

Aliza K. Nedimyer MA, LAT, ATC

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Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center
2207 Stallings-Evans Sports Medicine Center
Campus Box 8700
Chapel Hill, NC, 27599

Education

The University of North Carolina, Chapel Hill, NC

Master of Arts in Exercise and Sport Science – Athletic Training Specialization, *May 2017*

-CAATE accredited Post-Professional Athletic Training Program

-Thesis: “*The Foot Core Musculature and Exercise Related Leg Pain in Runners*” under the direction of Erik Wikstrom PhD, ATC.

Worked with Kinect cameras, the Physimax system, and dynamometers to capture landing mechanics and measure strength, the star excursion balance test and force plates to assess postural control, and ultrasound to assess muscle cross sectional area of various lower extremity musculature

Ithaca College, Ithaca, NY

Bachelor of Science in Athletic Training, *May 2015*

Minor in Honors

GPA: 3.93/4.00

Athletic Training Experience

June '17 – Present

The University of North Carolina – Chapel Hill, NC

Social and Clinical Research Specialist, Project Coordinator

- Oversaw daily functioning of an international research study involving concussion rehabilitation, including communicating with various medical professionals and research staff
- Worked in the Matthew Gfeller Center with UNC athletes to help provide clinical testing and care before and after concussions were sustained, interacting closely with athletes, athletic trainers, and physicians

August '15 – May '17

The University of North Carolina – Chapel Hill, NC

Graduate Assistant Athletic Trainer for Women's Soccer and Softball

- Provided evaluation, treatment, and rehabilitation of orthopedic injuries and general medical conditions for athletes
- Worked closely with coaches, team physicians, strength and conditioning, and other athletic trainers to ensure proper care and safety of athletes
- Used Fusionetics Sport Science software to assess movement patterns that potentially increase risk of injury and develop and implement preventative training programs based on improper movement patterns
- Collaborated with research lab teams to complete LESS testing and other screenings used to design and implement rehab programs for post operative athletes
- Regularly assisted with travel responsibilities of both teams
- Organized and maintained proper daily encounter documentation and injury reports for both teams using electronic medical records and software

- Worked as part of a team of athletic trainers, ensuring proper communication and teamwork to provide athletes the best care possible
- Assisted the sports medicine team with preseason physicals and screenings, and coordinated baseline screenings at the Matthew Gfeller Center in accordance with the CARE Consortium

Campus Health Physical Therapy

- Provided athletic training services to general student body through physician referral and scheduled appointments
- Evaluated and monitored progress of patients, implemented home exercise plans, and instructed on proper completion
- Educated patients with necessary information to improve conditions and next steps if needed
- Responsible for completing proper documentation of all appointments, including in depth notes and associated ICD and CPT coding

Intramural, Club Sport, and Walk-In Clinic

- Provided emergency and triage care for acute injuries suffered during intramural and club sport activities on campus
- Aided in triaging patients providing referral options to emergency room, urgent care, or sports medicine physicians
- Covered assigned hours for walk-in clinic for general student body

Developmental Sport Camps

- Provided emergency, first aid, and triage care for youth participants during camp activities
- Administered pre-participation general health history questionnaires and collected proper insurance documentation from participants
- Interacted with parents and physicians as necessary to provide proper care and safety for all participants

August '11 – May '15

Ithaca College – Ithaca, NY

Athletic Training Student

- Varsity team assignments: Men's Soccer, Football, Women's Basketball, Women's Gymnastics
- High school assignment: Ithaca High School
- Assisted with evaluation, treatment, and rehabilitation of athletic injuries sustained by student athletes
- Helped implement injury prevention programs and worked closely with strength and conditioning
- Spent time assisting at the Hammond Health Center at Ithaca College

Teaching Experience

August '15 – Present

The University of North Carolina – Chapel Hill, NC

Lifetime Fitness Instructor

- Taught undergraduate students in beginning swimming and swim conditioning courses
- Independently developed "Learn to Swim" and "Swimming for Fitness" curriculum and taught courses
- Organized and implemented learning modules that educated students surrounding the fundamental aspects of fitness, fitness assessments, nutrition, stabilization, and flexibility training

- Guided and oversaw improvements in physical fitness of undergraduate students

Clinical Preceptor – UNC ATEP

- Supervised undergraduate athletic training students in a clinical setting
- Taught and evaluated students' clinical skills in the areas of evaluation, treatment, and rehabilitation of student athletes
- Guided students through daily routines of practice set up and game day operations
- Completed assessments of proficiency of athletic training students' skills during signature assignments
- Worked with a task force to oversee the "Observer Program," exposing potential athletic training students to the profession, and providing once monthly lectures on various topics

May '16 – Present

Chapel Hill Carrboro City School District – Chapel Hill, NC Substitute Teacher

- Independently oversaw classrooms of over twenty students
- Worked with students in various settings ranging from full class to small groups and one on one to enhance learning
- Worked with students of all ages and abilities within varying subjects

January '15 – May '15

Ithaca College – Ithaca, NY Undergraduate Teaching Assistant

- Aided professors in providing laboratory instruction for clinical practice
- Provided open clinic hours for hands on practice and further one on one or small group instruction
- Helped assess students during proficiencies and practical exams

Professional Certifications and Memberships

- Board of Certification, Inc. (BOC) – *April 2015 – Present*
 - Certified Athletic Trainer (ATC): #2000020466
- North Carolina Board of Athletic Trainer Examiners (NCBATE) – *June 2015 – Present*
 - Licensed Athletic Trainer (LAT): #2674
- Graston Technique: Module 1 – *December 2015 - Present*
- American Red Cross CPR/AED for the Professional Rescuer – *Current*
- American Red Cross First Aid – *Current*
- National Athletic Trainers' Association – *August 2012 - Present*
- Mid-Atlantic Athletic Trainers' Association – *November 2015 - Present*
- North Carolina Athletic Trainers' Association – *November 2015 – Present*

Athletic Training Honors

- Mark Alderman Award – *May 2015*
 - Acknowledges the senior athletic training student who best exemplifies the qualities of service, kindness, and compassion
- Sayers "Bud" Miller Memorial Scholarship (NATA Foundation Scholarship) – *May 2015*

Additional Honors

- Phi Kappa Phi Honor Society and Oracle Honor Society
- Dean's List - *Fall '11, Spring '12, Fall '12, Spring '13, Fall '13, Spring '14, Fall '14, Spring '15*
- Ithaca College Presidential Scholar - *Fall 2011 - Spring 2015*