

JENNIFER M. MEDINA, PhD, ATC, CSCS

415 Hanson Road
Durham, NC 27713
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EDUCATION

Pennsylvania State University, University Park, PA

Doctor of Philosophy August 12, 2006

College of Health and Human Development, Department of Kinesiology

Dissertation: "The effects of gender and lower extremity alignment on the kinematics of three functional tasks"

Arizona School of Health Sciences, Mesa, AZ

School of the A.T. Stills University of Health Sciences

Master of Science August 3, 2002

NATA Accredited Post-Certification Graduate Athletic Training Program

Thesis: "A comparison in neuromuscular functioning of the quadriceps and hamstrings during landing in high school male athletes, female athletes, and female non-athletes."

Pennsylvania State University, University Park, PA

Bachelor of Science May 12, 2000

CAAHEP Accredited Entry-Level Athletic Training Program

CURRENT POSITION: 2006 – Present

Post-doctoral Fellow

Visiting Lecturer

University of North Carolina at Chapel Hill

College of Arts and Sciences, Department of Exercise and Sport Science

PREVIOUS POSITION: 2005 - 2006

Adjunct Faculty

University of Virginia, Charlottesville, VA

Curry School of Education, Department of Kinesiology

PROFESSIONAL CERTIFICATIONS & CREDENTIALS

NATABOC Certified since 2000

Certification Number: 080002079

Certified Strength and Conditioning Specialist since 2002

Certification Number: 200217870

TEACHING EXPERIENCE

University of North Carolina, Chapel Hill, NC

EXSS 732 Graduate Cadaver Anatomy

Lead Instructor

EXSS 385 Biomechanics of Sport (2 semesters)

Lead Instructor

EXSS 367 Therapeutic Modalities

Lead Instructor

University of Virginia, Charlottesville, VA

EDHS 554	Athletic Injuries Assessment	Lead Instructor
EDHS 544L	Athletic Injuries Assessment Lab	Lead instructor
EDHS 345	Neuromuscular Bases of Human Movement	Lead Instructor
SPE 140	Beginning Weight Training (2 semesters/4 sections)	Lead Instructor

Pennsylvania State University, University Park, PA

Kines 434	Foundations of Therapeutic Exercise	Teaching Assistant
Kines 435	Application of Therapeutic Exercise and Rehabilitation	Teaching Assistant
Kines 436	Introduction to Therapeutic Modalities	Teaching Assistant
Kines 437	Application of Therapeutic Modalities	Teaching Assistant
Kines 395F	Practicum in Athletic Training	Teaching Assistant
Kines 496B	Independent Study in Kinesiology	Dissection Leader

REFEREED PUBLICATIONS

Medina JM, Valovich-McLeod TC, Kingma JJ, Howell S. Timing of neuromuscular activation of the quadriceps and hamstrings prior to landing in high school male athletes, female athletes, and female non-athletes. *Journal of Electromyography and Kinesiology* (in press).

Medina JM, Thomas AC, Denegar CR. Knee osteoarthritis: Should your patient opt for hyaluronic acid injection? *Journal of Family Practice* 2006 Aug;55(8):669-75.

McKeon PO, **Medina JM**, Hertel J. Hierarchy of evidence-based clinical research in sports medicine. *Athletic Therapy Today* 2006 July;11(4):42-5.

Medina JM, McKeon PO, Hertel J. Rating the levels of evidence in sports medicine research. *Athletic Therapy Today* 2006 September;11(5): 38-41.

Medina JM and Hertel J. Gender differences and normative values for six lower extremity alignment measures. *Journal of Athletic Training*. (in review)

MANUSCRIPTS IN PREPARATION

Medina JM, Hertel J, Denegar CR. The effects of lower extremity alignment on kinematics for three functional tasks performance. *Medicine and Science in Sport and Exercise*

Medina JM, Hertel J, Denegar CR. The effect of gender on the kinematics of three functional tasks.

Medina JM, McKeon PO, Hertel J. Grading clinical trials in sports medicine research. *Athletic Therapy Today*

Medina JM, Hertel J, Braham RA. Correlations among lower extremity alignments in collegiate athletes.

REFEREED ABSTRACT PRESENTATIONS

Medina JM and Hertel J. Poster Presentation: Gender differences and normative values for six lower extremity alignment measures. *To be Presented at the SEACSM Annual Meeting, Charlotte, NC; February 2007*

Medina JM, Hertel J, Braham RA. Poster Presentation: Correlations between lower extremity malalignments in collegiate athletes II. *Presented at the MAATA Annual Meeting, Virginia Beach, VA; May 2006*

Medina JM, Thomas AC, Denegar CR. Poster presentation: Effects of hyaluronic acid on pain, stiffness, and disability: a meta-analysis. *Presented at the SEACSM Annual Meeting, Charlotte, NC; February 2006*

Medina JM, Hertel J, Braham RA. Poster Presentation: Correlations between lower extremity malalignments in collegiate athletes. *Presented at the 1st Annual Ohio State Injury Biomechanics Symposium, Columbus OH; May, 2005*

Howell SK, **Medina JM**, Kingma JJ, Tyry TM, Sauers EL, Valovich TC. Free Communication: Neuromuscular preactivity of the quadriceps and hamstrings prior to landing in high school male athletes, female athletes, and female non-athletes. *Presented at the Annual NATA Meeting & Clinical Symposium, St. Louis, MO; June 2003*

NON-REFEREED PRESENTATIONS

Medina JM. Oral Presentation: Conservative Management Strategies for Osteoarthritis. *Presented at the VATA Annual Meeting & Symposium, Williamsburg, VA; January, 2006*

Medina JM, Thomas AC, Denegar CR. Oral Presentation: Effects of hyaluronic acid on pain, stiffness, and disability: a meta-analysis. *Presented at Penn State Orthopaedics Grand Rounds, University Park, PA; February 2005*

Medina JM, Hillman SK. Workshop: Basic cadaveric anatomy workshop for high school students. *Presented at the Arizona School of Health Sciences, Mesa, AZ; May, 2002*

Medina JM, Hillman SK. Workshop: Advanced cadaveric anatomy workshop for high school students. *Presented at the Arizona School of Health Sciences, Mesa, AZ; May, 2002*

PREVIOUS MASTERS STUDENT RESEARCH

Thomas AC, **Medina JM**, Hertel J. Hyaluronic Acid Injections: Is There a Difference Between the Sexes?

Kelso MR, **Medina JM**, Hertel J. Correlations between lower extremity malalignments and medial tibial stress syndrome in military cadets.

PROFESSIONAL EXPERIENCE

- | | |
|--------------|---|
| 2003-5 | Certified Athletic Trainer
Approved Clinical Instructor
<i>Penn State Intramurals, University Park, PA</i> |
| 2002, 3 | Assistant Athletic Trainer, Head Athletic Trainer for Men's Soccer
Approved Clinical Instructor for athletic training students
<i>Penn State Athletics, University Park, PA</i> |
| 2000, 2003-5 | Certified Athletic Trainer
<i>Penn State Sports Camps, University Park, PA</i> |

PROFESSIONAL SERVICE

2005-Present Reviewer
Journal of Athletic Training

2004-6 Moderator
NATA Annual Meeting and Clinical Symposium

CONTINUING EDUCATION

2006 57th Annual NATA Meeting & Clinical Symposium (Moderator) – Atlanta, GA
2006 Mid-Atlantic Athletics Trainers ' Association Annual Meeting – Virginia Beach, VA
2006 Southeastern American College of Sports Medicine Annual Meeting – Charlotte, NC
2006 Virginia Athletic Trainers ' Association – Williamsburg, VA
2005 Penn State Concussion in Athletics: Ongoing Controversy – University Park, PA
2005 1st Annual Ohio State Injury Biomechanics Symposium – Columbus, OH
2005 56th Annual NATA Meeting & Clinical Symposium (Moderator) – Indianapolis, IN
2004 55th Annual NATA Meeting & Clinical Symposium (Moderator) – Baltimore, MD
2004 3rd Annual Penn State Athletic Trainers ' Conference – University Park, PA
2003 54th Annual NATA Meeting & Clinical Symposium – St. Louis, MO
2003 2nd Annual Penn State Athletic Trainers ' Conference – University Park, PA
2002 53rd Annual NATA Meeting & Clinical Symposium – Dallas, Texas
2001 52nd Annual NATA Meeting & Clinical Symposium – Los Angeles, CA
2000 27th Annual AOSSM Meeting – Phoenix, AZ
2000 51st Annual NATA Meeting & Clinical Symposium – Nashville, TN

TECHNICAL EXPERIENCE

Microsoft Office – Word, PowerPoint, Excel, FrontPage
Myosystem 1400 Surface EMG System
MyoResearch, Noraxon USA, Inc
MATLAB, Mathworks, Inc.
AcqKnowledge, BIOPAC Systems, Inc.
SPSS for Windows, SPSS, Inc
VICON Motion Analysis System