

Aliza K. Nedimyer MA, LAT, ATC

Personal Information

Matthew Gfeller Sport Related Traumatic Brain Injury Research Center
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Education

The University of North Carolina at Chapel Hill, Chapel Hill, NC
Doctor of Philosophy, Interdisciplinary Curriculum in Human Movement Science, *Expected May 2022*
School of Medicine, Department of Allied Health Sciences
Advisor: Dr. Zachary Y. Kerr, PhD, MPH

The University of North Carolina at Chapel Hill, Chapel Hill, NC
Master of Arts in Exercise and Sport Science – Athletic Training Specialization, *May 2017*
College of Arts and Sciences, Department of Exercise and Sport Science
CAATE accredited Post-Professional Athletic Training Program
Thesis: “*The Foot Core Musculature and Exercise Related Leg Pain in Runners*”
Advisor: Dr. Erik Wikstrom PhD, ATC

Ithaca College, Ithaca, NY
Bachelor of Science in Athletic Training, Magna cum Laude, *May 2015*
Minor in Honors

Professional Experience

The University of North Carolina at Chapel Hill – Chapel Hill, NC
Department of Allied Health Sciences, School of Medicine
Research Assistant, August 2018 to present
Department of Exercise and Sport Science, College of Arts and Sciences
Instructor/Teaching Assistant, August 2015 to May 2017, August 2018 to Present
Injury Prevention Research Center
Social and Clinical Research Specialist and Project Coordinator, June 2017 to June 2018
Campus Health Services
Graduate Assistant Athletic Trainer, August 2015 to May 2017
Clinical Preceptor, August 2015 to Present

Chapel Hill Carrboro City Schools – Chapel Hill, NC
Substitute Athletic Trainer, August 2017 to present

Ongoing Research

Using the Popular Opinion Leader Model for Primary Prevention of Youth Sport-Related Concussions

Description: A multi-year project involving the recruitment and training of respected individuals within a community, to conduct prevention outreach by changing sports safety norms within their respective communities.

Role: Research Assistant/School Site Coordinator – lead and assisted with development and distribution of scales and survey instruments utilized for the project, as well as assisted with analysis of data and manuscript writing (leading author and co-author).

Site: University of North Carolina at Chapel Hill

Funding Agency: Centers for Disease Control and Prevention

The Effect of and Compliance with the National Athletic Trainers' Association Inter-Association Task Force (NATA-IATF) Preseason Heat Acclimatization Guidelines in High School Football

Description: A multi-phased project looking at management of exertional heat illnesses and the implementation of the NATA-IATF guidelines in high school football across the United States.

Role: Research Assistant – lead and assisted with analysis of collected data, as well as manuscript writing (leading author and co-author).

Site: University of North Carolina at Chapel Hill

Funding Agency: National Athletic Trainers' Association Research and Education Foundation

General Health Status of Former Female Athletes

Description: A multi-dimensional study working to develop an instrument that comprehensively captures the health status of former female athletes and with such information establish a patient-centered clinical program that addresses the needs of this population.

Roles: Research Assistant – aided with development and deployment of scales utilized for the project, including the modification of previously utilized scales for use in a unique population. Additionally, assisted with data analysis and manuscript writing (leading author and co-author).

Sites: University of North Carolina at Chapel Hill, University of Colorado Denver

Funding Agency: N/A

The REBOUND Project

Description: A multi-phased project working to recognize and facilitate care of mental health issues in current and former basketball players and to begin to take steps to address the needs of such players and their families.

Roles: Research Assistant – aided with development and deployment of scales utilized for the project, including the modification of previously utilized scales for use in a unique population.

Sites: University of Southern Mississippi, University of North Carolina at Chapel Hill

Funding Agency: N/A

Grants and Funding

Grants Submitted

1. *Ruth L. Kirschstein Predoctoral Individual National Research Service Award*
Project Title: Information Seeking in Athletic Trainers Related to Exertional Heat Illness
Submitted: April 6, 2020
Role: Principal Investigator
Funding Agency: National Institutes of Health - National Library of Medicine
Amount Requested: \$73,359

Scholarship

Refereed Articles

Published

1. **Nedimyer AK**, Morris SN, Boltz A, Robinson HJ, Collins CL, Chandran A. Epidemiology of Injuries in National Collegiate Athletic Association Women's Field Hockey: 2014/15-2018/19. *Journal of Athletic Training*. [Accepted]
2. Chandran A, Kay MC, **Nedimyer AK**, Morris SN, Kerr ZY, Register-Mihalik JK. A review of analytical methods used for evaluating clustering in concussion-related symptoms. *Injury Epidemiology*. [Accepted]
3. Kerr ZY, **Nedimyer AK**, Kay MC, Chandra A, Gildner P, Byrd KH, Haarbauer-Krupa JK, Register-Mihalik JK. Factors associated with concussion symptom knowledge and attitudes towards concussion care-seeking among a national survey of parents of United States middle school children. *Journal of Sport and Health Science*. Published online September 10, 2020. doi: 10.1016/j.jshs.2020.09.001.
4. Kerr ZY, Gildner P, **Nedimyer AK**, Chandran A, Kay MC, Byrd KH, Register-Mihalik JK. Approaching community priorities in youth sports injury prevention research. *Injury Epidemiology*. 2020;35(7):1-3. doi: 10.1186/s40621-020-00261-2
5. **Nedimyer AK**, Chandran A, Hirschhorn RM, Adams WM, Pryor RR, Casa DJ, Register-Mihalik JK, Kerr ZY. Comparison of exertional heat stroke management practices and intentions among secondary school football athletic trainers. *Journal of Athletic Training*. 2020;55(10):000-000. doi: 10.4085/1062-6050-474-19.
6. Kerr ZY, Chandran A, **Nedimyer AK**, Rothschild A, Kay MC, Gildner P, Byrd KH, Haarbauer-Krupa JK, Register-Mihalik JK. Use of sport-related concussion information sources among parents of middle school children. *Journal of Sport and Health Science*. Published online May 14, 2020. doi: 10.1016/j.jshs.2020.04.008
7. Chandran A, **Nedimyer AK**, Kerr, ZY, O'Neal C, Mensch J, Yeargin SW. Concussion Knowledge, Attitudes, and Self-Reporting Intentions in Youth Athletes. *Journal of Athletic Training*. 2020;55(11):000-000. doi: 10.4085/1062-6050-232-19.
8. Chandran A, Kerr ZY, Combs P, **Nedimyer AK**, Arakkal A, Pierpoint LA, Zuckerman SL. Concussion symptom characteristics in 20 United States high school sports, 2013/14-2017/18 academic years. *Neurosurgery*. Published online April 15, 2020. doi: 10.1093/neuros/nyaa091
9. **Nedimyer AK**, Pietrosimone BG, Luc-Harkey BA, Wikstrom EA. Intrinsic foot muscle function and morphology in active runners with and without a history of exercise related leg pain. *International Journal of Athletic Training and Therapy*. 2020;25(2):62-67.
10. Kerr ZY, Chandran A, **Nedimyer AK**, Arakkal A, Pierpoint LA, Zuckerman SL. Concussion incidence and trends in 20 high school sports. *Pediatrics*. 2019;144(5):e20192180.
11. Chandran A, Brown D, **Nedimyer AK**, Kerr ZY. Statistical Methods for Handling Observation Clustering in Sports Injury Surveillance. *Journal of Athletic Training*. 2019;54(11):1192-1196.

Invited Commentaries and Responses

1. Chandran A, **Nedimyer AK**, Register-Mihalik JK, DiPietro L, Kerr ZY. Letter: Magnifying the van Mechelen, Hlobil, and Kemper "Sequence of Prevention" model for guiding and contextualizing sports-injury research. *Sports Medicine*. Published online July 22, 2019. doi: 10.1007/s40279-019-01154-1.

Publications in Review

1. DeFreese, JD, Weight, EA, DeCicco J, **Nedimyer AK**, Kerr ZY, Carneiro K, Mihalik JP, Chandran A. Transition experiences of former women's soccer athletes. *Journal of Intercollegiate Sport*. [Revise and Resubmit]

2. Chandran A, **Nedimyer AK**, Boltz A, Robinson HJ, Collins CL, Morris SN. Epidemiology of Injuries in National Collegiate Athletic Association Women's Ice Hockey: 2014/15-2018/19. *Journal of Athletic Training*.
3. Boltz A, **Nedimyer AK**, Chandran A, Robinson HJ, Collins CL, Morris SN. Epidemiology of Injuries in National Collegiate Athletic Association Men's Ice Hockey: 2014/15-2018/19. *Journal of Athletic Training*.
4. Medina McKeon J, McKeon P, **Nedimyer AK**. Athletic Training Epidemiology: The Foundation of Evidence of Athletic Trainers, by Athletic Trainers, and for Athletic Trainers. *Journal of Athletic Training*.

Refereed Presentations and Published Abstracts

1. **Nedimyer AK**, Kay MC, Chandran A, Pryor RR, Casa DJ, Register-Mihalik JK, Kerr ZY. Stakeholder and policy related factors associated with implementation the NATA-IATF heat acclimatization guidelines. *Submitted for presentation at the 2021 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, Orlando, FL*.
2. Cosby Jr. AS, **Nedimyer AK**, Kerr ZY, Callahan CE, Register-Mihalik JK. Relationship between racial identity and concussion care-seeking behaviors in collegiate student-athletes. *Submitted for presentation at the 2021 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, Orlando, FL*.
3. **Nedimyer AK**, Chandran A, Robison HJ, Boltz AJ, Morris SN, Kerr ZY, Collins CL. Epidemiology of lower extremity injuries in National Collegiate Athletic Association women's field hockey: 2014/15 – 2018/19. *Submitted for presentation at the 2021 American College of Sports Medicine Annual Meeting, Washington, DC*.
4. Register-Mihalik JK, Chandran A, **Nedimyer AK**, Kay MC, Callahan CE, Gildner P, Kostogiannes V, Kreig S, Harrbuaer-Krupa JK, Kerr ZY. Middle school sport parents' reported norms concerning youth athlete concussion care-seeking and playing behaviors: Implications for concussion prevention. *Submitted for Presentation at the 2021 American College of Sports Medicine Annual Meeting, Washington DC*.
5. **Nedimyer AK**, Chandran A, Kay MC, Register-Mihalik JK, Kerr ZY. Concussion knowledge, attitudes, and norms: How do they relate? *Submitted for Presentation at the 6th International Consensus Conference on Concussion in Sport, Paris, France - 2021*.
6. Chandran A, Morris SN, Register-Mihalik JK, **Nedimyer AK**, Khalek AK, Beanblossom G, Cheatham A, Collins C. Concussion Symptom Prevalence and Pairwise Dependencies among US Collegiate Soccer Players. *Submitted for Presentation at the 6th International Consensus Conference on Concussion in Sport, Paris, France - 2021*.
7. **Nedimyer AK**, Kay MC, Chandran A, Pryor RR, Casa DJ, Register-Mihalik JK, Kerr ZY. Educational factors, facilitators, and barriers associated with implementation the NATA-IATF heat acclimatization guidelines. *Oral presentation at the 2020 Virtual National Athletic Trainers' Association Annual Meeting & Clinical Symposia*.
8. Chandran A, **Nedimyer AK**, Walton SR, Brett BL, DeFreese JD, Nader A, Kerr ZY, McCreia M, Guskiewicz KM. Concussion history is associated with elevated physical and psychological symptomology in former collegiate football players. *Virtual poster presentation at the 2020 Virtual National Athletic Trainers' Association Annual Meeting & Clinical Symposia*.
9. **Nedimyer AK**, Chandran A, Kay MC, Gildner P, Byrd KH, Register-Mihalik JK, Kerr ZY. Factors associated with perceived safety norms within children's sports environments. *Virtual poster presentation at the 2020 American College of Sports Medicine Annual Meeting*.
10. Chandran A, Morris SN, Register-Mihalik JK, **Nedimyer AK**, Khalek AK, Beanblossom G, Cheatham A, Collins C. Evaluating Concussion Symptom Presentations among US Collegiate Soccer Players. *Submitted for Presentation at the 2020 American Public Health Association Annual Meeting & Expo, San Francisco, CA*.

11. Register-Mihalik JK, Chandran A, **Nedimyer AK**, Kay MC, Gildner P, Kerr ZY. Youth sport parent/guardian concussion-related knowledge and attitudes: Implications for gender-specific concussion education. *Poster presentation at the Pediatric Research in Sports Medicine Society 7th Annual Meeting, Glendale, AZ - 2020.*
12. Chandran A, **Nedimyer AK**, Register-Mihalik JK, Kay MC, Gildner P, Byrd KH, Kerr ZY. Utilization of health-related resources for concussion information among parents of middle school children. *Oral presentation at the 2019 American Public Health Association Annual Meeting & Expo, Philadelphia, PA.*
13. Kerr ZY, Chandran A, **Nedimyer AK**, Kay MC, Gildner P, Byrd KH, Haarbauer-Krupa JK, Register-Mihalik JK. Lessons learned from conducting concussion prevention research within middle school sports: A case study in central North Carolina. *Poster presentation at the 2019 American Public Health Association Annual Meeting & Expo, Philadelphia, PA.*
14. Chandran A, **Nedimyer AK**, Wasserman EB, Caswell SV, Kerr ZY. Time loss following ankle sprains in youth, high school, and collegiate lacrosse players in the United States. *Poster presentation at the 8th International Ankle Symposium, Amsterdam, The Netherlands.*
15. **Nedimyer AK**, Chandran A, Wasserman EB, Caswell SV, Kerr ZY. Examining sex differences in recurrent ankle sprains in youth, high school, and collegiate lacrosse players in the United States. *Poster presentation at the 8th International Ankle Symposium, Amsterdam, The Netherlands.*
16. **Nedimyer AK**, Chandran A, Hirschhorn RM, Adams WM, Pryor RR, Casa DJ, Register-Mihalik JK, Kerr ZY. Exertional Heat Stroke Management Strategies: A Comparison of Practice and Intentions Between Athletic Trainers Who Did and Did Not Treat Cases During High School Football Preseason. *Oral presentation at the 2019 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, Las Vegas, NV.*
17. Chandran A, Kerr ZY, **Nedimyer AK**, O'Neal C, Mensch J, Yeargin SW. Influence of developmental and sociological factors on concussion knowledge, attitudes, and self-reporting intentions. *Accepted for poster presentation at the 2019 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, Las Vegas, NV.*
18. Wikstrom EA, **Nedimyer AK**, Luc-Harkey BA, Pietrosimone, BG. Flexor Hallucis Brevis Morphology is Associated with Visual Reliance While Balancing in Previously Injured Runners. *Thematic poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL.*
19. **Nedimyer AK**, Chandran A, Lincoln AE, Caswell SA, Dompier TP, Wasserman EB, Kerr ZY. The Epidemiology of Ankle Sprains in Youth, High School, and College Lacrosse. *Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL.*
20. Chandran A, Kerr ZY, **Nedimyer AK**, Arakkal A, Wasserman EB, Caswell SV. Concussion rates differ in middle school, high school, and collegiate football, 2015/16-2017/18 academic years. *Poster presentation at the 2019 Society for Advancement of Violence and Injury Research National Conference, Cincinnati, OH.*
21. Kerr ZY, Chandran A, **Nedimyer AK**, Kay MC, Gildner P, Byrd KH, Haarbauer-Krupa JK, Register-Mihalik JK. Factors associated with concussion symptom knowledge and attitudes towards concussion care-seeking among parents of middle school children. *Oral presentation at the 2019 Society for Advancement of Violence and Injury Research National Conference, Cincinnati, OH.*
22. Chandran A, Kerr ZY, **Nedimyer AK**, Combs PR, Arakkal A, Zuckerman SL, Pierpoint LA, Comstock RD. Concussion symptom prevalence in 20 United States high school sports, 2013/14-2017/18 academic years. *Poster presentation at the 2019 International Brain Injury Association World Congress on Brain Injury, Toronto, Canada.*

23. Kerr ZY, Chandran A, **Nedimyer AK**, Arakkal A, Zuckerman SL, Pierpoint LA, Comstock RD.
The epidemiology of concussions in 20 United States high school sports, 2013/14-2017/18 academic years. *Oral presentation at the 2019 International Brain Injury Association World Congress on Brain Injury, Toronto, Canada.*
24. Haarbauer-Krupa JK, Chandran A, **Nedimyer AK**, Kay MC, Gildner P, Byrd KH, Register-Mihalik JK, Kerr ZY.
Factors associated with concussion symptom knowledge and attitudes towards concussion care-seeking among parents of children aged 5-10 years. *Oral presentation at the 2019 International Brain Injury Association World Congress on Brain Injury, Toronto, Canada.*
25. **Nedimyer AK**, Pietrosimone BG, Luc-Harkey BA, Wikstrom EA. Foot Intrinsic Muscle Function and Activation and Exercise-Related Leg Pain in Runners. *Oral presentation at the 2018 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, New Orleans, LA.*

Teaching Record

- LFIT 111 – Swim Conditioning, Instructor of Record
Fall 2015, Fall 2016, Spring 2017 (~20 Students each)
- LFIT 110 – Beginning Swimming, Instructor of Record
Fall 2015, Spring 2016, Spring 2017 (~20 Students each)
- EXSS 273 – Research Methods, Instructor of Record
Fall 2020 (50 Students)
- EXSS 273 – Research Methods, Teaching Assistant
Fall 2018 (54 Students), Spring 2019 (38 Students), Fall 2019 (52 Students), Spring 2020 (38 and 48 Students)
- EXSS 275L – Human Anatomy Laboratory, Instructor of Record
Summer 2019 (10 Students), Summer 2020 (15 Students)

Mentored Students

Master's Thesis Projects

Rebecca Hersch – August 2020 – Present

Project Title: Cervical Spine Motion and Athletic Trainer Confidence During Helmet Removal

Role: Doctoral Student Committee Member

Anthony Cosby Jr. – August 2019 – Present

Project Title: The Relationship Between Racial and Ethnic Identity and Concussion Care Seeking Behaviors

Role: Doctoral Student Committee Member

Jonah Singer – August 2018 – May 2020

Project Title: Parent Perceptions of High School Athletic Trainers

Role: Doctoral Student Committee Member

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
- National Provider Identifier: 1750758991
- Graston Technique: Module 1 – *December 2015 - Present*
- American Red Cross CPR/AED for the Professional Rescuer – *Current*
- American Red Cross CPR/AED for the Professional Rescuer Instructor - *Current*
- National Athletic Trainers' Association – *August 2012 - Present*
- Mid-Atlantic Athletic Trainers' Association – *November 2015 - Present*
- North Carolina Athletic Trainers' Association – *November 2015 – Present*

Honors and Awards

- Injury and Violence Prevention Fellow - Injury Prevention Research Center, University of North Carolina at Chapel Hill – *May 2020 – May 2021*
- Larry “Stosh” Neumann Scholarship (NATA Foundation Scholarship) – *May 2020*
- 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*
- Phi Kappa Phi Honor Society
- Oracle Honor Society
- Dean’s List, Ithaca College - *Fall ‘11, Spring ‘12, Fall ‘12, Spring ‘13, Fall ‘13, Spring ‘14, Fall ‘14, Spring ‘15*
- Ithaca College Presidential Scholar - *Fall 2011 - Spring 2015*
- Salutatorian – Mount Abraham Union High School, Bristol, VT – *May 2011*