

# MELISSA M. MONTGOMERY, PhD, ATC

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## EDUCATION

- **University of North Carolina at Greensboro, Greensboro NC**  
Degree Earned: Doctor of Philosophy May 2011  
Program: Kinesiology with concentration in Applied Neuromechanics  
Dissertation: *The Effect of Lean Body Mass and Strength on Lower Extremity Energy Absorption Strategies During Landing*
- **University of the Pacific, Stockton CA**  
Degree Earned: Master of Arts August 2005  
Program: Sport Sciences with emphasis in Sport Management
- **University of Tennessee, Knoxville TN**  
Degree Sought: Master of Science August 2002-May 2003  
Program: Sports Medicine with emphasis in Biomechanics
- **University of the Pacific, Stockton CA**  
Degree Earned: Bachelor of Arts May 2001  
Major: Sport Sciences with emphasis in Athletic Training

## PROFESSIONAL EXPERIENCE

- **Assistant Professor and Co-Clinical Education Coordinator** August 2015 - present  
California State University, Fullerton; Fullerton, CA  
College of Health and Human Development; Department of Kinesiology  
Responsibilities: Instruct courses in the Department of Kinesiology and specifically, in the Athletic Training Program (ATP), accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Along with the Program Director, ensure compliance with the CAATE standards for accreditation. Coordinate student experiences during the clinical education component of the ATP. Supervise on- and off-campus clinical preceptors to ensure compliance with policies and procedures and that clinical rotation objectives are being met. Engage in scholarly activity and provide service to the department, college, and university.
- **Assistant Professor\* and Clinical Education Coordinator** August 2011 - 2015  
California State University, Northridge; Northridge, CA  
College of Health and Human Development; Department of Kinesiology  
Responsibilities: Instruct courses in the Department of Kinesiology and specifically, in the CAATE-accredited ATP. Along with the Program Director, ensure compliance with the CAATE standards for accreditation. Coordinate student experiences during the clinical education component of the ATP. Supervise on- and off-campus clinical instructors to ensure that policies and procedures are followed and that clinical rotation objectives are being met. Engage in scholarly activity and provide service to the department, college, and university.  
\* Promoted to Associate Professor, effective August 2015.
- **Collaborative Researcher** January 2012- present  
Athletes' Research Institute, Chapel Hill, NC  
Responsibilities: Contribute to concept and design of research studies to assess outcomes of soccer-specific training programs. Acquire and analyze quantitative data related to age, maturational state, skill level, and intrinsic factors related to injury risk.

- **Doctoral Research Assistant** July 2007-June 2011  
 University of North Carolina at Greensboro, Greensboro, NC  
 Assisted in all aspects of the research process for funded and non-funded projects performed in the Applied Neuromechanics Research Laboratory. Duties include day-to-day operations of the lab as well as various research responsibilities assigned by lab directors, including pilot testing, subject recruitment, data collection, data reduction and assistance with data analysis and manuscript preparation. Also responsible for mentoring undergraduate research assistants and assisting with course instruction for the entry-level Masters' Degree in Athletic Training (MSAT) Program.
- **Clinical Education Coordinator and Lecturer** August 2006-June 2007  
 University of the Pacific, Stockton, CA  
 Coordinated clinical education component of the ATP for undergraduate athletic training students. Administrative duties also included assistance in preparation of the self-study document for program re-accreditation by CAATE. Also responsible for instructing 3 courses per semester, including "Therapeutic Modalities", "Therapeutic Exercise", "Care and Prevention of Athletic Injuries" and practicum courses for 1<sup>st</sup>-4<sup>th</sup> semester clinical ATEP students.
- **Assistant Athletic Trainer** June 2003-June 2007  
 University of the Pacific, Stockton, CA  
 Assisted in providing athletic training services to Women's Soccer team during the competitive season. Responsibilities included various day-to-day athletic training responsibilities and sport-specific rehabilitation. Provided primary care to soccer athletes during off-season.
- **Teaching Assistant** August 2001- May 2002  
 University of the Pacific, Stockton, CA August 2005- May 2006  
 Assisted in ATP course instruction, including "Therapeutic Modalities", "Therapeutic Exercise" and practicum courses.
- **Assistant Women's Soccer Coach** June 2003-Dec 2006  
 University of the Pacific, Stockton, CA  
 Trained goalkeepers and defenders in a competitive NCAA Division I intercollegiate program. Planned and administered fitness program during team training. Coordinated recruitment of prospective student-athletes, monitoring academic success of student-athletes. Also responsible for various administrative tasks and community outreach programs.
- **Graduate Assistant Athletic Trainer** June 2002-June 2003  
 University of Tennessee, Knoxville, TN  
 Primary athletic trainer for women's softball. Performed daily administrative tasks for the Lady Vols Athletic Training student assistant program and coordinated the organization and teaching of weekly student in-services and meetings.
- **Athletic Training Education Program Administration Intern** June 2001-June 2002  
 University of the Pacific, Stockton, CA  
 Assisted the ATEP Director in the process of transitioning the athletic training internship program to meet the standards for initial program accreditation by CAAHEP. Developed documentation for the clinical component of the ATP and assisted in preparation of the self-study document. Also served as Teaching Assistant for various courses.
- **Athletic Training Intern** August 2001-June 2002  
 University of the Pacific, Stockton, CA  
 Primary athletic trainer for the Division I Women's Field Hockey team. Other responsibilities include coordinating medical care for NCAA Men's Basketball Tournament 1<sup>st</sup> and 2<sup>nd</sup> Rounds at Arco Arena in Sacramento, CA.

- **Head Athletic Trainer**

January 2000-June 2005

California Storm, Sacramento, CA

Provided athletic training care for women's semi-professional soccer team competing in the Women's Premier Soccer League (WPSL). Responsibilities included providing patient care during training and matches, and coordinating home care following injury.

## **PUBLICATIONS**

### **Peer Reviewed Publications**

1. Pamukoff DN, Montgomery MM, Moffit TJ\*, Vakula MN\*. (In Press). Quadriceps function and knee joint ultrasonography following ACL reconstruction. *Medicine and Science in Sport and Exercise*. Accepted for publication on 9/21/17.
2. Deguzman L\*, Flanagan SP, Stecyk SD, Montgomery MM. (In Press). The immediate effects of self-administered proprioceptive neuromuscular facilitation, foam rolling, and dynamic warm-up on hamstring tightness. *Athletic Training and Sports Healthcare*. Accepted for publication 9/7/2017.
3. Nottingham SL, Montgomery MM, Kasamatsu TM. (In Press). Athletic training student active learning time with and without the use of bug-in-ear technology. *Athletic Training Education Journal*. Accepted for publication 3/15/17.
4. Nottingham SL, Kasamatsu TM, Montgomery MM. (In Press). Perceptions of athletic training student active learning experiences with and without the use of bug-in-ear technology. *Athletic Training Education Journal*. Accepted for publication 3/15/17.
5. Montgomery MM, Marttinen RH, Galpin AJ. (2017). Comparison of body fat results from 4 bioelectrical impedance analysis devices vs. air displacement plethysmography in American adolescent wrestlers. *International Journal of Kinesiology and Sports Science*. 5(4): 18-25.
6. Montgomery MM, Tritsch AJ, Cone JR, Schmitz RJ, Henson RA, Shultz SJ. (2017). Influence of lean mass on lower extremity biomechanics during prolonged exercise. *Journal of Athletic Training*. 52(8): 738-746.
7. Shultz SJ, Schmitz RJ, Cone JR, Henson RA, Montgomery MM, Pye ML, Tritsch AJ. (2015). Changes in fatigue, multiplanar knee laxity, and landing biomechanics during intermittent exercise. *Journal of Athletic Training*. 50(5): 486-497.
8. Montgomery MM, Shultz SJ, Schmitz RJ. (2014) The effect of equalizing task demands on lower extremity energy absorption. *Clinical Biomechanics*. 29(7): 760-766.
9. Schmitz RJ, Cone JR, Tritsch AJ, Pye ML, Montgomery MM, Henson RA, Shultz SJ. (2014) Changes in drop jump landing biomechanics during prolonged intermittent exercise. *Sports Health: A Multidisciplinary Approach*. 6: 128-135.
10. Shultz SJ, Schmitz RJ, Cone JR, Copple TJ, Montgomery MM, Tritsch AJ, Pye ML. (2013) Multi-planar knee laxity increases during a 90-minute intermittent exercise protocol. *Medicine and Science in Sports and Exercise*. 45(8): 1553-61.
11. Wideman L, Montgomery MM, Levine BJ, Beynon BD, Shultz SJ. (2013) Accuracy of calendar based methods for assigning menstrual cycle phase in women. *Sports Health: A Multidisciplinary Approach*. 5: 143-149.
12. Montgomery MM, Shultz SJ, Schmitz RJ, Wideman L, Henson RA. (2012) Influence of lean body mass and strength on landing energetics. *Medicine and Science in Sports and Exercise*. 44(12): 2376-83.
13. Shultz SJ, Pye ML, Montgomery MM, Schmitz RJ. (2012). Associations between lower extremity muscle mass and multi-planar knee laxity and stiffness: A potential explanation for sex differences in frontal and transverse plane knee laxity. *American Journal of Sports Medicine*. 40(12): 2836-2844
14. Shultz SJ, Schmitz RJ, Tritsch AJ, Montgomery MM. (2012). Methodological considerations of task and shoe wear on joint energetics during landing. *Journal of Electromyography and Kinesiology*. 22(1): 124-30.
15. Shultz SJ, Schmitz RJ, Kong Y, Dudley WN, Beynon BD, Nguyen AD, Kim HS, Montgomery MM. (2012). Cyclic variations in knee joint laxity profiles influence landing biomechanics. *Medicine and Science in Sports and Exercise*. 44(5): 900-9.

16. Shultz SJ, Wideman L, Montgomery MM, Beasley KN, Nindl BC. (2012). Changes in serum collagen markers and IGF-I and knee joint laxity across the menstrual cycle. *Journal of Orthopaedic Research*. 30(9):1405-12.
17. Shultz SJ, Wideman L, Montgomery MM, Levine BJ. (2011). Some sex hormone profiles are consistent over time in normal menstruating females: Implications for sports injury epidemiology. *British Journal of Sports Medicine*. 45: 735-742.
18. Shultz SJ, Schmitz RJ, Nguyen AD, Levine BJ, Kim H, Montgomery MM, Shimokochi Y, Beynon BD, Perrin DH (2011). Knee joint laxity and its cyclic variation influence tibiofemoral motion during weight acceptance. *Medicine and Science in Sports & Exercise*. 43(2), 287-295.
19. Montgomery MM & Shultz SJ (2010). Isometric knee extension and flexion torque production during early follicular and postovulatory phases in recreationally active women. *Journal of Athletic Training*. 45(6):586-93.
20. Shultz SJ, Levine BJ, Nguyen AD, Kim H, Montgomery MM, Perrin DH. (2010). A comparison of cyclic variations in anterior knee laxity, genu recurvatum and general joint laxity across the menstrual cycle. *Journal of Orthopaedic Research*. 28(11), 1411-7.

**Publications Under Review** (\* indicates student researcher)

1. Pamukoff DN, Montgomery MM, Choe KH\*, Moffit TJ\*, Garcia SL\*, Vakula MN\*. Bilateral alterations in running mechanics and quadriceps function following unilateral anterior cruciate ligament reconstruction. Submitted to *American Journal of Sports Medicine* on 9/25/17.
2. Pamukoff DN, Montgomery MM, Choe K\*, Moffit TJ\*, Vakula MN\*. The effect of whole body vibration on jogging kinetics in individuals with anterior cruciate ligament reconstruction. Submitted to *Archives of Physical Medicine and Rehabilitation* on 3/8/17.

**Peer-Reviewed Abstracts and Presentations** (\* indicates student researcher)

1. Montgomery MM & Cone JR. (2017). "Managing Fitness for Return to Play". (2017). Feature Session presentation at National Athletic Trainers' Association Annual Meeting, Houston, TX.
2. Pamukoff DN, Vakula MN\*, Choe KH\*, Moffit TJ\*, Montgomery MM. (2017). Inter-limb comparison of knee mechanics during running following ACL reconstruction. *Journal of Athletic Training*. 52(6): S161. Presented at National Athletic Trainer's Association Annual Meeting, Houston TX.
3. Nottingham SL, Montgomery MM, Lyons S. (2017). "Effective integration of evidence based practice: From classroom to clinic". Presented at Far West Athletic Trainers' Association Annual Meeting, Las Vegas, NV.
4. Pamukoff DN, Vakula MN\*, Moffit TJ\*, Choe KH\*, Montgomery MM. (2017). Impulsive loading during running following anterior cruciate ligament reconstruction. *Medicine and Science in Sport and Exercise*. 49(5): S266. Presented at American College of Sports Medicine 64<sup>th</sup> Annual Meeting, Denver, CO.
5. Moffit TJ\*, Montgomery MM, Vakula MN\*, Choe KH\*, Pamukoff DN. (2017). Quadriceps function is associated with running kinetics post anterior cruciate ligament reconstruction. *Medicine and Science in Sport and Exercise*. 49(5): S267. Presented at American College of Sports Medicine 64<sup>th</sup> Annual Meeting, Denver, CO.
6. Pamukoff DN, Vakula MN\*, Choe KH\*, Moffit TJ\*, Montgomery MM. (2017). "Ultrasonographic evaluation of femoral cartilage thickness following anterior cruciate ligament reconstruction". *Osteoarthritis and Cartilage*. 25(1): S261. Presented at Osteoarthritis Research Society International World Congress on Osteoarthritis, Las Vegas, NV.
7. Choe KH\*, Vakula MN\*, Moffit TJ\*, Bringmann J\*, Montgomery MM, Pamukoff DN. (2016). Inter-limb comparison of vastus lateralis architecture and geometry in individuals with unilateral ACL reconstruction. Presented at Southwest American College of Sports Medicine 36<sup>th</sup> Annual Meeting, Costa Mesa, CA.
8. Moffit TJ\*, Montgomery MM, Vakula MN\*, Choe KH\*, Pamukoff DN. (2016). Influence of quadriceps strength on running kinetics in individuals with unilateral anterior cruciate ligament reconstructions. Presented at Southwest American College of Sports Medicine 36<sup>th</sup> Annual Meeting, Costa Mesa, CA.

9. Vakula MN\*, Moffit TJ\*, Montgomery MM, Choe KH\*, Pamukoff DN. (2016). Association between quadriceps function and femoral cartilage thickness in individuals with anterior cruciate ligament reconstruction. Presented at Southwest American College of Sports Medicine 36<sup>th</sup> Annual Meeting, Costa Mesa, CA.
10. Montgomery MM, Caro M\*. (2016). Bilateral comparison of lower extremity joint energetics during landing. *Journal of Athletic Training*. 51(6): S304. Presented at National Athletic Trainers' Association Clinical Symposia & AT Expo, Baltimore MD.
11. Montgomery MM. (2015). "ACL Injury Risk Factors and the Influence of Body Composition on Lower Extremity Neuromechanics". Feature Presentation at Far West Athletic Trainers' Association Annual Meeting, San Diego CA.
12. Caro M\*, Behjoo B\*, Montgomery MM. (2015). Bilateral comparison of lower extremity joint energetics during landing. Presented at Far West Athletic Trainers' Association Annual Meeting, San Diego CA.
13. Montgomery MM & Caro M\*. (2015). The influence of lean mass and strength on muscle activation strategies during landing. *Journal of Athletic Training*. 50(10): 1106-1107. Presented at ACL Research Retreat VII, Greensboro NC.
14. Montgomery MM & Tritsch AJ. (2014). The influence of trunk mass on hip biomechanics during landing. Presented at 2014 Far West Athletic Trainers' Association Annual Meeting, Las Vegas NV.
15. Montgomery MM, Shultz SJ, Schmitz RJ. (2013). The effect of equalizing task demands according to sex differences in lower extremity lean mass during landing. *Journal of Athletic Training*. 48(3): S164. Presented at National Athletic Trainers' Association Annual Meeting, Las Vegas NV.
16. Sheldon AM\* & Montgomery MM. (2013). Comparisons of performance on a clinical test of reaction time between sport and sex. *Journal of Athletic Training*. 48(3): S189. Presented at National Athletic Trainers' Association Annual Meeting, Las Vegas NV.
17. Tritsch AJ, Montgomery MM, Cone JR, Schmitz RJ, Shultz SJ. (2013). Effect of body composition and performance during an exercise challenge. *Journal of Athletic Training*. 48(3): S161. Presented at National Athletic Trainers' Association Annual Meeting, Las Vegas NV.
18. Montgomery MM, Shultz SJ, Schmitz RJ. (2013). The effect of equalizing task demands according to sex differences in lower extremity lean mass during landing. Presented at Far West Athletic Trainers' Association Annual Meeting, Sacramento CA.
19. Sheldon AM\* & Montgomery MM. (2013). Comparisons of performance on a clinical test of reaction time between sport and sex. Presented at Far West Athletic Trainers' Association Annual Meeting, Sacramento CA.
20. Montgomery MM, Schmitz RJ, Shultz SJ (2012). Influence of lean mass on lower extremity biomechanics during a prolonged exercise bout. *Medicine and Science in Sports and Exercise*. 44(5): 635. Presented at American College of Sports Medicine 59<sup>th</sup> Annual Meeting, San Francisco CA.
21. Shultz SJ, Schmitz RJ, Cone JR, Tritsch AJ, Montgomery MM, Pye ML, Copple TJ, Henson RA (2012). The Effects of Exercise Induced Increases in Knee Joint Laxity on Knee Joint Biomechanics during a 90-minute Intermittent Exercise Protocol. Presented at NFL Physicians Society Annual Meeting, Indianapolis IN.
22. Montgomery MM, Shultz SJ, Schmitz RJ (2011). Relationships between various muscle contraction types and eccentric work during landing. *Journal of Athletic Training*. 46(3): S124. Presented at 2011 National Athletic Trainers' Association Annual Meeting, New Orleans LA.
23. Shultz SJ, Wideman L, Montgomery MM, Beasley KN, Nindl BC (2011). Changes in serum collagen markers and IGF-I and knee joint laxity across the menstrual cycle. Presented at American College of Sports Medicine 58<sup>th</sup> Annual Meeting, Denver CO.
24. Shultz SJ, Schmitz RJ, Kong Y, Dudley WN, Beynon BD, Nguyen AD, Kim HS, Montgomery MM, Perrin DH (2011). Cyclic variations in knee joint laxity profiles influence landing biomechanics. Presented at 57<sup>th</sup> Annual Meeting of the Orthopedic Research Society, Long Beach CA.
25. Montgomery MM, Schmitz RJ, Shultz SJ. (2010). Comparisons of sagittal plane knee biomechanics in males and females during a cutting task when relative demands are controlled. *Journal of Athletic Training*. 45(3): S49. Presented at National Athletic Trainers' Association Annual Meeting, Philadelphia.
26. Shultz SJ, Schmitz RJ, Nguyen AD, Levine BJ, Kim HS, Montgomery MM, Shimokochi Y, Beynon BD, Perrin DH. (2010). Absolute baseline and cyclic variations in knee laxity are related to anterior tibial

- translation when transitioning from non-weight bearing to weight bearing. *Journal of Athletic Training*. 45(3): S27. Presented at National Athletic Trainers' Association Annual Meeting, Philadelphia PA.
27. Tritsch AJ, Montgomery MM, Schmitz RJ, Shultz SJ. (2010). Comparisons of energy absorption strategies during a terminal vs. non-terminal landing task. *Journal of Athletic Training*. 45(3): S113. Presented at National Athletic Trainers' Association Annual Meeting, Philadelphia PA.
  28. Wideman L, Montgomery MM, Levine BJ, Shultz SJ. (2010). The accuracy of generalized methods for assigning menstrual cycle phase in young college-aged women. Presented at American College of Sports Medicine 57<sup>th</sup> Annual Meeting, Baltimore MD.
  29. Montgomery MM & Shultz SJ. (2009). Isometric thigh muscle torque does not change from early follicular to post-ovulatory phases in recreationally-active females. Presented at American College of Sports Medicine 56<sup>th</sup> Annual Meeting, Seattle WA.
  30. Montgomery MM, West SA, Pond CJ. (2001). The effect of magnetic insoles on vertical jump in male collegiate volleyball players. *Journal of Athletic Training*. 36(2): S44. Presented at National Athletic Trainers' Association Annual Meeting, Anaheim CA.

### Research Support

- “The Effect of Pulsed Dynamic Compression on Subjective and Objective Measures of Recovery following Intense Exercise”
  - *Principal Investigator*: MM Montgomery (\$3,000)
  - *Agency*: Far West Athletic Trainers' Association
  - *Aim*: To examine the efficacy of pulsed dynamic compression in reducing pain and aiding in recovery of performance outcomes after an intense bout of lower extremity plyometric exercises, using both patient-reported outcomes and objective measurements.
  - *Role*: PI; supervise and mentor graduate student Co-PI (RD Harris) through all aspects of the study, including design, data collection, data analysis, and preparation of abstract and planned manuscript.
- “Validation of body composition assessment by bioelectrical impedance vs. air displacement plethysmography in high school wrestlers”
  - *Principal Investigators*: MM Montgomery, AJ Galpin, RH Martinen. (\$30,000 donation)
  - *Agency*: National Wrestling Coaches' Association
  - *Aim*: To evaluate the validity of 4 bioelectrical impedance instruments against the gold standard of air displacement plethysmography for assessing body composition in high school wrestlers.
  - *Role*: Co-PI; Primary lead on project, including concept and design, data collection and analysis; preparation of manuscript.
- “The Effect of Peristaltic Pulse Dynamic Compression on Subjective and Objective Measures of Recovery following Intense Exercise”
  - *Principal Investigator*: RD Harris (\$4,060; not funded)
  - *Agency*: Far West Athletic Trainers' Association
  - *Aim*: To examine the efficacy of peristaltic pulse dynamic compression in reducing pain and aiding in recovery of performance outcomes after an intense bout of lower extremity plyometric exercises, using both patient-reported outcomes and objective measurements.
  - *Role*: Co-PI; supervise and mentor undergraduate researcher (RD Harris) through all aspects of the study, including design, data collection, data analysis, and preparation of abstract and planned manuscript.
- “Diagnostic Ultrasound: A Non-invasive Technology to Assess Knee Joint Health”
  - *Principal Investigator*: DN Pamukoff (\$15,000)
  - *Agency*: CSU Program for Education and Research in Biotechnology (CSUPERB)
  - *Aim*: To examine the difference in knee joint cartilage thickness between individuals with ACL injury and matched control participants.
  - *Role*: Co-Investigator; recruitment, data analysis, and preparation of manuscripts and grants.

- “The Effect of Whole Body Vibration on Running Biomechanics in Individuals with Anterior Cruciate Ligament Reconstruction”
  - *Principal Investigator:* DN Pamukoff (\$9,932)
  - *Agency:* CSUF Research, Scholarly, and Creative Activity Grant
  - *Aim:* To determine the effect of whole body vibration on strength and running/jumping biomechanics in individuals with ACL reconstruction.
  - *Role:* Co-Investigator; recruitment, data analysis, and preparation of manuscripts and grants.
- “The Influence of Lower Extremity Lean Mass and Strength on Muscle Activation Amplitudes during Landing, Part II”
  - *Principal Investigator:* MM Montgomery (25% effort)
  - *Agency:* CSUN Research, Scholarly, and Creative Activity Grant
  - *Aim:* To process and analyze data from an ongoing project (funded 2013-2014) and prepare an abstract for submission during Fall 2014.
- “The Influence of Lower Extremity Lean Mass and Strength on Lower Extremity Muscle Activation Amplitudes during Landing”
  - *Principal Investigator:* MM Montgomery (\$5,000)
  - *Agency:* CSUN Research, Scholarly, and Creative Activity Grant
  - *Aim:* To determine the influence of lean body mass and strength on lower extremity muscle activation amplitudes during a dynamic landing task.
- “The Influence of Lower Extremity Lean Mass and Strength on Muscle Activation Amplitudes during Landing”
  - *Principal Investigator:* MM Montgomery (\$3,000)
  - *Agency:* Far West Athletic Trainers’ Association
  - *Aim:* To determine the influence of lean body mass and strength on thigh muscle activation amplitudes during a dynamic landing task.
- “Exercise-Induced Changes in Knee Laxity” May 2010-December 2012
  - *Principal Investigator:* SJ Shultz (\$125,000)
  - *Agency:* NFL Charities
  - *Aim:* To determine the effects of a prolonged intermittent exercise protocol on knee joint laxity and lower extremity neuromechanics.
  - *Role:* Research Assistant participated in designing experimental procedures; responsible for subject recruitment, data collection, management, and processing, and manuscript preparation; funded for graduate tuition/fees waiver and stipend (2010-2011)
- “The Effect of Lean Body Mass on Lower Extremity Energy Absorption Strategies during Landing” July 2010 - June 2011
  - *Principal Investigator:* MM Montgomery (\$2,500)
  - *Agency:* National Athletic Trainers’ Association Research and Education Foundation
  - *Aim:* To determine the influence of lean body mass on lower extremity biomechanics during a dynamic landing task.
- “Sex Hormone Mediated Knee Laxity and Knee Stability” July 2007- May 2011
  - *Principal Investigator:* SJ Shultz (\$1,037,210)
  - *Agency:* NIH- National Institute of Arthritis and Musculoskeletal and Skin Diseases (R01-AR053172)
  - *Aim:* To determine the independent and combined effects of greater absolute and cyclic anterior knee laxity on knee joint neuromechanics during weight bearing.
  - *Role:* Research Assistant; responsible for subject recruitment, data collection, management, and processing, and assisting with manuscript preparation; funded for graduate tuition/fees waiver and stipend (2007-2010)

- “Body Composition and Thigh Muscle Activation” May 2009 - August 2009
  - *Principal Investigator*: MM Montgomery (\$2,000)
  - *Agency*: The Graduate School, University of North Carolina at Greensboro (Susan B. Stout Summer Research Assistantship)
  - *Aim*: To examine the relationship between strength, body composition and muscle activation in males and females.
- “Differences in Anterior Knee Laxity Between Normal Menstruating and Oral Contraceptive Users” May 2008 - August 2008
  - *Principal Investigator*: MM Montgomery (\$2,000)
  - *Agency*: The Graduate School, University of North Carolina at Greensboro (Summer Research Assistantship)
  - *Aim*: To compare cyclic changes in anterior knee laxity between eumenorrheic females and those who use oral contraceptive hormones.

## TEACHING EXPERIENCE

### **California State University, Fullerton, Department of Kinesiology**

- KNES 367: “Clinical Proficiency in Athletic Training I” (Fa 2016-17)
- KNES 373: “Clinical Diagnosis of the Lower Extremity and Lumbar Spine” (Sp 2016-17, Fa 2015-17)
- KNES 368: “Clinical Proficiency in Athletic Training II” (Sp 2016-17)
- KNES 365: “Pathologies in Sports and Exercise” (Sp 2016, Fa 2017)
- KNES 375: “Management of Sports and Exercise Emergencies (Sp 2016)
- KNES 469: “Clinical Proficiency in Athletic Training V” (Fa 2015)

### **Chapman University, Athletic Training Program (MSAT)**

- AT 530: Clinical Examination and Diagnosis I: Lower Extremity (Su 2017)
- AT 530L: Clinical Examination and Diagnosis I: Lower Extremity lab (Su 2017)

### **California State University, Northridge, Department of Kinesiology**

- KIN 331: “Introduction to Athletic Training Clinical Experience” (Su 2014-15)
- KIN 332: “Evidence Based Practice in Athletic Training” (Su 2015)
- KIN 333: “Injury Prevention Clinical Reasoning” (Fa 2011-2014)
- KIN 341: “Prevention and Evaluation Clinical Experience” (Fa 2011-2014)
- KIN 337: “Prevention and Care of Athletic Injuries” (Su 2012-14, Sp 2013-15, Fa 2012-14)
- KIN 415: “Medical Aspects of Sports and Related Injuries” (Su 2012-14)
- KIN 334: “Evaluation and Rehabilitation Clinical Reasoning” (Sp 2012-15)
- KIN 342: “Rehabilitation and Evaluation Clinical Experience” (Sp 2012-15)

### **University of North Carolina at Greensboro, Department of Kinesiology**

- KIN 376: Biomechanics of Sport and Physical Activity (Co-taught; Sp 2010)
- KIN 638: Therapeutic Modalities (Co-taught; Fa 2010)
- KIN 721: General Medical Conditions (Co-taught; Fa 2009)

### **University of the Pacific, Department of Sport Sciences**

- SPTS 143: “Care and Prevention of Athletic Injuries” (Fa 2006)
- SPTS 145: “Therapeutic Modalities” (Fa 2006)
- SPTS 163: “Therapeutic Exercise” (Sp 2007)
- SPTS 89, 189: Practicum courses for 1<sup>st</sup>-4<sup>th</sup> semester clinical ATEP students (Fa 2006-Sp 2007)

### **Graduate Student Mentoring**

- Thesis/Project Committee Chair:



- Willem Winkelman, ATC. (2017-present): *The relationship between lower extremity strength asymmetries and hop test performance.*
- Vanessa Gillette, ATC. (2015- present): *Pre-season screening for ACL injury risk in collegiate soccer and basketball athletes.*
- Elena Soler, ATC. (2015-present): *Validation of body composition assessment by bioelectrical impedance vs. air displacement plethysmography in high school wrestlers.*
- Laura Deguzman, MS, ATC. (2016). *The immediate effects of self-administered proprioceptive neuromuscular facilitation, myofascial release, and dynamic stretching on range of motion.*
- Behrang Behjoo, MS. (2014). *Asymmetry in lower extremity biomechanics during dual-limb landings.*
- Thesis/Project Committee member:
  - Margaret Ha, ATC (2017-present). *Perceptions & experiences of faculty and/or staff in higher education with academic adjustments following a concussion.*
  - Lauren Gardner, ATC (2017-present). *Integration of patient reported outcomes into the athletic training clinic at California State University, Fullerton.*
  - Steven Garcia (2017-present). *Effect of center of mass translation on golf swing kinetics.*
  - Tyler J. Moffitt (2017-present). *Associations between strength and distance running biomechanics.*
  - Joseph Gonzalez (2017-present). *Differences in muscle architecture of the gastrocnemii and tibialis anterior between forefoot and rearfoot runners.*
  - Melinda Smith, MS. (2015). *Predicting injuries in gymnastics using the Functional Movement Screen.*
  - Miguel R. Quintero, MS, ATC. (2015). *Electromyographic comparisons of two variants of the Biering-Sorensen test.*
  - Ashley R. Meyer, MS, ATC. (2014). *Long-term effects of external ankle support on muscle strength and activity.*
  - Jennifer M. Guiry, MS, ATC. (2014). *Comparison of an overhead and single leg squat in barefoot, minimalist, and shod conditions.*
- Independent Study (KNES 499):
  - Athletic Training graduate assistants (Fall 2016). *Preceptor Development for New Athletic Trainers.*

## **SERVICE**

### **University**

- myCSUNtablet Initiative Faculty liaison (2013-2015)
  - recipient of 2015 President Jolene Koester Team Award
- CSUN New Faculty Orientation tech tutor (2014-15)
- CSUN Upper Division Writing Proficiency Exam reader (2013-15)

### **College**

- CSUF CHHD Curriculum Committee member (2015- present)
- CSUN HHD Curriculum Committee member (2014- 2015, 2012-2013)
- CSUN HHD Commencement Committee member (2014, 2012)

### **Department**

- CSUF Athletic Training Program Director tenure track faculty search committee (Fall 2017- )
- CSUF Athletic Training Student Society club advisor (2017-present)
- CSUF KNES Assessment committee member (August 2015-present)
- CSUN KIN Curriculum Committee chair (2014-2015, 2012-2013)
- CSUN Biomechanics tenure track faculty search committee chair (2014-15)
- CSUN Biomechanics/Strength & Conditioning tenure track faculty search committee (2013-2014)
- CSUN Motor Behavior tenure track faculty search committee (2012-2013)
- CSUN KIN Commencement and Awards Committee chair (2014, 2012)

- CSUN KIN Commencement and Awards Committee member (2012-15)
- CSUN KIN Curriculum Committee member (2011-2015)
- CSUN Athletic Training Club advisor (2011-2015)
- CSUN KIN Graduate Committee (2011-15)

### **Community**

- College of the Canyons Sports Medicine Grant Advisory Committee (2011-2015)

### **Professional**

- CSUF College of Health and Human Development Interprofessional Education task force (2016- )
- National Athletic Trainers' Association (NATA) Professional Development Committee- District 8 representative (November 2015- )
- NATA Clinical Symposia and AT Expo Feature Presentation and Free Communications moderator (2013- )
- NATA Research and Education Foundation Free Communications competition judge (2013- )
- Far West Athletic Trainers' Association Research and Grants Committee member (2014- )
- *Ad hoc* Grant Reviewer, NATA Research and Education Foundation (2013- )
- Manuscript Reviewer (2010- )
  - *International Journal of Athletic Training and Therapy* (2016- )
  - *Research Quarterly for Exercise and Sport* (2015- )
  - *Clinical Biomechanics* (2015- )
  - *Journal of Biomechanics* (2014- )
  - *Women in Sports and Physical Activity Journal* (2013- )
  - *Journal of Strength and Conditioning Research* (2013- )
  - *Journal of Applied Biomechanics* (2013- )
  - *Clinical Journal of Sports Medicine* (2011- )
  - *Journal of Athletic Training* (2010- )
- Registration Chair (2008, 2010), ACL Research Retreat IV and V, Greensboro, NC
- Abstract Review Committee (2010), Human Movement Science Research Conference, Chapel Hill, NC
- Examiner, Board of Certification, Inc. (2003-2007)

## **PROFESSIONAL AFFILIATIONS AND CERTIFICATIONS**

- Board of Certification, Inc.
  - Certified Athletic Trainer (#110102254): November 2001-present
  - National Provider Identifier: 1962827188
- National Athletic Trainers' Association
  - Member (#981092): 1999-present
  - District 8 (FWATA) Member: 2011-present, 2003-2007, 1999-2002
  - District 3 (MAATA) Member: 2007-2011
  - District 9 (SEATA) Member: 2002-2003
- California Department of Health Radiologic Health Branch
  - X-Ray Technician Bone Densitometry Permit (#RHP00095592): 2012-present
- American College of Sports Medicine
  - Member (#653557): 2008-present
- North Carolina Board of Athletic Trainer Examiners
  - Licensed Athletic Trainer (#1418): October 2007-2011
- State of Tennessee Board of Medical Examiners
  - Licensed Athletic Trainer (#658): May 2002-2003