

Curriculum Vitae

Nydia Lisette Cabra DAT, LAT, ATC, CPT

Senior Lecturer

University of Texas at San Antonio

College for Health, Community and Policy

Department of Kinesiology, Health, and Nutrition

1 UTSA Circle

Main Building 3.438

San Antonio, Tx 78249

Work email: Nydia.Cabra@UTSA.edu

Personal Email: Nydia.Cabra@Gmail.com

Mobile phone: 210-452-6689

Education

2021 AT Still University- Mesa, Arizona

Doctor of Athletic Training

Concentration: Clinical scholar in athletic training

Additional certificates: Orthopedics, Leadership and Education

2000 Southwest Texas State University (Texas State University)- San Marcos, Texas

Master of Education

Concentration: Physical Education- emphasis on Exercise Science

Athletic Training Graduate Assistant

1993 University of Texas at El Paso- El Paso, Texas

Bachelor of Science

Concentration: Kinesiology- Minor in Biology

Athletic Training Intern

Higher Education Academic Appointments

2020 to present University of Texas at San Antonio- San Antonio, Texas

College for Health, Community, and Policy

Department of Kinesiology- Senior Lecturer

Athletic Training Apprenticeship Coordinator- Fall 2021 to present

Faculty Sponsor- Pre-Athletic Training Society

Nomination 2022- University Service Award

Courses taught:

Anatomy and Physiology for Kinesiology

Athletic Training Observation Program- non-credit course

Biomechanics Laboratory

Care and Prevention of Athletic Injuries

Clinical Application of Athletic Injuries

Evaluation of Athletic Injuries

First Aid and CPR

Foundations of Kinesiology

Group Fitness Instruction
Musculoskeletal Anatomy
Musculoskeletal Rehabilitation

2017 to 2020 University of the Incarnate Word- San Antonio, Texas
Ila Faye Miller School of Nursing and Health Professions
Athletic Training and Rehabilitative Science- Visiting Instructor
Athletic Training Program accredited by the Commission for Accreditation in
Athletic Training Education (CAATE)- status renewed 2019
Sponsor for the Pre-Physician Assistant Club 2019 to 2020
Nomination 2018- Presidential Teaching Award

Courses taught:

Emergency and Medical Aspects in Athletic Training
Evaluation Strategies for Trunk and Lower Extremities
Health Communication for Rehabilitative Science and Nursing
students
Introduction to Patient Care
Introduction to Rehabilitation
Patient Assessment practicum
Pathology of Body Systems
Professional Internship
Psychosocial Strategies and Referral
Therapeutic Modalities Lab
Therapeutic Rehabilitation
Therapeutic Rehabilitation Lab

2016-2017 University of Texas at San Antonio- San Antonio, Texas
College of Education
Department of Kinesiology, Health, and Nutrition- Adjunct Instructor

Courses taught:

Advanced Athletic Training
Introduction to Athletic Injury and Procedures

2013-2016 University of Texas of the Permian Basin- Odessa, Texas
Athletics Department- Head Athletic Trainer (2013-2015)
College of Health Sciences and Human Performance
Department of Kinesiology
Athletic Training and Kinesiology- Lecturer I (2013-2016)
Clinical Coordinator Athletic Training Education Program (2015-2016)
Athletic Training Program accredited by the Commission for Accreditation in
Athletic Training Education (CAATE) in 2015
Preceptor for the athletic training students in Athletic Training Education

Courses taught:

Athletic Training Practicum 1 A and B
Athletic Training Practicum 2 A and B
Athletic Training Practicum 3 A and B

Concepts of Fitness and Wellness
First Aid and CPR for the Professional Caregiver
Introduction to Athletic Training
Rehabilitation of Athletic Injuries
Seminar in Athletic Training

2011 University of the Incarnate Word- San Antonio, Texas
Ila Faye Miller School of Nursing and Health Professions
Athletic Training Education and Rehabilitative Sciences- Adjunct Instructor
Course taught:
Introduction to Athletic Training

Athletic Training appointments

2009 to present Sports Medicine Associates of San Antonio/Methodist Sports
Medicine/Bethpage San Antonio, Texas
Outreach Athletic Trainer, PRN
2009 Texas Lutheran University- Seguin, Texas
Assistant Athletic Trainer
2000 Sam Houston State University- Huntsville, Texas
Assistant Athletic Trainer
1998-2001 Hill Country Sports Medicine Associates-San Marcos, Texas
Graduate Assistant Athletic Trainer (1998-2000)
Director of Sports Medicine and Outreach (2000-2001)
1998-2000 Southwest Texas State University- San Marcos, Texas
Graduate Assistant Athletic Trainer
Assigned to Marion Independent School District, Marion, Texas

Primary and Secondary School Academic and Athletic Training Appointments

2003-2013 Randolph Field Independent School District- Universal City, Texas
Head Athletic Trainer (2003-2009, 2012-2013)
Physical Education Teacher (2005-2006)
Substitute Teacher (2006-2013)
Lead for School Health Advisory Committee (2012-2013)
2003-2004/2021 Schertz-Cibolo-Universal City School District- Schertz, Texas
Elementary Physical Education (2003-2004)
Substitute Teacher (2021)
2001-2003 Seguin Independent School District- Seguin, Texas
Assistant Athletic Trainer
Special Education Teacher
2000 Marion Independent School District- Marion, Texas
Substitute Teacher
1994-1998 Socorro Independent School District, El Paso, Texas
Co-Head Athletic Trainer
Physical Education Teacher
TAAS Remediation Teacher
1994 El Paso Independent School District, El Paso, Texas

Substitute Teacher

Presentations and Publications

July 2023	“Steroids: Information for Texas Coaches.” TGCA Coaching School Presentation. Texas Girls’ Coaches Association Annual Meeting, Arlington, Texas.
March 2023	“Stages of Rehabilitation.” Alamo Area Athletic Trainers’ Association Student Symposium, San Antonio, Texas
Jan 2023	Welch Bacon, Cailee E., Cabra, Nydia L., Pennington, Taryn C., Eberman, Lindsey E., & Cavallario. Julie M.. (2023). Athletic Trainers’ Perceptions of Their Scope of Practice. <i>International Journal of Athletic Therapy and Training</i> . Advance online publication. https://doi.org/10.1123/ijatt.2022-0064 .
July 2021	“Athletic Trainers’ Familiarity with and Perceptions of Athletic Training Scope of Practice.” Free Communications Oral Presentation. Virtual National Athletic Trainers’ Association Clinical Symposia & AT Expo
June 2017	“Sickle Cell Disease and Trait and the Athletic Population.” Valley Athletic Trainers Association South Padre Athletic Training symposium, South Padre Island, Texas
March 2015	“Athletic Training at Various Settings.” Round table discussion Alamo Area Athletic Trainers Association student conference, San Antonio, Texas
June 2003	“Lower Leg Evaluations.” Southwest Athletic Trainers Association Annual Convention, Arlington, Texas
June 2001	“SOAP Notes.” Southwest Athletic Trainers Association Annual Convention, Arlington, Texas
Spring 2001	“Athletic Trainer Duties at the Collegiate, High School, and Clinical Levels.” Southwest Texas State University Athletic Training Program guest lecturer, San Marcos, Texas

Governance at current institution

2023	Hiring Committee member for Kinesiology Department Full Time Track Lecturer (October 2023 to present)
2023 to 2024	Kinesiology faculty secretary for departmental meetings
2023 to present	Departmental Annual Review Committee, Kinesiology Department, University of Texas at San Antonio
2022 to present	University Athletics Council- University of Texas at San Antonio
2022	Hiring Committee member for Kinesiology Department Administrative assistant (April- June 2022)
2021 to present	University representative sponsor for the Pre-Athletic Training Society at the University of Texas at San Antonio
2021 to 2023	Strategic Plan Committee, Kinesiology Department, University of Texas at San Antonio
2020 to 2021	Academic Policy and Curriculum Committee, Kinesiology Department, University of Texas at San Antonio

Qualifications and Professional Memberships

2023	National Academy of Sport Medicine- Nutrition Coach Certification (in progress)
2023	Structure and Function Education: Foundations of Joint Manipulation
2022- 2026	Department of Defense Education Activity- Project Director for Promoting Military Connected Student Excellence in the Health Sciences, Randolph High School, Universal City, Texas, grant award winner (2021)
2021 to present 2020 to 2024	American Heart Association Basic Life Support Instructor Texas School Health Advisory Committee- Parent member. 2022 to present-Subcommittee member Health Education for All initiative
2020 to present	Southwest Texas Regional Advisory Council- Stop the Bleed Instructor
2020 to present 2015-2020	National Academy of Sports Medicine- Certified Personal Trainer Texas Education Agency- Generalist EC through 6 th grade Teacher Certification
2013 to present	American Red Cross- CPR/AED, First AID, Babysitter Training, and Basic Life Support Instructor
2009 to present	Texas State Athletic Trainers' Association- Member 2022 to Present- Apprenticeship Endorsement subcommittee, Region 8 member
2009 to present	Texas Department of Health, Texas Department of Licensing and Regulation- Athletic Training State License Examiner
2008 to present	Alamo Area Athletic Trainers' Association- Member 2010-2011 President, 2009-2010 Vice President
2002-2020	Texas Education Agency- Generic Special Education Teacher Certification
2001-2013 2000 to present	AHA and American Safety and Health Institute- CPR instructor Board of Certification for the Athletic Trainer- Certification #020002052 National Provider Identifier-NPI # 1285034926
1996	Texas Education Agency- All Levels Physical Education, Lifetime Teacher Certificate
1994 to present	Texas Department of Health/Texas Department of Licensing and Regulation- Athletic Training License, AT 1508
1993 to present 1993 to present 1991 to 1998	Southwest Athletic Trainers Association- Member National Athletic Trainers Association- Member Sun City Athletic Trainers Association- Member

Honors and Awards

2022	Nomination University Service Award, University of Texas at San Antonio
2018	Nomination Presidential Teaching Award, University of the Incarnate Word
2004	Nomination Teacher of the Year, Schertz Elementary School

2003, 2023 All Star Athletic Trainer, Selected by the Texas Girls Coaches Association,
athletic trainer for softball teams
1993 Who's Who Among American College Students

Community Service

2020 to present Food distribution team member, Host Ministry, Prayer Team- Oak Hills Church and San Antonio Food Bank
2018 and 2019 Oak Hills Church San Antonio- Manos de Cristo mission to Del Rio, Tx and Acuna, Mexico
2018 to 2019 Journey Fellowship/Oak Hills Church San Antonio, Tx- Youth Group Volunteer
2017 to 2020 Journey Fellowship/Oak Hills church San Antonio, Tx- Co Leader for community Bible studies
2016 to 2023 Randolph Field Independent School District- Member Project Graduation, Parent Teacher Organization, Band Booster Club, Athletic Booster Club- Secretary 2021-2021 school year
2010 to 2014 First Baptist Church Universal City, Texas- AWANAS classroom volunteer assistant
1994 to 1996 First Baptist Church El Paso, Texas- assistant with youth ministry
1994 International Mission Board- Summer Missionary to Durban, South Africa and surrounding areas
1989-1998 First Baptist Church El Paso, Texas- participation in various mission trips to Juarez, Mexico and surrounding areas

Experience outside of education and athletic training

2009 to 2023 Texas Realtor
1991- 1994, 1998 Universal Cheerleaders Association/Varsity Spirit Corporation, Memphis, Tennessee
Camp Administrator
First Aider- (1991-1994)
Athletic Trainer (1998)
Selected as First Aider for national competitions 1992-1994
Selected as First Aider/Athletic Trainer for parade in London England 1993,1994