

**Rebecca L. Begalle, PhD, ATC**  
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Daemen College  
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Amherst, NY 14226  
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## **EDUCATION**

### **The University of North Carolina at Chapel Hill, Chapel Hill, NC**

Doctor of Philosophy, August 2014

Human Movement Science Curriculum, Biomechanics Concentration

School of Medicine, Division of Allied Health Sciences

Advisor: Dr. Darin A. Padua

**Dissertation:** *The Effects of Anterior Cruciate Ligament Injury and Reconstruction on Lower Extremity Landing Biomechanics and Asymmetry in Female Adolescents*

### **Plymouth State University, Plymouth, NH**

Master of Science, May 2007

Athletic Training, Sports Medicine Concentration

College of Graduate Studies, Health & Human Performance Department

Advisor: Dr. Marjorie A. King

### **Canisius College, Buffalo, NY**

Bachelor of Science, May 2002

Athletic Training, Sports Medicine Concentration

College of Arts & Sciences, Health & Wellness

CAAHEP Accredited Athletic Training Program

Director: Peter M. Koehneke

## **EMPLOYMENT**

### **Daemen College, Amherst, NY**

(2017-Present)

Assistant Professor & Clinical Education Coordinator,

Athletic Training Department

### **Illinois State University, Normal, IL**

(2014-2017)

Assistant Professor,

School of Kinesiology and Recreation

### **The University of North Carolina at Chapel Hill, Chapel Hill, NC**

(2009-2014)

Lab Manager, Sports Medicine Research Laboratory, Department of Exercise & Sport Science

Research Assistant, Sports Medicine Research Laboratory, Department of Exercise & Sport Science

Teaching Assistant, College of Arts & Sciences, Department of Exercise & Sport Science

**Skidmore College**, Saratoga Springs, NY (2007-2009)  
Assistant Athletic Trainer, Department of Intercollegiate Athletics  
Adjunct Instructor, Exercise Science Department

**Plymouth State University**, Plymouth, NH (2005-2007)  
Graduate Assistant Athletic Trainer, Department of Athletics  
Adjunct Instructor, Health & Human Performance Department

**Healthworks Wellness & Fitness Center**, Painted Post, NY (2003-2005)  
Exercise Physiologist / Athletic Trainer, Corning Hospital

**New Hampshire Musculoskeletal Institute**, Manchester, NH (2002-2003)  
Athletic Training Fellow, Integrated Clinical Sports Medicine Residency

## **RESEARCH EXPERIENCE**

**Illinois State University** (2014-2017)  
Biomechanics and Athletic Training Laboratories

- Research focused on optimizing human movement to prevent injury and improve outcomes following injury.
- Clinical outcomes research focusing on manual therapy interventions.
- Scholarship of Teaching and Learning (SOTL)

**The University of North Carolina at Chapel Hill** (2009-2014)  
Lab Manager, Sports Medicine Research Laboratory

- Responsibilities include day-to-day management of the research laboratory, including equipment updates, supply ordering, and general maintenance.

Research Assistant, Sports Medicine Research Laboratory

- Research focused on the prevention of lower extremity injury and outcomes faced after anterior cruciate ligament (ACL) reconstruction.
- Responsibilities include subject recruitment, data collection, data reduction and processing using a variety of equipment.
- Direct supervision of graduate and undergraduate research projects.

**National Academy of Sports Medicine Research Institute**  
Research Assistant (2009-2014)

- Responsibilities include conducting systematic evidence based reviews on topics related to Sports Medicine and performance enhancement.

## **Joint Undertaking to Monitor and Prevent ACL Injury: Phase 2 (JUMP-ACL 2)**

Research Assistant, On-Campus Coordinator (2009-2014)

- Randomized controlled trial investigating the effects of an injury prevention program on reducing ACL injury rates.
- Responsibilities include coordination of travel, shipment of equipment to study sites (NY, CO, MD), personnel management, data collection, data organization, and data processing.

## **Plymouth State University**

(2005-2007)

Graduate Research Assistant, Athletic Training Research Laboratory

## **New Hampshire Musculoskeletal Institute**

(2002-2003)

Athletic Training Research Fellow, University of New Hampshire Biomechanics Laboratory

## **SCHOLARSHIP**

### **REFEREED JOURNAL PUBLICATIONS: (12)**

Basar M, Stanek JM, **Begalle RL**, Dodd D: The Influence of Corrective Exercises on Functional Movement Screen and Physical Fitness Performance in Army ROTC Cadets. *Journal of Sport Rehabilitation*. In Review (Submitted Mar 2018)

Oclon B, Stanek JM, **Begalle RL**, Dodd D: Analysis of Preferred Footwear on Weight Bearing Scores using the Functional Movement Screen. *International Journal of Athletic Training & Therapy*. In Press (Accepted Jan 2018)

Eckard T, Padua DA, Mauntel TC, Frank BS, Stanley L, **Begalle RL**, Goto S, Clark M, Kucera K: Association between Double-Leg Squat and Single-Leg Squat Performance and Injury Incidence among incoming NCAA Division I Athletes. *Sport Health Journal*. (Submitted Oct, 2017 / Revisions in Review).

Sagadore T, Selkow NM, **Begalle RL**: The Effectiveness of a 4-Week Yoga Intervention on Core Muscle Activation, Pain and Functional Disability Among Healthy and Low Back Pain Participants. *Yoga Practice and Physiotherapy*. 2017; 3.

Mauntel TC, Cram TR, Frank BS, **Begalle RL**, Norcross MF, Blackburn JT, Padua DA. Kinematic and Neuromuscular Relationships between Lower Extremity Clinical Movement Assessments. *Sports Biomechanics*. 2017, Aug 14: 1-12.

**Begalle RL**, Walsh MC, McGrath ML, Boling MC, Blackburn JT, Padua DA: Ankle Dorsiflexion Displacement During Landing is Associated with Initial Contact Kinematics but not Joint Displacement. *Journal of Applied Biomechanics*. 2015 Aug;31(4): 205-210.

Dill KE, **Begalle RL**, Frank BS, Zinder SM, Padua DA: Altered Knee and Ankle Kinematics during Squatting in those with Limited Weight-Bearing Lunge Ankle Dorsiflexion Motion. *Journal of Athletic Training*. 2014 Nov-Dec; 49(6): 723-732.

Mauntel TC, Frank BS, **Begalle RL**, Blackburn JT, Padua DA: Kinematic Differences Between Those With and Without Medial Knee Displacement During a Single Leg Squat. *Journal of Applied Biomechanics*. 2014 Dec; 30(6): 707-12.

**Begalle RL**, DiStefano MJ, Blackburn JT, Padua DA: Elite Soccer Athletes Demonstrate Gender Differences in Trunk and Hip Cutting Strategies. *Journal of Strength and Conditioning Research*. (In Review).

Mihalik JP, Lengas E, Register-Mihalik JK, Oyama S, **Begalle RL**, Guskiewicz KM. (2013). The effects of sleep quality and quantity on concussion baseline assessment. *Clinical Journal of Sports Medicine*. 2013 Sep; 23(5): 343-348.

Mauntel TC, **Begalle RL**, Cram TR, Frank BS, Hirth CJ, Blackburn JT, Padua DA: Lower Extremity muscle activation and muscular flexibility and their effect on single leg squat performance. *Journal of Strength & Conditioning Research*. 2013 Jul; 27(7): 1813-23.

**Begalle RL**, DiStefano LJ, Blackburn JT, Padua DA: Quadriceps and Hamstrings Co-Activation during Common Therapeutic Exercises. *Journal of Athletic Training*. 2012 Jul; 47(4): 396-405.

Decoster LC, **Scanlon RL**, Horn KD, Cleland J: Standing and Supine Hamstring Stretches are Equally Effective. *Journal of Athletic Training*. 2004 Dec; 39(4): 330-334.

## **REFEREED PRESENTATIONS AND PUBLISHED ABSTRACTS: (27)**

Lockhart JT, **Begalle RL**, Selkow NM, Williams S: Comparison of Clinician Assisted versus Unassisted PNF Stretching on Hamstring Flexibility, Isometric Force Output, and Maximum Vertical Jump Height. *2018 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* (Accepted)

Basar M, Stanek JM, **Begalle RL**, Dodd D: The Influence of Corrective Exercises on Functional Movement Screen and Physical Fitness Performance in Army ROTC Cadets. *2018 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* (Accepted)

Paulson G, Selkow NM, **Begalle RL**: The Effects of a Shoulder Strengthening Program on Scapular Positioning in Collegiate Swimmers. *2018 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* (Accepted)

Sagadore T, Sekow NM, **Begalle RL**: The Effectiveness of a 4-Week Yoga Intervention on the Activation and Timing of Core Musculature, Pain and Functional Disability. *2018 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* (Accepted)

Biehl MM, Selkow NM, **Begalle RL**: The Therapeutic Effectiveness of Dry Cupping on Iliotibial Band Tightness. *2018 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* (Accepted)

Sagadore T, Sekow NM, **Begalle RL**: The Effectiveness of a 4-Week Yoga Intervention on the Activation and Timing of Core Musculature, Pain and Functional Disability. *Great Lakes Athletic Trainers' Association 50<sup>th</sup> Annual Meeting & Symposium*. Chicago, IL. March 14-17, 2018.

Paulson G, **Begalle RL**, Selkow NM: The Effects of a Shoulder Strengthening Program on Scapular Positioning in Collegiate Swimmers. *Illinois Athletic Trainers' Association State Meeting and Symposium*. Springfield, IL, November 5, 2017.

**Begalle RL**, Blackburn JT, Padua DA: Fear of Re-Injury Remains High in Adolescent Female Athletes following Anterior Cruciate Ligament Reconstruction and Full Return to Sport. *2017 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Houston, TX. *Journal of Athletic Training* 52(6), S-43.

Selkow N, Petit K, **Begalle RL**: Caffeine Alters Reaction Time of ImPACT, but Not the King Devick Test. *2017 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Houston, TX. *Journal of Athletic Training* 52(6), S-241.

Lally E, **Begalle RL**, Selkow N: Plantar Foot Pressures in Those with and without a Lateral Hip Shift during the Overhead Squat. *2017 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Houston, TX. *Journal of Athletic Training* 52(6), S-90.

Stanley LE, Harkey MS, Luc BA, **Begalle RL**, Frank BS, Goto S, Blackburn JT, Jordan JM, Pietrosimone B, Spang JT, Padua DA. Ankle Range of Motion Influences Landing Biomechanics in Females Following Anterior Cruciate Ligament Reconstruction. *2015 American Physical Therapy Association Combined Sections Meeting*. Anaheim, CA.

Mauntel TC, Frank BS, Goto S, **Begalle RL**, Stanley LE, Padua DA: Lower Extremity Movement Profiles of Incoming Division I Collegiate Athletes. *2015 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 50(6) S-194.

Frank BS, Mauntel TC, DeLamotte SJ, Goto S, **Begalle RL**, Stanley LE, Padua DA. The Overhead Squat Clinical Movement Assessment can Identify Athletes with Hip Range of Motion Abnormalities Predictive of Hip Pathology. *2015 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 50(6) S-49.

Smith M, **Begalle RL**, Littleton AC, Myers JB, Padua DA: Effects of Talocrural Joint Mobilization on Restricted Ankle Dorsiflexion and Squatting Kinematics. *2014 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Indianapolis, IN. *Journal of Athletic Training* 49(3) S-27.

**Begalle RL**, Dill KE, Frank BS, Zinder SM, Padua DA: Increasing Ankle Dorsiflexion Range of Motion Does Not Alter Lower Extremity Kinematics during a Single Leg Squat. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. *Journal of Athletic Training* 48(3) S-137.

Mauntel TC, **Begalle RL**, Cram TR, Frank BS, Hirth CJ, Blackburn JT, Padua DA: Kinematic Differences Between Those with and without Medial Knee Displacement During a Single Leg Squat. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. *Journal of Athletic Training* 48(3) S-27.

Zinder SM, **Begalle RL**, Goto S, Blackburn JT, Padua DA: A 10-week Whole Body Vibration Program Had No Effect on Measures of Static or Dynamic Balance in Healthy College Aged Subjects. *2013 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. *Journal of Athletic Training* 48(3) S-128

**Begalle RL**, Goto S, Blackburn JT, Zinder SM, Padua DA: Greater Improvements in Flexibility Following 10-weeks of Whole Body Vibration Training Compared to Traditional Training. *2013 American College of Sports Medicine Annual Meeting*, Indianapolis, IN.

**Begalle RL**, Padua DA, Boling MC, Goerger BM, Beutler AI, Marshall SW. Biomechanical Differences Exist in the Injured and Uninjured Limb of Individuals with Prior Meniscal Injury. *2012 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 47(3), S-147.

Goerger BM, Padua DA, Frank BS, **Begalle RL**, Beutler AI, Marshall SW. Variability of Postural Control is Not Affected by Previous ACL Injury. *2012 National Athletic Trainers' Association Annual Meeting & Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 47(3), S-151.

Frank BS, Register-Mihalik JK, Marshall SW, Spang JT, **Begalle RL**, Padua DA. Description of Youth Soccer Coaches' Attitudes and Beliefs Regarding ACL Injury Prevention Programming and Program Compliance. *2012 National Athletic Trainers' Association Annual Meeting & Clinical Symposium*, St. Louis, MO. *Journal of Athletic Training* 47(3), S-179.

**Rebecca L. Begalle**, Michael J. DiStefano, J. Troy Blackburn, Darin A. Padua: Elite Soccer Athletes Demonstrate Gender Differences in Trunk and Hip Three-Dimensional Cutting Strategies. *2012 International Conference on Sports Rehabilitation and Traumatology XXI, Football Medicine Strategies for Knee Injuries*, Chelsea FC, London.

Goerger BM, Padua DA, Frank BS, **Begalle RL**, Beutler AI, Marshall SW. The Effect of Previous ACL Injury on Linear and Non-Linear Measures of Single Limb Postural Control. *2012 ACL Research Retreat V*, Greensboro, NC. *Journal of Athletic Training* 47(5), e11.

**Begalle RL**, Mauntel TC, Cram TR, Frank BS, Hirth CJ, Blackburn JT, Padua DA: The Influence of Lower Extremity Muscle Activation and Flexibility on Single Leg Squat Performance in those with and without Medial Knee Displacement. *2012 ACL Research Retreat V*, Greensboro, NC. *Journal of Athletic Training* 47(5), e5.

**Begalle RL**, Walsh MC, McGrath ML, Boling MC, Blackburn JT, Padua DA: Sagittal Plane Ankle Motion affects Frontal and Transverse Plane Motion at the Knee and Hip during a Jump-Landing. *2011 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, New Orleans, LA. *Journal of Athletic Training* 46(3), S-122. **Free Communications Doctoral Poster Presentation Award Winner.**

**Scanlon-Begalle RL**, DiStefano LF, Blackburn JT, Padua DA: Quadriceps and Hamstrings Co-Activation during Common Therapeutic Exercises. *2010 National Athletic Trainers' Association Annual Meeting and Clinical Symposium*, Philadelphia, PA. *Journal of Athletic Training* 45(3), S-50. **Free Communications Doctoral Oral Presentation Award Finalist.**

Decoster LC, **Scanlon RL**, Horn KD, Cleland J: Standing and Supine Hamstring Stretches are Equally Effective. *2004 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Baltimore, MD. *Journal of Athletic Training* 39(2), S-97.

#### **INVITED PRESENTATIONS / LEARNING LABS: (7)**

**Begalle RL**: ACL Re-Injury Rates; What are we missing? *United States Military Academy*, West Point, NY. Anticipated Spring, 2017.

**Begalle RL**: Return to Sport Considerations following ACL Injury. *2015 Illinois Athletic Trainers' Association Annual Meeting*, Springfield, IL. November 8, 2015.

King MA, **Begalle RL**: Fall Assessment Tools. *2014 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Indianapolis, IN. Learning Lab Leader.

**Begalle RL**: Carolina Women's Leadership Council Annual Meeting: Serving the People of North Carolina. FedEx Global Center, Mandela Auditorium, Chapel Hill, NC. November 8, 2013.

**Begalle RL**: ACL Rehab Strategies: Movement Quality in Return to Sport. *2013 Mid-Atlantic Athletic Trainer's Association Clinical Symposium*, Greenville, SC.

King MA, **Begalle RL**: Athletic Pubalgia: Biomechanical and Neuromuscular Considerations. *2013 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Las Vegas, NV. Learning Lab Leader.

King MA, Belmore K, **Begalle RL**: Getting to the Core: Assessment and Intervention Strategies. *2012 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, St. Louis, MO. Learning Lab Leader.

Padua DA, Boling MC, Goerger BM, **Begalle RL**: Clinical Assessment of High Risk Movement Patterns for ACL Injury: The Landing Error Scoring System (LESS). *2010 National Athletic Trainer's Association Annual Meeting and Clinical Symposium*, Philadelphia, PA. Learning Lab.

## **GRANTS & FUNDING**

### **FUNDED RESEARCH – PRINCIPAL / CO-PRINCIPAL INVESTIGATOR: (3)**

**Daemen College Student-Faculty Interdisciplinary Research Think Tank** (2017). \$2,792. Co-Principal Investigator. *The Effects of MovNat Training on Functional Movement and Working Memory*.

**Illinois State University Research Grant (URG)** (FY 2016). \$5000. Primary Investigator. Adolescent Female Quadriceps Muscle Characteristics after ACL Reconstruction.

**National Academy of Sports Medicine** (2012). \$1000. Primary Investigator. *The Effect of Anterior Cruciate Ligament Injury and Reconstruction on Lower Extremity Landing Biomechanics and Symmetry in Female Adolescent Athletes*. (Dissertation Project)

### **FUNDED RESEARCH – RESEARCH ASSISTANT: (9)**

**Illinois State University Publication Incentive Program** (2014). \$250. *Altered Knee and Ankle Kinematics During Squatting in Those With Limited Weight-Bearing Lunge Ankle Dorsiflexion Range of Motion*.

**Illinois State University Publication Incentive Program** (2014). \$250. *Kinematic Differences Between Those With and Without Medial Knee Displacement During a Single Leg Squat*.

**National Academy of Sports Medicine** (2012). \$450,000. Research Assistant. *Translating Evidence Based Guidelines for Injury Prevention and Performance Enhancement*.

**National Athletic Trainers' Association Research and Education Foundation** (2011). \$150,000. Research Assistant. *Retention of Movement Pattern Changes Following an ACL Injury Prevention Program in Military Cadets*.

**United States Department of Defense, Peer Reviewed Medical Research Program** (2011). \$349,880. Research Assistant. *The Effect of a Neuromuscular Training Program on Reducing the Incidence of Lower Extremity Stress Fractures in Military Service Members*.

**American Medical Society for Sports Medicine** (2011). \$20,000. Research Assistant. *Effects of Supervision Level on Movement Quality Changes*.

**PowerPlate Inc. / National Academy of Sports Medicine** (2010). \$108,821. Research Assistant. *Effects of Whole Body Vibration on Muscle Strength, Power, Flexibility, Balance, and Movement Control.*

**National Academy of Sports Medicine** (2007). \$1,014,874. Research Assistant. *Injury Prevention Through Performance Enhancement: An Evidence Based Approach.*

**National Institutes of Health / National Institute of Arthritis and Musculoskeletal and Skin Disorders (1 RO1 AR050461-01)** (2005). \$2,845,211. Research Assistant. *Epidemiology of Jump Landing Movement and ACL Injury.* Marshall SW, Padua DA, Beutler AI, Guskiewicz KM, Garrett WE, Tokish JT, DeBerardino T, Pyne S, Yu B, Kirkendall D.

#### **RESEARCH PROPOSAL – UNFUNDED:**

**Foundation Research Grant – Foundation for Physical Therapy** (2012). *Neuromuscular Reeducation Program to Improve Movement Performance after Anterior Cruciate Ligament Injury.* Golightly Y, Marshall SW, Padua DA, **Begalle RL.** (Submitted August 15, 2012).

### **CURRICULUM EXPERIENCE**

#### **Daemen College**

##### **Teaching Experience**

###### ***Graduate Courses***

- ATH 500: Introduction to Emergency Athletic Care (Summer 2017)
- ATH 530: Psychosocial Aspects in Athletic Training (Spring 2018)
- ATH 590: Athletic Training: Practical Application I (Fall 2017)
- ATH 592: Athletic Training: Practical Application II (Spring 2018)
- ATH 593: Athletic Training: Practical Application III (Fall 2017)
- ATH 594: Athletic Training: Practical Application IV (Spring 2018)

#### **Illinois State University**

##### **Teaching Experience**

###### ***Undergraduate Courses***

- KNR 181: Human Anatomy and Physiology (Fall 2015)
- KNR 260: Athletic Injury Concepts for Coaches (Spring 2015, 2016, 2017)
- KNR 334: Therapeutic Exercise (Spring 2015, 2016, 2017)
- KNR 334L: Therapeutic Exercise Lab (Spring 2017)
- KNR 361: Pathology and Pharmacology in Athletic Training (Fall 2014, 2015, 2016)
- KNR 363: Seminar in Sports Medicine II (Spring 2017)

###### ***Graduate Courses***

- KNR 482: Advanced Biomechanics (Spring 2015, 2016)
- KNR 484: Evidence Based Sports Medicine (Fall 2016)
- KNR 490: Injury Biomechanics (Fall 2014, 2015, 2016)

## The University of North Carolina at Chapel Hill

### Teaching Experience

#### *Lead Instructor - Undergraduate*

- EXSS 368: Therapeutic Exercise and Rehabilitation (Fall 2013, 2014)  
EXSS 188: Emergency Care of Athletic Injuries (Spring 2014)  
EXSS 141: Personal Health

#### *Teaching Assistant - Undergraduate*

- EXSS 385: Biomechanics of Sports (Spring 2014)  
EXSS 265: Fundamentals of Athletic Training (Spring 2010, 2011)  
EXSS 175: Human Anatomy (Fall 2009)

#### *Teaching Assistant – Graduate*

- EXSS 705: Applied Statistics and Research Methods Laboratory (Spring 2012-2014)  
EXSS 705L: Research Design Journal Club (Spring 2012-2014)

### Research Mentorship Experience

#### *Daemen College*

##### *Graduate Research Advisement*

Lorenzo C, Begalle RL: The Effects of Static versus Dynamic Stretching on Vertical Jump Performance. Anticipated Conclusion, May 2018.

MacLeod P, Begalle RL: The Effects of Foam Rolling the Quadriceps versus Hamstrings Muscles on Hamstring Extensibility. Anticipated Conclusion, May 2018.

#### *Illinois State University*

##### *Master's Thesis Committees*

Lockhart J, Williams S, **Begalle RL**: Comparison of Unassisted versus Assisted PNF Hamstring Stretching on Range of Motion, Force Production, and Vertical Jump Height. *School of Kinesiology and Recreation, 2017. – Advisor*

Shruck S, Stanek J, **Begalle RL**: The Effects of TRX Suspension Training on Asymmetrical Movement during a Double-Leg Squat. *School of Kinesiology and Recreation, 2017. – Advisor*

Reed M, Laudner K, **Begalle RL**: A Comparison of the Immediate Effects of Muscle Energy Technique and Joint Mobilizations on Posterior Shoulder Tightness in the Youth Athlete. *School of Kinesiology and Recreation, 2017. – Committee Member*

Sagadore T, Selkow NM, **Begalle RL**: The Effects of a 4-week Yoga intervention in Individuals with Low Back Pain. *School of Kinesiology and Recreation, 2017. – Committee Member*

Basar M, Stanek JM, **Begalle RL**: The Influence of Corrective Exercises on Functional Movement Screen and Physical Fitness Performance in Army ROTC Cadets. *School of Kinesiology and Recreation, 2017. – Committee Member*

Paulson G, Selkow NM, **Begalle RL**: Effects of a 4-week Training Intervention on Swimmers' Subacromial Space and Upward Rotation of the Scapula. *School of Kinesiology and Recreation, 2017. – Committee Member*

Biehl M, Selkow NM, Begalle RL: The Acute Effects of Dry Cupping on Iliotibial Band Tightness. *School of Kinesiology and Recreation, 2017. – Committee Member*

Lally E, Selkow NM, **Begalle RL**: Lower Extremity Range of Motion and Plantar Pressures in those with and without Asymmetrical loading during a Double Leg Squat. *School of Kinesiology and Recreation, 2016. - Advisor*

Petit K, **Begalle RL**, Selkow NM: The Effect of Caffeine on Reaction Time in Post-Concussion Testing. *School of Kinesiology and Recreation, 2016. – Committee Member*

Crosby B, **Begalle RL**, Stanek J: The Comparison of Barefoot vs. Preferred Footwear on FMS Scores. *School of Kinesiology and Recreation, 2016. – Committee Member*

Reddick A, Padua DA, **Begalle RL**: Single-Leg Cutting Biomechanics and Hip Rotator Strength in Adolescent Female Athletes with and without Anterior Cruciate Ligament Reconstruction. *School of Kinesiology and Recreation, 2015. - Advisor*

#### ***Research Project Advisor (Non-Thesis)***

Fabrizius A, **Begalle RL**: The effects of body mass index (BMI) on subjective and clinical outcomes following total knee replacement. *School of Kinesiology and Recreation, 2017. – Advisor*

Gearhart C, **Begalle RL**: The Effects of Therapeutic Cupping on Hamstring Tightness. *School of Kinesiology and Recreation, 2017. – Advisor*

Slicer J, Selkow NM, **Begalle RL**: Knee Extensor to Hip Extensor (KE:HE) Strength Ratios in Individuals with and without Patellofemoral Pain Syndrome. *School of Kinesiology and Recreation, 2017. – Advisor*

#### ***University of North Carolina at Chapel Hill***

Hawkinson L, **Begalle RL**, Goto S, Blackburn JT, Padua DA: The Effect of Injury Prevention Versus Performance Enhancing Verbal Instructions on Lower Extremity Biomechanics and Performance Measures. *Department of Exercise and Sport Science, 2014.*

Smith M, **Begalle RL**, Littleton A, Myers JB, Padua DA: The Effects of Talocrural Joint Mobilizations on Restricted Ankle Dorsiflexion and the Kinematics of Squatting Tasks. *Department of Exercise and Sport Science, 2013.*

Gibson CL, **Begalle RL**, Hibberd EE, Padua DA, Prentice WE: Alterations in Foot Plantar Pressures and Contact Area with Plantar Electrical Stimulation. *Department of Exercise and Sport Science, 2013.*

Manor JP, Hibberd EE, **Begalle RL**, Petschauer M, Myers JB: Acute Effects of Posture Shirts on Rounded Shoulder Posture and Scapular Kinematics in College Students. *Department of Exercise and Sport Science, 2013.*

Dill KE, **Begalle RL**, Frank BS, Zinder S, Padua DA: The Effects of Limited Dorsiflexion Range of Motion on Knee and Ankle Kinematics. *Department of Exercise and Sport Science, 2012. Winner of master's student research merit award.*

Lengas E, Oyama S, **Begalle RL**, Register-Mihalik JK, Guskiewicz KM, Mihalik JP: The Effects of Sleep Quality and Sleep Quantity on Concussion Assessment. *Department of Exercise and Sport Science, 2012.*

Mauntel TC, **Begalle RL**, Frank BS, Hirth CJ, Blackburn JT, Padua DA: Lower extremity muscle activation and muscular flexibility and their effect on single leg squat performance. *Department of Exercise and Sport Science, 2011.*

Cram TR, Norcross MA, **Begalle RL**, Padua DA, Blackburn JT: The Relationship between Hip Muscular Stiffness and the Biomechanical Factors Associated with ACL Injury. *Department of Exercise and Sport Science, 2011.*

### ***Undergraduate Research***

Enrique D, **Begalle RL**, Goto S, Padua DA: The Effects of Two Different Arch Taping Techniques on Lower Extremity Kinematics During Gait. *Department of Exercise and Sport Science, 2013.* The Office of Undergraduate Research, Summer Undergraduate Research Fellowship (SURF).

### **Skidmore College**

#### **Teaching Experience**

##### ***Lead Instructor***

EX 126L: Human Anatomy & Physiology I Laboratory

EX 127L: Human Anatomy & Physiology II Laboratory

EX 212: Introduction to Sports Medicine & Athletic Training (CPR)

##### ***Faculty Wellness Instructor***

Weight Training, Circuit Training, Boot Camp, Abs & Low Back

## **Plymouth State University**

### **Teaching Experience**

#### **Lead Instructor**

AT 4250: Rehabilitation of Injuries for Active Populations Laboratory

PE 1390: Weight Training

#### **Teaching Assistant**

AT 4260: Rehabilitation of Injuries for Active Populations

## **SERVICE**

### **Institutional Service:**

#### **Illinois State University**

School of Kinesiology and Recreation Director Search Committee (Fall 2016)

3-Minute Thesis Committee (2016-Present)

Exercise Science Tenure Track Faculty Member Search Committee (2015)

Elections Committee (2015-Present)

Athletic Training Honor Society Advisor (2015-Present)

Esther Larson McGinnis Scholar Lecture Committee (2015-Present)

### **Ad-Hoc Manuscript Reviewer**

*Journal of Athletic Training*

*Journal of Sport Rehabilitation*

*Journal of Applied Biomechanics*

*Physiotherapy Theory and Practice*

### **Editorial Assistant**

*Journal of Athletic Training*

Responsible for assigning and writing continuing education questions related to published journal articles (2009-2012)

## **HONORS AND AWARDS**

NATA Research & Education Foundation

*Free Communication Doctoral Poster Presentation Award Winner (2011)*

NATA Research & Education Foundation

*Free Communication Doctoral Oral Presentation Award Finalist (2010)*

Plymouth State University

*Magna Cum Laude Master's Graduate (2007)*

NATA Research & Education Foundation

*Master's Student Scholarship (2006-2007)*

Canisius College

*Magna Cum Laude Graduate (2002)*

Intercollegiate Women's Lacrosse Coaches Association (IWLCA)  
*Division I National Academic Squad (2002)*

## **CLINICAL EXPERIENCE**

**Skidmore College**, Saratoga Springs, NY  
Assistant Athletic Trainer (2007-2009)  
Women's Soccer, Men's Basketball, Baseball, Softball

**Plymouth State University**, Plymouth, NH  
Graduate Assistant Certified Athletic Trainer (2005-2007)  
Men's Soccer, Women's Soccer, Swimming & Diving, and Softball

**Shake-A-Leg, Inc.** Newport, RI  
Strength and Conditioning Director (Summer 2006, 2007)

- Whole life therapy program for adults and teens with spinal cord injury and related nervous system impairments
- Goal: To provide traditional and complimentary therapeutic services to facilitate the development of independent living skills

**HealthWorks Wellness & Fitness Center**, Painted Post, NY  
Exercise Physiologist / Group Fitness Director (2003-2005)  
Clinical Outreach Athletic Trainer (2003-2005)

**New Hampshire Musculoskeletal Institute (NHMI)**, Manchester, NH  
Certified Athletic Training Fellow (2002 - 2003)

**Canisius College**, Buffalo, NY  
Student Athletic Trainer (1999-2002)

## **OTHER ATHLETIC TRAINING EXPERIENCE**

**2006 Boston Marathon**, Boston, MA  
Finish Line Medical Staff Volunteer, April 17, 2006

**Hobart & William Smith Colleges**, Geneva, NY  
Summer Programs Certified Athletic Trainer, Summer 2002, 2003

## **PROFESSIONAL CERTIFICATIONS / MEMBERSHIPS**

**National Provider Identifier**  
NPI: #1619328002

**New York State Licensed Athletic Trainer**  
License Number: 001086-1

**State of Illinois Licensed Athletic Trainer**

Licensed Athletic Trainer (LAT): 096.003986

**National Athletic Trainers' Association Board of Certification, Inc.**

Certified Athletic Trainer (ATC): #090202033 (2002-Present)

**National Academy of Sports Medicine**

Performance Enhancement Specialist (PES): #201453 (2006-Present)

**National Strength and Conditioning Association**

Certified Strength and Conditioning Specialist (CSCS): #200732714 (2006-Present)

**American Red Cross**

CPR/AED for the Professional Rescuer: Participant and Instructor

**Burdenko Water and Sports Therapy Institute**

Level I Certified: (2005-Present)

**PROFESSIONAL MEMBERSHIPS**

**National Athletic Trainers' Association (NATA)**

Member: #990535 (2002-Present)

**American College of Sports Medicine (ACSM)**

Member: #716988 (2013-Present)

**Eastern Athletic Trainers' Association (EATA)**

Member: (2017-Present)

**New York State Athletic Trainers' Association (IATA)**

Member: (2017-Present)

**Great Lakes Athletic Trainer's Association (GLATA)**

Member: (2014-Present)

**Illinois Athletic Trainers' Association (IATA)**

Member: (2014-Present)

**Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD)**

Member: #118178 (2015-Present)