

**University of Pittsburgh  
School of Health and Rehabilitation Sciences**

**BIOGRAPHICAL**

**Name:** Shelly Fetchen DiCesaro**E-Mail Address:** sfdicesaro@pitt.edu**Business Address:** Forbes Tower 6046A**Business Phone:** 412-383-0266

**EDUCATION and TRAINING**

**UNDERGRADUATE:**

1990 - 1994	California University of Pennsylvania California, PA	BS	Education Athletic Training Major
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**GRADUATE:**

1994 - 1999	The George Washington University Washington, DC	MS	Exercise Physiology
1999 - 2008	University of Pittsburgh Pittsburgh, PA	PhD	Exercise Physiology Collateral Area: Sports Medicine

**APPOINTMENTS and POSITIONS**

**ACADEMIC:**

2021-present	University of Pittsburgh School of Health and Rehabilitation Science Sports Medicine and Nutrition Department Pittsburgh, PA	Associate Professor
2017-2021	California University of Pennsylvania College of Education and Human Services Department of Health Science California, PA	Associate Professor Department Chair
2015-2017	California University of Pennsylvania College of Education and Human Services Department of Health Science California, PA	Assistant Professor Tenured
2012-2015	California University of Pennsylvania College of Education and Human Services Department of Health Science California, PA	Assistant Professor Tenure Track

2008 – 2012	California University of Pennsylvania College of Education and Human Services Department of Health Science California, PA	Assistant Professor Non-Tenure Track
2007	Robert Morris University Science Department	Adjunct Faculty
2005 – 2007	Slippery Rock University College of Health Professions	Adjunct Faculty
2002 – 2005	University of Akron College of Education Health Science Department	Assistant Professor

**NON-ACADEMIC:**

2008 - 2018	California University of Pennsylvania, California, PA	Athletic Trainer
2007 - 2009	UPMC Sports Medicine Casual Call Pittsburgh, PA	Athletic Trainer
2000 - 2002	University of Pittsburgh Women's Softball / Cheer Pittsburgh, PA	Graduate Assistant Athletic Trainer
1999 - 2000	UPMC Sports Medicine Winchester Thurston School Pittsburgh, PA	Athletic Trainer
1997 - 1999	Providence Hospital Washington, DC	Health Education Specialist
1995 - 1999	Catholic University of America Washington, DC	Athletic Trainer

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**CERTIFICATION and LICENSURE**

**MEDICAL or OTHER PROFESSIONAL LICENSURE:**

Pennsylvania State Board of Medicine	Licensed Athletic Trainer #RT001388A	2003
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Updated: 06/07/2023

Pennsylvania State Board of Physical Therapy	Certified Athletic Trainer #RT001388A	1995
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### **SPECIALTY CERTIFICATION:**

National Certification Athletic Trainer	Board of Certification for the Athletic Trainer #019302597	1995
CPR / AED for the Professional Rescuer	American Heart Association	1992 - present
National Provider Identifier	#1528020237	

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### **MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES**

National Athletic Trainers Association	#921005	1992 – present
Pennsylvania Athletic Trainers Society		1992 – present
Eastern Athletic Trainers Association		1992 – present
North American Society for Pediatric Exercise Medicine		1995 – 2015
American College of Sports Medicine	#525443	1995 – 2108
Pediatric Research in Sports Medicine Society (PRISM)		2018 – present

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### **HONORS**

2021 Traveling Scholar Award, Pediatric Research in Sports Medicine Conference, Virtual  
California University of Pennsylvania Faculty Professional Development Committee

2018 Presidential Merit Award Nominee – Service  
California University of Pennsylvania Presidential Scholars Committee

2017 Athletic Training National Service Award  
National Athletic Trainers' Association

2014 Merit Award for Grant Writing  
California University of Pennsylvania Faculty Professional Development Committee

2014 Traveling Scholar Award, National Athletic Trainers Association Annual Meeting, Indianapolis, IN  
California University of Pennsylvania Faculty Professional Development Committee

2013 Traveling Scholar Award, National Athletic Trainers Association Annual Meeting, Las Vegas, NV  
California University of Pennsylvania Faculty Professional Development Committee

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- 2011 Traveling Scholar Award, ACL Research Retreat VI, Greensboro, North Carolina  
California University of Pennsylvania Faculty Professional Development Committee
- 2010 Traveling Scholar Award, North American Pediatric Exercise Medicine, Niagara-on-the-Lake  
California University of Pennsylvania Faculty Professional Development Committee
- 2010 Traveling Scholar Award, National Athletic Trainers Association Annual Meeting, San Antonio  
California University of Pennsylvania Faculty Professional Development Committee
- 2005 Department of Health Science and Sports Studies Outstanding Alumni Award  
California University of Pennsylvania, California, Pennsylvania
- 2004 COMPASS Award – Bridging Community and Education  
Sixth District Educational Compact Superintendents – Akron, Ohio
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## PUBLICATIONS

### Refereed articles

1. Fetchen-DiCesaro S, Post EG, Valovich McLeod T, Snedden T, Mohrbacher T, Bell D, Zaslow T Influence of Education Source on Awareness of Sports Specialization and Injury Prevention Recommendations among Health Care Providers. *Internet Journal of Allied Health Science Practice* (under review)
2. Lauren S. Butler LS, DiSanti JS, Janosky J, Chung JS, Russomano JF, Black A, Crapeau AE, Fetchen-DiCesaro S, Post, EG, Santana JA, Smurawa TM, Valovich McLeod T. Examining the impact of an education intervention on parent's perceptions of sport specialization. *Sports Health* (under review)
3. Valovich McLeod T, Snedden T, Post G, **Fetchen-DiCesaro S**, Mohrbacher D, Antoniak K, Bell D, Zaslow T, Pediatric Healthcare Provider Awareness, Perceptions, and Utility of Sports Specialization Recommendations. *Journal of Athletic Training*, 38. 2023 *in press*
4. King D, Getzin A and **Fetchen-DiCesaro S**. Udo Schumacher (Reviewing Editor) Self-reported injuries of competitive US figure skaters, *Cogent Medicine*, 4:1, 2017

### Published abstracts

1. Fetchen-DiCesaro S. US youth soccer coaches do not possess adequate knowledge of non-contact ACL injuries and injury prevention programs, *British Journal Sports Medicine* 55 (Suppl 1) 2021.
2. Mohney G, **Fetchen-DiCesaro, S**. Incidence of Head Injury and Concussion among Synchronized Skaters: Rates, Risks, and Behaviors. *Neurology* 91 (Suppl 2) s9 2018.
3. Fetchen-DiCesaro S. Respiratory Distress in a Youth Softball Player. *Journal of Athletic Training* 42 (2) 2007.
4. Fetchen S, Ferris CM, Lephart SM. Non-Contact ACL Injury Frequency Among Females of Different Ethnicities. *Journal of Athletic Training* 37 (2) S53 2002.

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5. Ferris CM, Ju YY, **Fetchen S**, Freedman AD, Abt JP, Laudner KG, Habu A, Lephart SM. Lower Extremity Strength and Biomechanical Adaptations to Training in Female Athletes. *Journal of Athletic Training* 37 (2) S19, 2002.
6. Fetchen SA, Omohundro P. Lumbar Pain in a Collegiate Football Player. *Journal of Athletic Training* 36 (2) S23 2001.
7. Fetchen SA, Renaud M, Wondra K, Pitetti K, Fernhall B. The Heart Rate-Oxygen Exchange Relationship is not Altered in Down Syndrome. *Pediatric Exercise Science* 11 (3) 281, 1999.
8. Fetchen SA, Omohundro P, Fernhall B. Ankle Injury – Football. Abstract published in supplement to *Medicine and Science in Sports and Exercise* 31 (5) S179, 1999.
9. Fetchen SA, Omohundro P, Fernhall B. Pelvic Injury – Football. Abstract published in supplement to *Medicine and Science in Sports and Exercise* 30 (5) S142,1998.

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## PROFESSIONAL ACTIVITIES

### TEACHING:

#### **ATHLTR 1815 - Foundations in Evaluation and Treatment**

Taught Fall 2021,2022

The objective of this course is to introduce and develop fundamental understanding of the components for evaluation and acute care. Specific objectives are to introduce the student to concepts related to patient interaction in regard to the evaluation process; the components and general principals of the evaluation process (patient observation, history, range of motion, strength, neurovascular, special tests, palpation, and diagnostics); a basic understanding and ability to perform range of motion and strength assessments and apply the appropriate grading tools.

#### **ATHLTR 1812 – Basic Athletic Training Lab**

Co-taught Spring 2022

This course is designed to provide the student with a comprehensive introduction to the clinical skills used in the profession of athletic training. Topics include crutch fitting, prophylactic taping, vital sign assessments, anatomical landmark identification, and palpation.

#### **ATHLTR 1843 – Advanced Orthopedic Assessment**

Taught Spring 2022

This course will consist of advanced study in the assessment of orthopedic and other sports related injuries and conditions. Content of this course may be presented by practicing clinicians from various disciplines who may be alumni of the Athletic Training Program or Graduate Program in Sports Medicine. This course will explore issues that contribute to the overall effectiveness of the athletic trainer as a practicing clinician.

#### **REHSCI 1215 – Exercise Physiology**

Taught Spring 2022, 2023

This course focuses on the effects of exercise in preventing and treating disability, in optimizing the rehabilitation process, and in maintaining the health of those with disabilities. The course emphasizes the effects of exercise on the various body systems, including the cardiovascular, neuromuscular, and musculoskeletal, in individuals with disabilities.

#### **REHSCI 1215 – Exercise Physiology Lab**

Taught Spring 2022, 2023

Updated: 06/07/2023

Required lab component for REHSCI 1215 Exercise Physiology: This course focuses on the effects of exercise in preventing and treating disability, in optimizing the rehabilitation process, and in maintaining the health of those with disabilities. The course emphasizes the effects of exercise on the various body systems, including the cardiovascular, neuromuscular, and musculoskeletal, in individuals with disabilities.

### **ATHLTR 1899 – Independent Study**

Taught Spring 2022, 1 student

Provides advanced athletic training students an opportunity to explore in depth an area of particular interest to them.

### **HRS 2922 – Teaching Internship**

Spring 2022, 1 graduate student

Supervised experience in a health-related educational program permitting the student to develop and present instructional materials, to experiment with innovative methods of instruction, and to evaluate the effectiveness of the presentations.

### **Invited Lectures / Presentations**

1. Injury Prevention for the Youth Athlete. West Chester University Athletic Training Program, West Chester, PA 2023
2. Athletic Training Leadership and Advocacy, Virtual, Temple University. April 2023
3. Leadership in Athletic Training Panelist, PATS Student Symposium, Pittsburgh, PA March 2023
4. The many hats of an athletic trainer – how to partner with ATs. Table discussion host, Pediatric Research in Sports Medicine annual meeting, Denver, CO 2023
5. Sports Specialization and Injury Prevention for the Youth Athlete. West Chester University Athletic Training Program, West Chester, PA 2022
6. Advocacy in Athletic Training. Neumann University Athletic Training Program, \*virtual 2022
7. Leadership in Athletic Training. Panel Discussion, Temple University \*virtual 2022
8. Advocacy in Athletic Training. West Chester University Athletic Training Program, \*virtual 2022
9. Injury Prevention for the Pediatric Athlete. Winchester Thurston Sports Medicine Series, \*virtual 2021

### **Undergraduate Honors Thesis**

1. Maurer, T (2014-15) Reader Defended April 2015  
Thesis: *Depression in Athletes after concussive events*
2. McFate, D (2009-2010) **CHAIR** Defended April 2010  
Thesis: *The role of stretching in a warm-up routine of Collegiate Athletic Teams*

### **Graduate Thesis Research**

Updated: 06/07/2023

1. Barker, D (2017-2018) **CHAIR** Defended April 2018  
Thesis: *The effects of Concussive Forces on Cervical Range of Motion*
2. Boyer, A (2017-2018) **CHAIR** Defended May 2018  
Thesis: *ACLR vs NACL R Performance measures.*
3. Flynn, C (2017-2018) **CHAIR** Defended May 2018  
Thesis: *A survey of Athletic Trainer Knowledge of Opiate Use in Athletics*
4. Paradis, K (2017-2018) **CHAIR** Defended May 2018  
Thesis: *Biomechanics of Skating in Ice Hockey and how it could Predispose as Athlete to FAI*
5. Sabatini, G (2017-2018) **CHAIR** Defended May 2018  
Thesis: *HS Athletes Knowledge of Heat Related Injuries and the Effects*
6. Bair, B (2016-2017) **CHAIR** Defended May 2017  
Thesis: *Effect of Instrument Assisted Soft Tissue Mobilization on Vertical Jump Height*
7. Blair, T (2016-2017) **CHAIR** Defended May 2017  
Thesis: *Effectiveness of a Four Week Strengthening Program on Collegiate Baseball Pitchers*
8. Joly, M (2016-2017) **CHAIR** Defended May 2017  
Thesis: *Athlete's Knowledge and Use of Exercise Rehydration Techniques*
9. Kulak, T (2016-2017) **CHAIR** Defended May 2017  
Thesis: *The Effect of Music and the Perceived Effects on Athletic Performance*
10. Elo, A (2015-2016) **CHAIR** Defended August 2016  
Thesis: *Pain Associated with Beyond End-Range Ankle Inversion in Hypermobile and Non-hypermobile Collegiate Athletes*
11. Shultz, J. (2015-2016) **CHAIR** Defended June 2016  
Thesis: *The Effects of Plyometric Exercises on Explosive Movements in Collegiate Athletes*
12. Fluharty, V. (2015-2016) **CHAIR** Defended June 2016  
Thesis: *Gender Gap: The Female Athletic Trainer and Professional Male Sports*
13. Brogan, J. (2015-2106) Defended May 2016  
Thesis: *Vastus Medialis Oblique Taping for Muscle Activation and Force Landings*
14. Carey, E (2014-2015) **CHAIR** Defended May 2016  
Thesis: *Concussion Incidence and awareness in Professional Snocross Racing*
15. Almarode, M (2014-2015) **CHAIR** Defended June 2015  
Thesis: *Validity of the Balance Error Scoring System and the Sway Balance Application™ On Pre and Post Exercise Balance Scores*
16. Brandon, B (2014-2015) Defended June 2015  
Thesis: *Correlation Between Physical Activity & Test Anxiety for Senior Athletic Training Students Preparing for the Board of Certification Exam*
17. Buccholz, K (2013-2014) **CHAIR** Defended June 2014  
Thesis: *A Comparison of Tensor Fascia Latae and Hip Muscle Activation During the*

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*Running gait Between Trained and Casual Distance Runners*

18. Donahue, C (2013-2014) **CHAIR** Defended June 2014  
*Thesis: Collegiate Soccer Players' Perceptions of Artificial Turf versus Natural Grass Regarding Injuries and Style of Play*
19. Kamide, K (2012-2013) Defended May 2013  
*Thesis: The Relationship Between Lower Leg Lean Tissue, Functional Index Scores and Triceps Surae Endurance in Athletes*
20. Moss, R (2012-2013) Defended May 2013  
*Thesis: The Effect of Magnetic and Hologram Bracelets on Balance*
21. Murphy, M (2012-2013) **CHAIR** Defended May 2013  
*Thesis: Does Time of Day Impact Perception of Performance in Aerobic and an Aerobic Training of College Athletes?*
22. Kreger, C (2012-2013) **CHAIR** Defended May 2013  
*Thesis: Analysis of Gender Differences in Collegiate Athletes Lower Extremity Electromyography Activity when Performing a Squat*
23. Jonnsson, B (2012-2013) **CHAIR** Defended August 2013  
*Thesis: A Correlation Between Heart Rate Variability and Tap Test for Exercise Preparedness*
24. Draskovic, L (2011-2012) Defended April 2012  
*Thesis: Effects of External Ankle Supports on Functional Performance in Division II Female Soccer Athletes*
25. Hong, H (2011-2012) Defended April 2012  
*Thesis: Correlation Between Pelvic Rotation, Gluteus Maximus Strength and Low Back Pain in Golfers.*
26. Johnson, L (2011-2012) **CHAIR** Defended April 2012  
*Thesis: The Relationship between Body Image and Eating Disorders in Team and Individual Female Collegiate Sports.*
27. McShane, J (2011-2012) Defended April 2012  
*Thesis: The Knowledge of Medial Tibial Stress Syndrome of Parents and Coaches of Adolescent Athletes.*
28. Rucci, P (2011-2012) **CHAIR** Defended April 2012  
*Thesis: High School Coaches Knowledge of Plyometric Exercise.*
29. Samolovitch, S (2011-2012) **CHAIR** Defended August 2012  
*Thesis: Knowledge of Coaches and Parents of high School Aged Athletes on Exertional Heat Illness, Prevention, Recognition and Treatment.*
30. Blair, J (2010-2011) **CHAIR** Defended April 2011  
*Thesis: The Effect of an ACL Injury Prevention Program on Gluteus Medius Strength Between Genders.*



31. Defenbaugh, K (2010-2011) **CHAIR** Defended April 2011  
Thesis: *Correlation Between Physical Activity and Job Satisfaction Among Athletic Trainers .*
32. Gach, J (2010-2011) **CHAIR** Defended April 2011  
Thesis: *Perceived Gender Bias Among High School and Collegiate Certified Athletic Trainers.*
33. Todd, K (2010-2011) Defended April 2011  
Thesis: *Muscle Activation During a Decline Pushup on an Unstable Surface.*
34. Wilson, D (2010-2011) Defended April 2011  
Thesis: *Different Forms of Cryotherapy and it's Effects on Gastrocnemius Peak Force and Fatigue Rate*
35. Foley, M (2009-2010) Defended August 2010  
Thesis: *The Use of Anterior Cruciate Ligament Injury Prevention Programs in High School Athletics.*
36. Galley, B (2009-2010) **CHAIR** Defended April 2010  
Thesis: *The effects of Taping and Spatting on Vertical Ground Reaction Forces Peak Values During Landing.*
37. Jussaume, N(2009-2010) **CHAIR** Defended April 2010  
Thesis: *The Effects of Bracing vs. Taping on Post vertical Jump Balance.*
38. Traber, A (2009-2010) **CHAIR** Defended April 2010  
Thesis: *The Awareness of ACL Injuries in Female Athletes of Coaches at Division II and High School Level.*
39. Daley, J (2008-2009) Defended April 2009  
Thesis: *A Correlation Between Muscular Imbalances of the Lower Extremity (H:Q Ratio) and Force Production.*
40. Renwick, D (2008-2009) Defended April 2009  
Thesis: *Effects of a Twenty Minute Ice Bag Application to the Quadriceps Femoris Muscle on Functional Performance.*

### Peer Reviewed Platform and Poster Presentations

1. DiSanti J, Black A, Butler LS, Crapeau AE, Chung J, **Fetchen-DiCesaro S**, Janosky J, Post E, Russomano J, Santana JA, Smurawa T, Valovich McLeod T. PRiSM Sports Specialization Research Interest Group. *Investigating Associations between Youth Sports Families Sociodemographic Characteristics, Sports Participation, and Perceptions of Youth Sport Specialization.* Pediatric Research in Sports Medicine 10th Annual Meeting, Denver, CO, February 2023. \*poster
2. Ashley Erdman A, Ulman S, Dyke J, Russomano J, Santana J, Valovich McLeod T, **Fetchen-DiCesaro S**, McCaffrey K, Chung J, Hayden-Hebert K, Butler L, PRiSM Sport Specialization Research Interest Group. *Parental Perceptions of Pointe Readiness Decision Making in Youth*

Updated: 06/07/2023

*Ballet Dancers*. Pediatric Research in Sports Medicine 10th Annual Meeting, Denver, CO, February 2023.

3. Fetchen-DiCesaro S. *US Youth Soccer coaches do not possess adequate knowledge of non-contact ACL injuries and injury prevention programs*. International Olympic Committee Injury Prevention Conference. Monte-Carlo, Monaco November 2021 \*poster
4. Cattano N, **Fetchen-DiCesaro S**, Mazzoli L. *Strategic Planning for State Organizations: Vision Casting, Implementation, and Achievement*. 2021 NATA State Leadership Meeting \*virtual meeting
5. Snedden T, Valovich McLeod TC, Post E, Zaslow T, **Fetchen-DiCesaro S**, Mohrbacher D, Bell D, *PRiSM Sports Specialization Research Interest Group*. *Pediatric Healthcare Provider Knowledge and Perceptions of Sports Specialization*. Pediatric Research in Sports Medicine 8th Annual Meeting, Houston, TX, January 2021. \* 2021 Kevin G. Shea Award for Best Scientific Poster – ATC/Motion
6. Valovich McLeod TC, Snedden T, Post E, Zaslow T, **Fetchen-DiCesaro S**, Mohrbacher D, Bell D, *PRiSM Sports Specialization Research Interest Group*. *Pediatric Healthcare provider awareness, confidence, and use of sports specialization recommendations and application towards youth athlete counseling*. Pediatric Research in Sports Medicine 8th Annual Meeting, Houston, TX, January 2021. \*Selected as a top 10 poster for presentation.
7. Fetchen -DiCesaro, S. *Cardiovascular and neuromuscular considerations of the pediatric patient during exercise and rehabilitation*, invited podium presentation, National Athletic Trainers Association Annual Meeting, Atlanta, GA, June 2020 \* Meeting moved to virtual due to COVID-19
8. Fetchen-DiCesaro S, Rameriz-Deltoro J, Washburn N. *Exertional Syncope of an unknown Origin in a Women's Basketball Player*. National Athletic Trainers Association Annual Meeting, Las Vegas, NV. June 2019 \*poster
9. Mohney G, **DiCesaro, S**. *Incidence of Head Injury and Concussion Among Synchronized Skaters: Rates, Risks, and Behaviors*. American Academy of Neurology Sports Concussion Conference, Indianapolis, IN. July 2018 \*poster
10. Mohney G, Nelson N, **DiCesaro, S**. *Synchronized Skating: A Investigation of Injury Incidence and Specialization*. Western Michigan Annual Research and Creative Activities Poster and Performance Day, Kalamazoo, MI. April 2017 \*poster
11. King D, **DiCesaro S**, Getzin A. *Injury Characteristics of Recreational and Young Competitive Figure Skaters* 20th Annual Sports Medicine and Sports Science of Figure Skating Symposium, Minneapolis, MN. March 2015 \*poster
12. DiCesaro, S. *Concerns and Considerations of the Pediatric Athlete*, Invited Special Topics Presentation, National Athletic Trainers Association Annual Meeting, Indianapolis, IN. June 2014
13. Blair, J, **DiCesaro S**, Zuchelkowski, E, West T. *The Relationship of Gluteus Medius Strength and the Incidence of the Anterior Cruciate Ligament Injuries*. National Athletic Trainers' Association Annual Meeting. St. Louis, MO June 2012 \*poster
14. Defenbaugh, K, **DiCesaro S**, West T, Barnhart B. *Correlation between Physical Activity and Job Satisfaction among Athletic Trainers*. National Athletic Trainers' Association Annual Meeting. St. Louis, MO June 2012 \*poster

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15. Fetchen-DiCesaro S, Traber A, Zuchelkowski E, Miller L. *Non-Contact ACL Injury and Prevention Awareness of Pennsylvania Coaches at the DII and the High School Level*. ACL Research Retreat VI . Greensboro, NC, March 2012
16. Fetchen-DiCesaro S., McCrory, JL. *Landing Characteristics of Prepubescent Girls and Boys* North American Society for Pediatric Adolescent Medicine. Niagara-on-the-Lake, Ontario, Canada, September 2010 \*poster
17. Fetchen-DiCesaro S., McCrory, JL. *Biomechanical Landing Characteristics of Prepubescent Girls and Boys*. Mid-Atlantic Region ACSM Meeting, Harrisburg, PA November 2009
18. Fetchen-DiCesaro S. *Respiratory Distress in a Youth Softball Player*. National Athletic Trainers' Association Annual Meeting. Anaheim, CA June 2007
19. Buser, S, **Fetchen-DiCesaro, S**. *Tech-Prep as a Method of Recruiting Experienced Athletic Training Students*. National Athletic Trainers Professional Educators Conference, Montgomery, TX January 2005 \*poster
20. Fetchen S, Ferris CM, Lephart SM. *Non-Contact ACL Injury Frequency Among Females of Different Ethnicities*. National Athletic Trainers' Association Annual Meeting. Dallas, TX June 2002
21. Ferris CM, Ju YY, **Fetchen S**, Freedman AD, Abt JP, Laudner KG, Habu A, Lephart SM. *Lower Extremity Strength and Biomechanical Adaptations to Training in Female Athletes*. National Athletic Trainers' Association Annual Meeting. Dallas, TX June 2002
22. Fetchen S, Ferris CM, Lephart, SM. *Non-Contact ACL Injury Frequency Among Females of Different Ethnicities*. Eastern Athletic Trainers Association Annual Meeting Boston, MA.  
\*Awarded Outstanding Graduate Research Poster by EATA Research Committee January 2002  
\*poster
23. Lephart SM, Ferris CM, **Fetchen S**: Neuromuscular and biomechanical factors related to ACL injuries in female athletes. *American Academy of Orthopedic Surgeons* 2001.
24. Fetchen SA, Omohundro P, Fernhall B. *Lumbar Pain in a Collegiate Football Player*. National Athletic Trainers' Association Annual Meeting. Los Angeles, CA June 2001
25. Fetchen SA, Renaud M, Wondra K, Pitetti K, Fernhall B. *The Heart Rate-Oxygen Exchange Relationship is not Altered in Down Syndrome*. XXth International Symposium of the European Group of Pediatric Work Physiology. Rome, Italy September 1999
26. Fetchen SA, Omohundro P, Fernhall B. *Ankle Injury – Football*. American College of Sports Medicine Annual Meeting. Seattle, WA June 1999
27. Fetchen SA, Omohundro P, Fernhall B. *Pelvic Injury – Football*. American College of Sports Medicine Annual Meeting. Orlando, FL June 1998

## RESEARCH:

## FUNDED GRANT APPLICATIONS

Updated: 06/07/2023

**Community Sports Safety Education Instructor**

Source: NFL Charities

Date: 2017

Grant Funding: In-kind donations, stipend for course

***Cal U Healthy Eating Initiative***

Source: Pennsylvania Faculty Health and Welfare Fund

Date: Spring 2012

PI: Shelly DiCesaro PhD, ATC, CSCS

Grant Funded: \$1000.00

***Experiences in Stress Relief Techniques***

Source: Pennsylvania Faculty Health and Welfare Fund

Date: Spring 2011

PI: Shelly DiCesaro PhD, ATC, CSCS

Grant Funded: \$950.00

***Cal U High School Athletic Training Aide Workshop***

Source: PASSHE Foundation/ Highmark Healthcare Academic Program Development

Date: Fall 2010

PI: Shelly Fetchen DiCesaro PhD, ATC, CSCS

Grant Funded:\$11,900.00

***Cal U Walk for Wellness***

Source: Pennsylvania Faculty Health and Welfare Fund

Date: Fall 2010

PI: Shelly DiCesaro PhD, ATC, CSCS

Grant Funded \$988.00

***Neuromuscular and Biomechanical Differences at the Knee in Pre-pubertal Girls and Boys***

Source: University of Pittsburgh, School of Education student research grant.

Date: Fall 2007

PI: Shelly Fetchen DiCesaro MS, ATC, CSCS

Grant Funded \$1,500.00

***Neuromuscular and Biomechanical Differences in Pre-pubertal Girls and Boys.***

Source: Women's Sports Foundation

Date: Fall 2001

PI: Shelly Fetchen DiCesaro MS, ATC, CSCS

Grant Funded \$1,800.00

**UNFUNDED GRANT APPLICATIONS**

***CalU's 30 for 30 Health Challenge***

Source: Washington County Community Foundation

Date: August 2019

PI: Shelly Fetchen DiCesaro PhD, LAT

Funding request: \$1000.00

***Volunteer Youth Soccer Coaches Athletic Injury Recognition and Treatment Knowledge***

Updated: 06/07/2023

Source: PASSHE Faculty Professional Development Committee  
Date: Spring 2014  
PI: Shelly Fetchen DiCesaro PhD, LAT  
Funding requested: \$9958.00

***Integrating a Collaborative Comprehensive Review Program for Physical Therapist Assistant and Athletic Training Students Preparing for National Licensure Examinations***

Source: PASSHE Innovation in Teaching and Improvement of Student Learning Outcomes  
Date: Spring 2014  
Co-PI: Shelly Fetchen DiCesaro PhD, LAT  
Funding requested: \$9708.00

***Neuromuscular and Biomechanical Differences in the Lower Extremity between Pre-pubertal Girls and Boys.***

Source: American Society of Biomechanics  
Date; Fall 2007  
PI: Shelly Fetchen DiCesaro MS, ATC, CSCS  
Amount Requested \$2500.00

**Other research related activities**

2022 – Present	Injury Prevention Research Interest Group, PRiSM
2019 – Present	Sports Specialization Research Interest Group, PRiSM Society
2023 – Present	Manuscript Reviewer, International Journal of Sports Physical Therapy
2009 – 2020	Manuscript Reviewer, Athletic Therapy Today
2009 – 2021	Manuscript Reviewer, Athletic Training and Sports Healthcare
2008 – Present	Manuscript Reviewer, Journal of Athletic Training

**LIST of CURRENT RESEARCH INTERESTS:**

1. Pediatric overuse injuries
2. Sports Specialization and Injury Prevention
3. Figure Skating injuries and prevention
4. Non-Contact ACL injuries

**SERVICE:**

**PROFESSIONAL**

2023	Reviewer, EATA Research Grant submissions
2022 – Present	Past-President, Pennsylvania Athletic Trainers Society
2022 – Present	Research and Education Foundation – Scholarship Committee
2021	External Reviewer Tenure and Promotion – Rider University
2021	External Reviewer Promotion applications – Neumann University
2021	Korey Stringer Institute Team up for Sports Safety Summit
2020	NATA Governmental Affairs Boot Camp
2020 – 2022	President, Pennsylvania Athletic Trainers Society
2019 – Present	Annual Meeting Research Abstract Reviewer – PRiSM Society
2018 – Present	US Figure Skating, International Team Designated Athletic Trainer
2018	Annual Meeting Session Proposal Reviewer, PRISM Society
2018	Annual Meeting Proposal Reviewer – Athletic Training Educators Conference

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2017 - 2020 President-Elect - Pennsylvania Athletic Trainers Society  
 2016 – 2019 ConcussionWise Instructor – Sports Safety International  
 2016 – 2018 Dissertation Technical Advisor, Western Michigan Univ.  
 Doctoral student G. Mohney  
 2014 - 2017 Southwest Region Board Representative - Pennsylvania Athletic Trainers Society  
 2014 2015 PATS Student Symposium, Proposal Site Awardee and Director  
 2014 Professional Athletic Training Program Site Visitor, CAATE  
 2014 Text Book Reviewer, Jones and Bartlett, *Athletic Training Taping and Bracing*  
 2014 Textbook Review, Jones and Bartlett, *Lower Extremity Orthopedic Assessment*  
 2014 NATA Abstract Proposal review team - Affiliate and Specialty Sessions  
 2014 NATA Abstract Proposal review team - Affiliate Learning Lab and Learning Lab  
 2014 NATA Capitol Hill Day of Advocacy for Athletic Training  
 2014 – 2016 Advisor, Toms River HS North – Authentic Science Research Program  
 2013 – 2017 Eastern Athletic Trainers Association – Ethics Committee, PA State representative  
 2013 – 2018 Internal Document Reviewer, Board of Certification  
 2011 – 2017 Convention Committee Program Planning Chair, PATS  
 2011 – 2013 Test Question Writer, Board of Certification  
 2011 Moderator, Athletic Training Educators Conference  
 2010 – 2017 Moderator, National Athletic Trainers Association Annual Meeting  
 2009 – 2014 Public Relations Committee, Pennsylvania Athletic Trainers Society  
 2009 – 2012 Question Writer, EATA Quiz Bowl  
 2007 Moderator, Pennsylvania Athletic Trainers Society State Meeting  
 2006 – 2014 Ethics Committee Chairperson, Pennsylvania Athletic Trainers Society  
 2005 – 2007 Student Research Awards Committee, MARC - ACSM  
 2003 – 2008 NATA Liaison to Healthy People 2010  
 2003 – 2006 NATABOC Accreditation Site Review Team  
 2003 – 2005 Research Committee, Ohio Athletic Trainers Association  
 2001 – 2010 NATABOC- Home Study Reviewer  
 1999 – 2007 NATABOC Examiner/Model – Practical Exam  
 1997 – 1999 George Washington University – Approved Clinical Instructor  
 1996 Summer Olympic Games – Volunteer Certified Athletic Trainer

## UNIVERSITY

2023 SHRS Associate Dean for Equity, Diversity, Inclusion, and Community  
 Engagement, group meeting invitee  
 2022 – present Faculty Senate, Governmental Affairs Committee, Pitt  
 2022 – present SHRS Executive Committee, Pitt  
 2021 – present SHRS Wellness Pavilion – Athletic Training Service Coordinator, Pitt  
 2021 Faculty Professional Development Grants Sub-Committee, Cal U  
 2020 COVID-19 Testing Task Force, Cal U  
 2020 Spring 2021 Reopening Committee, Cal U  
 2017 Athletics Hall of Fame Committee, Cal U  
 2017 Strategic Enrollment Plan Advisory Council, Member, Cal U  
 2016 Athletic Training Faculty Search Committee, Member, Cal U  
 2016 – 2019 University Wide Grievance Committee, Cal U APSCUF  
 2016 – 2021 University Wide Tenure Committee, Cal U  
 2015 Athletic Training Faculty Search Committee, Chair, CAL U  
 2015 Physical Therapist Assistant Faculty Search Committee, member, CAL U  
 2014 – 2016 Office of Sponsored Programs and Research Strategic Plan Sub-Committee, Cal U  
 2014 – 2016 Co-Chair, Health Science Department Peer Evaluation Committee, Cal U  
 2014 Graduate Athletic Training Student Mentor Program, founder/coordinator, Cal U  
 2014 Athletic Training Journal Club, Founder, and coordinator – Cal U

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2013	Athletic Training Faculty Search Committee, member, CAL U
2013 – 2014	Graduate Face to Face Program Creation Committee, member, Cal U
2013 – 2014	Graduate Assistant Reassessment Task Force, Cal U
2012 – 2021	University Wide Curriculum Committee
2012 – 2016	Office of Sponsored Programs and Research Advisory Board, Cal U
2012	OGC Task Force, Office of Grants and Contracts, Cal U
2011 – 2012	Health Science Department, General Education Committee
2011	PASSHE FPD Council Collaborations Grant Review Team, Cal U
2010 – 2018	Quality Circle Grant Review Committee, Office of Grants and Contracts, Cal U
2010 – 2012	Graduate Athletic Training Education Program acceptance committee, Cal U
2009	Founder, Distinguished Lecture Series in Athletic Training, Cal U
2009	Clinical Instructor Educator, Board of Certification
2008 – 2017, 2020	Health Science Peer Evaluation Committee, Cal U
2008 – 2009	California University ATEP, CAATE Self Study Committee
2008	University Conduct Board member, California University of Pennsylvania
2004	Search Committee, Assistant Professor of Exercise Science, University of Akron
2003 – 2004	University of Akron Tech Prep Athletic Healthcare Option Committee
2003 – 2004	Personnel Committee, College of Education, University of Akron
2003	Chair - Search Committee, Visiting Professor of Exercise Science University of Akron
2002 – 2004	Chair -College Community Committee, University of Akron
2002 – 2004	Executive Committee, College of Education, University of Akron

#### COMMUNITY

2021 – 2023	West Allegheny Swim and Dive Booster – President
2020 – 2021	West Allegheny Swim and Dive Booster – Vice President
2014 – 2018	West Allegheny Aqua Club, Health and Safety Committee Chair
2011 – 2021	National Canine Cancer Foundation – Pittsburgh Chapter Coordinator
2010 – 2020	Dress for Success - Pittsburgh