

**CURRICULUM VITAE  
ALICIA M MONTALVO**

**EDUCATION**

Degree	Institution	Field	Dates
Doctorate of Philosophy	The Pennsylvania State University University Park, FL	Kinesiology	December 2015
Master of Science	Florida International University Miami, FL	Athletic Training	May 2011
Bachelor of Arts	University of Pennsylvania Philadelphia, PA	Health & Society	May 2005

**FULL-TIME ACADEMIC EXPERIENCE**

Institution	Rank	Field	Dates
Florida International University, Miami, FL	Assistant Professor (tenure-earning)	Athletic Training	Aug. 2016 – Present
Florida International University, Miami, FL	Assistant Professor (nontenure-earning)	Athletic Training	Aug. 2013 – Aug. 2016

**PART-TIME ACADEMIC EXPERIENCE**

Institution	Rank	Field	Dates
The Pennsylvania State University University Park, PA	Teaching Assistant	Statistics	Jan. 2013 – May 2013
The Pennsylvania State University University Park, PA	Teaching Assistant	Athletic Training	Jan. 2013 – May 2013
The Pennsylvania State University University Park, PA	Teaching Assistant	Anatomy	Aug. 2012 – May 2013
The Pennsylvania State University University Park, PA	Clinical Instructor	Athletic Training	Aug. 2011 – May 2013

**NON-ACADEMIC EXPERIENCE**

Place of Employment	Title	Dates
Penn State Sports Camps University Park, PA	Sports Health Technician	June 2013 – Aug. 2013
Penn State Sports Camps University Park, PA	Sports Health Technician	June 2012 – Aug. 2012

Penn State University Athletic Conference University Park, PA	Certified Athletic Trainer	Aug. 2012 – May 2013
Penn State Recreation Sports University Park, PA	Certified Athletic Trainer	Aug. 2012 – May 2013

## EMPLOYMENT RECORD AT FIU

Rank	Dates
Assistant Professor	Aug. 2013 – present

## PROFESSIONAL CERTIFICATIONS/LICENSES

Licensed Athletic Trainer	Florida Department of Health Board of Athletic Training #AL 3598	Aug. 2013 – Present
Certified Athletic Trainer	National Athletic Trainers' Association Board of Certification #2000006644	May 2011 - Present
Certified Strength and Conditioning Specialist	National Strength & Conditioning Association	May 2011 - Present
Professional Rescuer	American Red Cross	Annual Renewal
First Aid	American Red Cross	Renewal every 3 years

## PUBLICATIONS IN DISCIPLINE

Books (give full bibliographical references)

N/A

### Articles – Peer Reviewed

1. Doherty-Restrepo, J.L., Yam, T., Harris, M., Odai, M., Pottegier, K., & **Montalvo A.M.** (2017). Students' perception of peer and faculty debriefing facilitators following simulation-based education. Journal of Allied Health. In print.
2. Doherty-Restrepo, J.L., Harrelson, K.E., Swinnie T., & **Montalvo A.M.** (2017). Does Simulation-Based Training in Athletic Training Students Curricula Increase Clinical Confidence and Competence Of Conducting a Cardiac Screening? Journal of Allied Health. In print.
3. **Montalvo, A.M.**, Tse-Dinh Y.C., Liu, Y., Swartzon, M., Hechtman, K.S., & Myer, G.D. (2017). Precision Sports Medicine: The Future of Advancing Health and Performance in Youth and Beyond. Strength and Conditioning Journal. 38(8).
4. Fort-Vanmeerhaeghe, A., Montalvo, A.M., Lloyd, R.S., Read, P., & Myer, G.D. (2017). Intra- and Inter-rater Reliability of the Modified Tuck Jump Assessment. Journal of Sports Science and Medicine. 16(1).
5. **Montalvo, A.M.**, Shaefer, H., Rodriguez, B., Li, T., Epnere, K., & Myer, G.D. (2017). Retrospective Injury Epidemiology and Risk Factors for Injury in CrossFit. Journal of Sports Science and Medicine. 16(1).
6. Fort-Vanmeerhaeghe, A., **Montalvo, A.M.**, Latinjak, A., & Unnithan, V. (2016). Physical characteristics of elite adolescent female basketball players and their relationship to match performance. Journal of Human Kinetics. 53(1).
7. Fort-Vanmeerhaeghe, A., Romero-Rodriguez, D., **Montalvo, A. M.**, Kiefer, A.W., Lloyd, R.S., & Myer, G. D. (2016). Integrative Neuromuscular Training and Injury Prevention in Youth Athletes. Part I: Identifying risk factors. Strength and Conditioning Journal, 38(3).
8. Fort-Vanmeerhaeghe, A., **Montalvo, A. M.**, Sitjà-Rabert, M., Kiefer, A. W., & Myer, G. D. (2015). Neuromuscular asymmetries in the lower limbs of elite female youth basketball players and the application of the skillful limb model of comparison. Physical Therapy in Sport, 16(4).
9. **Montalvo A.M.**, Le Cara E., & Myer G.M. (2014). The effect of kinesiology tape on pain in individuals with musculoskeletal injury. Physician and Sportsmedicine , 42(2).

10. **Montalvo A.M.**, Buckley W.E., & Vairo G.L. (2013). The Efficacy of Kinesio Tape to Reduce Pain and Increase Functional Performance in Patellofemoral Pain Syndrome. Journal Novel Physiotherapy, 3(3).

#### Abstracts – Peer Reviewed

1. **Montalvo A.M.**, Rodriguez, B., & Shaefer, H. (2016). Injury Epidemiology and Risk Factors for Injury in CrossFit. Journal of Athletic Training. 51(6S).
2. **Montalvo A.M.**, Rodriguez, B., & Shaefer, H. (2016). Injury Epidemiology and Risk Factors for Injury in Group-based High-Intensity Power Training. Medicine and Science in Sport and Exercise. 48(5S).
3. Oller D.M., Vairo G.L., Messina R.M., **Montalvo A.M.**, Sebastianelli W.J., & Buckley W.E. (2012). Injury and illness epidemiology at a university-based summer sports camp. Journal of Athletic Training,47(3):S99.

#### Proceedings

N/A

#### Chapters in Books

N/A

#### Government Reports or Monographs

N/A

#### Book Reviews

N/A

#### OTHER PUBLICATIONS

N/A

#### PRESENTED PAPERS, AND LECTURES

##### International

1. Fort-Vanmeerhaeghe, A., **Montalvo, A.M.**, Lloyd, R.S., Read, P., & Myer, G.D. (2016). *Intra- and Inter-rater Reliability of the Modified Tuck Jump Assessment*. 8<sup>th</sup> Muscle Tech Network Workshop at FC Barcelona, Spain.

##### National

1. Kimura, B. & **Montalvo, A.M.** (2017). *The effects of a shoulder stretching and strengthening intervention on shoulder benchmarks and disability in collegiate softball players*. National Undergraduate Research Conference.
2. **Montalvo A.M.**, Rodriguez, B., & Shaefer, H. (2016). *Injury Epidemiology and Risk Factors for Injury in CrossFit*. National Athletic Trainers' Association Clinical Symposia.
3. **Montalvo A.M.**, Rodriguez, B., & Shaefer, H. (2016). *Injury Epidemiology and Risk Factors for Injury in Group-based High-Intensity Power Training*. American College of Sports Medicine Annual Meeting.

##### Regional

1. Montalvo, A.M. (2017). *stATs: An Athletic Trainer's guide to interpreting and applying statistics in clinical practice*. Oral presentation at Southeast Trainers' Association Clinical Symposium.
2. **Montalvo, A.M.**, Hardison T., & Shanstrom N. (2015). *Injury epidemiology and risk factors in CrossFit*. Poster presentation at Southeast Athletic Trainers' Association Clinical Symposium.

##### State

1. **Montalvo, A.M.**, Hardison T., & Shanstrom N. (2014). *Injury epidemiology and risk factors in CrossFit*. Oral presentation at Athletic Trainers' Association of Florida.

## CREATIVE WORK

N/A

## WORKS IN PROGRESS

### Papers submitted to journals for consideration

1. **Montalvo, A.M.**, Schneider, D., Yut, L., Webster, K.E., Beynon, B., Kocher, M., & Myer, G.D. Risk of Sustaining Anterior Cruciate Ligament Injury in Sport: A Sex-Specific Systematic Review and Meta-Analysis. British Journal of Sports Medicine. **In revision.**
2. **Montalvo, A.M.**, Schneider, D., Silva, P.L., Yut, L., Webster, K.E., Riley, M.A., Kiefer, A.W., Doherty-Restrepo, J.L., & Myer, G.D. Risk of Sustaining Anterior Cruciate Ligament Injury in Soccer A Systematic Review and Meta-Analysis on the Effects of Sex and Level of Competition. British Journal of Sports Medicine. **In revision.**
3. **Montalvo, A.M.**, Schneider, D., Yut, L., Webster, K.E., Myer, G.D. Anterior cruciate ligament injury risk in sport: A systematic review and meta-analysis of injury incidence by sex and sport classification. Journal of Athletic Training. **In revision.**
4. Zvijac, J., Lisman, P., Vargas, L., Elbaum, L., & **Montalvo, A.M.** The Effects of Bracing and Knee Flexion Angle on Hamstring Muscle Activity During Crutch-assisted Ambulation: Implications for Post-operative Care after Surgical Repair of Hamstring Tears. Sports Health. **Under review.**
5. Kimura, B. & **Montalvo, A.M.** The effects of a shoulder stretching and strengthening intervention on shoulder benchmarks and disability in collegiate softball players. Sports Health. **Under review.**
6. Fort-Vanmeerhaeghe, A., **Montalvo, A.M.**, & Myer, G.D. Sex and maturation differences in neuromuscular and biomechanical risk factors of youth athletes during the Tuck Jump assessment. Physical Therapy in Sport. **In revision.**
7. Castells, J.A., Safont, B.B., Fort-Vanmeerhaeghe, A., & **Montalvo, A.M.** Muscle activation in suspension training: a systematic review. Physical Therapy in Sport. **Under review.**

### Book Chapters

1. The Routledge Handbook of Strength and Conditioning: Sport-specific programming for high performance. Chapter: Biomechanical considerations for the female athlete. Routledge Taylor and Francis (2017).

### Other completed papers

N/A

### Research in Progress

1. **Montalvo, A.M.**, Alvarez, E., Fort-Vanmeerhaeghe, A., & Myer, G.D. Clinical tests to predict ACL injury in high-risk collegiate athletes. **In progress.**
2. **Montalvo, A.M.**, Fort-Vanmeerhaeghe, A., & Myer, G.D. Concurrent and predictive validity of the Modified Tuck Jump Assessment. **In progress.**
3. Alvarez, E. & **Montalvo, A.M.** Clinical Assessment of Quadriceps to Hamstring Ratio. **In progress.**
4. **Montalvo, A.M.**, & Frank, E. Characteristics of injuries sustained during CrossFit participation. **In progress.**
5. Doherty-Restrepo, J.L., Pitney, B., & **Montalvo, A.M.** Determining the Use and Awareness of Time Management Strategies in Athletic Training Students. **In preparation.**
6. Frank, E., Pottegier, K., Pitney, B., Doherty-Restrepo, J.L., & **Montalvo, A.M.** Flipped versus traditional classroom. **In preparation.**
7. Frank, E., Pottegier, K., Pitney, B., Doherty-Restrepo, J.L., & **Montalvo, A.M.** High- vs low-fidelity simulation for teaching cardiovascular screening: Part 1. **In preparation.**
8. Frank, E., Pottegier, K., Pitney, B., Doherty-Restrepo, J.L., & **Montalvo, A.M.** High- vs low-fidelity simulation for teaching cardiovascular screening: Part 1. **In preparation.**

9. Ledtke, V., Fort-Vanmeerhaeghe, A., Swartzon, M., **Montalvo, A.M.** The effect of a neuromuscular rehabilitation protocol on neuromuscular asymmetry in a semi-professional basketball player: a case study.  
**Reformatting for resubmission**

## Grant Proposals

Title: Targeting treatment in patients with knee joint effusion: Synovial proinflammatory cytokine concentration as a predictor for response to treatment  
Funding agency: American Medical Society for Sports Medicine – American College of Sports Medicine  
PI: **Montalvo, A.M.**  
Submitted: February 2017  
Amount requested: \$20,000

Title: Targeting treatment in patients with knee joint effusion: Synovial proinflammatory cytokine concentration as a predictor for response to treatment  
Funding agency: National Athletic Trainer's Association  
PI: **Montalvo, A.M.**  
Submitted: March 2017  
Amount requested: \$20,000

## FUNDED RESEARCH

### College of Health and Human Development Student Research Endowment

Title: The effect of Kinesiology Tape on functional measures in patellofemoral pain patients over time  
Funding Agency: The Pennsylvania State University  
PI: **Montalvo, A.M.**  
Term of Agreement: 3/2013–8/2014  
Total Amount: \$900

## PROPOSALS SUBMITTED BUT NOT FUNDED

Title: Using cytokines to predict performance and outcomes in athletes with anterior cruciate ligament injury  
Funding agency: National Strength and Conditioning Association  
PI: **Montalvo, A.M.**  
Submitted: March 2016  
Amount requested: \$20,000

Title: Using cytokines to predict performance and outcomes in athletes with anterior cruciate ligament injury  
Funding agency: Southeast Athletic Trainers' Association  
PI: **Montalvo, A.M.**  
Submitted: February 2016  
Amount requested: \$2,000

Title: The effect of expectation of kinesiology tape on performance in individuals with chronic ankle instability.  
Funding agency: Southeast Athletic Trainers' Association  
PI: **Montalvo, A.M.**  
Submitted: February 2015  
Amount requested: \$2,500

Title: The effectiveness of kinesiology tape to improve functional measures in physically active individuals

with patellofemoral pain acutely and over time

Funding agency: American Medical Society for Sports Medicine/American College of Sports Medicine

PI: **Montalvo, A.M.**, Swartzon, M. (physician at Doctor's Hospital), & Vairo, G.L.

Submitted: February 2014

Amount Requested: \$10,000

Title: The effect of an educational seminar on clinical athletic trainers' perceived importance, knowledge and use of the literature related to evidence-based practice concepts

Funding agency: Southeast Athletic Trainers' Association

PI: **Montalvo, A.M.**, Odai, M., & Doherty-Restrepo, J.L.

Submitted: January 2014

Amount requested: \$2,500

Title: The effect of kinesio tape at the hip on functional measures in patellofemoral pain patients

Funding Agency: National Athletic Trainer's Association Research and Education Foundation

PI: **Montalvo, A.M.**

Submitted: February 2013

Amount Requested: \$2,500

## PATENT DISCLOSURES, APPLICATIONS, AND AWARDS

N/A

## PROFESSIONAL HONORS, PRIZES, FELLOWSHIPS

### Department

Florida International University Athletic Training Program Educator of the Month November 2016

Florida International University Athletic Training Program Educator of the Month December 2013

### School/College

N/A

### University

The Pennsylvania State University College of Health and Human Development Bunton-Waller Fellowship,

Awarded academic year 2011-2012

## OFFICES HELD IN PROFESSIONAL SOCIETIES

N/A

## OTHER PROFESSIONAL ACTIVITIES AND PUBLIC SERVICE

### National

Manuscript Reviewer	Journal of Athletic Training Medicine and Science in Sport and Exercise Sports Health Athletic Training and Sports Healthcare	2013-present
Seminar Moderator	<i>National Athletic Trainer's Association National Conference – Advanced Track Pre-Hospital Care</i>	July 2016
Seminar Moderator	<i>National Athletic Trainer's Association National Conference – Advanced Track Sahrman Techniques</i>	July 2015
Seminar Moderator	<i>National Athletic Trainer's Association National Conference – Advanced Track Knee Pain</i>	July 2014

	Seminar Moderator	<i>National Athletic Trainer's Association National Conference – Advanced Track Kinesio Taping</i>	July 2013
<b>Local</b>			
	Graduate Student	Department of Kinesiology Diversity and Climate Committee, The Pennsylvania State University	2011 – 2012
	Alumni Interviewer	University of Pennsylvania Gold Coast Alumni Association	2010 – 2011
<b>Community</b>			
	Volunteer Athletic Training Student	Belen Jesuit Preparatory School	Fall 2010