

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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Objective

Athletic trainer and educator

Education

2017 to 2021	AT Still University Mesa, Arizona Doctor of Athletic Training Concentration: Clinical scholar in athletic training Additional certificates: Orthopedics, Leadership and Education
1998-2000	Southwest Texas State University San Marcos, Texas Master's in Education degree Concentration: Physical Education- emphasis on Exercise Science
1990-1993	University of Texas at El Paso El Paso, Texas Bachelor of Science Concentration: Kinesiology- Minor in Biology Athletic Training
1989-1990	Texas Christian University Fort Worth, Texas Concentration: Pre-medical sciences

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 <u>Courses taught:</u> Anatomy and Physiology for Kinesiology Athletic Training Observation Program- non-credit course Biomechanics Laboratory Clinical Application of Athletic Injuries First Aid and CPR
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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

2015-2016

Clinical Coordinator Athletic Training Education Program,
Kinesiology Lecturer- Athletic Training and Kinesiology courses
Athletic Training program accredited by the Commission for
Accreditation in Athletic Training Education (CAATE)

2013-2015

Head Athletic Trainer, Kinesiology Lecturer

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 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

Certifications and Licenses

2021 American Heart Association Basic Life Support Instructor

2020 National Academy of Sports Medicine- Certified Personal Trainer

2020 Southwest Texas Regional Advisory Council- Trained as a “Stop the Bleed” Instructor

2015-2020 Texas Education Agency- Generalist EC through 6th grade

2014 NPI # 1285034926

2013 American Red Cross- CPR/AED, First AID, Babysitter Training, and Basic Life Support Instructor

2002-2020 Texas Education Agency- Generic Special Education

2001-2013 AHA and American Safety and Health Institute- CPR instructor

2000 Board of Certification for the Athletic Trainer- Certification #020002052

1996 Texas Education Agency- All Levels Physical Education, lifetime certificate

1994 Texas Department of Health/Texas Department of Licensing and Regulation- Athletic Training License, AT1508

Professional Memberships and Qualifications

2009 to present	Alamo Area Athletic Trainers Association- past president, past vice president, member
2009 to present	Texas State Athletic Trainers Association- member
1996	Texas Education Agency- teacher certification
1994	Texas Advisory Board of Athletic Trainers- Licensed athletic trainer
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

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
1992, 1993	Varsity Spirit Corporation- selected as staff member for London New Year’s Day Parade
1991-1993	Varsity Spirit Corporation- Selected as staff member for National Cheer competitions San Antonio, Texas and Orlando, Florida

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- prior to earning Texas Athletic Training License
Athletic Trainer

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 Mission trip member to deliver shoeboxes with gifts for Manos de Cristo mission with Oak Hills Church, San Antonio, Tx
- 2018 to 2019 Youth volunteer for Journey Fellowship/Oak Hills Church San Antonio, Tx
- 2017 to present Leader and co-leader for community Bible studies with Journey Fellowship/Oak Hills church
- 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