

## **Amy L. Fraley, PhD, SCAT, ATC, CSCS, TSAC-F, PES**

University of South Carolina  
Clinical Assistant Professor  
Columbia, South Carolina  
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### **EDUCATION**

#### **University of South Carolina, Columbia, SC**

Doctor of Philosophy in Exercise Science, Rehabilitation Sciences, May 2019  
Arnold School of Public Health, Department of Exercise Science  
*Dissertation: Identification of Factors Contributing to Musculoskeletal Injuries in Military Basic Trainees*

#### **The University of North Carolina, Chapel Hill, NC**

Master of Arts in Exercise and Sport Science, Athletic Training Specialization, August 2011  
College of Arts and Sciences, Department of Exercise and Sport Science  
*Thesis: Effect of Playing Surface on Hip and Knee Kinematics in Healthy Female Soccer Players*

#### **University of South Carolina, South Carolina Honors College, Columbia, SC**

Bachelor of Science in Physical Education, Emphasis in Athletic Training, May 2009  
College of Education, Department of Physical Education  
*Thesis: Role of Athletic Trainers in Psychosocial Issues Prior to Injury: The Athletes' Perspective*

### **CURRICULUM EXPERIENCE**

#### **University of South Carolina, Columbia, SC**

*Department of Exercise Science, Arnold School of Public Health*  
**Professional AT Program Clinical Education Coordinator**, August 2015 to present  
**Clinical Assistant Professor**, July 2019 to present  
**Clinical Instructor**, August 2015 to July 2019  
**Graduate Teaching Assistant**, August 2013 to May 2015  
**Preceptor**, August 2012 to May 2015  
**Adjunct Faculty**, January 2012 to May 2013

#### **Teaching Responsibilities**

##### **Master of Science in Athletic Training Courses**

Principles of Evidence-Based Medicine (ATEP 701)  
Athletic Training Clinical Experience I (ATEP 711)  
Athletic Training Clinical Experience II (ATEP 712)  
Athletic Training Clinical Experience III (ATEP 713)  
Athletic Training Clinical Experience IV (ATEP 714)  
Policy to Clinical Practice in Athletic Training (ATEP 732)  
Evaluation and Therapeutic Intervention of Lower Extremity Injuries (ATEP 748)  
Evaluation and Therapeutic Intervention of Head, Neck, Spine, and Abdomen Injuries (ATEP 749)

**Bachelor of Science in Athletic Training Courses**

Clinical Foundations in Athletic Training (ATEP 267)  
 Functional Musculoskeletal Anatomy (ATEP 275)  
 Functional Musculoskeletal Anatomy Lab (ATEP 275L)  
 Athletic Training Clinical Experience I (ATEP 292)  
 Athletic Training Clinical Experience II (ATEP 293)  
 Evaluation and Assessment of Lower Extremity Injuries Lab (ATEP 348L)  
 Evaluation and Assessment of Head, Neck, Spine, and Abdomen Injuries (ATEP 349)  
 Evaluation and Assessment of Upper Extremity Injuries (ATEP 350)  
 Evaluation and Assessment of Upper Extremity Injuries Lab (ATEP 350L)  
 Therapeutic Modalities Lab (ATEP 366L)  
 Athletic Training Clinical Experience IV (ATEP 393)  
 Athletic Training Clinical Experience V (ATEP 492)  
 Athletic Training Senior Seminar (ATEP 494)  
 Senior Thesis/Project (SCHC 499)

**Exercise Science Courses**

Holistic Health and Fitness (EXSC 355)

**Athletic Training Facilitator**

Transforming Health Care for the Future (PUBH 678)

**Teaching Assistant Responsibilities**

Orthopedic Physical Therapy I (PHYT 750)  
 Orthopedic Physical Therapy II (PHYT 751)

**The University of North Carolina**, Chapel Hill, NC

*Department of Exercise and Sport Science, College of Arts and Sciences*

*Teaching Assistant, August 2009 to May 2011*

*Approved Clinical Instructor, June 2010 to May 2011*

**Teaching Assistant Responsibilities**

Cadaver Anatomy (EXSS 732)

**Teaching Responsibilities**

Outdoor Sports (LFIT 108)  
 Indoor Sports (LFIT 105)

**SCHOLARSHIP**

*Refereed Journal Manuscripts* (\*Accepted, Student Mentee)

\*Lee AI, Uriegas NA, Adams MG, **Hand AF**. Fractures, glycemic control, and bone mineral density in females with Type 1 diabetes: a critically appraised topic. *Int J Athl Ther Train*. Accepted.

\*Kingsley A, **Hand AF**, Richards KM, Drescher MJ, Winkelmann ZK. Prioritizing patient-centered care when integrating athletic training students into clinical practice. *Clin Pract Athl Train*. Accepted.

**Hand AF**, Hong S, Pfeifer CE, Stodden DF, Haugen KH, Terlizzi BM, Abrams TC, Yee K, Spaulding D, Dubina M, Bellon CR, Grieve GL, Sole CJ, Sacko RS. The Functional Movement Screen and self-reported injury in senior military college cadets. *Mil Med*. 2023: online ahead of print.

Gordon RM, Hirschhorn RM, Smith AB, Fuemmeler S, **Hand AF**. Gamekeeper's thumb with Stener lesion in a high school football player. *Clin Pract Athl Train*. 2022;5(2):40-44.

Hoover BG, Hirschhorn RM, Smith AB, **Hand AF**. Exertional heat stroke in a male high school cross country runner with disordered eating: A case study. *Clin Pract Athl Train*. 2022;5(2):45-51.

Terlizzi B, Abrams TC, Sacko RS, **Hand AF**, Silvey K, Stodden DF. The relationship between functional motor competence and performance on the Army Combat Fitness Test in Army Reserve Officer Training Corps cadets. *Mil Med*. 2022: online ahead of print.

Avey MC, **Hand AF**, Uriegas NA, Smith AB, Winkelmann ZK. Access to care, reporting behaviors, and quality of athletic training service interactions for Reserve Officers' Training Corps cadets. *J SMAHS*. 2021;7(2):1-15.

Silvey K, Porter J, Sacko RS, **Hand AF**, Terlizzi BM, Abrams TC, Stodden DF. The potential role of functional motor competence to promote physical military readiness: a developmental perspective. *Mil Med*. 2021;186(9/10): 242-247.

Hirschhorn RM, Holland C, **Hand AF**, Mensch JM. Physicians' perceptions of athletic trainers. *Int J Athl Ther Train*. 2019;24(5): 202-206.

Hughes JM, Foulis SA, Taylor KM, Guerriere KI, Walker LA, **Hand AF**, Popp KL, Gaffney-Stomberg E, Heaton KJ, Sharp MA, Grier TL, Hauret KG, Jones BH, Bouxein ML, McClung JP, Matheny RW, Proctor SP. A prospective field study of U.S. Army trainees to identify the physiological bases and key factors influencing musculoskeletal injuries: a study protocol. *BMC Musculoskelet Disord*. 2019;20(282): 1-7.

Pfeifer CE, Beattie PF, Sacko RS, **Hand AF**. Risk factors associated with non-contact anterior cruciate ligament injury: a systematic review. *Int J Sports Phys Ther*. 2018;13(4): 575-587.

Dembowski SC, Tragord BS, **Hand AF**, Rohena-Quinquilla IR, Lee IE, Thoma DC, Molloy JM. Injury surveillance and reporting for trainees with bone stress injury: current practices and recommendations. *Mil Med*. 2018;183(11/12): e455-e461.

#### **Published Abstracts (Student Mentee)**

Garg S, Meyer CM, **Hand AF**. Management of an iliopsoas hemorrhage causing neurological impairment in a hemophilic teenager: level 4 rare events case study. *J Athl Train*. 2023;58(6):S-104. Presented at the *National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Indianapolis, IN. (June 23, 2023).

Perrero EA, Meyer CM, **Hand AF**. Development of an eating disorder after anterior cruciate ligament rupture and reconstruction surgery: a type 3 case study. *J Athl Train*. 2023;58(6):S-166. Presented at the *National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Indianapolis, IN. (June 24, 2023).

De Meester A, Abrams TC, Terlizzi BM, Leone G, **Hand AF**, Beausoleil Z, Sacko RS, Stodden DF. Do ROTC cadets' motor competence, fitness, autonomous motivation and self-perceptions predict their Physical Fitness and Combat Fitness Test scores? *J Sport Exec Psychol*. 2023;45:S13-S14. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, Toronto, Ontario. (June 1-3, 2023).

Leone G, Abrams TC, Terlizzi B, **Hand AF**, Sacko RS, Stodden DF, Monsma E. Associations among psychological skills, functional motor competence, and fitness scores in military Reserve Officers'

Training Corps cadets. *J Sport Exec Psychol.* 2023;45:S19. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, Toronto, Ontario. (June 1-3, 2023).

Pierce KM, Smith AB, **Hand AF**. Mediastinal grey zone lymphoma, a form of non-Hodgkins lymphoma: a patient-centered case study. *J Athl Train.* 2022;57(6):S-205. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia.* (June 2022).

Ryan SE, Smith AB, **Hand AF**. The dermatological presentation of psychological distress in a post-operative collegiate beach volleyball player: a level 4 clinical CASE study. *J Athl Train.* 2022;57(6):S-252. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia.* (June 2022).

Tansey S, Sacko RS, Hamula B, Uriegas NA, **Hand AF**. Descriptive injury epidemiology of Reserve Officers' Training Corps cadets at a large southeastern US university. *J Athl Train.* 2022;57(6):S-219. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia.* (June 2022).

Avey MC, **Hand AF**, Uriegas NA, Smith AB, Winkelmann ZK. The examination of access and experience with health care providers for ROTC cadets. *J Athl Train.* 2021;56(6):S-292. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia.* (June 2021).

Simpson VJ, **Hand AF**, Hirschhorn RM, Hounshell K. Hardware removal and long-term postoperative complications following tightrope fixation in a male collegiate football player. *J Athl Train.* 2021;56(6):S-259. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia.* (June 2021).

Abrams C, Terlizzi B, Silvey K, Stodden DF, **Hand AF**, Leone G, Sacko RS. Associations between tests of motor competence and a military fitness test. *J Sport Exec Psychol.* 2021;43:S7. Presented at the *North American Society for the Psychology of Sport and Physical Activity Virtual Conference.* (June 2021).

Orth N, **Hand AF**, Nesbitt D, Terlizzi B, Sacko RS. Comparison of supine-to-stand and weight-bearing lunge measures in US Army basic combat training trainees. *J Sport Exec Psychol.* 2021;43:S16. Presented at the *North American Society for the Psychology of Sport and Physical Activity Virtual Conference.* (June 2021).

Terlizzi B, Abrams C, Stodden DF, **Hand AF**, Leone G, Silvey K, Sacko RS. Comparison of a throw-catch task and maximum throwing speed in young adults. *J Sport Exec Psychol.* 2021;43:S20-21. Presented at the *North American Society for the Psychology of Sport and Physical Activity Virtual Conference.* (June 2021).

**Hand AF**, Beattie PF, Ortaglia A, Guerriere KI, Hughes JM, Foulis SA, Torres-McGehee TM, Beets MW, Goins JM. A testing battery's predictive validity of reporting an injury during United States Army basic combat training. *J Athl Train.* 2020;55(6):S-161. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia.* (July 13-16, 2020).

Sacko RS, Stodden DF, **Hand AF**, Silvey K, Terlizzi B, Abrams C, Thompson H, Leone G. Comparison of product- and process-oriented measures of motor competence in a military college cadet population. *J Sport Exec Psychol.* 2020;42:S-4. Presented at the *North American Society for the Psychology of Sport and Physical Activity Virtual Conference.* (June 2020).

Sciabarra ML, Herod J, **Hand AF**. Incarcerated umbilical hernia in a female volleyball athlete. *J Athl Train*. 2020;55(6):S-263. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia*. (July 13-16, 2020).

Welch Rhodes AJ, Goins JM, Kulas A, Patel J, **Hand AF**, Saucedo D. The effect of fatigue on movement patterns using the Landing Error Scoring System. *J Athl Train*. 2020;55(6):S-79. Presented at the *Virtual National Athletic Trainers' Association Annual Meeting and Clinical Symposia*. (July 13-16, 2020).

Howard A, Goins JM, Steurys M, **Hand AF**, Patel J. Blood flow restriction training during a dynamic warm-up and its effects on various sprint times. *Med Sci Sports Exerc*. 2020;52(5):S662-S663. Presented at the *American College of Sports Medicine Annual Symposium Virtual Experience*. (May 26-30, 2020).

Edwards N, Cooper B, Otto A, Jensen M, Goins J, **Fraleley A**, Searson J, Mazoue C. Morel-Lavallée lesion to the elbow in a male collegiate soccer player: A case report. *J Athl Train*. 2016;51(6):S-64. Presented at the *National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Baltimore, MD. (June 22-25, 2016).

**Fraleley AL**, Goerger BM, Zinder SM, Fava NM, Lewek MD. Effect of playing surface on hip and knee kinematics in healthy female soccer players. *J Athl Train*. 2012;47:S3. Presented at the *National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, St. Louis, MO. (June 27-29, 2012).

***International and National Conference Presentations*** (\*Invited, Student Mentee)

Sacko RS, **Hand AF**, Leone GE, Abrams TC, Stodden DF, Duncan G, Robinson J, Tracy A. Longitudinal assessment of physical fitness test scores at a senior military college. *Auburn University Warrior Research Center Tactical Athlete Summit*, Auburn, AL. (September 2023).

Willison ML, **Hand AF**, Oglesby LW, Wright CJ, Winkelmann ZK. Spiritual fitness, spiritual readiness, and depressive symptoms in ROTC cadets. *Auburn University Warrior Research Center Tactical Athlete Summit*, Auburn, AL. (September 2023).

Taylor KM, Guerriere KI, Staab JS, Popp KL, Walker LA, Hussian I, **Hand AF**, Matheny RW, Proctor SP, Pasiakos SM, Bouxsein ML, Foulis SA, Hughes JM. Evaluating the role of reverse causation on the relationship of NSAID use and stress fracture risk in U.S. Army trainees. *International Society for Environmental Epidemiology Conference*, Kaohsiung, Taiwan. (September 2023).

\***Hand AF**, Koesterer T, Reed A, Schmidt C, Williams M. Expanding immersion panel. *2021 CAATE Accreditation Conference*, Orlando, FL. (October 9, 2021).

Hong S, **Hand AF**, Pfeifer C, Goins JM, Silvey K, Yee K, Dubina M, Spaulding D, Sacko RS. Functional Movement Screen, Citadel Physical Fitness Test, and incidence of pain among freshmen cadets. *International Motor Development Research Consortium Virtual Conference*. (October 12, 2020).

Jordon M, Beattie PF, **Fraleley AL**. Spinal manipulative therapy is associated with immediate increases in pain-pressure threshold in a segmental distribution. *Combined Sections Meeting*, Indianapolis, IN. (February 4-7, 2015).

***Regional Conference Presentations*** (\*Invited, Student Mentee)

Beard CA, Meyer CM, **Hand AF**. Decrease in volitional muscle activation following a medial ankle sprain in a high school athlete: a type 3 case study. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 20, 2023).

Lee AI, Meyer CM, **Hand AF**. Delayed ulnar neuritis and deformity in a collegiate baseball player three years post-ulnar collateral ligament reconstruction: type 4 rare events case study. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 20, 2023).

Barnes A, Moore K, Field A, **Hand AF**. The impact of specific position groups on concussion incidence rates in professional and collegiate American football: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 19, 2023).

Burrows N, Moore K, Field A, **Hand AF**. The effect of surgical versus conservative treatment for youth athletes with spondylolysis: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 19, 2023).

Cherry O, Fashner N, **Hand AF**. The impact of the menstrual cycle on knee joint laxity in collegiate women's soccer players: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 19, 2023).

De Koker, Moore K, Field A, **Hand AF**. The intent to report concussions within adolescent football players following didactic concussion education: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 19, 2023).

Dixon H, Meyer CM, **Hand AF**. Repeated untreated concussions and their effect on mental health and wellbeing: a type 3 case study. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 19, 2023).

Wagoner LJ, Meyer CM, **Hand AF**. Facet joint hypertrophy in a collegiate beach volleyball player: type 4 case study. *Mid-Atlantic Athletic Trainers' Association Symposium*, Virginia Beach, VA. (May 19, 2023).

Rhodes AR, Meyer CM, **Hand AF**. Lateral costochondral rib deformity effects on posterior muscle chain: a case study. *American College of Sports Medicine, Southeast Chapter Annual Meeting*, Greenville, SC. (February 24, 2023).

Angeles S, Meyer CM, **Hand AF**. Complications of sacroiliac joint dysfunction in a physically active college student: a case report. *Southeast Athletic Trainers' Association EducATion Experience and Expo*, Miramar Beach, FL. (February 10, 2023).

Green R, Meyer CM, **Hand AF**. The presentation of osteitis pubis in a 19-year-old track athlete: a case study. *Southeast Athletic Trainers' Association EducATion Experience and Expo*, Miramar Beach, FL. (February 10, 2023).

Harman M, Meyer CM, **Hand AF**. Kidney rupture and misdiagnosis of a Navy midshipman in physical training: a case study. *Southeast Athletic Trainers' Association EducATion Experience and Expo*, Miramar Beach, FL. (February 10, 2023).

McCusker OC, Meyer CM, **Hand AF**. Activation of the emergency action plan for anaphylaxis in a high school softball player: a case study. *Southeast Athletic Trainers' Association Education Experience and Expo*, Miramar Beach, FL. (February 10, 2023).

Garg S, Uriegas NA, Winkelmann ZK, Adams MG, **Hand AF**. Effects of Mindful Sports Performance Enhancement in collegiate athletes in reducing anxiety and improving self-awareness: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Charlotte, NC. (May 13, 2022).

Lee AL, Uriegas NA, Adams MG, **Hand AF**. The impact of Type 1 Diabetes Mellitus in females on fractures, glycemic control, and bone mineral density: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Charlotte, NC. (May 13, 2022).

McCusker OC, Uriegas NA, Adams MG, **Hand AF**. The effect of dry cupping as a therapeutic intervention for plantar fasciitis pain: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Charlotte, NC. (May 13, 2022).

Perrero EA, Uriegas NA, Adams MG, **Hand AF**. Pain reduction in Medial Tibial Stress Syndrome with extracorporeal shockwave therapy: a critically-appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Charlotte, NC. (May 13, 2022).

Wagoner LJ, Uriegas NA, Adams MG, **Hand AF**. Outcomes following fluid injections into the retrocalcaneal bursa in relationship to the Achilles tendon: a critically-appraised topic. *Mid-Atlantic Athletic Trainers' Association Symposium*, Charlotte, NC. (May 13, 2022).

Dobbins JL, Smith AB, Moore K, **Hand AF**. Anti-anxiety medication, EMS education, adverse events, and their effect on exertional heat illness on a female softball athlete: a case study. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 11, 2022).

Hudgens-Wallace S, Smith AB, **Hand AF**. Conservative treatment for lumbar spine disk herniation in a college softball player: a case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 11, 2022).

Keller LJ, Smith AB, **Hand AF**. Chronic low back pain in an adolescent cheerleader: a case study. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 11, 2022).

Dobbins JE, Meyer CM, Smith AB, **Hand AF**. The need for mental health screenings on pre-participation examinations to prevent injury during regular season Division I football. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2021).

Elder BW, Meyer CM, Smith AB, **Hand AF**. The effect of dry needling as a therapeutic intervention for plantar fasciitis pain. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2021).

Keller LJ, Meyer CM, Smith AB, **Hand AF**. Relationship between clinically diagnosed chronic traumatic encephalopathy and depression. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2021).

Minkin IM, Meyer CM, Smith AB, **Hand AF**. Outcomes addressing disordered eating in elite gymnasts: a critically appraised topic. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2021).

Olzacki A, Meyer CM, Smith AB, **Hand AF**. Incidence of depression post-concussion in collegiate athletes. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2021).

Pierce KM, Meyer CM, Smith AB, **Hand AF**. The effectiveness of extracorporeal shockwave therapy for Achilles tendinopathy. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2021).

Orth N, **Hand AF**, Nesbitt D, Terlizzi B, Sacko RS. Comparison of product- and process-oriented measures of supine-to-stand measures in US Army basic combat training trainees. *Central States American College of Sports Medicine Annual Meeting*. (March 5, 2021).

Hoover BG, Hirschhorn RM, **Hand AF**. Exertional heat stroke in a male high school cross country runner with disordered eating: A case study. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*. (May 2020).

Gordon RM, **Hand AF**, Fuemmeler S, Hirschhorn RM. Gamekeeper's thumb with Stener lesion in a high school football player. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 7, 2020).

Hoover BG, Hirschhorn RM, **Hand AF**. Exertional heat stroke in a male high school cross country runner with disordered eating: A case study. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 7, 2020).

Simpson VJ, **Hand AF**, Hirschhorn RM, Hounshell K. Hardware removal and long-term postoperative complications following tightrope fixation in a male collegiate football player. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 7, 2020).

Silvey K, Sacko RS, Stodden DF, **Hand AF**. Relationships between functional motor competence and physical military readiness tests. *National Strength and Conditioning Association Southeast Regional Conference*, Rock Hill, SC. (September 14, 2019).

Davis MA, **Hand AF**, Haggard CR. Collegiate football player medically disqualified due to sickle cell trait. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8, 2019).

Levey DR, Theobald N, Herod J, Devries T, Pollack M, **Hand AF**. Non-MRSA staphylococcus aureus in a 20-year-old beach volleyball athlete: A case study. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8, 2019).

Sciabarra ML, Herod J, **Hand AF**. Incarcerated umbilical hernia in a female volleyball athlete. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8, 2019).

\***Hand AF**. From student to young professional: Messages for transition to practice. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*, Ocean City, MD. (May 20, 2018).

Flowers MR, Lyles TA, Sharpe RL, **Hand AF**. Baastrup's (kissing spine) disease in a female cheerleading athlete. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 2, 2018).

Davis HE, **Hand AF**. Long-term concussion symptoms relieved by vestibular and massage therapies: A case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 1, 2018).

Jenkins JK, Greenleaf C, **Hand AF**. Congenital spinal stenosis in an adolescent athlete: A case report. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*, Virginia Beach, VA. (May 20, 2017).

Jenkins JK, Greenleaf C, **Hand AF**. Congenital spinal stenosis in an adolescent athlete: A case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 3-4, 2017).

**Fraley AL**, Emerson DM. I've Been in School This Long, Now What? – Job Application Workshop. *Mid-Atlantic Athletic Trainers' Association Annual Symposium*, Virginia Beach, VA. (May 31, 2015).

Minton D, Holleman R, **Fraley AL**. From student to YP to seasoned AT: Being the interviewee to becoming the interviewer. *Mid-Atlantic Athletic Trainers' Association Annual Symposium*, Virginia Beach, VA. (May 23-25, 2014).

\*King K, Hibberd L, Minton D, Guzzo S, **Fraley AL**. Young professionals' spotlight: Q&A panel. *Mid-Atlantic Athletic Trainers' Association Symposium – Student Educational Program*, Greenville, SC. (May 17-19, 2013).

**Fraley AL**, Goerger BM, Zinder SM, Fava NM, Lewek MD. Effect of playing surface on hip and knee kinematics in healthy female soccer players. *Mid-Atlantic Athletic Trainers' Association Annual Symposium*, Greenville, SC. (May 19, 2012).

**Fraley AL**, Hunt T, Laursen M. Periodontal cyst after secondary trauma: A case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8-9, 2008).

**Fraley AL**, Hunt T, Laursen M. Periodontal cyst after secondary trauma: A case report. *Mid-Atlantic Athletic Trainers' Association – Student Educational Program*, Virginia Beach, VA. (May 18-20, 2007).

#### ***State/Local Presentations*** (\*Invited, Student Mentee)

Barnes A, Moore K, Field A, **Hand AF**. The impact of specific position groups on concussion incidence rates in professional and collegiate American football: a critically appraised topic. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Brinckman D, Jenkins J, Moore K, Field A, **Hand AF**. The misdiagnosis of an annular ligament sprain in a high school baseball player: a case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Burrows N, Moore K, Field A, **Hand AF**. The effect of surgical versus conservative treatment for youth athletes with spondylolysis: a critically appraised topic. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

De Koker, Moore K, Field A, **Hand AF**. The intent to report concussions within adolescent football players following didactic concussion education: a critically appraised topic. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Finnessy E, Moore K, Field A, **Hand AF**. Femoral diaphyseal stress fracture in a female collegiate softball pitcher: a type 3 CASE study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Horace M, Moore K, Field A, **Hand AF**. The influence of role strain and burnout in athletic training: a critically appraised topic. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Manbeck A, Meyer CM, Wells B, **Hand AF**. Case study of a collegiate baseball player with ulnar neuritis secondary to anconeus epitrochlearis hypertrophy. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Mixon K, Moore K, Field A, **Hand AF**. Post-operative rehabilitation of a Lisfranc injury in a collegiate football player: a type 3 case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Moore L, Meyer CM, **Hand AF**. Chronic low back pain in a collegiate swimmer with L6 vertebra: A type III case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Nardi K, Moore K, Field A, **Hand AF**. The effects of subthreshold aerobic exercise in adolescents with a sports-related concussion: a critically appraised topic. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Nipper K, Moore K, Field A, **Hand AF**. Acute noncontact tibial fracture in a 15-year-old male cross country runner: a type 3 case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Ritchie G, Moore K, Field A, **Hand AF**. Results of baseline concussion testing in a female collegiate cheerleader: a type 3 case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Stewart K, Moore K, Herring NF, Field A, **Hand AF**. Abnormal presentation of lower leg lateral compartment syndrome in a high school football player: a type 4 case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Welmaker C, Meyer CM, **Hand AF**. Competitive cheerleading leads to chronic ankle instability and patient-centered care: a type 2 case study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

Williams D, Jones K, Uriegas NA, **Hand AF**. A Reserve Officers' Training Corps cadet with unspecified neurological irregularities: a type 4 CASE study. *South Carolina Athletic Trainers' Association Symposium*, Columbia, SC. (July 13-14, 2023).

\***Hand AF**. South Carolina athletic training licensure efforts. *Upper Catawba Athletic Training Society*, Fort Mill, SC. (March 18, 2023).

\***Hand AF**, Searson JR. The path to leadership. *South Carolina Athletic Training Student Association Monthly Meeting*, Columbia, SC. (January 31, 2023).

\***Hand AF**, Lee AL, Perrero EA. The CAT approach to answering a clinical question. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

Garg S, Uriegas NA, Winkelmann ZK, Adams MG, **Hand AF**. Effects of Mindful Sports Performance Enhancement in collegiate athletes in reducing anxiety and improving self-awareness: a critically appraised topic. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

Lee AL, Uriegas NA, Adams MG, **Hand AF**. The impact of Type 1 Diabetes Mellitus in females on fractures, glycemic control, and bone mineral density: a critically appraised topic. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

McCusker OC, Uriegas NA, Adams MG, **Hand AF**. The effect of dry cupping as a therapeutic intervention for plantar fasciitis pain: a critically appraised topic. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

Perrero EA, Uriegas NA, Adams MG, **Hand AF**. Pain reduction in Medial Tibial Stress Syndrome with extracorporeal shockwave therapy: a critically-appraised topic. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

Tansey S, Sacko RS, Hamula B, Uriegas NA, **Hand AF**. Descriptive injury epidemiology of Reserve Officers' Training Corps cadets at a large southeastern US university. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

Wagoner LJ, Uriegas NA, Adams MG, **Hand AF**. Outcomes following fluid injections into the retrocalcaneal bursa in relationship to the Achilles tendon: a critically-appraised topic. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 14, 2022).

Abrams TC, Terlizzi BM, Sacko RS, **Hand AF**, Stodden DF. The influence of task complexity on associations between functional motor performance and Army Combat Fitness Test performance. *National Strength and Conditioning Association South Carolina State Clinic*, Charleston, SC. (April 8, 2022).

\***Hand AF**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 16, 2018).

\***Hand AF**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 17, 2017).

\***Sharpe RL**, **Hand AF**. Hot topics for young professionals. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 13, 2017).

Jordon M, Beattie PF, **Hand AF**. Mechanical pressure-pain threshold testing is a reliable measure in asymptomatic individuals. *South Carolina Chapter of the American Physical Therapy Association State Meeting*, Greenville, SC. (March 31, 2017).

\***Fraleley AL**. Young professional ethics in athletic training. *South Carolina Athletic Trainers' Association Senior Session*, Columbia, SC. (November 6, 2016).

\***Fraleley AL**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 18, 2016).

**\*Fraley AL.** Efficacy of the FIFA 11+ injury prevention program. *USC Sports Medicine Didactic Series*, Columbia, SC. (November 16, 2015).

**\*Fraley AL.** Young professional ethics in athletic training. *South Carolina Athletic Trainers' Association Senior Session*, Columbia, SC. (November 15, 2015).

**Fraley AL.** Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 17, 2015).

**Fraley AL, Emerson DM, & Greenleaf C.** From student to young professional. *South Carolina Athletic Trainers' Association Senior Session*, Columbia, SC. (November 4, 2014).

**\*Fraley AL.** ACL injury prevention. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 24, 2014).

**\*Fraley AL.** ACL injury prevention. *South Carolina Athletic Trainers' Association College and University Symposium*, Columbia, SC. (February 21, 2014).

**Fraley AL, Sharpe R, Gay N.** From student to young professional. *South Carolina Athletic Trainers' Association College and University Symposium*, Columbia, SC. (February 21, 2014).

Burnworth CM, **Fraley AL.** Atypical presentation of concussion. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 11-12, 2013).

**\*Fraley AL.** ACL injury prevention. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 22, 2013).

**Fraley AL, Sharpe R, Sincavage J.** From student to young professional. *South Carolina Athletic Trainers' Association College and University Symposium*, Columbia, SC. (February 15, 2013).

\*Ferguson N, Aldrich A, **Fraley AL.** Simulation of emergency situations. *South Carolina Athletic Trainers' Association High School Workshop*, Lexington, SC. (February 18, 2012).

**Fraley AL, Hunt T, Laursen M.** Periodontal cyst after secondary trauma: A case report. *University of South Carolina Discovery Day*, Columbia, SC. (May 2, 2008).

#### ***Guest Lecture (\* Invited)***

**\*Hand AF.** Emergency action planning in athletics. *University of Gloucestershire*. (February 18, 2021).

**\*Hand AF.** Exercise-related injury: Differences between sexes. *Women's Health and Physical Activity (EXSC 585)*. *University of South Carolina*. (March 27, 2019).

**\*Hand AF.** Exercise-related injury: Differences between sexes. *Women's Health and Physical Activity (EXSC 585)*. *University of South Carolina*. (November 19, 2018).

## **RESEARCH COMMITTEES**

### ***Master of Science in Advanced Athletic Training Research Project Committee – Co-Chair***

Horton E. Examination of reporting barriers of healthcare behaviors of Reserve Officers' Training Corps cadets in South Carolina. *Department of Exercise Science, University of South Carolina, 2022-24.*

McQueen M. Identifying injury, reporting, and injury management trends among Emergency Medical Services providers in South Carolina. *Department of Exercise Science, University of South Carolina, 2022-24.*

Miller H. The effect of concussion history on the vestibular system and postural stability in Reserve Officers' Training Corps cadets. *Department of Exercise Science, University of South Carolina, 2022-24.*

Binkley S. Yoga practices on improving balance, performance, overall health, and injury prevention in collegiate athletes. *Department of Exercise Science, University of South Carolina, 2021-23.*

Carbone C. Who serves those who serve? The availability of athletic trainers to ROTC programs across the United States. *Department of Exercise Science, University of South Carolina, 2021-23.*

Clayton B. Relationship between individual United States Army basic trainee demographics and contraception misuse. *Department of Exercise Science, University of South Carolina, 2021-23.*

Jones K. Spiritual readiness and cognitive health and resilience changes in United States Army trainees. *Department of Exercise Science, University of South Carolina, 2021-23.*

Torsone C. The effects of Army basic combat training on oxidative stress and musculoskeletal injuries. *Department of Exercise Science, University of South Carolina, 2021-23.*

Adams M. Influence of skillfulness during throwing and forceful kicking on military fitness testing scores at a senior military college. *Department of Exercise Science, University of South Carolina, 2020-22.*

Osborn M. The validity of hand timing when compared to video timing on a single leg hopping speed task. *Department of Exercise Science, University of South Carolina, 2020-22.*

Reyes A. Factors affecting scores in physical readiness tests: an exploratory study into the new Army Combat Fitness Test. *Department of Exercise Science, University of South Carolina, 2020-22.*

Turner A. Validity and reliability of handheld stopwatches compared to video timing using supine to stand functional motor test. *Department of Exercise Science, University of South Carolina, 2020-22.*

Orth N. Weight-bearing lunge and supine-to-stand as indicators for potential lower extremity injury in US Army. *Department of Exercise Science, University of South Carolina, 2019-21.*

Palm M. Assessment of factors resulting in burnout in athletic training and ROTC students. *Department of Exercise Science, University of South Carolina, 2019-21.*

Panetta M. Relationship between perception of motivation, fear of reinjury, social support and return to activity post-injury in Army ROTC cadets. *Department of Exercise Science, University of South Carolina, 2019-21.*

Tansey S. Descriptive injury epidemiology of ROTC cadets at a large southeastern US university. *Department of Exercise Science, University of South Carolina, 2019-21.*

Dubina M. Prevalence of musculoskeletal injuries, self-perceptions, and attrition rate in United States Army basic trainees. *Department of Exercise Science, University of South Carolina, 2018-20.*

Hong S. The relationship between the composite score of the functional movement screen and rate of injury among freshman cadets in a military academic institution. *Department of Exercise Science, University of South Carolina, 2018-20.*

Spaulding D. The relationship between The Citadel Physical Fitness Test and jumping tasks in identifying risk of injury in entry-level military college cadets. *Department of Exercise Science, University of South Carolina, 2018-20.*

***Master of Science in Advanced Athletic Training Research Project Committee – Member***

Willison M. Spiritual fitness and readiness compared to mental health outcomes in ROTC cadets. *Department of Exercise Science, University of South Carolina, 2021-2023.*

deCamp B. The relationship between injury incidence and psychological skills in military settings with and without athletic trainers: a preliminary analysis. *Department of Exercise Science, University of South Carolina, 2020-21.*

Sherlock M. The relationship between psychological skills and injury incidence among ROTC cadets in the collegiate setting. *Department of Exercise Science, University of South Carolina, 2020-21.*

Avey M. Examining the access and experience of health care providers for ROTC programs. *Department of Exercise Science, University of South Carolina, 2019-21.*

Hollien A. The effects of fatigue on ground reaction forces during a drop jump. *Department of Exercise Science, University of South Carolina, 2019-21.*

Recinos M. The effects of blow flow restriction on the standing long jump. *Department of Exercise Science, University of South Carolina, 2019-21.*

Howard A. The use of blood flow restriction during a dynamic warm-up and its effects on a 200-meter run time. *Department of Exercise Science, University of South Carolina, 2018-20.*

Welch A. The effect of fatigue on movement patterns using the Landing Error Scoring System. *Department of Exercise Science, University of South Carolina, 2018-20.*

Dinh D. Time of day exercise is performed and its effect on sleep quality. *Department of Exercise Science, University of South Carolina, 2017-19.*

Deucher G. Sleep and performance in recreational CrossFit athletes. *Department of Exercise Science, University of South Carolina, 2017-19.*

Himes S. Athletic training preceptors' perceptions of the transition to professional programs at the Master's level: Implications for clinical education. *Department of Exercise Science, University of South Carolina, 2017-19.*

Greim Z. Females and athletic training: Themes of attrition. *Department of Exercise Science, University of South Carolina, 2017-20.*

Lane J. A comparative assessment of stress levels between competitive and non-competitive CrossFit athletes. *Department of Exercise Science, University of South Carolina, 2017-19.*

Long T. A descriptive study of fitness experience as a determinant for self-reported injury rates in CrossFit training. *Department of Exercise Science, University of South Carolina, 2016-18.*

Bailey T. Examination of the effects of performance foam on DOMS, perceived exertion, and recovery in CrossFit athletes. *Department of Exercise Science, University of South Carolina, 2015-17.*

Connell S. Examination of sport nutrition knowledge, eating habits, and eating identity among ROTC cadets. *Department of Exercise Science, University of South Carolina, 2015-17.*

Gonzalez K. Work-life balance in athletic training from the spouse's perspective. *Department of Exercise Science, University of South Carolina, 2015-17.*

Souvé K. Examination of performance measurements within position, competition level, and across gender and sport. *Department of Physical Education and Athletic Training, University of South Carolina, 2014-16.*

Minori ME. Prevalence of female athlete triad syndrome in collegiate cross country runners. *Department of Physical Education and Athletic Training, University of South Carolina, 2014-16.*

Lichtenwalner N. Recruitment in athletic training: Recruit perceptions and socializing agents that define the work force. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Medina A. Association between functional movement proficiency, health-related fitness and injury incidence in youth athletes. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Meyer J. Association between functional movement proficiency and health-related fitness in youth athletes. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Jensen M. The psychological effects of basic combat training among United States Army Soldiers. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Ferland L. Prevalence of eating disorder risk and body image pre- and post- basic combat training in United States Army Soldiers. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Kingsley P. The effect of demographics on head impact biomechanics in youth football players. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

***Doctor of Physical Therapy Research Project Committee – Member***

Douglas E, Bartholf J, Snyder J. The association between previous injury, lower extremity motor competency, mental health and injury risk factors in Reserve Officers' Training Corps cadets. *Department of Exercise Science, University of South Carolina, 2019-21.*

Lyons D. Areas of emphasis in lower extremity bone stress injury research: a qualitative analysis. *Department of Exercise Science, University of South Carolina, 2019-21.*

Davidson M, Mercado A, Paxton A, and Powers C. Measurement properties of a test battery to predict lower limb bone stress injuries. *Department of Exercise Science, University of South Carolina, 2017-18.*

***Master of Science in Exercise Science Project Committee – Member***

Rhea J. The state of women’s healthcare in the United States Army. *Department of Exercise Science, University of South Carolina, 2023.*

Pasker B. An in-depth analysis of the Army Combat Fitness Test and how to improve it. *Department of Exercise Science, University of South Carolina, 2022.*

***South Carolina Honors College Thesis Committee – Chair***

Adkins M. The creation of an effective diet and exercise plan to reduce college female gym intimidation. *South Carolina Honors College, University of South Carolina, 2022-23.*

Cherry O. The impact of the menstrual cycle on knee joint laxity in collegiate women’s soccer players. *South Carolina Honors College, University of South Carolina, 2021-22.*

Holland C. Physicians’ perspectives of athletic training. *South Carolina Honors College, University of South Carolina, 2015-17.*

***South Carolina Honors College Thesis Committee – Second Reader***

Coale A. Grade two hamstring and proximal hamstring tendon strain and rehabilitation program. *South Carolina Honors College, University of South Carolina, 2022.*

Biggar C. The impact of physical activity on a physically inactive young adult. *South Carolina Honors College, University of South Carolina, 2019.*

**GRANT ACTIVITY**

***Research Support – National***

2022-2023 Binkley S, Sacko RS, **Hand AF**.

Yoga practices on improving balance, performance, overall health, and injury prevention in collegiate athletes.

NATA Research and Education Foundation Master’s Student Grant Program

Role: Advisor

Amount: \$1000.00 (*Funded*)

2022-2023 Carbone C, **Hand AF**, Sacko RS.

Who serves those who serve? The availability of athletic trainers to ROTC programs across the United States.

NATA Research and Education Foundation Master’s Student Grant Program

Role: Advisor

Amount: \$1000.00 (*Funded*)

***Research Support – Institutional***

2016-2017 Holland C, **Hand AF**.  
Physicians' perspectives of athletic training.  
South Carolina Honors College Senior Thesis Grant  
Role: Advisor  
Amount: \$1500.00 (*Funded*)

2014-2015 **Fraley AL**, Beattie PF.  
Identification of modifiable factors contributing to bone injuries in military recruits.  
SPARC Graduate Research Grant Program  
Role: Principal Investigator  
Amount: \$4,988.95 (*Not funded*)

**CLINICAL EXPERIENCE**

**USC Reserve Officers' Training Corps**, Columbia, SC  
Supervisor of Athletic Training Services (August 2019 – August 2023)

**Hammond School**, Columbia, SC  
Certified Athletic Trainer, Researcher (February 2015 – April 2015)  
Middle School Boys' Lacrosse Injury Tracking and Accelerometer/Head Impact Study

**Moore Center for Orthopedics**, Lexington, SC  
PRN Athletic Trainer (July 2013 – May 2015)  
Certified Athletic Trainer (July 2011 – July 2013)  
Dutch Fork High School, Irmo, SC

**USC Sports Medicine**, Columbia, SC  
Certified Athletic Trainer (March 2014 – October 2014)  
Athletic Trainer in Physician Practice Setting, Dave Jenkinson, DO

**The University of North Carolina**, Chapel Hill, NC  
Certified Athletic Trainer (August 2009 – May 2011)  
UNC Women's Soccer and UNC Softball

**North Carolina Girls' Soccer Camps**, Chapel Hill, NC; Greensboro, NC  
Director of Athletic Training (Summer 2010)  
Certified Athletic Trainer (Summers 2009 and 2011)

**University of South Carolina**, Columbia, SC  
Athletic Training Student (August 2006 – May 2009)

**PROFESSIONAL CERTIFICATIONS**

**Certified Athletic Trainer by Board of Certification, Inc.**  
June 2009 – present Certification No. 2000001001  
**National Provider Identifier** No. 1255611224

**State Certified Athletic Trainer by South Carolina Dept. of Health and Environmental Control**

July 2011 – present Certification No. 1260

**Licensed Athletic Trainer by North Carolina Board of Athletic Trainer Examiners**

July 2009 – July 2017 License No. 1638

**Certified Strength and Conditioning Specialist by National Strength and Conditioning Association**

January 2021 – present Certification No. 7248411661

**Tactical Strength and Conditioning Facilitator by National Strength and Conditioning Association**

September 2022 – present Certification No. 7248492388

**Certified Performance Enhancement Specialist by National Academy of Sports Medicine**

November 2011 – present Certification No. 1404734

**Certified in Wilderness and Remote First Aid by American Red Cross**

March 2014 – present

**Certified in Mental Health First Aid by the National Council for Mental Wellbeing**

December 2021 – present

**Certified in Graston Technique Module 1 – Basic Training**

December 2010 – present

**PROFESSIONAL ORGANIZATIONS****National Athletic Trainers' Association (NATA)**

March 2008 – present Membership No. 26405

**Mid-Atlantic Athletic Trainers' Association (MAATA)**

March 2008 – present

**South Carolina Athletic Trainers' Association (SCATA)**

March 2008 – present

**National Strength and Conditioning Association (NSCA)**

May 2020 – present Membership No. 001226417

**PROFESSIONAL SERVICE*****Leadership Positions*****President, *South Carolina Athletic Trainers' Association*****District Council, *Mid-Atlantic Athletic Trainers' Association***

July 2022 – present

**President-Elect, *South Carolina Athletic Trainers' Association***

July 2020 – July 2022

**Secretary, *South Carolina Athletic Trainers' Association***

November 2018 – July 2020

**South Carolina Ambassador, *NATA Research and Education Foundation***

July 2015 – January 2019

**District III Representative, *NATA Young Professionals' Committee*****Chair, *District III Young Professionals' Committee***

June 2015 – June 2019

**Chair, *South Carolina Athletic Trainers' Association College and University Committee***

October 2017 – November 2018

**Member, *South Carolina Athletic Trainers' Association College and University Committee***

January 2015 – October 2017

**South Carolina Representative, *District III Young Professionals' Committee***

June 2012 – June 2015

**South Carolina State Chair, *Mid-Atlantic Athletic Trainers' Association Student Senate***

February 2007 – May 2009

**President, *South Carolina Athletic Training Student Association***

May 2007 – May 2009

***National Service***

Co-Author, National Athletic Trainers' Association Best Practice Guidelines for Per Diem Work, 2019

Organizer, Strategies for Working Per Diem, NATA Annual Symposium, 2018

Manuscript Reviewer, Journal of Athletic Training, 2017, 2021

Organizer, Strategies for YPs, NATA Annual Symposium, 2017

Co-Organizer, Around the Horn for Young Professionals, NATA Annual Symposium, 2016

Mock Interviewer, NATA Annual Symposium, 2015, 2016, 2017

***Regional Service***

Volunteer, Career Skills Workshop, MAATA Student Symposium, 2018, 2020

Organizer, Career Skills Workshop, MAATA Student Symposium, 2017, 2019

Volunteer, SEATA Athletic Training Student Symposium Faculty, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2022

Volunteer, SEATA Athletic Training Student Symposium Abstract Reviewer, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022

Co-Organizer, MAATA Athletic Training Student Symposium, 2008, 2009

Moderator, MAATA Athletic Training Student Symposium, 2009

***Local Service***

Member, South Carolina Schools' Network and Governor's Council, 2021, 2022

Member, Planning Committee, TUFSS Initiative in SC via the Korey Stringer Institute, 2020, 2021

Member, Licensure Task Force, South Carolina Athletic Trainers' Association, 2020

Volunteer, Lexington 2 Innovation Center Health Science Advisory Committee, 2019, 2020, 2021

Co-Organizer, SCATA College and University Symposium, 2016, 2017, 2018, 2019, 2020

Co-Instructor, Wilderness First Aid, Boys Scouts of America, 2015, 2016, 2017, 2018, 2019

Volunteer, SCATA Senior Session, 2017

Co-Organizer, SCATA Senior Session, 2014

Organizer, SCATA College and University Symposium Senior Session, 2014

Organizer, NPI Registration at SCATA Annual Symposium, 2012, 2014, 2015

Volunteer, SCATA College and University Symposium, 2013, 2014

Volunteer, SCATA High School Workshop, 2007, 2009, 2012, 2015, 2016, 2017, 2018

***University Service***

Committee Member, UKirk SC: A Presbyterian Campus Ministry, 2022, 2023

Faculty Advisor, Arnold School of Public Health Representative, Institute for Healthcare Improvement, 2020, 2021, 2022, 2023

Member, Interprofessional Education for the Health Sciences Committee, 2018, 2019, 2020, 2021, 2022, 2023

Faculty Advisor, South Carolina Athletic Training Student Association, 2021, 2022, 2023

Faculty Advisor, Iota Tau Alpha Athletic Training Honor Society, 2022, 2023

Faculty Advisor, South Carolina Women's Basketball Club, 2018, 2019, 2020

Volunteer, University of South Carolina Discovery Day, 2015

***School Service***

Member, Graduate Programs Workgroup, Arnold School of Public Health, 2018

**PROFESSIONAL MEETINGS/EVENTS**

**NATA Annual Meeting and Clinical Symposia**, New Orleans, LA, 2011, 2018; St. Louis, MO, 2012, 2015; Baltimore, MD, 2016; Houston, TX, 2017; Las Vegas, NV, 2019; Virtual, 2020, 2021; Philadelphia, PA, 2022; Indianapolis, IN, 2023

**NATA Foundation Faculty Mentor Program**, 2022, 2023

**NATA Joint Committee Meeting**, Dallas, TX, 2016, 2017, 2018, 2019

**NATA Athletic Training Educator's Conference**, Dallas, TX, 2015, 2017; Virtual, 2021

**NATA State Leadership Forum**, Las Vegas, NV, 2019; Virtual, 2020, 2021, 2022, 2023; Indianapolis, IN, 2023

**CAATE Accreditation Conference**, Tampa, FL, 2016, 2017; Atlanta, GA, 2019; Virtual, 2020; Orlando, FL, 2021

**NATA Spine Injury in Sports Conference**, Virtual, 2021

**Capitol Hill Day**, Washington, DC, 2008, 2009, 2016, 2017

**U.S. Army Holistic Health and Fitness Symposium**, Fort Eustis, VA, 2023

**Bone Stress Injury Symposium**, Columbia, SC, 2023

**iLead – NATA Student Leadership Program**, Washington, DC, 2009

**MAATA Annual Symposium**, Ocean City, MD, 2018, 2019; Virginia Beach, VA, 2007, 2008, 2009, 2014, 2015, 2017, 2023; Greenville, SC, 2012, 2013; Virtual, 2020, 2021; Charlotte, NC, 2022

**SEATA EducATIOn Experience and Expo**, Miramar Beach, FL, 2023

**SEATA Athletic Training Student Symposium**, Atlanta, GA, 2008, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2022

**American College of Sports Medicine, Southeast Chapter Annual Meeting**, Greenville, SC, 2023

**SCATA Annual Symposium**, Columbia, SC, 2007, 2008, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2022, 2023; Virtual, 2020, 2021

**South Carolina Brain Injury Awareness Day**, Columbia, SC, 2012, 2013

**SC State Legislative Day for Athletic Training**, Columbia, SC, 2012, 2013, 2014, 2016, 2017, 2019, 2020, 2023

**SCATA College and University Symposium**, Columbia, SC, 2006, 2007, 2009, 2013, 2014, 2016, 2017, 2018, 2019, 2020, 2021

**SCATA High School Workshop**, Pelion, SC, 2007; Lexington, SC, 2009, 2012, 2016, 2017, 2018, 2019, 2020; Blythewood, SC, 2015

**Inclusive Leadership Professional Symposium**, Columbia, SC, 2022

**National Strength and Conditioning Association South Carolina State Clinic**, Charleston, SC, 2022; Lexington, SC, 2023

**COMMUNITY SERVICE****Junior League of Columbia**

Membership Council, Member, 2023-2024  
 Chair of Junior Volunteers, 2023-2024  
 Community Council, Member, 2022-2023  
 Vice-Chair of Junior Volunteers, 2022-2023  
 New Member Committee, 2020-2022  
 New Member, 2019-2020

**Shandon Presbyterian Church**

Elder, 2023-2026

Building and Grounds Committee, 2023-2026

Sunday School Teacher, Middle School, 2022-2023

Presbyterian Women Coordinating Team Secretary, 2020-2022

**HONORS AND AWARDS**

- 2022 Challenge Coin from the US Army Research Institute of Environmental Medicine Commander
- 2022 Voted Educator of the Year by the Students of the UofSC Athletic Training Program
- 2019 UofSC Department of Exercise Science Outstanding Doctoral Student Award
- 2019 Melba Regina Guy Visionary Leadership Student Award
- 2019 Voted Educator of the Year by the Students of the UofSC Athletic Training Program
- 2018 Voted Educator of the Year by the Students of the UofSC Athletic Training Program
- 2017 Voted Educator of the Year by the Students of the UofSC Athletic Training Program
- 2016 NATA Research and Education Foundation Scholarship: Doctoral Level
- 2016 Voted Educator of the Year by the Students of the UofSC Athletic Training Program
- 2014 Voted Educator of the Year by the Students of the UofSC Athletic Training Program
- 2013 Athletic Trainer for SCHSL 4A Girls' Basketball State Champions: Dutch Fork Athletics
- 2012 Athletic Trainer for SCHSL 4A Girls' Basketball State Champions: Dutch Fork Athletics
- 2012 Athletic Trainer for SCHSL 4A Football State Runner-Up: Dutch Fork Athletics
- 2010 Teaching Excellence Award: UNC Lifetime Fitness Program
- 2010 Athletic Trainer for Women's Soccer ACC Regular Season Champions: UNC Athletics
- 2009 Teaching Excellence Award: UNC Lifetime Fitness Program
- 2009 Athletic Trainer for Women's Soccer NCAA National Champions: UNC Athletics
- 2009 Athletic Trainer for Women's Soccer ACC Tournament Champions: UNC Athletics
- 2009 NATA Research and Education Foundation Scholarship: Master's Level
- 2009 MAATA Larry C. Sutton Postgraduate Scholarship
- 2009 Winner, South Carolina Athletic Training Quiz Bowl
- 2008 University of South Carolina's Scottye Hedstrom Athletic Training Memorial Award
- 2008 Runner-Up, Student SEATA Clinical Case Study Contest