School

West Texas A&M University, Canyon, TX
June 2006, Biology
Master of Science

Medical School

University of Texas Medical Branch, Galveston, TX
June 2010, Medicine
Doctor of Medicine

Residency

Monroe Carell Jr. Children's Hospital at Vanderbilt
June 2013, Pediatrics
Residency

Postgraduate/Fellowship

University of Wisconsin, Madison, WI
June 2014, Sports Medicine
Fellowship

University of Wisconsin, NRSA Primary Care Research Fellowship, Madison, WI
June 2015, Pediatric Exercise Physiology
Post-doctoral Research Fellowship

Approved August 3, 2010

*All sections may not apply to all faculty members. If a section does not apply, either omit or note "Not Applicable."
Applies to: Candidates for Appointment & Promotion to Associate & Full Professor on CHS & C-T tracks; Promotion to Full Professor on Tenure Track*

Licensure

2013-present Wisconsin Medical License # 60364

Certification

2014 Certificate of Added Qualification in Sports Medicine, *American Board of Pediatrics*
2013 Board Certification in General Pediatrics, *American Board of Pediatrics*
2013 American Red Cross CPR/AED for Health Care Providers
2010 National Board of Medical Examiners

Present Appointment/Position

2015-present *Assistant Professor*
University of Wisconsin-Madison, Madison, WI
Department of Orthopedics and Rehabilitation
Division of Sports Medicine

2014-present *Team Physician*
University of Wisconsin-Madison, Madison, WI.
Division of Intercollegiate Athletics

Past Appointments/Positions

2014-2015 *Clinical Instructor*
University of Wisconsin Hospital and Clinics,
Department of Orthopedics and Rehabilitation
Division of Sports Medicine

Professional Society Memberships

Fellow, American Academy of Pediatrics (2010-present)
Council on Sports Medicine and Fitness (2013-present)

American Medical Society for Sports Medicine (2012-present)
Member, Research Committee (2013-present)
Member, Pediatric Sports Medicine Special Interest Group (2013-present)

American College of Sports Medicine (2013-present)

Honors and Awards

2017 Oded Bar-Or Award, American Academy of Pediatrics National Conference, Council on Sports Medicine and Fitness: Watson A, Brickson S, Kliethermes S. Sport Specialization Is Associated with Impaired Sleep and Subjective Well-Being in Female Youth Athletes.

2016 Oded Bar-Or Award, American Academy of Pediatrics National Conference, Council on Sports Medicine and Fitness: Watson A, Brickson S, Brooks A, Dunn W. Training Load and Well-Being Predict In-Season Injury and Illness in Female Youth Athletes.

- 2014 Harry Galanty Young Investigator Award, American Medical Society for Sports Medicine: Watson A, Eickhoff J, Nemeth B, Carell A. BMI and VO_{2max} , but Not Body Fat Percentage, Are Independently Related to Insulin Sensitivity in Non-Obese Children.
- 2013 David Karzon Resident Research Award, Vanderbilt Department of Pediatrics
- 2013 Resident Scholarship Award, American Medical Society for Sports Medicine
- 2012 David Karzon Resident Research Award, Vanderbilt Department of Pediatrics
- 2010 Graduation with Highest Honors, UTMB School of Medicine
- 2010 Distinguished Student Award, UTMB Department of Pediatric
- 2010 Honors in Research in Public Health, UTMB School of Medicine: Watson A, Smith K. Quality of Life and Symptom Distress Among Patients in Prison Hospice Care.
- 2009 Alpha Omega Alpha Honor Medical Society, Junior Year Inductee, UTMB School of Medicine
- 2009 Excellence in Student Teaching Award, UTMB School of Medicine
- 2003 Graduate Assistantship, Human Performance Laboratory, Department of Sports and Exercise Sciences, West Texas A&M University
- 2001 United States Soccer Federation "A" Coaching License
- 2000 United States Soccer Federation National Youth Coaching License

Grant Support

Current

Title: The Effects of Cardiovascular Fitness and Body Composition on Cardiac Size and Function in Children (KL2)

Source: University of Wisconsin Institute for Clinical and Translational Research

Amount: \$100,000 annually

Year(s): 7/1/2018-6/30/2020

PI: Watson

Role: PI

Effort: 75%

The goal of this study is to determine how cardiorespiratory fitness and body composition independently influence cardiac morphology, systolic and diastolic function at rest and during exercise in children using cardiac MRI.

Title: The Impact of Sport Specialization on Injury and Illness in Youth Athletes

Source: AMSSM Foundation

Amount: \$20,761

Year(s): 2/15/2017-2/15/2018

PI: Watson

Role: Co-PI

Effort: 1%

The goal of this study is to determine if sport specialization is an independent risk factor for injury and illness among middle school children while controlling for the effects of

previous injury history, volume of sport participation, age, gender, and sleep.

Title: Is Sport Specialization an Independent Risk Factor for Injury in Youth Athletes? A Prospective Study
Source: American Medical Society for Sports Medicine Foundation
Amount: \$4650
Year(s): 2016/08/01-2017/07/31
PI: Watson
Role: PI
Effort: 1%

The goal of this study is to identify the independent influences of sport specialization, subjective well-being, and training volume on injury risk within a group of adolescent female soccer players.

Title: Independent Risk Factors for Injury and Illness in Youth Athletes: A 2-year Prospective Study
Source: Sports Medicine Classic Fund, University of Wisconsin School of Medicine and Public Health, Department of Orthopedics and Rehabilitation
Amount: \$23,534
Year(s): 2016/04/01-2018/03/31
PI: Watson
Role: PI
Effort: 1%

The goal of this study is to prospectively evaluate the independent influences of gender, sport specialization, growth rate, wellness (fatigue, stress, mood, sleep), and training load on in-season injury and illness in adolescent athletes.

Pending

Title: The Independent Effects of Physical Fitness and Body Composition on Cardiac Morphology and Function in Children
Source: Wisconsin Partnership Program
Amount: \$200,000 (\$100,000 per year)
Year(s): 2018-2020
PI: Watson
Role: PI

The goal of this study is to support the above KL2 award to evaluate the independent influences of body composition and physical fitness on cardiac size and function at rest and during exercise in children.

Major Past Awards

Title: Identifying the Mechanisms of Maturation Differences in Fitness Development in Children
Source: Sports Medicine Classic Fund, University of Wisconsin School of Medicine and Public Health, Department of Orthopedics and Rehabilitation
Amount: \$25,000
Year(s): 2014/04/01-2016/03/31
PI: Watson
Role: PI

The goal of this study is to define how the response to exercise training varies as children progress through adolescence, and to identify the underlying mechanisms responsible.



Title: Identifying the Mechanisms of Maturational Differences in Fitness Development in Children
Source: Scholarly Small Grant, University of Wisconsin School of Medicine and Public Health,
Department of Family Medicine
Amount: \$10,000
Year(s): 2014/12/01-2015/12/01
PI: Watson
Role: PI

The goal of this study is to define how the response to exercise training varies as children progress through adolescence, and to identify the underlying mechanisms responsible.

Publications

Refereed Articles

1. **Watson AM**, Brickson S. Impaired Sleep Mediates the Negative Effects of Training Load on Subjective Well-Being in Female Youth Athletes. *Sports Health*. 2018 May/June 10(3):244-9.
2. Post EG, Trigsted SM, Schaefer DA, Cadmus-Bertram LA, **Watson AM**, McGuine TA, Brooks MA, Bell DR. Knowledge, Attitudes, and Beliefs of Youth Sports Coaches Regarding Sport Volume Recommendations and Sport Specialization.. *J Strength Cond Res*. 2018 Feb (ePub ahead of print).
3. Bell DR, Post EG, Trigsted SM, Schaefer DA, McGuine TA, **Watson AM**, Brooks MA. Sport Specialization Characteristics Between Rural and Suburban High School Athletes. *Orthop J Sports Med*. 2018 Jan (ePub ahead of print).
4. Brooks MA, Post EG, Trigsted SM, Schaefer DA, Wichman DM, Watson AM, McGuine TA, Bell DR. Knowledge, Attitudes, and Beliefs of Youth Club Athletes Toward Sport Specialization and Sport Participation. *Orthop J Sports Med*. 2018 (ePub ahead of print).
5. Haraldsdottir K, **Watson A**, Goss K, Beshish A, Pegelow D, Palta M, Tetri L, Barton G, Brix M, Centanni R, Eldridge M. Impaired Autonomic Function in Adolescents Born Preterm. *Phys Rep* (in press).
6. Post EG, Green NE, Schaefer DA, Trigsted SM, Brooks MA, McGuine TA, **Watson AM**, Bell DR. Socioeconomic Status of Parents with Children Participating on Youth Club Sport Teams. *Phys Ther Sport* (under review).
7. Brooks MA, Post EG, Trigsted SM, Schaefer DS, Wichman DM, **Watson AM**, McGuine TA, Bell DR. Knowledge, Attitudes, and Beliefs of Youth Club Athletes Towards Sport Specialization and Sport Participation.
8. **Watson A**. Sleep and Athletic Performance. *Curr Sports Med Rep*. 2018 Nov/Dec 16(6):413-18.
9. **Watson A**, Coutinho C, Haraldsdottir K, Brickson S, Dunn W, Eldridge M. In-Season Changes in Ventricular Morphology and Function in Adolescent Female Athletes Is Not Related to Physical Maturity. *Eur J Sports Sci* 2018 Feb 12: 1-7.
10. Coutinho C, **Watson A**, Brickson S, Sanfilippo J. Maximal Heart Rate Varies Across Laboratory, Field Testing, Training, and Match Conditions Among Female Athletes. *J Human Sport Exerc*. 2017: 12:386-95.
11. Haraldsdottir K, Brickson S, Sanfilippo J, Dunn W, **Watson A**. In-Season Changes in Heart Rate

Recovery Are Inversely Related to Time to Exhaustion but not Aerobic Capacity in Collegiate Rowers. *Scand J Med Sci Sports*. 2018;28:418-424.

12. **Watson A.** Sleep and Athletic Performance. *Curr Sports Med Rep*. 2017;16:413-8.
13. **Watson A,** Brickson S, Brooks A, Dunn W. Pre-Season Aerobic Fitness Predicts In-Season Injury and Illness in Female Youth Athletes. *Ortho J Sports Med*. 2017 (Epub ahead of print).
14. **Watson A,** Brickson S, Sanfilippo J. Short-Term Heart Rate Recovery is Related to Aerobic Fitness Among Elite Intermittent Sport Athletes. *J Str Cond Res* 2017; 31:1055-61.
15. **Watson A,** Brindle J, Allee T, Brickson S, Sanfilippo J. Pre-Season Fitness Is Related to In-Season Injury Risk in Collegiate Soccer Players. *Clin J Sports Med*. 2017;27:302-7.
16. **Watson A,** Brickson S, Brooks A, Dunn W. Subjective Well-Being and Training Load Predict In-Season Injury and Illness in Female Youth Soccer Players. *Br J Sports Med*. 2017; 51(3):194-9.
17. **Watson A,** Liem R, Lu Z, Saville B, Acri S, Shankar S, Buchowski M. Longitudinal Differences in Maximal Aerobic Capacity Between Children with Sickle Cell Anemia and Matched Controls. *Pediatr Blood Cancer* 2015;62:648-53.
18. **Watson A,** Eickhoff J, Nemeth B, Carell A. In Non-Obese Children, BMI and Fitness Are Independently Related to Insulin Sensitivity. *Pediatr Exerc Sci* Apr 2015;27:203-7.
19. Ghannad A, **Watson A,** Brooks M, LaBella C. Musculoskeletal Injuries Not To Miss in Teens. *Adolesc Med State Art Rev* 2015;26:53-78.
20. **Watson AM,** Kannankeril PJ, Meredith MI. Sudden Cardiac Arrest and Emergency Response Planning in High Schools After Automated External Defibrillator Legislation. *J Pediatr* 2013;163:1624-7.
21. Meredith MI, **Watson AM,** Kannankeril PJ, Gregory A, Givens TG, Abramo MT. Sudden Cardiac Arrests, Automated External Defibrillators and Medical Emergency Response Plans in Tennessee High Schools. *Ped Emer Care* 2013;29:352-6.
22. **Watson A,** Saville B, Zengji L, Walsh W. It's Not the Ride: Inter-Hospital Transport Is Not an Independent Risk Factor for Intraventricular Hemorrhage Among Very Low Birth Weight Infants. *J Perinatol* 2013;33:366-70.
23. Qiao J, Lee S, **Watson A,** Karam J, Evers BM, Chung DH. Akt2 Regulates Gastrin-Releasing Peptide Receptor-Induced Tumorigenesis and Metastatic Potential in Neuroblastoma. *J Surg Res* 2010; 158: 333.
24. **Watson AM,** Miller L, Dawkins M, Lorenz C, Latman NS. Evaluation of Validity of the PMI FIT 2000-3 Fitness-for-Duty/Impairment Screener. *J Clin Engin* 2006; 31: 206-12.

Non-Refereed Articles

1. **Watson D.** Knee Pain and Fever in a Cross Country Runner. American Medical Society for Sports Medicine Website. http://www.amssm.org/knee_pain_and_fever_in_a_c-sa-134.html?StartPos=60&Part=. Updated June 2014.
2. **Watson A.** Knee Pain: How to Choose the Right Knee Brace for Your Child. American Academy of Pediatrics Website. <http://www.healthychildren.org/English/health-issues/injuries->

[emergencies/sports-injuries/Pages/Knee-Pain-and-braces.aspx](https://www.wisc.edu/emergencies/sports-injuries/Pages/Knee-Pain-and-braces.aspx). Updated May 29, 2014.

Chapters in Books

1. **Watson A**, Dunn W. Being a Team Physician and Ethics in Sports Medicine. In: Miller M, Ed. *Orthopedic Knowledge Update: Sports Medicine*, 5th ed. Rosemont, IL. 2015.

Technical Reports/Other Publications

1. **Watson A**, Njaanes J; Council on Sports Medicine and Fitness; Council on School Health. Injuries in Youth Soccer. Invited author, currently being written.

Abstracts

1. **Watson AM**, Brickson S, Rizzone K. Sport Specialization Is Not Associated with Increased Illness in Adolescent Female Soccer Players. Podium Presentation at American Medical Society for Sports Medicine Annual Meeting; Orlando, FL, April 2018.
2. Domeyer T, **Watson AM**. Acute Sleep Loss, but not Chronically Decreased Sleep, Predicts In-Season Illness in Female Youth Athletes. Podium Presentation at American Medical Society for Sports Medicine Annual Meeting; Orlando, FL, April 2018
3. Post EG, Trigsted SM, Schaefer DA, Cadmus-Bertram LA, **Watson AM**, McGuine TA, Brooks MA, Bell DR. The Effect of Sport Specialization, Oversue Injury, and Travel on Daytume Sleepiness in Youth Athletes. Presentation at Annual National Athletic Trainers Association Meeting-Symposium; New Orleans; LA, June 2018.
4. Post EG, Trigsted SM, Schaefer DA, Cadmus-Bertram LA, **Watson AM**, McGuine TA, Brooks MA, Bell DR. Knowledge, Attitudes, and Beliefs of Youth Sports Coaches Regarding Sport Volume Recommendations and Sport Specialization. Oral presentation at Pediatric Research in Sports Medicine Annual Meeting; Plantation, FL, January 2018.
5. **Watson A**, Brickson S, Kliethermes S. Sport Specialization Is Associated with Impaired Sleep and Well-Being in Female Adolescent Athletes. Podium Presentation at American Academy of Pediatrics National Conference and Exhibition; Chicago, IL, September 2017.
6. **Watson A**, Brickson S, Dunn W. Chronic Training Load, but Not Stress or Sleep, Predicts In-Season Illness in Female Youth Athletes. Poster Presentation at American College of Sports Medicine Annual Meeting; Denver, CO, May 2017.
3. Coutinho C, Brickson S, Haraldsdottir K, **Watson A**. Changes in VO₂max Are Not Associated with Ventricular Morphology or Function in Female Youth Athletes. Poster Presentation at American College of Sports Medicine Annual Meeting; Denver, CO, May 2017.
4. Haraldsdottir K, **Watson A**, Beshish A, Tetri L, Goss K, Eldridge M. Adolescent Children Born Preterm Have an Inhibited Stroke Volume and Cardiac Output Response to Exercise. Poster Presentation at American College of Sports Medicine Annual Meeting; Denver, CO, May 2017.
5. Ziegler Z, Brickson S, Sanfilippo J, **Watson A**. Maximal Heart Rate Varies Across Laboratory, Field Testing, and Competition Among Collegiate Female Hockey Athletes. Poster Presentation at American College of Sports Medicine Annual Meeting; Denver, CO, May 2017.
6. **Watson A**, Brickson S, Dunn W. Increased Sleep Minimizes the Effect of Acute Training Load on Well-Being in Female Youth Athletes. Poster Presentation at American Medical Society for Sports

Medicine Annual Meeting; San Diego, CA, May 2017.

7. Olewinski L, Brickson S, Dunn A, **Watson A**. Increases in Acute on Chronic Training Load Have a Negative Impact on Sleep in Female Youth Athletes. Poster Presentation at American Medical Society for Sports Medicine Annual Meeting; San Diego, CA, May 2017.
8. Brown M, Brickson S, **Watson A**. Establishing an Optimal Pre-Season Aerobic Fitness Measure to Predict In-Season Injury in College Athletes. Poster Presentation at American Medical Society for Sports Medicine Annual Meeting; San Diego, CA, May 2017.
9. Devries T, Brickson S, **Watson A**. Soreness Potentiates the Effect of Training Load on Injury Risk in Female Youth Athletes. Podium Presentation at American Medical Society for Sports Medicine Annual Meeting; San Diego, CA, May 2017.
10. Haraldsdottir K, Tetri L, **Watson A**, Beshish A, Goss K, Eldridge M. Blunted Stroke Volume Response in Exercise in Adolescent Children Born Preterm. Poster Presentation at Experimental Biology Annual Meeting; Chicago, IL, April 2017.
11. **Watson A**, Brickson S, Haraldsdottir K. Pre-Season Aerobic Fitness Predicts In-Season Injury and Illness in Female Youth Athletes. Poster presentation at Pediatric Research in Sports Medicine Annual Meeting; Dallas, TX, January 2017.
12. **Watson A**, Brickson S, Brooks A, Dunn W. Training Load and Well-Being Predict In-Season Injury and Illness in Female Youth Athletes. Podium presentation at American Academy of Pediatrics National Conference and Exhibition; San Francisco, CA, October 2016.
13. **Watson A**, Coutinho C, Haraldsdottir K, Brickson S, Dunn W, Eldridge M. In-Season Changes in Ventricular Morphology and Function in Adolescent Female Athletes Is Not Related to Physical Maturity. Poster presentation at American Academy of Pediatrics National Conference and Exhibition; San Francisco, CA, October 2016.
14. **Watson A**, Brickson S, Coutinho C, Sanfilippo J. Aerobic Capacity is Predicted by Ventricular Size but not Function in Female Youth Athletes. Oral Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:344.
15. Haraldsdottir K, Brickson S, Sanfilippo J, **Watson A**. In-Season Changes in Heart Rate Recovery Are Related to Time to Exhaustion but not Aerobic Capacity in Collegiate Rowers. Poster Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:292.
16. Ziegler Z, Brickson S, Sanfilippo J, **Watson A**. In-Season Changes in Heart Rate Recovery Are Not Related to Aerobic Capacity in Elite Intermittent Sport Athletes. Poster Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:292.
17. Brickson S, Coutinho C, Sanfilippo J, **Watson A**. Arteriovenous Oxygen Difference Is a Stronger Predictor of Aerobic Fitness than Stroke Volume in Female Youth Athletes. Poster Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:434.
18. Coutinho C, Brickson S, **Watson A**. Comparison of Objective and Subjective Training Load in Female Youth Soccer Players. Poster Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:790.



19. Meassick J, Brickson S, Sanfilippo J, **Watson A**. Body Composition, but not Gender, Predicts In-Season Change in Aerobic Fitness in Collegiate Athletes. Poster Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:434.
20. Moses T, Coutinho C, Sanfilippo J, **Watson A**. Normalizing VO₂max to Body Composition Eliminates the Gender Difference in Collegiate Soccer and Hockey Athletes. Poster Presentation at American College of Sports Medicine National Meeting; Boston, MA, May 2016. *Med Sci Sports Exerc*; May 2016;48:996.
21. Hammer E, Sanfilippo J, **Watson A**. Preseason Fitness Is Related to In-Season Injury Risk in Collegiate Hockey Players. Poster Presentation at American Medical Society for Sports Medicine National Meeting; Dallas, TX, April 2016.
22. **Watson A**, Haraldsdottir K, Brickson S, Dunn W, Eldridge M. Aerobic Fitness is Predicted by Ventricular Size but not Function In Female Youth Athletes. Poster Presentation at American Medical Society for Sports Medicine National Meeting; Dallas, TX, April 2016.
23. **Watson A**, Brickson S, Dunn W. Self-Reported Measures of Training Load and Well-Being Are Independent Predictors of Injury in Youth Soccer Players. Oral Presentation at American Medical Society for Sports Medicine National Meeting; Dallas, TX, April 2016.
24. **Watson A**, Brickson S, Sanfilippo J. Is Heart Rate Recovery Independently Related to Aerobic Fitness Among Elite Athletes? Podium Presentation at American College of Sports Medicine National Meeting; San Diego, CA, May 2015.
25. Lavine E, **Watson A**, Brickson S, Sanfilippo J. Heart Rate Recovery Varies by Sport and Position, but Not Gender, Among Collegiate Athletes. Poster Presentation at American College of Sports Medicine National Meeting; San Diego, CA, May 2015.
26. Coutinho C, **Watson A**, Brickson S, Sanfilippo J. Maximal Heart Rate Varies Across Laboratory, Field Testing, Training, and Match Conditions Among Female Athletes. Poster Presentation at American College of Sports Medicine National Meeting; San Diego, CA, May 2015.
27. **Watson A**, Carell A. Submaximal Fitness Testing Is a Stronger Predictor of Fasting Insulin than Body Composition in Overweight Children and Non-Obese Males. Podium Presentation at American Medical Society for Sports Medicine National Meeting; Hollywood, FL, April 2015.
28. **Watson A**, Brindle J, Allee T, Brickson S, Sanfilippo J. Pre-Season Fitness Is Related to In-Season Injury Risk in Collegiate Soccer Players. Poster Presentation at American Medical Society for Sports Medicine National Meeting; Hollywood, FL, April 2015.
29. **Watson A**, Eickhoff J, Nemeth B, Carell A. BMI, But Not School-Based Fitness Testing, Is Independently Related to Insulin Sensitivity in Non-Obese Children. Poster presentation at American Academy of Pediatrics National Conference and Exhibition; San Diego, CA, October 2014.
30. **Watson A**, Eickhoff J, Nemeth B, Carell A. BMI and VO₂max, but Not Body Fat Percentage, Are Independently Related to Insulin Sensitivity in Non-Obese Children. Podium presentation at American Medical Society for Sports Medicine National Meeting; New Orleans, LA, April 2014.
31. **Watson AM**, Wilson JJ. Insidious Vision Loss in a Collegiate Football Player. Podium presentation at American Medical Society for Sports Medicine National Meeting; New Orleans, LA, April 2014.

32. **Watson AM**, Lu Z, Saville B, Liem R, Buchowski M. Physiological Determinants of Aerobic Capacity in Sickle Cell Anemia. Poster presentation at American Medical Society for Sports Medicine National Meeting; San Diego, CA, April 2013.
33. **Watson AM**, Kannankeril PJ, Meredith MI. Sudden Cardiac Arrest and Emergency Response Planning in High Schools After Automated External Defibrillator Legislation. Poster presentation at American Academy of Pediatrics National Conference and Exhibition; New Orleans, LA, October 2012.
34. **Watson AM**. Knee Pain and Fever in a Cross-Country Runner. Poster presentation at American Medical Society for Sports Medicine National Meeting; Atlanta, GA, April 2012.
35. **Watson AM**, Kannankeril PJ, Meredith MI. Sudden Cardiac Arrest Outcomes and Medical Emergency Response Planning in Tennessee High Schools. Poster presentation at American Medical Society for Sports Medicine National Meeting; Atlanta, GA, April 2012.
36. **Watson AM**, Kannankeril PJ, Meredith MI. Sudden Cardiac Arrest Outcomes and Medical Emergency Response Planning in Tennessee High Schools. Poster presentation at American Academy of Pediatrics National Conference and Exhibition; Boston, MA, November 2011.
37. **Watson AM**, Meyers MC. Anaerobic Capacity of Division II Football Athletes. Poster presentation at Rocky Mountain Chapter of American College of Sports Medicine; Frisco, CO, February 2004.
38. **Watson AM**, Meyers MC. Anaerobic Capacity of Division II Football Athletes. Poster presentation at Texas Chapters of American College of Sports Medicine; Tyler, TX, March 2004.

Invited Research Presentations

Local/ Regional

- Using Big Data to Improve Performance and Reduce Risk in Athletes. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2017.
- Conservative Management of Achilles Tendon Injuries. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2017.
- Injury and Illness Prevention Through In-Season Monitoring. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2016.
- Vision Loss in a Collegiate Football Athlete. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2016.
- Knee Pain and Fever in an Adolescent Cross Country Runner. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2015.
- Bucky on a Treadmill: Sports Physiology Research at the University of Wisconsin. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2015.
- Maturation Differences in Fitness Development in Children. University of Wisconsin Sports Medicine Symposium; Madison, WI, May 2014.

National/International

Approved August 3, 2010

*All sections may not apply to all faculty members. If a section does not apply, either omit or note "Not Applicable."
Applies to: Candidates for Appointment & Promotion to Associate & Full Professor on CHS & C-T tracks; Promotion to Full Professor on Tenure Track*

Real-Time Injury Prevention in Athletes. Invited presentation at Big Sky Athletic Training Sports Medicine Conference; Big Sky, MT, February 2018.

How to Fund Your Research Study. Invited presentation at American Medical Society for Sports Medicine Fellows Leadership Conference; Denver, CO, 2017.

Pursuing Community Based Sports Medicine Research. Invited presentation at American College of Sports Medicine Annual Meeting; Denver, CO 2017.

Using “Big Data” to Enhance Performance and Reduce Risk in Athletes. Invited presentation at Big Sky Athletic Training Sports Medicine Conference; Big Sky, MT, February 2017.

Community Based Sports Medicine Research: Getting Started. Invited presentation at American College of Sports Medicine Annual Meeting; San Diego, CA, 2016.

Educational Activities & Presentations

Classroom Teaching

2013-present Lecturer, Department of Kinesiology, University of Wisconsin, Kinesiology 457:Medical Aspects of Exercise and Sport – undergraduate athletic training students

2013-present Instructor, UWSMPH, Department of Family Medicine, Musculoskeletal OSCE – Family Medicine Residents

2014-present Instructor, UWSMPH, Department of Family Medicine

2017-present Instructor, UWSMPH, Patient, Doctor and Society – 2nd year medical students

CME Presentations

Departmental

Real-Time Injury Prevention in Athletes. University of Wisconsin Department of Orthopedics and Rehabilitation Grand Rounds; January 2018.

Sleep, Health and Performance in Athletes. University of Wisconsin Department of Orthopedics and Rehabilitation Sports Medicine Conference; November 2017.

Is Endurance Exercise Good for Your Heart? University of Wisconsin Department of Orthopedics and Rehabilitation Sports Medicine Conference; November 2016.

Can We Improve Athletic Performance and Child Health? University of Wisconsin Department of Orthopedics and Rehabilitation Sports Medicine Conference; October 2015.

UWSMPH/Hospital

Maturation Difference in Cardiovascular Adaptation to Exercise in Children. University of Wisconsin Kinesiology Department, November 2015.

Identifying the Mechanisms of Maturation Differences in Fitness Development in Children. University of Wisconsin Department of Pediatrics Grand Rounds; Madison, WI, March, 2014.

Clinical Teaching

2017-present	Small Group Instructor, School of Medicine and Public Health, University of Wisconsin, Patient, Doctor, and Society – medical students
2014-present	Clinical Preceptor, Department of Orthopedics and Rehabilitation, University of Wisconsin, UW Health Sports Medicine Clinics, Research Park and The American Center (athletic training students, medical students, physical therapy students, Peds, FM, IM, ER residents, SM fellows)
2014-present	Clinical Preceptor, Division of Intercollegiate Athletics, University of Wisconsin, McClain Sports Medicine Center (athletic training students, sports medicine fellow)
2014-present	Clinical Preceptor, Division of Intercollegiate Athletics, University of Wisconsin, UW Athletics Sporting Events (athletic training students, medical residents, sports medicine fellow)
2014-2015	Clinical Preceptor, Department of Pediatrics, University of Wisconsin, UW Health Pediatric Urgent Care Clinic, University Station (medical students and pediatric residents)
2013-present	Clinical Instructor, Department of Family Medicine, University of Wisconsin-Madison, Observed Structured Clinical Exam – Family Medicine residents

Mentoring

Current

Doctoral:	Kristin Haraldsdottir, PhD (Kinesiology)
Doctoral:	Eric Post, PhD (Kinesiology)
Fellowship:	Todd Domeyer, MD (Sports Medicine)
Residency:	Matt Brown, MD (Family Medicine)
Residency:	Tom DeVries, MD (Pediatrics)

Fellowship

Sports Medicine:	Jeremy Johnson (2014-2015) Erin Hammer (2015-2016) Luci Olewinski (2016-2017)
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Residency

Pediatrics:	Tom DeVries (2016-present)
Family Medicine	Matthew Brown (2016-present)

Independent Study/Research Practicum

MD:	<i>UW Summer Shapiro Research Program for Medical Students</i> 2016: Michael Franczak	
Undergraduate:	Micah Johnson	2018
	Adnan Hossain	2018



Isak Brown	2018
Drew Richards	2018
Naren Chaudry	2017-2018
Carol Coutinho	2014-2017
Tyler Moses	2015-2017
Bradley Wagaman	2016-2017
Andrew Dossman	2016-2017
Johanna Meassick	2015-2016
Peter Van Beek	2015-2016
Zoe Ziegler	2015-2016
Jacob Brindle	2014-2015
Evan Prawda	2014-2015

Service Activities

Departmental

UWSMPH/Hospital

University of Wisconsin Division of Intercollegiate Athletics
2014-present Badger Athletic Performance Research Group

Community

FC Wisconsin Eclipse Soccer Club
2014-present Research Collaboration and Sports Medicine Advisor

Regional

National/International

- 2013-present Member, Committee on Sports Medicine and Fitness, American Academy of Pediatrics
- 2017-present Invited faculty, small group leader, and presenter, American Medical Society for Sports Medicine Fellows Leadership Conference
- 2017-present Reviewer, Young Investigator Research Grant, American Medical Society for Sports Medicine

Manuscript reviewer for the following journals:

Wisconsin Medical Journal
JAMA Pediatrics (previously Archives of Pediatric and Adolescent Medicine)
Applied Physiology Nutrition and Metabolism
Sports Health

Other Activities

Sports Medicine Event Coverage

- 2013-2014 Team Physician, Madison West High School football, Madison, WI
- 2013-present Team Physician, University of Wisconsin Intercollegiate Athletics (multiple sports)
- 2015-present Head Team Physician, University of Wisconsin Intercollegiate Athletics, Men's



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2013-present Ice Hockey, Madison, WI
2014 WIAA State Championships (multiple sports), Madison, WI
Madison Half Marathon, Madison, WI

Approved August 3, 2010

*All sections may not apply to all faculty members. If a section does not apply, either omit or note "Not Applicable."
Applies to: Candidates for Appointment & Promotion to Associate & Full Professor on CHS & C-T tracks; Promotion
to Full Professor on Tenure Track*