

# **CHRISTINA B. VANDER VEGT, MS, ATC**

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## **EDUCATION**

### **Texas State University, San Marcos, TX**

Master of Science: Athletic Training

Graduation Date: August 2015 GPA: 4.0/ 3.89

Thesis: *Resultant Effect of Head Impacts on Vestibular Function in NCAA Division I Male Lacrosse Players*

### **Metropolitan State University of Denver, Denver, CO**

Bachelor of Science: Athletic Training

Graduation Date: May 2013. GPA: 3.4

## **PROFESSIONAL EXPERIENCE**

### **Doctoral Student, Research and Teaching Assistant**

The University of North Carolina, Chapel Hill, North Carolina. July 2016- Present

- Assist with faculty research in the Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center.
- Responsible for teaching within the EXSS undergraduate program. Created course syllabi, developed class presentations, handouts, tests and quizzes, and submission of final grades
  - **Teaching Assistant:** EXSS 175 Human Anatomy; 280 students; 2 sections
  - **Instructor of Record:** EXSS 288 Emergency Care; 40 students; 1 section
    - Certified Red Cross Instructor for the CPR/AED for the professional rescuer. Students in this class are exposed to this material and are eligible for the certification upon completion.
    - Common pathologies of the shoulder complex, spine, wrist, hand, fingers, hip, thigh, lower leg, ankle, foot, and toes.
- Responsible for Mentoring Graduate Students in the post professional of Athletic Training Program

### **Resident Athletic Trainer and Teaching Assistant – Residency in Orthopedic Rehabilitation**

Ben Hogan Sports Medicine, Fort Worth, Texas. August 2015- June 2016

- Assisted Athletic Training and Sports Medicine staff at Texas Christian University (TCU) with the prevention, evaluation, treatment, and rehabilitation of injuries among student athletes.

- Assisted Physical Therapists with the clinical evaluation, treatment and rehabilitation of injuries among active individuals at the Ben Hogan Sports Medicine Clinic.
  - Experience with the rehabilitation of vestibular/ visual/ cervical dysfunction following sport-related concussion.
- Biomechanical assessment of throwing mechanics in baseball athletes at Ben Hogan Sports Medicine Clinic.
- Served as a preceptor for athletic training students in the CAATE accredited professional program in Athletic Training at TCU
- **Co-lecturer/ Instructor** in the CAATE accredited professional program in Athletic Training at TCU (Orthopedic Evaluation of the Upper and Lower Extremities)
  - Responsible for development of lecture and test/ quiz/ practical materials. Lead class through lecture and lab material. Graded/ provided feedback on assignments and exams.
- Examined sex differences in blood biomarkers following concussion as a predictor for return to play in the context of concussion assessment outcomes.
- Assisted Sports Medicine staff at Ben Hogan with data collection for multiple research studies involving biomechanics of the upper and lower extremity during pitching/ throwing and landing tasks, humeral torsion in the overhead throwing athlete, and longitudinal serial testing of patients who have had ACL or ulnar collateral ligament reconstruction.

### **Graduate Assistant Athletic Trainer**

Texas State University, San Marco, Texas. October 2013 – July 2015

- Generated individual decisions regarding assessments, treatments, and rehabilitation programs for division I collegiate athletes (baseball, softball, cross country, and track & field.)
- Long-term/ post-operative rehabilitation program design and implementation.
- Established confident rapport while building professional relationships with staff, coaches, and athletes.
- Served as a preceptor for Athletic Training Students in the CAATE accredited professional program in Athletic Training.

### **Graduate Teaching Assistant**

Texas State University, San Marcos, Texas. June 2014 – July 2015

- Responsible for teaching two to three classes per semester in the professional program in Athletic Training and Pre-Physical Therapy programs. Created course syllabi, developed class presentations, handouts, lab materials, homework assignments, tests and quizzes, and submitted final grades; with respect to CAATE standards.
  - **Instructor of Record:** Lower Extremity Injury Evaluation Lab
  - **Instructor of Record:** Therapeutic Exercise Lab
  - **Co-lecturer/ Instructor:** Prevention and Care of Athletic Injuries; ~80 students per section (3 sections)

- Common pathologies of the shoulder complex, spine, wrist, hand, fingers, hip, thigh, lower leg, ankle, foot, and toes.
- Mechanisms and Characteristics of Sport Injuries
- **Teaching Assistant and Co-instructor:** Introduction to Athletic Training; ~45 students per section (3 sections)
  - Supported faculty members and assisted with the administrative tasks associated with the orientation of applicants for the CAATE accredited professional program in Athletic Training.
  - Mentored and evaluated student performance, clinically, academically, and professionally.

**Graduate Research Assistant - Biomechanics Sports Medicine Lab**  
Texas State University, San Marcos, Texas. August 2013 – May 2015

- Assisted with Athletic Training faculty research projects, with the primary responsibility of data collection/reduction, subject recruitment, and other documentation using:
  - Neurocom SMART Balance Master ®
  - Neurocom inVision System®
  - Hoffman's Reflex
  - Biopac Electromyography
  - Biodex System 4 Isokinetic Dynamometer
  - Balance Clinic Posturography

## **MEMBERSHIPS/ORGANIZATIONS**

- National Athletic Trainer's Association, Member Number 254083, 2010 – Present
- Southwest Athletic Trainers' Association, Member, 2013 - Present
- Rocky Mountain Athletic Trainers' Association, Member, 2010-2013

## **HONORS/ AWARDS/ ACHIEVEMENTS**

- Best Post Professional Student Oral Presentation - Southwest Athletic Trainers' Association. July 2014  
*- The Effectiveness of Vestibular Rehabilitation on Dizziness and Balance Deficits Following Concussion or Mild Traumatic Brain Injury: A Critically Appraised Topic*
- Athletic Trainers Endowed Scholarship - Texas State University, San Marcos, Texas. 2014-2015
- Graduate College Scholarship - Texas State University, San Marcos, Texas. 2014-2015
- Outstanding Student Achievement - Metropolitan State University of Denver, Denver, Colorado. May 2013

## **EXTERNAL FUNDING**

**Vander Vegt, C.** (2015). Graduate Research Grant. Southwest Athletic Trainers' Association for thesis project (FUNDED)

## **PUBLICATIONS**

Miyashita, Theresa L., Diakogeorgiou, Eleni, and **Vander Vegt, Christina B.** (2016). Gender Differences in Concussion Reporting Among High School Athletes. *Sports Health: A Multi-disciplinary Approach*. 8: 364-371.

Kerr, Zachary, Zuckerman, Scott L. Wasserman, Erin W., **Vander Vegt, Christina B.**, Et al. (2017). Model Factors Associated with Post-Concussion Syndrome in High School Student-athletes. *Journal of Science and Medicine in Sport*.

## **PRESENTATIONS**

**Vander Vegt, C.**, (2017, July). *Association Between Baseline Symptom Severity and Sensory Organization in Collegiate Athletes With and Without a Concussion History*. Poster Abstract Presentation. The National Athletic Trainers' Association Annual Meeting. Houston, Texas.

**Vander Vegt, C.**, (2016, June). *Association Between Concussion History, Demographic Characteristics, and Sensory Organization in Collegiate Athletes*. Poster Abstract Presentation. The American College of Sports Medicine Annual Meeting. Denver, Colorado.

**Vander Vegt, C.**, (2016, July). *Resultant Effects of Head Impacts on Vestibular Function in Division I Male Lacrosse Players*. Oral Abstract Presentation. The Southwest Athletic Trainers' Association Annual Meeting. Arlington, Texas.

**Vander Vegt, C.**, (2016, June). *Resultant Effects of Head Impacts on Vestibular Function in Division I Male Lacrosse Players*. Oral Abstract Presentation. The National Athletic Trainers' Association Annual Meeting. Baltimore, Maryland.

**Vander Vegt, C.**, (2015, May). *Pre-season Vestibular Function in Division I Male Lacrosse Players and History of Concussion*. Oral Abstract Presentation at The North American Brain Injury Society's Annual Meeting. San Antonio, Texas.

**Vander Vegt, C.**, (2014, July). *The Effectiveness of Vestibular Rehabilitation on Dizziness and Balance Deficits Following Concussion or Mild Traumatic Brain Injury: A Critically Appraised Topic*. Oral Presentation at Southwest Athletic Trainers' Association

Annual Meeting. Dallas, Texas.

**Vander Vegt, C.,** (2013, April). *Overall Happiness, Orientation to Happiness and Perceived Social Support as They Relate to NCAA Division II Collegiate Athletes' Rehabilitation Beliefs*. Poster Presentation at The Rocky Mountain Athletic Trainers' Association Annual Meeting. Denver, Colorado.

**Vander Vegt, C.,** (2013, December). *Knowledge and Reporting Behavior Beliefs, Among High School Coaches, Athletes, and Parents, Regarding Concussion*. Poster Presentation at Texas State University Research Symposium. San Marcos, Texas.

## **PROFESSIONAL DEVELOPMENT**

National Athletic Trainers' Association Annual Symposium, Houston, TX  
July 2017

American College of Sports Medicine Annual Meeting, Denver, CO  
June 2017

Southwest Athletic Trainers' Association Annual Symposium, Dallas, TX  
June 2014

National Athletic Trainers' Association Annual Symposium, Las Vegas, NV  
June 2013

Rocky Mountain Athletic Trainers' Association Annual Symposium, Denver, CO  
April 2013

Colorado Athletic Trainers' Association Annual Business Meeting, Denver, CO  
June 2012

Rocky Mountain Athletic Trainers' Association Annual Symposium, Phoenix, AZ  
April 2012