

AMY FRALEY HAND, PhD, SCAT, ATC, PES

ADDRESS

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Blatt Physical Education Center, Room 101A
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EDUCATION

University of South Carolina, Columbia, SC

Doctor of Philosophy, Rehabilitation Sciences, May 2019
Arnold School of Public Health, Department of Exercise Science
Dissertation: Identification of Factors Contributing to Musculoskeletal Injuries in Military Basic Trainees

The University of North Carolina, Chapel Hill, NC

Master of Arts in Exercise and Sport Science, Athletic Training Specialization, August 2011
College of Arts and Sciences, Department of Exercise and Sport Science
Thesis: Effect of Playing Surface on Hip and Knee Kinematics in Healthy Female Soccer Players

University of South Carolina, South Carolina Honors College, Columbia, SC

Bachelor of Science in Physical Education, Emphasis in Athletic Training, May 2009
College of Education, Department of Physical Education
Thesis: Role of Athletic Trainers in Psychosocial Issues Prior to Injury: The Athletes' Perspective

CURRICULUM EXPERIENCE

University of South Carolina, Columbia, SC

Department of Exercise Science, Arnold School of Public Health
Professional AT Program Clinical Education Coordinator, August 2015 to present
Clinical Assistant Professor, July 2019 to present
Clinical Instructor, August 2015 to July 2019
Graduate Teaching Assistant, August 2013 to May 2015
Preceptor, August 2012 to present
Adjunct Faculty, January 2012 to May 2013

Teaching Responsibilities

Clinical Foundations in Athletic Training (ATEP 267)
Functional Musculoskeletal Anatomy (ATEP 275)
Functional Musculoskeletal Anatomy Lab (ATEP 275L)
Athletic Training Clinical Experience I (ATEP 292)
Athletic Training Clinical Experience II (ATEP 293)
Evaluation and Assessment of Lower Extremity Injuries Lab (ATEP 348L)

Evaluation and Assessment of Head, Neck, Spine, and Abdomen Injuries (ATEP 349)
 Evaluation and Assessment of Upper Extremity Injuries (ATEP 350)
 Evaluation and Assessment of Upper Extremity Injuries Lab (ATEP 350L)
 Therapeutic Modalities Lab (ATEP 366L)
 Athletic Training Clinical Experience IV (ATEP 393)
 Athletic Training Clinical Experience V (ATEP 492)
 Athletic Training Senior Seminar (ATEP 494)
 Senior Thesis/Project (SCHC 499)
 Principles of Evidence-Based Medicine (ATEP 701)
 Athletic Training Clinical Experience I (ATEP 711)

Athletic Training Facilitator

Transforming Health Care for the Future (PUBH 678)

Teaching Assistant Responsibilities

Orthopedic Physical Therapy I (PHYT 750)
 Orthopedic Physical Therapy II (PHYT 751)

The University of North Carolina, Chapel Hill, NC

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

Teaching Assistant, August 2009 to May 2011

Approved Clinical Instructor, June 2010 to May 2011

Teaching Assistant Responsibilities

Cadaver Anatomy (EXSS 732)

Teaching Responsibilities

Outdoor Sports (LFIT 108)
 Indoor Sports (LFIT 105)

SCHOLARSHIP

Refereed Journal Manuscripts

Hirschhorn RM, Holland C, **Hand AF**, Mensch JM. Physicians' perceptions of athletic trainers. *Int J Athl Ther Train*. 2019; 24(5): 202-206.

Hughes JM, Foulis SA, Taylor KM, Guerriere KI, Walker LA, **Hand AF**, Popp KL, Gaffney-Stomberg E, Heaton KJ, Sharp MA, Grier TL, Hauret KG, Jones BH, Bouxein ML, McClung JP, Matheny RW, Proctor SP. A prospective field study of U.S. Army trainees to identify the physiological bases and key factors influencing musculoskeletal injuries: a study protocol. *BMC Musculoskelet Disord*. 2019;20(282): 1-7.

Pfeifer CE, Beattie PF, Sacko RS, **Hand AF**. Risk factors associated with non-contact anterior cruciate ligament injury: a systematic review. *Int J Sports Phys Ther*. 2018;13(4): 575-587.

Dembowski SC, Tragord BS, **Hand AF**, Rohena-Quinquilla IR, Lee IE, Thoma DC, Molloy JM. Injury surveillance and reporting for trainees with bone stress injury: current practices and recommendations. *Mil Med*. 2018;183(11/12): e455-e461.

Published Abstracts

Edwards N, Cooper B, Otto A, Jensen M, Goins J, **Fraley A**, Searson J, Mazoue C. Morel-Lavallée lesion to the elbow in a male collegiate soccer player: A case report. *J Athl Train*. 2016;51(6):S-64.

Fraley AL, Goerger BM, Zinder SM, Fava NM, Lewek MD. Effect of playing surface on hip and knee kinematics in healthy female soccer players. *J Athl Train*. 2012;47:S3.

National Presentations

Edwards N, Cooper B, Otto A, Jensen M, Goins J, **Fraley A**, Searson J, Mazoue C. Morel-Lavallée lesion to the elbow in a male collegiate soccer player: A case report. *67th National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, Baltimore, MD. (June 22-25, 2016).

Jordon M, Beattie PF, **Fraley AL**. Spinal manipulative therapy is associated with immediate increases in pain-pressure threshold in a segmental distribution. *Combined Sections Meeting*, Indianapolis, IN. (February 4-7, 2015).

Fraley AL, Goerger BM, Zinder SM, Fava NM, Lewek MD. Effect of playing surface on hip and knee kinematics in healthy female soccer players. *63rd National Athletic Trainers' Association Annual Meeting and Clinical Symposia*, St. Louis, MO. (June 27-29, 2012).

Regional Presentations (* Invited)

Silvey K, Sacko RS, Stodden DF, **Hand AF**. Relationships between functional motor competence and physical military readiness tests. *National Strength and Conditioning Association Southeast Regional Conference*, Rock Hill, SC. (September 14, 2019).

Davis MA, **Hand AF**, Haggard CR. Collegiate football player medically disqualified due to sickle cell trait. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8, 2019).

Levey DR, Theobald N, Herod J, Devries T, Pollack M, **Hand AF**. Non-MRSA staphylococcus aureus in a 20-year-old beach volleyball athlete: A case study. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8, 2019).

Sciabarra ML, Herod J, **Hand AF**. Incarcerated umbilical hernia in a female volleyball athlete. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8, 2019).

***Hand AF**. From student to young professional: Messages for transition to practice. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*, Ocean City, MD. (May 20, 2018).

Flowers MR, Lyles TA, Sharpe RL, **Hand AF**. Baastrup's (kissing spine) disease in a female cheerleading athlete. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 2, 2018).

Davis HE, **Hand AF**. Long-term concussion symptoms relieved by vestibular and massage therapies: A case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 1, 2018).

Jenkins JK, Greenleaf C, **Hand AF**. Congenital spinal stenosis in an adolescent athlete: A case report. *Mid-Atlantic Athletic Trainers' Association Athletic Training Student Symposium*, Virginia Beach, VA. (May 20, 2017).

Jenkins JK, Greenleaf C, **Hand AF**. Congenital spinal stenosis in an adolescent athlete: A case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 3-4, 2017).

Fraley AL, Emerson DM. I've Been in School This Long, Now What? – Job Application Workshop. *Mid-Atlantic Athletic Trainers' Association Annual Symposium*, Virginia Beach, VA. (May 31, 2015).

Minton D, Holleman R, **Fraley AL**. From student to YP to seasoned AT: Being the interviewee to becoming the interviewer. *Mid-Atlantic Athletic Trainers' Association Annual Symposium*, Virginia Beach, VA. (May 23-25, 2014).

*King K, Hibberd L, Minton D, Guzzo S, **Fraley AL**. Young professionals' spotlight: Q&A panel. *Mid-Atlantic Athletic Trainers' Association Symposium – Student Educational Program*, Greenville, SC. (May 17-19, 2013).

Fraley AL, Goerger BM, Zinder SM, Fava NM, Lewek MD. Effect of playing surface on hip and knee kinematics in healthy female soccer players. *Mid-Atlantic Athletic Trainers' Association Annual Symposium*, Greenville, SC. (May 19, 2012).

Fraley AL, Hunt T, Laursen M. Periodontal cyst after secondary trauma: A case report. *Southeast Athletic Trainers' Association Athletic Training Student Symposium*, Atlanta, GA. (February 8-9, 2008).

Fraley AL, Hunt T, Laursen M. Periodontal cyst after secondary trauma: A case report. *Mid-Atlantic Athletic Trainers' Association – Student Educational Program*, Virginia Beach, VA. (May 18-20, 2007).

State/Local Presentations (Invited)*

***Hand AF**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 16, 2018).

***Hand AF**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 17, 2017).

*Sharpe RL, **Hand AF**. Hot topics for young professionals. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 13, 2017).

Jordon M, Beattie PF, **Hand AF**. Mechanical pressure-pain threshold testing is a reliable measure in asymptomatic individuals. *South Carolina Chapter of the American Physical Therapy Association State Meeting*, Greenville, SC. (March 31, 2017).

***Fraley AL**. Young professional ethics in athletic training. *South Carolina Athletic Trainers' Association Senior Session*, Columbia, SC. (November 6, 2016).

***Fraley AL**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 18, 2016).

***Fraley AL**. Efficacy of the FIFA 11+ injury prevention program. *USC Sports Medicine Didactic Series*, Columbia, SC. (November 16, 2015).

***Fraley AL**. Young professional ethics in athletic training. *South Carolina Athletic Trainers' Association Senior Session*, Columbia, SC. (November 15, 2015).

***Fraley AL**. Ethics in athletic training. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 17, 2015).

Fraley AL, Emerson DM, & Greenleaf C. From student to young professional. *South Carolina Athletic Trainers' Association Senior Session*, Columbia, SC. (November 4, 2014).

***Fraley AL**. ACL injury prevention. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 24, 2014).

***Fraley AL**. ACL injury prevention. *South Carolina Athletic Trainers' Association College and University Symposium*, Columbia, SC. (February 21, 2014).

Fraley AL, Sharpe R, Gay N. From student to young professional. *South Carolina Athletic Trainers' Association College and University Symposium*, Columbia, SC. (February 21, 2014).

Burnworth CM, **Fraley AL**. Atypical presentation of concussion. *South Carolina Athletic Trainers' Association Annual Symposium*, Columbia, SC. (July 11-12, 2013).

***Fraley AL**. ACL injury prevention. *University of South Carolina Athletic Training Graduate Student Orientation*, Columbia, SC. (July 22, 2013).

Fraley AL, Sharpe R, Sincavage J. From student to young professional. *South Carolina Athletic Trainers' Association College and University Symposium*, Columbia, SC. (February 15, 2013).

*Ferguson N, Aldrich A, **Fraley AL**. Simulation of emergency situations. *South Carolina Athletic Trainers' Association High School Workshop*, Lexington, SC. (February 18, 2012).

Fraley AL, Hunt T, Laursen M. Periodontal cyst after secondary trauma: A case report. *University of South Carolina Discovery Day*, Columbia, SC. (May 2, 2008).

Guest Lecture (* Invited)

***Hand AF**. Exercise-related injury: Differences between sexes. *Women's Health and Physical Activity (EXSC 585)*. *University of South Carolina*. (March 27, 2019).

***Hand AF**. Exercise-related injury: Differences between sexes. *Women's Health and Physical Activity (EXSC 585)*. *University of South Carolina*. (November 19, 2018).

COMMITTEE WORK

Honors College Thesis Committee – Chair

Holland C. Physicians' perspectives of athletic training. *Department of Exercise Science, University of South Carolina*, 2015-17.

Master of Science in Advanced Athletic Training Research Project Committees – Co-Chair

Dubina M. Prevalence of musculoskeletal injuries, self-perceptions, and attrition rate in United States Army basic trainees. *Department of Exercise Science, University of South Carolina, 2018-20.*

Hong S. The relationship between the composite score of the functional movement screen and rate of injury among freshman cadets in a military academic institution. *Department of Exercise Science, University of South Carolina, 2018-20.*

Spaulding D. The relationship between The Citadel Physical Fitness Test and jumping tasks in identifying risk of injury in entry-level military college cadets. *Department of Exercise Science, University of South Carolina, 2018-20.*

Master of Science in Advanced Athletic Training Research Project Committees – Member

Howard A. The use of blood flow restriction during a dynamic warm-up and its effects on a 200-meter run time. *Department of Exercise Science, University of South Carolina, 2018-20.*

Welch A. The effect of fatigue on movement patterns using the Landing Error Scoring System. *Department of Exercise Science, University of South Carolina, 2018-20.*

Dinh D. Time of day exercise is performed and its effect on sleep quality. *Department of Exercise Science, University of South Carolina, 2017-19.*

Deucher G. Sleep and performance in recreational CrossFit athletes. *Department of Exercise Science, University of South Carolina, 2017-19.*

Himes S. Athletic training preceptors' perceptions of the transition to professional programs at the Master's level: Implications for clinical education. *Department of Exercise Science, University of South Carolina, 2017-19.*

Greim Z. Females and athletic training: Themes of attrition. *Department of Exercise Science, University of South Carolina, 2017-19.*

Lane J. A comparative assessment of stress levels between competitive and non-competitive CrossFit athletes. *Department of Exercise Science, University of South Carolina, 2017-19.*

Long T. A descriptive study of fitness experience as a determinant for self-reported injury rates in CrossFit training. *Department of Exercise Science, University of South Carolina, 2016-18.*

Bailey T. Examination of the effects of performance foam on DOMS, perceived exertion, and recovery in CrossFit athletes. *Department of Exercise Science, University of South Carolina, 2015-17.*

Connell S. Examination of sport nutrition knowledge, eating habits, and eating identity among ROTC cadets. *Department of Exercise Science, University of South Carolina, 2015-17.*

Gonzalez K. Work-life balance in athletic training from the spouse's perspective. *Department of Exercise Science, University of South Carolina, 2015-17.*

Souvé K. Examination of performance measurements within position, competition level, and across gender and sport. *Department of Physical Education and Athletic Training, University of South Carolina, 2014-16.*

Minori ME. Prevalence of female athlete triad syndrome in collegiate cross country runners. *Department of Physical Education and Athletic Training, University of South Carolina, 2014-16.*

Lichtenwalner N. Recruitment in athletic training: Recruit perceptions and socializing agents that define the work force. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Medina A. Association between functional movement proficiency, health-related fitness and injury incidence in youth athletes. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Meyer J. Association between functional movement proficiency and health-related fitness in youth athletes. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Jensen M. The psychological effects of basic combat training among United States Army Soldiers. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Ferland L. Prevalence of eating disorder risk and body image pre- and post- basic combat training in United States Army Soldiers. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Kingsley P. The effect of demographics on head impact biomechanics in youth football players. *Department of Physical Education and Athletic Training, University of South Carolina, 2013-15.*

Doctor of Physical Therapy Research Project Committees – Member

Davidson M, Mercado A, Paxton A, and Powers C. Measurement properties of a test battery to predict lower limb bone stress injuries. *Department of Exercise Science, University of South Carolina, 2017-2018.*

GRANT ACTIVITY

Research Support – Institutional

2016-2017 Holland C, **Hand AF**.
Physicians' perspectives of athletic training
South Carolina Honors College Senior Thesis Grant
Role: Advisor
Amount: \$1500.00 (*Funded*)

2014-2015 **Fraley AL**, Beattie PF.
Identification of modifiable factors contributing to bone injuries in military recruits
SPARC Graduate Research Grant Program
Role: Principal Investigator
Amount: \$4,988.95 (*Not funded*)

CLINICAL EXPERIENCE**Hammond School, Columbia, SC**

Certified Athletic Trainer, Researcher (February 2015 – April 2015)
Middle School Boys' Lacrosse Injury Tracking and Accelerometer/Head Impact Study

Moore Center for Orthopedics, Lexington, SC

PRN Athletic Trainer (July 2013 – May 2015)
Certified Athletic Trainer (July 2011 – July 2013)
Dutch Fork High School, Irmo, SC

USC Sports Medicine, Columbia, SC

Certified Athletic Trainer (March 2014 – October 2014)
Athletic Trainer in Physician Practice Setting, Dave Jenkinson, DO

The University of North Carolina, Chapel Hill, NC

Certified Athletic Trainer (August 2009 – May 2011)
UNC Women's Soccer and UNC Softball

North Carolina Girls' Soccer Camps, Chapel Hill, NC; Greensboro, NC

Director of Athletic Training (Summer 2010)
Certified Athletic Trainer (Summers 2009 and 2011)

University of South Carolina, Columbia, SC

Athletic Training Student (August 2006 – May 2009)

PROFESSIONAL SERVICE***Leadership Positions*****Secretary, *South Carolina Athletic Trainers' Association***

November 2018 – present

South Carolina Ambassador, *NATA Research and Education Foundation*

July 2015 – January 2019

District III Representative, *NATA Young Professionals' Committee***Chair, *District III Young Professionals' Committee***

June 2015 – June 2019

Chair, *South Carolina Athletic Trainers' Association College and University Committee*

October 2017 – November 2018

Member, *South Carolina Athletic Trainers' Association College and University Committee*

January 2015 – October 2017

South Carolina Representative, *District III Young Professionals' Committee*

June 2012 – June 2015

South Carolina State Chair, *Mid-Atlantic Athletic Trainers' Association Student Senate*

February 2007 – May 2009

President, *South Carolina Athletic Training Student Association*

May 2007 – May 2009

National Service

Organizer, Strategies for Working Per Diem, NATA Annual Symposium, 2018
Manuscript Reviewer, Journal of Athletic Training, 2017

Organizer, Strategies for YPs, NATA Annual Symposium, 2017
 Co-Organizer, Around the Horn for Young Professionals, NATA Annual Symposium, 2016
 Mock Interviewer, NATA Annual Symposium, 2015, 2016, 2017

Regional Service

Volunteer, Career Skills Workshop, MAATA Student Symposium, 2018
 Organizer, Career Skills Workshop, MAATA Student Symposium, 2017, 2019
 Volunteer, SEATA Athletic Training Student Symposium Faculty, 2014, 2015, 2016, 2017, 2018, 2019
 Volunteer, SEATA Athletic Training Student Symposium Abstract Reviewer, 2015, 2016, 2017, 2018
 Co-Organizer, MAATA Athletic Training Student Symposium, 2008, 2009
 Moderator, MAATA Athletic Training Student Symposium, 2009

Local Service

Volunteer, Lexington 2 Innovation Center Health Science Advisory Committee, 2019
 Co-Organizer, SCATA College and University Symposium, 2016, 2017, 2018, 2019
 Co-Instructor, Wilderness First Aid, Boys Scouts of America, 2015, 2016, 2017, 2018, 2019
 Volunteer, SCATA Senior Session, 2017
 Co-Organizer, SCATA Senior Session, 2014
 Organizer, SCATA College and University Symposium Senior Session, 2014
 Organizer, NPI Registration at SCATA Annual Symposium, 2012, 2014, 2015
 Volunteer, SCATA College and University Symposium, 2013, 2014
 Volunteer, SCATA High School Workshop, 2007, 2009, 2012, 2015, 2016, 2017, 2018

University Service

Member, Interprofessional Education for the Health Sciences Committee, 2018, 2019
 Faculty Advisor, South Carolina Women's Basketball Club, 2018, 2019
 Volunteer, University of South Carolina Discovery Day, 2015

School Service

Member, Graduate Programs Workgroup, Arnold School of Public Health, 2018

PROFESSIONAL ORGANIZATIONS

National Athletic Trainers' Association

March 2008 – present

Membership No. 26405

Mid-Atlantic Athletic Trainers' Association

March 2008 – present

South Carolina Athletic Trainers' Association

March 2008 – present

PROFESSIONAL CERTIFICATIONS

Certified Athletic Trainer by Board of Certification, Inc.

June 2009 – present

Certification No. 2000001001

National Provider Identifier

No. 1255611224

Licensed Athletic Trainer by North Carolina Board of Athletic Trainer Examiners

July 2009 – July 2017

License No. 1638

State Certified Athletic Trainer by South Carolina Dept. of Health and Environmental Control

July 2011 – present Certification No. 1260

Certified Performance Enhancement Specialist by National Academy of Sports Medicine

November 2011 – present Certification No. 1404734

Certified in Wilderness and Remote First Aid by American Red Cross

March 2014 – present

Certified in Graston Technique Module 1 – Basic Training

December 2010 – present

PROFESSIONAL MEETINGS/EVENTS**NATA Annual Meeting and Clinical Symposia**, New Orleans, LA, 2011, 2018; St. Louis, MO, 2012, 2015; Baltimore, MD, 2016; Houston, TX, 2017; Las Vegas, NV, 2019**NATA Joint Committee Meeting**, Dallas, TX, 2016, 2017, 2018, 2019**NATA Athletic Training Educator's Conference**, Dallas, TX, 2015, 2017**NATA State Leadership Forum**, Las Vegas, NV, 2019**CAATE Accreditation Conference**, Tampa, FL, 2016, 2017**Capitol Hill Day**, Washington, DC, 2008, 2009, 2016, 2017**iLead – NATA Student Leadership Program**, Washington, DC, 2009**MAATA Annual Symposium**, Ocean City, MD, 2018, 2019; Virginia Beach, VA, 2007, 2008, 2009, 2014, 2015, 2017; Greenville, SC, 2012, 2013**SEATA Athletic Training Student Symposium**, Atlanta, GA, 2008, 2014, 2015, 2016, 2017, 2018, 2019**SCATA Annual Symposium**, Columbia, SC, 2007, 2008, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019**South Carolina Brain Injury Awareness Day**, Columbia, SC, 2012, 2013**SC State Legislative Day for Athletic Training**, Columbia, SC, 2012, 2013, 2014, 2016, 2017, 2019**SCATA College and University Symposium**, Columbia, SC, 2006, 2007, 2009, 2013, 2014, 2016, 2017, 2018, 2019**SCATA High School Workshop**, Pelion, SC, 2007; Lexington, SC, 2009, 2012, 2016, 2017, 2018, 2019; Blythewood, SC, 2015**HONORS AND AWARDS**

2019 USC Department of Exercise Science Outstanding Doctoral Student Award

2019 Melba Regina Guy Visionary Leadership Student Award

2019 Voted Educator of the Year by the Students of the USC Athletic Training Program

2018 Voted Educator of the Year by the Students of the USC Athletic Training Program

2017 Voted Educator of the Year by the Students of the USC Athletic Training Program

2016 NATA Research and Education Foundation Scholarship: Doctoral Level

2016 Voted Educator of the Year by the Students of the USC Athletic Training Program

2014 Voted Educator of the Year by the Students of the USC Athletic Training Program

2013 Athletic Trainer for SCHSL 4A Girls' Basketball State Champions: Dutch Fork Athletics

2012 Athletic Trainer for SCHSL 4A Girls' Basketball State Champions: Dutch Fork Athletics

2012 Athletic Trainer for SCHSL 4A Football State Runner-Up: Dutch Fork Athletics

2010 Teaching Excellence Award: UNC Lifetime Fitness Program

2010 Athletic Trainer for Women's Soccer ACC Regular Season Champions: UNC Athletics

2009 Teaching Excellence Award: UNC Lifetime Fitness Program

2009 Athletic Trainer for Women's Soccer NCAA National Champions: UNC Athletics

- 2009 Athletic Trainer for Women's Soccer ACC Tournament Champions: UNC Athletics
- 2009 NATA Research and Education Foundation Scholarship: Master's Level
- 2009 MAATA Larry C. Sutton Postgraduate Scholarship
- 2009 Winner, South Carolina Athletic Training Quiz Bowl
- 2008 University of South Carolina's Scottye Hedstrom Athletic Training Memorial Award
- 2008 Runner-Up, Student SEATA Clinical Case Study Contest