

CURRICULUM VITAE

Courtney A. Salgado, CSCS

EDUCATION

University of Washington, Seattle, Washington
Bachelor of Sciences, March 2005
Major: Molecular, Cellular and Developmental Biology
Minor: Comparative History of Ideas

PROFESSIONAL EXPERIENCE

PROJECT MANAGER

Injury Prevention Research Laboratory, Uniformed Services University: 2007-Present.
Manage lab facility, equipment and budget, coordinate testing of research subjects, train military and civilian clients in neuromuscular exercise programs and maintain research study records.

STUDY ADMINISTRATOR

“Effects of Injury Prevention Exercise Programs in Youth Soccer.” 2007-Present. Coordinate and collect human subjects data, teach neuromuscular exercise programs and maintain study records and budget for research on soccer-related injuries in high school athletes. Montgomery County, MD.

“Glucosamine-Chondroitin Sulfate for the Treatment of Patellofemoral Pain Syndrome: A Pilot Study.” 2008-2009. Coordinated and collected human subjects data, taught therapy exercises and maintained study records and budget for research in active duty military population. Andrews Air Force Base, MD.

“Secure Internet Chat: Impact on Access and Satisfaction in the USU Medical Home.” 2009-Present. Design study materials, manage budget, collect and maintain study survey data and compile reports for research in an active duty and dependent clinic population. Bethesda, MD.

“Preventing Lower-Extremity Injuries in Military Academies.” 2009-Present. Assist in human subjects data collection and train US Naval Academy midshipmen in injury prevention programs. Analyze video data for biomechanical changes in jump-landing task. Annapolis, MD

PRESENTATIONS

Salgado CA, Beutler AI, de la Motte SJ. *Effects of Injury Prevention Programs in Youth Soccer.* (Poster Presentation). 2009 USU Research Day, Bethesda, MD, 2009.

GRANTS & FUNDING

FUNDED RESEARCH ASSISTANTSHIPS

Grant: \$2,845,211 with the NIH - “Epidemiology of Jump Landing Movements and ACL injury.” Marshall SW, Padua DA, Beutler AI, et al. 2008-Present.

Grant: \$3,017,473 with the National Cancer Institute – “Enhancing Connections: Helping the Mother with Breast Cancer Support her Child.” Lewis FM, Zahlis E, Shands, ME, et al. 2001-2004.

Grant: \$9,971 with the Oncology Nursing Society Foundation/Aventis Pharmaceutical Research – “Helping Her Heal: Pilot of an Education Program for Spouses.” Zahlis E, Lewis FM. 2002-2004.

Grant: \$10,000 with the Oncology Nursing Society – “Quality of Life and Adjustment for Couples Experiencing Advanced Breast Cancer.” 2001-2004.

PROFESSIONAL / SERVICE ACTIVITIES

UNIVERSITY ACTIVITIES

Dean’s List: 2002, 2004

Novice Women’s Crew: 2000-2001

Intramural Sports: Soccer, Crew

OTHER WORK EXPERIENCE/PERSONAL ACTIVITIES

Physical Therapy Aide, 2006-2007. Rockwood Clinic, Spokane, WA.

Programming Assistant, Online Chemistry Course, 2006-2007. Apex Learning Inc, Seattle, WA.

Camp Counselor, Community Liaison, 2003, 2005, 2006. Camp Brackenhurst, Limuru, Kenya.

High and Low Ropes Course Facilitator, Team-Building Facilitator, 2005-2006. Brackenhurst International Conference Centre, Limuru, Kenya.

Waitress, 2004-2005. Olde Spaghetti Factory, Seattle, WA

Youth Mentor/Small Group Leader, 2002-2005, 2008-2009. Seattle, WA & Clarksburg, MD.

MEMBERSHIPS / CERTIFICATIONS

Certified Strength and Conditioning Specialist, Certification # 200969751

National Strength and Conditioning Association, Certified Member, Member # 081113006

Landing Error Scoring System, Evaluator

Functional Movement Screening, Certified Examiner

Heartsaver Adult & Child CPR/AED, Military Training Network Resuscitative Medicine
Program, February 2008
CITI Human Subjects Training, expires April 2012

REFERENCES

Anthony Beutler, MD, Major, USAF, MC
Director, Injury Prevention Research Laboratory
Associate Professor, USU
4301 Jones Bridge Rd
Bethesda, MD 20814
(301) 295-9462
abeutler@usuhs.mil

Kim Pace
Director, BlueSky Adventures
Nairobi, Kenya
kim@brackenhurstministries.org

Frances Marcus Lewis, PhD, FAAN
Professor, Family and Child Nursing
University of Washington
357262 Pacific Ave.
Seattle, WA 98195-7262
(206) 685-0808
fmlewis@u.washington.edu