

Curriculum Vitae

Nydia Lisette Cabra DAT, LAT, ATC, CPT

University of Texas at San Antonio
College for Health, Community, and Policy
Department of Kinesiology, Health, and Nutrition
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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

Academic Appointments

- 2020 to present
College for Health, Community, and Policy
University of Texas at San Antonio- San Antonio, Texas
Kinesiology, Health, and Nutrition department instructor
Athletic Training Internship Coordinator
Courses taught:
Anatomy and Physiology for Kinesiology
Athletic Training Observation Program- non-credit course
Biomechanics Laboratory
Clinical Application of Athletic Injuries
First Aid and CPR
Foundations of Kinesiology
Group Fitness Instruction
Musculoskeletal Anatomy
Musculoskeletal Rehabilitation
- 2017 to 2020
Ila Faye Miller School of Nursing and Health Professions

University of the Incarnate Word- San Antonio, Texas
Athletic Training and Rehabilitative Science- Visiting Instructor
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
Kinesiology/Athletic Medicine Adjunct Instructor

Courses taught:

Advanced Athletic Training
Introduction to Athletic Injury and Procedures

2013-2016

University of Texas of the Permian Basin- Odessa, Texas
Clinical Coordinator Athletic Training Education Program (2015-2016)
Kinesiology Lecturer (2013-2016)- Athletic Training and Kinesiology courses
Head Athletic Trainer (2013-2015)
2015- Athletic Training Program accredited by the Commission for Accreditation
in Athletic Training Education (CAATE)

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
Preceptor for the athletic training students in the Athletic Training
Education Program- all levels

2003-2009/2012-2013

Randolph Field Independent School District- Universal City, Texas

Head Athletic Trainer (2003-2009, 2012-2013)
Physical Education Teacher (2005-2006)
Lead for School Health Advisory Committee (2012-2013)

2009

Texas Lutheran University- Seguin, Texas
Assistant Athletic Trainer

2003-2004

Schertz-Cibolo-Universal City School District- Schertz, Texas
Elementary Physical Education

2001-2003

Seguin Independent School District- Seguin, Texas
Assistant Athletic Trainer
Special Education Teacher

2000

Sam Houston State University- Huntsville, Texas
Assistant Athletic Trainer

1998-2000

Southwest Texas State University- San Marcos, Texas
Assigned to Marion Independent School District, Marion, Texas
Graduate Assistant Athletic Trainer
Substitute Teacher

1994-1998

Socorro Independent School District, El Paso, Texas
Co-Head Athletic Trainer
Physical Education Teacher

Qualifications and Professional Memberships:

2021 to present	American Heart Association Basic Life Support Instructor
2020 to present	Southwest Texas Regional Advisory Council- Stop the Bleed Instructor
2020 to Present	Texas School Health Advisory Committee- Parent member
2020 to present	National Academy of Sports Medicine- Certified Personal Trainer
2015-2020	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
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	AHA and American Safety and Health Institute- CPR instructor Board of Certification for the Athletic Trainer- Certification #020002052
1996	National Provider Identifier-NPI # 1285034926 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	Southwest Athletic Trainers Association- Member
1993 to present	National Athletic Trainers Association- Member
1991 to 1998	Sun City Athletic Trainers Association- Member

Presentations and Publications

May 2022	Welch Bacon CE, Cabra N, Pennington T, Eberman LE, Cavallario JM. Athletic trainers' perceptions of their scope of practice. <i>International Journal of Athletic Therapy & Training</i> . In Review;#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
March 2015	"Athletic Training at Various Settings." Round table discussion Alamo Area Athletic Trainers Association student conference
June 2003	"Lower Leg Evaluations." Southwest Athletic Trainers Association Annual Convention
June 2001	"SOAP Notes." Southwest Athletic Trainers Association Annual Convention
Spring 2001	"Athletic Trainer Duties at the Collegiate, High School, and Clinical Levels." Southwest Texas State University Athletic Training Program guest lecturer

Honors and Awards

2018 Nomination Presidential Teaching Award, University of the Incarnate Word

- 2003 All Star Athletic Trainer, Selected by the Texas Girls Coaches Association
 1993 Who's Who Among American College Students

Community Service

- 2020 to present Food distribution team member- Oak Hills Church and San Antonio Food Bank
 2019 to present University representative sponsor for the Pre-Physician Assistant Club at University of the Incarnate Word
 2018 and 2019 Oak Hills Church San Antonio- Manos de Cristo mission to Del Rio, Tx
 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 present Randolph Field Independent School District- Member 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

- 2016 to present Methodist Health System/Sports Medicine Associates of San Antonio- Outreach Athletic Trainer
 2009 to present Texas Realtor
 1998- 2001 Hill Country Sports Medicine Orthopedic Associates, San Marcos, Texas
 Graduate Assistant with outreach and clinic duties (1998-2000)
 Director Sports Medicine outreach program (2000-2001)
 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