

CLASSIFIED SPOTLIGHT

Name: Anastasia Doan

Department: Sports Medicine Department

Position: Certified Athletic Trainer

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What does your department do?

I work in the Sports Medicine Department under Exercise Science, Health Science, Dance, and Athletics. My department helps our 500 student-athletes at Mesa College. Certified Athletic Trainers are allied health care professionals that specialize in prevention, evaluation, treatment, and rehabilitation of emergent, acute or chronic injuries and medical conditions. We are ready to take care of the everyday nuances of being a student-athlete as well as ready for any life-threatening situations that can happen on the field or court.

What do you do?

Mesa College has 21 sports, which is the biggest sports program in San Diego County. I help manage all the athlete's injuries and needs with our staff, which includes two full-times and typically 2-3 part-times. My staff prepares our athletes for all their practices and games, and are ready to act when an injury happens. We are also preceptors to athletic training students from SDSU's and PLNU's Athletic Training Education Program. As a clinical site, we teach them skills and prepare them for their futures in our profession.

Common issues you help students/staff with?

Typically students come to us if they have an orthopedic injury, but we also evaluate athletes for other medical conditions such as concussions or general medical conditions (i.e. colds, ear infections, stomach pains).

What do you like best about your job?

I enjoy the diversity that Mesa brings into the athletics department. We have had athletes ranging from the ages of 17-65 years old and it is fun to be able to work with people in different stages of their lives but all wanting to be active in a competitive way.

Fun Facts: I LOVE FOOD! My favorite is a Vietnamese dish called Bún riêu, which is a noodle soup with crab, shrimp, and tomatoes, but I enjoy cooking and baking a lot. I normally bring a lot of baked goods into the athletic training room to share.

