TEXAS STATE VITA

I. Academic/Professional Background

A. **Name:** Nydia Lisette Cabra **Title:** Clinical Assistant Professor

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
DAT	2021	A.T. Still University	Athletic Training Certificates: Leadership and Education, Orthopedics	Athletic Trainers' Perceptions of Their Scope of Practice.
M.Ed.	2000	Southwest Texas State University (Texas State University)	Physical Education Exercise Science	N/A
B.S.	1993	University of Texas at El Paso	Kinesiology Biology	N/A

C. University Experience

Position	University	Dates
Clinical Assistant Professor	Texas State University	2024-Present
Assistant Professor of Practice Senior Lecturer Lecturer Athletic Training Apprenticeship Coordinator Adjunct Instructor	University of Texas at San Antonio	2024 2023-2024 2021-2023 2021-2024 2016-2017, 2020
Visiting Instructor Adjunct Instructor	University of the Incarnate Word	2017-2020 2011
Lecturer Head Athletic Trainer Clinical education Coordinator- CAATE athletic training program	University of Texas of the Permian Basin	2013-2016 2013-2015 2015-2016

D.

1. Relevant Athletic Training Professional Experience

Position	Entity	Date
Outreach Athletic Trainer, PRN	BethPage/ Methodist Sports Medicine/Sports Medicine Associates of San Antonio (SMASA) San Antonio, Texas	2009 – Present
Head Athletic Trainer	University of Texas of the Permian Basin, Odessa, Texas	2013-2015
Assistant Athletic Trainer	Texas Lutheran University Seguin, Texas	2009
Head Athletic Trainer	Randolph Field Independent School District Universal City, Texas	2003-2009, 2012-2013
Assistant Athletic Trainer	Seguin Independent School District Seguin, Texas	2001-2003
Director of Sports Medicine and Outreach Hill Country Sports Medicine	Hill Country Sports Medicine Orthopedic Group San Marcos, Texas	2000-2001
Assistant Athletic Trainer	Sam Houston State University Huntsville, Texas	2000
Graduate Assistant Athletic Trainer-assigned ½ time to Marion Independent School District and ½ time to Hill Country Sports Medicine	Southwest Texas State University San Marcos, Texas	1998-2000
Co-Athletic Trainer	Socorro Independent School District El Paso, Texas	1994-1998
First Aider, then once licensed, athletic trainer and camp manager	Varsity Spirit Corporation Memphis, Texas	1991-1993, 1998

2. Relevant Teaching Professional Experience

Position	Entity	Date
Elementary Physical Education Program Director, DoDEA grant	Randolph Field Independent School District Universal City, Texas	2005-2006 2021-2026
Elementary Physical Education	Schertz-Cibolo-Universal City Independent School District	2003-2005
Adapted Physical Education	Seguin Independent School District Seguin, Texas	2001-2003
Substitute Teacher all levels	Schertz-Cibolo-Universal City Independent School District Randolph Field Independent School District	2021 2006-2012

	Marion Independent School District El Paso Independent School District	1998-2000 1994
High School Physical Education, State Exam remediation teacher	Socorro Independent School District	1994-1998

E. Other Professional Credentials (licensure, certification, etc.)

2025 to present	HawkGrips, Level 1 IASTM
2024 to present	National Academy of Sport Medicine- Nutrition Coach Certification
2021 to present	American Heart Association Basic Life Support Instructor
2020 to present	National Academy of Sports Medicine- Certified Personal Trainer
2015-2020	Texas Education Agency- Generalist EC through 6th grade Teacher Certification
2013 to present	American Red Cross- CPR/AED, First AID, Babysitter Training, and Basic Life Support Instructor
2002-2020	Texas Education Agency- Generic Special Education Teacher Certification
2001-2013	AHA and American Safety and Health Institute- CPR instructor
2000 to present	Board of Certification for the Athletic Trainer- Certification #020002052 National Provider Identifier-NPI # 1285034926
1996	Texas Education Agency- All Levels Physical Education, Lifetime Teacher Certificate
1994 to present	Texas Department of Health/Texas Department of Licensing and Regulation- Athletic Training License, AT 1508

II. TEACHING

A. Teaching Honors and Awards:

1. Professional

All Star Athletic Trainer Award: Texas Girls' Coaches Association, athletic trainer for softball 2003 & 2023
Nomination: Teacher of the Year, Schertz Elementary School, Schertz-Cibolo-Universal City ISD, 2004

2. Institutional
   a. University:

   Nomination: University Service Award, University of Texas at San Antonio, 2022
   Nomination: Presidential Teaching Award, University of the Incarnate Word, 2018

   b. College
      N/A

B. Courses Taught:

Texas State University – Graduate

AT 5313	Therapeutic Interventions I
AT 5232	Clinical Experience in Athletic Training III
AT 5334	Clinical Experience in Athletic Training IV
AT 5320	Emergency Assessment and Management

Texas State University – Undergraduate

AT 2356	Prevention and Care of Athletic Injuries
AT 3312	Clinical Assessment II
AT 3358	Clinical Pathopharmacology

University of Texas at San Antonio- Undergraduate

KIN 2303	Foundations of Kinesiology
KIN 2211	First Aid and CPR
KIN 3303	Care and Prevention of Athletic Injuries
KIN 3313	Anatomy and Physiology for Kinesiology
KIN 3321	Biomechanics Laboratory
KIN 3463	Musculoskeletal Anatomy
KIN 4143	Evaluation of Athletic Injuries
KIN 4243	Musculoskeletal Rehabilitation
KIN 4931	Clinical Application of Athletic Injuries
Non-credit	Athletic Training Observation Program
KIN	Group Fitness Instruction
KIN	Advanced Athletic Training
KIN	Introduction to Athletic Injury and Procedures

University of the Incarnate Word- Undergraduate

Emergency and Medical Aspects in Athletic Training
Evaluation Strategies for Trunk and Lower Extremities
Health Communication for Rehabilitative Science and Nursing students
Introduction to Athletic Training
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

University of Texas of the Permian Basin- Undergraduate

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

C. Directed Student Learning (i.e. theses, dissertations, exit committees, etc.):

Castillo, E., Coquillaud-Salomon, M. (2025). *Diagnostic Accuracy of Hypertrophic Cardiomyopathy using 2-Dimensional Echocardiography vs. Cardiac Computed Tomography in Secondary School Athletes- A Clinically Appraised Topic.* Mentor. Master's Capstone. Texas State University

D. Courses Prepared and Curriculum Development:

University of Texas at San Antonio-

KIN 4931- Clinical Application of Athletic Injuries- Redesigned course to support the athletic training apprenticeship program and include the Texas State Athletic Trainers' Association Endorsement Program

Non-credit course- Athletic Training Observation program- Developed course to provide opportunities for students interested in the athletic training profession and preparation for acceptance into the Athletic Training Apprenticeship Program

E. Other:

Participant, *Structure and Function Education:* Dry Needling for Orthopedic Rehabilitation, 2025

Participant, *Structure and Function Education:* Foundations of Joint Manipulation. 2023

Participant, *Human Trafficking Training. ,* 2025*,* 2023, 2021, 2019, 2017.

Participant, *Southwest Texas Regional Advisory Council*: Stop the Bleed Instructor training, 2020 to present

Participant, *Academic Innovation,* University of Texas at San Antonio, Classroom management techniques and support seminars. 2021-2024.

Participant, *Quality Matters*, Instruction for moving classes from in person to online modalities, 2020

Service-Learning Course Projects:

2021-2024 Mentored and prepared athletic training students for the Texas Department of Regulation and Licensing Athletic Training License Exam (TDLR). Utilized tools from Texas State Athletic Trainers' Association endorsement program and athletic training concentration under the Kinesiology major. Nine students passed the exam to become Texas licensed athletic trainers, four of those students plus 6 others entered Master Athletic Training programs, 1 entered Doctoral Occupational Therapy program. Six students pending from the last cohort during my tenure at University of Texas at San Antonio.

2013-2016 Mentored and prepared athletic training students for the Texas Department of Regulation and Licensing Athletic Training License Exam (TDLR). The institution was in the process of obtaining CAATE accreditation for the undergraduate program. Two students passed the exam to become Texas licensed athletic trainers, one passed exam to become a certified athletic trainer through the Board of Certification in Athletic Training, one entered and completed a Master of Science Athletic Training Program.

2006-2007 Clinical Instructor for the University of the Incarnate Word. Two athletic training students in the accredited athletic training program experienced a high school rotation under my supervision.

2000-2001 Clinical Instructor for Southwest Texas State University. One athletic training student in the accredited athletic training program experienced an orthopedic clinic rotation under my supervision.

1998-2000 Graduate Assistant mentor for Southwest Texas State University athletic training students in the accredited athletic training program.

III. SCHOLARLY/CREATIVE

A. Works in Print

1. Books:

a. Chapters in Books:

2. Articles

Welch Bacon, Cailee E., **Cabra, Nydia L.,** Pennington, Taryn C., Eberman, Lindsey E., & Cavallario. Julie M.. (2023). Athletic Trainers' Perceptions of Their Scope of Practice. *International Journal of Athletic Therapy and Training*. Advance online publication. https://doi.org/10.1123/ijatt.2022-0064.

a. Refereed Journal Articles:

3. Conference Proceedings:

a. Refereed Conference Proceedings:

B. Works not in Print
1. Papers Presented at Professional Meetings:

2. Invited Talks, Lectures, and Presentations:

* presentation for student conferences

***Cabra, N.** (2025). *Blood Pressure Measurement.* [Conference Skill Session]. Southwest Athletic Trainers' Association. Student Winter Workshop. San Marcos, Texas. January 2025.

Cabra, N. (2023). *Steroids: Information for Texas Coaches.* [Conference Session]. Texas Girls' Coaches Association Coaching School Presentation. TGCA Annual Meeting, Arlington, Texas. July 2023.

***Cabra, N.** (2023). *Stages of Rehabilitation*. [Conference Session]. Alamo Area Athletic Trainers' Association Student Symposium, San Antonio, Texas. March 2023.

Cabra, N. (2021). *Athletic Trainers' Familiarity with and Perceptions of Athletic Training Scope of Practice*. [Virtual Symposium]. Free Communications Oral Presentation. Virtual National Athletic Trainers' Association Clinical Symposia & AT Expo. July 2021

Cabra, N. (2017). *Sickle Cell Disease and Trait and the Athletic Population*. [Conference Session]. Valley Athletic Trainers Association South Padre Athletic Training symposium, South Padre Island, Texas. June 2017.

***Cabra, N.** (2015). *Athletic Training at Various Settings.* [Round Table Discussion]. Alamo Area Athletic Trainers Association student conference, San Antonio, Texas. March 2015.

Cabra, N. (2003). *Lower Leg Evaluations*. [Conference Session]. Southwest Athletic Trainers Association Annual Convention, Arlington, Texas. June 2003.

***Cabra, N.** (2001). *SOAP Notes.* [Conference Sessions]. Southwest Athletic Trainers Association Annual Convention, Arlington, Texas. June 2001.

***Cabra, N.** (2001) *Athletic Trainer Duties at the Collegiate, High School, and Clinical Levels*. [Guest Lecturer]. Southwest Texas State University Athletic Training Program, San Marcos, Texas. March 2021.

3. Other Works not in Print:

a. Works "submitted" or "under review":

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

2. Submitted, but not Funded, External Grants and Contracts:

3. Funded Internal Grants and Contracts:

4. Submitted, but not Funded, Internal Grants and Contracts:

3. Other Works not in Print for Grant and Contracts:

a. Works "submitted" or "under review":

D. Scholarly / Creative Fellowships, Awards, Honors:

IV. SERVICE

A. Institutional

3. University:

2022 to 2024 Committee Member, University Athletics Council- University of Texas at San Antonio

2014 to 2016 Committee Member, University Planning for Medical Services on Campus- University of Texas of the Permian Basin

4. College:

2021 to present Advisor, University representative sponsor for the Pre-Athletic Training Society at the University of Texas at San Antonio

2018 to 2020 Advisor, Ila Faye Miller School of Nursing and Health Professions, University Representative Sponsor for Pre-Physician Assistant Club at the University of the Incarnate Word

5. Department/School:

2024 to present Coordinator, Master of Science in Athletic Training Injury Clinic

2024 to present Member, Student review for acceptance into Master of Science in Athletic Training program. College of Education, Department of Health and Human Performance, Texas State University.

2024 to present Member, Scholarship Committee, Department of Health and Human Performance. Texas State University.

2024 to present Member, Faculty Evaluation Committee, Department of Health and Human Performance. Texas State University.

2023 Member, Hiring Committee for Kinesiology Department Full-Time Track (FTT) Lecturer, University of Texas at San Antonio.

2023 to 2024 Secretary, Kinesiology faculty departmental meetings, University of Texas at San Antonio.

2023 to present Committee Member, Departmental Annual Review Committee, Kinesiology Department, University of Texas at San Antonio

2022 Member, Hiring Committee for Kinesiology Department Administrative assistant (April- June 2022). University of Texas at San Antonio.

2021 to 2023 Committee Member, Strategic Plan Committee, Kinesiology Department, University of Texas at San Antonio

2020 to 2021 Committee Member, Academic Policy and Curriculum Committee, Kinesiology Department, University of Texas at San Antonio

B. Professional:

2022- 2026 Project Director, *Promoting Military Connected Student Excellence in the Health Sciences,* Department of Defense Education Activity, Randolph Independent School District, Universal City, Texas, grant award winner (2021).

2009 to present Member, *Texas State Athletic Trainers' Association*- Region 8 member; 2022 to 2024- Apprenticeship Endorsement subcommittee,

2009 to present Examiner, *Texas Department of Health, Texas Department of Licensing and Regulation, PSI:* Athletic Training State License Examiner.

C. Community:

2025 to present Community Bible Church- Go Global Missions and first aid team member

2020 to 2024 Texas School Health Advisory Committee- Parent member. Austin, Texas

2022 to 2024 -TSHAC Subcommittee member *Health Education for All* initiative. Austin, Texas.

2020 to 2025 Food distribution team member, Host Ministry, Prayer Team- Oak Hills Church and San Antonio Food Bank

2018 and 2019 Oak Hills Church San Antonio- Manos de Cristo mission to Del Rio, Tx and Acuna, Mexico

2018 to 2019 Journey Fellowship/Oak Hills Church San Antonio, Tx- Youth Group Volunteer

2017 to 2020 Journey Fellowship/Oak Hills church San Antonio, Tx- Co Leader for community Bible studies

2016 to 2023 Randolph Field Independent School District- Member Project Graduation, 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

D. Organization Memberships:

2008 to present Alamo Area Athletic Trainers' Association- Member
2010-2011 President, 2009-2010 Vice President

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

E. Service Honors and Awards:

Updated 1/30/25