

# Tyler Wood, PhD, LAT, ATC

twood1@niu.edu

---

## Faculty Member and Administrative Positions Held

---

*Northern Illinois University – DeKalb, IL*

### Assistant Professor

Aug 2019 – Present

Department of Kinesiology and Physical Education  
College of Education

### Coordinator of Clinical Education

Aug 2019 – Present

Athletic Training Program  
Department of Kinesiology and Physical Education  
College of Education

---

## Education

---

*University of Illinois at Urbana-Champaign – Urbana, IL*

### Ph.D. of Kinesiology

Aug 2019

Dissertation Title: Traumatic Brain Injury and Older Adults: The Implications of Neck Strength, Muscle Activation, and Range of Motion.

Advisor: Jacob Sosnoff, PhD

*Saint Louis University – St. Louis, MO*

### Master of Science in Health Sciences

Aug 2015

Master's Thesis Title: A Comparison of Two Methods of Measuring Ankle Range of Motion

Advisor: Katherine (Kitty) Newsham, PhD, ATC

### Master of Athletic Training

May 2014

### Bachelor of Science in Exercise Science with a Minor in Biology

May 2013

---

## Teaching Philosophy

---

When teaching, I approach each setting with three core principles: (1) Promoting diversity, equity, and inclusion creates a safe space of authentic learning; (2) innovative teaching leads to inspiration; (3) acquired knowledge will provide immediate and future success. With these principles guiding my teaching methods, I take great responsibility for coaching and mentoring my students to help them learn and succeed.

---

## Teaching Experience

---

**Northern Illinois University – DeKalb, IL**

**Aug 2019 - Present**

Cumulative Teaching Evaluation Median Score – 4.8 out of 5

### Graduate Courses Previously Taught or Currently Teaching (Lead Instructor)

- Athletic Training Clinical Experience II (SP22)
- Integrated Therapeutic Interventions in Athletic Training II Lab (SP22)
- Integrated Therapeutic Interventions in Athletic Training II (SP22)

- Integrated Therapeutic Interventions in Athletic Training I (FL21,22)
- Integrated Therapeutic Interventions in Athletic Training I Lab (FL21,22)
- Foundations of Athletic Training (SU21,22)

Undergraduate Courses Previously Taught or Currently Teaching (Lead Instructor)

- The University Experience (FL21, SP22)
- Internship in Athletic Training (SP21)
- Clinical Proficiencies in Athletic Training IV (FL20)
- Principles of Exercise for Acute and Chronic Conditions (FL20, SP21)
- Therapeutic Exercise (SP20)
- Clinical Proficiencies in Athletic Training: Exercise and Rehabilitation (SP20)
- Therapeutic Modalities and Treatment of Athletic Injuries (FL19)
- Organization and Administration in Athletic Training (FL19)

Student Thesis Committees

*-Master's Thesis-*

- Jack Littner - The Effect of Fatigue on Lower Extremity Electromyography during Clean and Power Clean Performance. Proposed November 2021. Defended July 2022.

**University of Illinois at Urbana-Champaign – Urbana, IL                      Aug 2015 – May 2019**

Cumulative Teaching Evaluation Mean Score – 4.9 out of 5

Courses Previously Taught (Teaching Assistant)

- Motor Development and Control (FL17, FL18, SP19)
- Motor Coordination, Control, and Skill (FL15, SP16, FL16, SP17)

Teaching Assistant

- Developed original hands-on laboratory activities to enhance student learning of motor development, motor learning, and motor control.
- Written lectures to supplement the students' understanding of the course material.
- Presented course content and utilized active learning techniques to engage students.
- Prepared review materials and lessons to complement the students' independent learning.
- Composed quiz and test materials and managed online course content through Blackboard.
- Scored 4.9/5 on end of semester reviews by students and ranked as an Outstanding Teacher for six semesters.

**Saint Louis University – St. Louis, MO                      Summer 2013, June 2014 – May 2015**

Courses Previously Taught (Teaching Assistant)

- Healthcare and Human Resources Management (SP15)
- Musculoskeletal Assessment and Management I and II (FL14, SP15)
- Therapeutic Modalities (FL14)
- Gross Anatomy (SU13, SU14)

### Teaching Assistant and Lab Instructor

- Constructed syllabi, assignments, group projects, case studies, and review material to augment students' learning.
- Mentored master's level athletic training students on summer internships and other experiences for professional development.

### Gross Anatomy Instructor

- Developed innovative methods, such as acronyms, songs, and depictions, to assist students in learning the material.
- Mentored students on approaches to be successful in their respective allied health programs.

### Research Agenda

---

My research agenda consists of two broad areas: (1) understanding human movement and impairment with an emphasis on rehabilitation and (2) implementing creative educational techniques to enhance the athletic training students' education. I am committed to interdisciplinary collaborations to promote the science and practice of movement rehabilitation and facilitate athletic training education.

### Peer-Reviewed Publications

---

#### ***-Published-***

- **Wood TA**, Grahovec NE, Hill CM, Sanfilippo CM\*, Blessing E. A creative medical investigation: Bridging the soft skill gap. *International Journal of Kinesiology in Higher Education*. 2022;1-12.
- Blessing E, **Wood TA**, Grahovec NE. Case-by-collaboration: An adaptable skills-based educational model for health discipline. *The Internet Journal of Applied Health Sciences and Practice*. 2022;20(4):12.
- Henert S, Pitney WA, Wood B, Grahovec NE, **Wood TA**. An examination of emotional resilience among athletic trainers working in the secondary school setting. *The Internet Journal of Applied Health Sciences and Practice*. 2022;20(4):13.
- Sebastião E, **Wood TA**, Motl RW, Santinelli FB, Barbieri FA. The importance of promoting physical activity and exercise training as adjuvant therapy for people with multiple sclerosis. *Motriz, Journal of Physical Education*. 2022;28.
- **Wood TA**, Tablerion JM\*, Ballard RA, Zimmerman J, Sosnoff JJ. Head acceleration and sub-concussive head impacts in collegiate divers: a pilot study. *International Journal of Athletic Therapy and Training*. 2021;26:212-215.
- **Wood TA**, Richards KAR, Sosnoff JJ. Encouraging Undergraduate Student Experiential Learning through a Community-Based Fall Risk Assessment and Prevention Clinic. *International Journal of Kinesiology in Higher Education*. 2021;5(1):14-25.
- **Wood TA**, Sosnoff JJ. Age-related differences to neck range of motion and muscle strength: potential risk factors to fall-related traumatic brain injuries. *Aging Clinical and Experimental Research*. 2020;32(11):2287-2295.
- **Wood TA**, Hernandez ME, Sosnoff JJ. Age-related differences to neck muscle activation latency as a potential risk factor to fall-related traumatic brain injuries. *Journal of Electromyography and*

\*denotes undergraduate or graduate student at time of submission/acceptance

*Kinesiology*. 2020;51:102405.

- **Wood TA**, Tablerion JM\*, Ballard BA, Zimmerman J, Sosnoff JJ. Head acceleration in collegiate divers. [Abstract]. *Journal of Athletic Training*. 2020; 55(6s): S-137.
- Tablerion JM\*, **Wood TA**, Hsieh KL, Bishnoi A, Sun R, Hernandez M, An, R, Sosnoff JJ. Motor learning in people with multiple sclerosis: a systematic review and meta-analysis. *Achieves of Physical Medicine and Rehabilitation*. 2020;101(3).
- **Wood TA**, Moon Y, Sun R, Bishnoi A, Sosnoff JJ. Age-related head impact and acceleration differences during sideways falls. *BioMed Research International*. 2019;2019.
- **Wood TA**, Morrison S, Sosnoff JJ. The role of neck musculature in traumatic brain injuries in older adults: implications from sports medicine. *Frontiers in Medicine – Geriatric Medicine*. 2019;6(53).
- Wajda DA, **Wood TA**, Sosnoff JJ. The attentional cost of movement in multiple sclerosis. *Journal of Neural Transmission*. 2019;126(5):577-583.
- **Wood TA**, Hsieh KL, Ballard RA, An R, Sosnoff JJ. Balance and gait alterations observed more than 2 weeks after concussion: a systematic review and meta-analysis a systematic review and meta-analysis. *American Journal of Physical Medicine and Rehabilitation*. 2019; 98(7):566-576.
- Hsieh KL, **Wood TA**, An R, Trinh L, Sosnoff JJ. Gait and balance impairments in breast cancer survivors: a systematic review and meta-analysis. *Achieves of Rehabilitation and Clinical Translation*. 2019; 1(1-2).
- Hsieh KL, Fanning JT, Rogers WA, **Wood TA**, Sosnoff JJ. Development and usability of a fall risk mobile health application for older adults. *Journal of Medical Internet Research*. 2018; 1(2):e11569.
- Kahya M, **Wood TA**, Sosnoff JJ, Devos H. Increased postural demand is associated with greater cognitive activity in healthy young adults: a pupillometry study. *Frontiers of Human Neuroscience*. 2018; 12(288).
- **Wood TA**, Hsieh KL, Ballard RA, An R, Sosnoff JJ. Lingering gait speed deficits following concussion symptom resolution: a meta-analysis. [Abstract]. *Journal of Athletic Training*. 2018; 53(6s): S-41.
- **Wood TA**, Wajda DA, Sosnoff JJ. Use of a short version of the activities-specific balance confidence scale in multiple sclerosis. *International Journal of Multiple Sclerosis Care*. 2018; 21(1):15-21.
- **Wood TA**, Markee MD, Newsham KR. Do traditional measures of plantarflexion induce systematic error? [Abstract]. *Journal of Athletic Training*. 2016; 51(6s): S-358.

#### **-Under Review-**

- Hill CM, Park DJ\*, **Wood TA**, Wilson SJ, Chander H. Modulation of spinal stretch reflexes and muscular co-contraction in the lower extremity after repeated postural perturbations. *Somatosensory & Motor Research*.
- **Wood TA**, Grahovec NE. The esports athlete and the role of the athletic trainer: AT attitudes toward esports. *International Journal of Athletic Therapy and Training*.
- Pitney WA, Singe S, Parsons J, **Wood TA**, Grahovec NE. The presence of organizational-professional conflict in the collegiate and secondary school practice setting. *Journal of Athletic Training*.

***-In Preparation-***

- Grahovec NE, **Wood TA**, Sanfilippo CM\*. The esports athlete and the role of the athletic trainer: Esport injury surveillance and attitudes toward sports medicine.
- **Wood TA**, Grahovec NE, Casas R\*, Hill CM, Sebastião E, Camic C. Degradation of lower extremity EMG signals following concussion during balance tasks.
- **Wood TA**, Grahovec NE, Casas R\*, Hill CM, Sebastião E, Camic C. Alterations in postural control strategies during gait initiation following concussion.
- **Wood TA**, Grahovec NE, Casas R\*, Hill CM, Sebastião E, Camic C. Conservative gait control strategies following concussion.

**Peer-Reviewed Conference Presentations**

---

***-National & International Conferences-***

- Chen L\*, **Wood TA**, Hernandez M, Sosnoff JJ. Age-Related Change of Head Control in Response to Postural Perturbations. American Congress of Rehabilitative Medicine Annual Meeting. Chicago, IL. 2022. [Poster]
- **Wood TA**, Grahovec NE. The Esport Athlete and the Role of the Athletic Trainer. National Athletic Trainers' Association Annual Meeting and Clinical Symposia. Philadelphia, PA. 2022. [Featured Presentation]
- **Wood TA**, Grahovec NE. Bridging the Hands-On Skill Gap in the Digital World: An Athletic Training Example. National Association of Kinesiology in Higher Education Annual Meeting. 2022. [Breakout Session].
- **Wood TA**, Zanotto T, Sosnoff JJ. The implications of neck strength and function as risk factors in fall-related traumatic brain injuries. American Congress of Rehabilitation Medicine Virtual Annual Conference. 2021. [Symposia Presentation]
- Grahovec NE & **Wood TA**. The E-Sport Athlete and the Role of the Athletic Trainer. National Athletic Trainers' Association Annual Meeting and Clinical Symposia. Orlando, FL. 2021. (Canceled due to COVID-19).
- Park DJ\*, **Wood TA**, Wilson SJ, Chander H, Hill CM. Modulation of Spinal Stretch Reflexes in the Lower Extremity with Repeated Postural Perturbations. American Society of Biomechanics Virtual Annual Meeting. 2021. [Poster Presentation].
- Grahovec NE & **Wood TA**. Implementing Creative Medical Investigations as a Tool to Enhance Clinical Reasoning in Athletic Training Students. Virtual Athletic Training Educators' Conference. 2021. [Breakout Session]
- Grahovec NE, **Wood TA**. Implementing Case-By-Collaboration Model to Enhance Critical Thinking Skills. ITLC Lilly Conference on Enhancing Online On-Site, and Hybrid Teaching and Learning. 2020. [Featured Presentation]
- **Wood TA**, Hill CM, Park DJ\*, Hernandez ME, Sosnoff JJ. The Potential Implications of Co-Contraction Index of Neck Muscles on Traumatic Brain Injuries. American Society of Biomechanics Virtual Annual Meeting. 2020. [Poster]
- **Wood TA**, Tablerion JM\*, Ballard BA, Zimmerman J, Sosnoff JJ. Head acceleration in collegiate divers. Virtual NATA Clinical Symposia. 2020. [Rapid Fire Presentation]
- Sosnoff JJ & **Wood TA**. Neck muscle activation latency in older adults. Society for Neuroscience. 2019. Chicago, IL, USA. [Poster].

- **Wood TA**, Moon Y, Sun R, Bishnoi A, Sosnoff JJ. Age related differences in head impact during experimentally induced sideways falls. International Society of Biomechanics. 2019. Calgary, Alberta, Canada. [Poster].
- **Wood TA**, Sun R, Sosnoff JJ. Intra-rater reliability of a novel neck strength device with implications in older adults. International Society of Biomechanics. 2019. Calgary, Alberta, Canada. [Poster].
- Moon Y., Bishnoi A., **Wood T.A.**, Sosnoff J.J. Head-acceleration during experimentally induced falls as a function of age. Progress in Clinical Motor Control. 2018. State College, PA. [Poster]
- **Wood TA**, Hsieh KL, Ballard RA, An R, Sosnoff JJ. Lingering gait speed deficits following concussion symptom resolution: A Meta-Analysis. 2018. NATA 69th Clinical Symposia, New Orleans, LA. [Oral Presentation]
- Kahya M, **Wood TA**, Akinwuntan AE, Williams K, Sosnoff JJ, Devos H. Does pupillometry reflect change in postural control? 2018. A proof-of-concept study, APTA Combine Sections Meeting, New Orleans, LA. [Poster]
  - *Winner of the Innovation award among posters for Balance and Fall Special Interest Group*
- Wajda DA, **Wood TA**, Sosnoff JJ. The attentional cost of movement in individuals with multiple sclerosis. 2017. Annual Meeting of the Consortium of Multiple Sclerosis Centers, New Orleans, LA. [Poster]
- **Wood TA**, Markee MM, Newsham KR. Do traditional measures of plantarflexion induce systematic error? 2016. National Athletic Trainers Association Clinical Symposia, Baltimore, MD. [Poster]

#### **-Regional Conferences-**

- Atkins S\*, Barzi L\*, **Wood TA**, Sebastiao E, Wilson M, Hill CM. Reinforcement of sensory feedback similarly maintain a new walking pattern during retention testing: a preliminary analysis. 2022. Midwest American College of Sports Medicine Annual Meeting. Indianapolis, IN. [Poster]
- Barzi L\*, Atkins S\*, **Wood TA**, Sebastiao E, Wilson M, Hill CM. Reinforcement and sensory feedback similarity enhance locomotor learning: a preliminary analysis. 2022. Midwest American College of Sports Medicine Annual Meeting. Indianapolis, IN. [Poster]
- **Wood TA**, Grahovec NE, Sanfilippo CM\*. Perceptions of Esports among Athletic Trainers. 2021 Great Lakes Athletic Trainers' Association Annual Meeting. Online. 2021. [Rapid Fire Presentation]
- Chen L\*, Griffin A\*, **Wood TA**, Sosnoff JJ. Age-Related Changes of Head Control during Expected Perturbations. Human Movement Variability Conference and Great Plains Biomechanics Virtual Conference. Online. 2020. [Poster].
- **Wood TA**, Hsieh KL, Ballard RA, An R, Sosnoff JJ. A meta-analysis examining objective balance and gait measures following concussion symptom resolution. 2018. Great Lakes Athletic Trainers' Association Annual Meeting, Wheeling, IL. [Oral Presentation]

#### **-State & Local Conferences-**

- **Wood TA**, Grahovec NE. The Esport Athlete and the Role of the Athletic Trainer. Illinois Athletic Trainers' Association Annual Meeting and Clinical Symposia. Springfield, IL. 2022. [Featured Presentation]

- **Wood TA**, Grahovec NE. Neurodynamic Testing and Neural Mobilization. Illinois Athletic Trainers Association Virtual Clinical Symposia. 2020. [Evidenced Based Practice Featured Presentation]
- Peterson W\*, Griffin A\*, Chen L\*, **Wood TA**, Sosnoff JJ. Age-Related Differences of Head Acceleration during Unexpected Perturbations. UIUC Undergraduate Research Virtual Symposium. 2020. [Poster].
- Gulanczyk J\*, Gasser L\*, Chen L\*, Griffin A\*, **Wood TA**, Sosnoff JJ. Gender-Related Differences in Active/Passive Range of Motion and Peak Neck Strength among Different Age Groups. UIUC Undergraduate Research Virtual Symposium. 2020. [Poster].
- Hsieh KL, **Wood TA**, McDonagh D, Fanning J, Wajda D, Sosnoff JJ. Usability of fall mobile health application in older adults. 2017. Collaborations of Health, Aging, Research, and Technology Symposium, Champaign, IL. [Poster]

### Invited Presentations

---

- **Wood TA**, Grahovec NE. *Enhancing Functional Anatomy Skills within Athletic Training Education*. Research Advancement Series. DeKalb, IL. November 16, 2021.
- **Wood TA**, Grahovec NE, Hill CM. *Implementing Creative Medical Investigations as a Tool to Enhance Critical Thinking in Athletic Training Students*. 2021. Northern Illinois University College of Education Research Advancement Series.
- Disordered Eating and the Athlete. (11 Semesters). UIUC Mental Health Course.
- The Otago Exercise Program. (Nov 2017). Falls: Prevention, Assessment, and Intervention Conference, Urbana, IL.
- Fall Risk and Fall Prevention in Stroke Survivors. (July 2017). Presence Hospital Stroke Support Group, Champaign, IL.
- Fall Risk and Fall Prevention in the Aging Population. (July 2017). Dine with a Doc, Shelbyville, IL.

### Book Chapters

---

- Sun R, **Wood TA**, Sosnoff JJ. Low Density Pedobarography as a Gait Analysis Tool. In: Muller et al., ed. *Handbook of Human Motion*. New York, NY: Springer, 2017. ISBN: 978-3-319-30808-1
- Grahovec NE & **Wood TA**. Research Methods in Athletic Training. In Priester PE & Jones JE, eds. *Research Methods in the Health and Human Sciences*. Kendall Hunt Publishing Company, 2021. ISBN: 978-1-792-46818-6

### Grants

---

#### **-Funded-**

- Grahovec NE, **Wood TA**. Interprofessional and Transdisciplinary Mass Casualty/Triage Simulation within Athletic Training & Nursing Education. Northern Illinois University College of Education Deans Instructional Innovation Grant. 2021. Awarded \$2,500.
- **Wood TA**. Funding Support for Scholarly Activity and Curricular Innovation for UFA Faculty. Sept 2021. Awarded \$1,500.

- **Wood TA**, Hill CM, Grahovec NE, Sebastiao E. Examining Impaired Long-Term Neuromuscular Control Mechanisms Following Concussion. Northern Illinois University Research and Artistry Opportunity Grant. 2021 - 2022. Awarded \$15,000.
- Hill CM, **Wood TA**, Sebastiao E. Neural Correlates of Sensory and Reward Prediction Errors during Walking Adaptations in Young and Older Adults. Northern Illinois University Research and Artistry Opportunity Grant. 2021 - 2022. Awarded \$15,000.
- **Wood TA**. Funding Support for Scholarly Activity and Curricular Innovation for UFA Faculty. Feb 2021. Awarded \$1,500.
- **Wood TA**, Grahovec NE. Enhancing Functional Anatomy Skills within Athletic Training Education with an Ultra-Short Throw Interactive Projector. Northern Illinois University College of Education Dean's Instructional Innovation Grant. 2020. Awarded \$2,500.
- **Wood TA**. Funding Support for Scholarly Activity and Curricular Innovation for UFA Faculty. Sept 2020. Awarded \$1,500.
- **Wood TA**, Grahovec NE, Hill CM. Implementing Creative Medical Investigations as a Tool to Enhance Critical Thinking in Athletic Training Students. Northern Illinois University College of Education Dean's Instructional Innovation Grant. 2019. Awarded \$2,500.
- Hill C, **Wood TA**, Sebastiao E. The Neural Correlates of Reinforcement Feedback during Motor Learning in Healthy Elderly: A Pilot Study. Northern Illinois University College of Education Dean's Research Grant. 2019. Awarded \$2,500.
- **Wood TA**, Ballard RA, Zimmerman J, Sosnoff JJ. Sub-Concussive Head Impacts in Collegiate Divers. 2019. Carle Foundation Hospital. 2019. Awarded \$5,000.

#### *-Unfunded-*

- **Wood TA**, Grahovec NE. Physical Activity Levels of Esport Athletes Compared to Traditional Intercollegiate Athletes: A Pilot Study. NIU College of Education Dean's Research Grant. 2020. Requested \$2,500.
- Grahovec NE, **Wood TA**. Physical Activity Levels of Esport Athletes Compared to Traditional Intercollegiate Athletes: A Pilot Study. Great Lakes Athletic Trainers Association Research Assistance Grant. 2020. Requested \$5,775.
- **Wood TA**, Hill CM, Camic C, Grahovec NE, Sebastiao E. Examining the Underlying Long-Term Neuromotor Mechanisms Following Concussion. 2019. Northern Illinois University Research and Artistry Opportunity Grant. 2020. Requested \$15,000
- **Wood TA**, Ballard RA, Sosnoff JJ. Sub-Concussive Head Impacts in Collegiate Divers. American College of Sports Medicine. Doctoral Research Award. 2018. Requested \$2,500
- **Wood TA**, Beck D, Sosnoff JJ. Cognitive Demands of Fallers: A Pupillometry Study. Cognitive, Lifespan Engagement, Aging, and Resilience Initiative. Graduate Research Award. 2017. Requested \$5,000.

#### **Manuscript Peer-Reviewer**

---

- Brain Sciences
- Frontiers in Neurorobotics
- Frontiers in Physiology
- International Journal of Kinesiology in Higher Education
- Journal of Athletic Training



- Neuroscience Letters
- PLoS One
- Physical Therapy in Sport

## **Service Experiences**

---

### **Northern Illinois University – DeKalb, IL**

**Aug 2019 – Present**

#### ***-Program and Department Service-***

- Co-Chair of Athletic Training Lab Improvements Crowdfunding Campaign: Aug – October 21
  - Achieved 150% of the funding goal
- Athletic Training Program Recruiting and Admissions Committee Member: Jan 2020 – Present
- Master of Science in Athletic Training (MSAT) Accreditation Committee Member: Aug 2019 – Present
- Athletic Training Program Committee Member: Aug 2019 – Present
- KNPE PhD Admission Committee Member: March 2021 – Present
- Kinesiology and Physical Education Graduate Faculty Committee Member: Aug 2019 – Present
- Kinesiology PhD Admissions Planning Committee Member: Spring 2020

#### ***- College Service-***

- NIU College of Education Strategic Innovation Team: Sept 2021 – Present

#### ***-University Service-***

- NIU Honorary Degree Committee: Sept 2021 – Present
- Presidential Commission on Sexual Orientation and Gender Identify Member: Aug 2020 – Present
- Graduate Colloquium Committee Member: Aug 2020 – May 2021
- Remote Teaching Fellow: Spring 2020

#### ***-Professional Service-***

- National Athletic Trainers' Association District 11 Representative for the Educational Advancement Committee: July 2022 – Present
- Editorial Review Board Member for *International Journal of Kinesiology in Higher Education*: Dec 2020 – Present
- Abstract Reviewer for National Athletic Trainers Association Clinical Symposia: Summer 2020, 2021, 2022
- Abstract Reviewer for American Society of Biomechanics Annual Meeting: Spring 2020, 2021
- Abstract Reviewer for the North American Congress on Biomechanics: Spring 2022

## **Professional Experience and Clinical Practice**

---

### **University of Illinois at Urbana-Champaign – Urbana, IL**

**May 2016 – Aug 2019**

#### **Illini Fall Prevention Clinic: Head of Training and Coordination**

- Planned community outreach events to provide the public information on fall risk and prevention.

- Assessed the fall risk of over 120 individuals in two years and instructed them on methods to decrease their fall risk.
- Taught over 40 undergraduate students how to conduct fall risk assessments and administer fall prevention exercises.

**Bishop DuBourg High School – St. Louis, MO**

**Aug 2014 – May 2015**

Outreach Athletic Trainer

- Independently evaluated and triaged athletic-related injuries that occurred within the high school.
- Applied clinical decision-making and clinical reasoning to rehabilitation protocols.
- Designed a school-wide emergency action plan for the high school’s athletic-related medical emergencies.

**Current Professional Affiliations**

---

- National Athletic Trainers Association
- Great Lakes Athletic Trainers Association
- Illinois Athletic Trainers Association
- National Association of Kinesiology in Higher Education

**Honors, Awards, and Certifications**

---

*University of Illinois at Urbana-Champaign – Urbana, IL*

- Ranked as an Outstanding Teacher based on student evaluations for all semesters taught (Top 10% of the University)
- Certificate in Foundations of Teaching (May 2, 2018)

*Saint Louis University Doisy College of Health Science – Saint Louis, MO*

- Nominated for Graduating Graduate Student of the Year in May 2014
- Graduated *Cum Laude* in May 2013
- Inducted into Iota Tau Alpha Athletic Training Honors Society in Spring 2012
- Dean’s List Recipient

**Healthcare Provider Licensure and Certification**

---

- Athletic Trainer License
  - Illinois # 096004187
  - BOC # 2000016595
  - NPI # 1831641018