

# Yo-Rong Chen

MAT, LAT, ATC (US & Taiwan), CSCS

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## EDUCATION

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### **Doctor of Philosophy in Rehabilitation Sciences**

Texas Tech University Health Sciences Center: Lubbock, Texas

Degree Conferred August 2021; Attended September 2016 to August 2021

Academia Emphases: Clinical Science and Biomechanics

Research Emphases: Rehabilitation in Human Performance and Musculoskeletal Tissue Dysfunction

### **Master of Athletic Training**

Texas Tech University Health Sciences Center: Lubbock, Texas

Degree Conferred May 2016; Attended May 2014 to May 2016

Major: Athletic Training

### **Master of Physical Education**

National Taiwan Sport University: Taoyuan, Taiwan

Degree Conferred June 2012; Attended September 2010 to June 2012

Major: Athletic Training and Health

Emphasis: Exercise Physiology

### **Bachelor of Science**

National Taiwan Sport University: Taoyuan, Taiwan

Degree Conferred June 2010; Attended September 2006 to June 2010

Major: Athletic Training and Health

Emphasis: Athletic Training

## EMPLOYMENT EXPERIENCE

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2021-Present **Angelo State University**  
Health Science Professions Department  
Master of Athletic Training Program  
Assistant Professor

2016-2021 **Texas Tech University Health Sciences Center**  
School of Health Profession  
Master of Athletic Training and Doctor of Physical Therapy Programs  
Teaching and Research Assistant

2014-Spring **National Taiwan Normal University, Taiwan**  
Martial Art Taekwondo, Gymnastic, Track and Field  
Team Athletic Trainer

- 2014-Summer **Taiwanese National Taekwondo Junior - U.S.A. Open, Las Vegas**  
Team Athletic Trainer
- 2012-2014 **Taiwan Athletic Trainers' Society**  
Administrative Assistant
- 2010-2012 **Taiwan National Science Council Program**  
Research Assistant
- 2008-2014 **Xin Chuan Community College, Darfon, and Quisda Corporations, Taiwan**  
Strength and Conditioning, Pilates, Yoga, Aerobic Dancing, Spinning, Fitness  
Classes Instructor

## **COLLEGE and UNIVERSITY COURSES TAUGHT**

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### **Texas Tech University Health Sciences Center**

- Master of Athletic Training Program (MAT), Adjunct Instructor
- Therapeutic Interventions (Fall 2020) (A Hybrid class)
  - Athletic Training Review (Spring 2018, 2020)
  - Therapeutic Modalities (Fall 2019)
- Master of Athletic Training Program (MAT), Teaching Assistant
- Functional Anatomy Lab (Summer 2017, 2018, 2019)  
Guest Lecture: Ankle & Foot, and Knee
  - Spine and Head Evaluation Lab (Summer 2017, 2018)  
Guest Lecture in Thoracic
  - Research Methods (Fall 2017, 2018)  
Guest Lecture: Reliability & Validity, Statistical, and Assumption & Variability
  - Lower Extremity Evaluation (Spring 2017)  
Guest Lecture: Ankle & Knee Injuries
  - Upper Extremity Evaluation (Fall 2016, 2017)  
Guest Lecture: Elbow Injuries
- Doctor of Physical Therapy Program (DPT), Teaching Assistant
- Functional Anatomy Lab (Summer 2017, 2018, 2019, 2020)
  - Therapeutic Exercise (Spring 2019)
- Sciences of Physical Therapy Program (ScPT), Teaching Assistant
- Radiology Anatomy (Spring 2021)

### **Texas Tech University**

- Undergrad Athletic Training Program in Kinesiology, Guest Lecture
- Contemporary Treatment for Plantar Fasciitis (Fall 2018)
  - Introduction of Rehabilitation (Spring 2017)
  - Screening and Corrective Exercise (Spring 2017)

### **Kainan University, Taoyuan, Taiwan**

- Kinesiology Program, Adjunct Instructor
- Care and Prevention of Athletic Injuries (Fall & Spring 2011, 2012, 2013)

**Shih Hsin University, Taipei, Taiwan**

Collegiate Sports Department, Guest Lecture

- Preventions of Athletic Injuries (Spring 2011)

**PEER-REVIEWED CONFERENCE ORAL and POSTER PRESENTATIONS**

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- Lu H, Natesan K, Likeness A, **Chen YR**, Kumar N, Sawyer S, and James C.R. Comparisons of Inter-Segment Coordination Stability between Leading and Trailing Obstacle-Crossing Limbs During Walking in Young Adults. Gait and Clinical Movement Analysis Society, June 8<sup>th</sup>-11<sup>th</sup>, 2021, West Chester, PA.
- Lu H, Natesan K, Likeness A, **Chen YR**, Kumar N, Sawyer S, and James C.R. Effect of Arm Constraint on Leading Limb Inter-Segment Coordination Stability During Obstacle Crossing in Young Adults. Human Movement Variability Conference, May 20<sup>th</sup>-21<sup>st</sup>, 2021 Omaha, NE.
- **Chen YR**, Kapila J, Hooper TL, Munger L, James CR, Pendergrass T, Gunnell L. The Differences in Site-Specific Tissue Stiffness between Healthy and Plantar Fasciopathy Groups. Selected Oral Presentation and 2<sup>nd</sup> Award Poster Presentation: Texas Tech University Health Sciences Center Graduate School of Biomechanical Sciences Student Research Week, March 9<sup>th</sup>-11<sup>th</sup>, 2021, Lubbock, Texas.
- Lu H, Natesan K, Likeness A, **Chen YR**, Kumar N, Sawyer S, and James C.R. Comparisons of Inter-Segment Coordination Stability between Leading and Trailing Obstacle-Crossing Limbs During Walking in Young Adults. Endowed Lecture Series Virtual Poster Showcase, March 4<sup>th</sup>, 2021, Lubbock, Texas.
- **Chen YR**, Hooper TL, Munger L, James CR, Pendergrass T, Gunnell L. Tissue Stiffness Comparison between Plantar Fasciopathy and Control Groups After an Instrument-Assisted Soft Tissue Mobilization Treatment. Poster and Pitch Video Presentations: Texas Tech University Health Sciences Center, Endowed Lecture Series Virtual Poster Showcase, March 4<sup>th</sup>, 2021, Lubbock, Texas.
- **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Y Balance Test Performance Variability? Poster Presented: 42nd Texas Society of Allied Health Professions Annual Conference; September 19-20, 2019, Lubbock, Texas.
- **Chen YR**, Munger LR, Hooper TL, James CR. Movement Strategy Change Y Balance Test Performance Variability. Poster Presented: 2019 National Athletic Trainers Association Foundation Free Communications Program; June 24-26, 2019, Nevada, Vegas.
- **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Directional Balance Reach Test Performance Variability? Poster Presented: American College of Sports Medicine 66<sup>th</sup> Annual Meeting; May 28-June 1, 2019, Orlando, Florida.
- **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Y Balance Test Performance Variability? Oral Presented: 2019 South Central ABS Meeting; April 12-13, Plano, TX. (**Awarded 2<sup>nd</sup> Place** in Graduate Student Category)
- **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Directional Balance Test Performance Variability? Regional Poster Presented: 31st Annual Student Research Week Regional Conference at Texas Tech University Health Sciences Center; March 22, 2019, Lubbock, TX. (**Awarded 1st Place** in the Division, School of Health Professions)
- Stanley R, **Chen YR**, Sizer PS, Loveless A, Penrose LL. Soft Tissue Mobilization for Lumbopelvic Pain in the Third Trimester of Pregnancy, Regional Oral Presentation at: Ralph J. Anderson, MD, TAOG Resident Research Day, Texas Obstetricians and Gynecologist Society; September 2018, Galveston Annual Meeting, Texas.
- Stanley R, **Chen YR**, Sizer PS, Loveless A, Penrose LL. Soft Tissue Mobilization for Lumbopelvic Pain in the Third Trimester of Pregnancy. Regional Poster Presented at: District XI Annual Meeting, ACOG; September 2018, Galveston, Texas.

- Pendergrass TJ, Munger L, Allen B, **Chen YR**, James CR. ACL Deficiency, When Should Non-Surgical Management be Considered? Poster Presented at: Texas Tech University Health Sciences Center 2018 Endow Lecture Series; September 13, 2018. Lubbock, TX.
- Dendy DW, James CR, Brooks T, Hooper TL, Lierly M, Dewan BM, **Chen YR**. Case Study: Effectiveness of an ACL Program During a Recreational Softball Season for a Young Girl. Poster Presented at: Texas Tech University Health Sciences Center 2018 Endow Lecture Series; September 13, 2018. Lubbock, TX.
- **Chen YR**, Munger LR, Hooper TL, James CR. Does Movement Strategy Change Y Balance Test Performance Variability? - A Pilot Study. Poster Presented at: Southwest Athletic Trainers' Association 64th Annual Symposium; July 19-21, 2018. Arlington, TX, USA.
- **Chen YC**, Kapila J, Cooper K, Yang HS, Sanchez J, Dendy D, James CR and Diab M, Gait Analysis in Uncommon Orthopedic Presentations of Charcot-Marie-Tooth Disease in Brothers. Oral Presentation at: South Central American Society of Biomechanics Conference; March 31-April 1, 2017, Dallas, TX.
- Kapila J, **Chen YC**, Cooper K, Yang HS, Sanchez J, Dendy D, James CR and Diab M, Regional Peak Plantar Pressure Measures, Gait Speed and Clinical Examination in Patients with Charcot-Marie-Tooth Disease with a Pes-Planovalgus Presentation. Oral Presentation at: South Central American Society of Biomechanics Conference; March 31-April 1, 2017. Dallas, TX.
- “Analysis of the Changes of Body Composition and Physiological Responses during Weight Loss Process in Judo Athletes”, Master Dissertation of National Taiwan Sports University.
- **Chen YC**, Huang CH, Lin TL. The Effects of Rapid Weight Loss on Core Temperature among Judo Athletes before Competition. Oral Presentation at: 9<sup>th</sup> International Sports Science Conference; June 25-28, 2012, Malaysia.
- **Chen YC**, Huang CH. Effects of early limiting weight-bearing on regain of ROM and decrease of swelling after ACL Reconstruction – A Case Report. Poster Presented at: 2011 Northeast Asia Conference on Kinesiology; May 20- 23, 2011, Korea.

## PEER-REVIEWED JOURNAL PUBLICATIONS

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- **Chen YR**, Munger L, Hooper T, James CR. Do movement constraints affect Y Balance Test Performance? Manuscript submitted for publication.

## PROFESSIONAL CONFERENCE PRESENTATION and TRANSLATION

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- West Texas Sports Medicine Society 3<sup>rd</sup> Athletic Training Symposium, “Treatments for Plantar Fasciitis”, Feb 2<sup>nd</sup>, 2019, Lubbock, Texas, USA.
- 11<sup>th</sup> Sports Medicine Conference, “Contemporary Treatment for Plantar Fasciitis”, Texas Tech University Health Sciences Center, July 14, 2018, Lubbock, Texas, USA.
- Taiwanese Athletic Trainer Association, Topic: NATA position statement of Heat Illness Prevention & Spinal Injuries, July 9-10, 2016, Taichung City, Taiwan.
- Translator in International Conferences of Athletic Training and Injury Prevention, Topic: Building an injury Resilient Athlete-Screening and Interventions. 17<sup>th</sup>-19<sup>th</sup> June 2016, Taoyuan, Taiwan.
- The Influence of Changing of Hydration on Core Temperature, March 12-20, 2012, Beijing Sport University/ Chengdu Sport University, China.

## ACADEMIA INVOLVEMENT

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- 2016-2020 **Student Recruitment Committee**  
TTUHSC Ph.D. in Rehabilitation Sciences  
On-Campus/ Online Laboratory, Research, and Program Introduction
- 2018-2020 **Program Committee**  
TTUHSC Master of Athletic Training  
Student Enrollment Interviews
- 2019 **Program Committee**  
TTUHSC Master of Athletic Training  
New Core Faculty Recruitment
- 2018 **Assisted Program Self-Study Committee**  
TTUHSC Master of Athletic Training  
Re-Accreditation by the Commission on Accreditation of Athletic Training Education

## PROFESSIONAL DEVELOPMENT

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- 09/2019 42nd Texas Society of Allied Health Professions Annual Conference; Lubbock, TX
- 06/2019 National Athletic Trainers' Association 70<sup>th</sup> Clinical Symposia & AT Expo, Las Vegas, NV
- 05/2019 American College of Sports Medicine 66<sup>th</sup> Annual Meeting; Orlando, FL
- 04/2019 South Central American Society of Biomechanics Conference; Plano, TX  
(Awarded 2<sup>nd</sup> Place in Graduate Student Category)
- 03/2019 TTUHSC 31st Annual Student Research Week Regional Conference; Lubbock, TX  
(Awarded 1st Place in the Division, School of Health Professions)
- 09/2018 TTUHSC, 2018 Endow Lecture Series; Lubbock, TX
- 07/2018 Southwest Athletic Trainers' Association 64th Annual Symposium; Arlington, TX
- 03/2017 South Central American Society of Biomechanics Conference; Dallas, TX
- 06/2012 9<sup>th</sup> International Sports Science Conference; Kuala Lumpur, Malaysia
- 05/2011 Northeast Asia Conference on Kinesiology, Seoul, Korea

## PROFESSIONAL EXPERIENCE

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### **Ballet Lubbock**

Team Athletic Trainer

2018-Present Lubbock Entertainment Performing Arts Association

### **Texas Tech University**

Volunteer Athletic Trainer

Fall 2019 Track and Field

### **Texas Tech University Health Sciences Center**

Intern Student in Master of Athletic Training

Spring 2016 TTU Track & Field, ATS

Fall 2015 TTU Women Basketball, ATS

Summer 2015 TTU Women Volleyball & Soccer, Strength and Conditioning

Spring 2015 Lubbock Sports Medicine Ortho Clinic, ATS  
Fall 2014 Lubbock Cooper High School, ATS

**National Taiwan Normal University, Taiwan**

Team Athletic Trainer

Spring 2014 Martial Art Taekwondo, Gymnastic, Track and Field

**Taiwanese National Taekwondo Team, Las Vegas**

Team Athletic Trainer

Summer 2014 USA Open for Junior Athletes

**University of Georgia**

Intern Student Funded by Ministry of Education in Taiwan

Summer 2010 Football, Gymnastic, Swimming and Diving, and Equestrian, ATS

**National Taiwan Sports University**

Intern Student in Athletic Training and Health Program

2008-2010 Division I Martial Arts in Judo & Taekwondo, ATS

Main Athletic Training Center, ATS

National High School and Collegiate Sports Events, ATS

**CERTIFICATION and QUALIFICATIONS**

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**United States**

2018-Present	Dry Needling, TTUHSC Sponsored Course Certified Technique Provider	Effective: 05/16/2018
2016-Present	Board of Certification, Inc. (BOC), National Athletic Training Certification Certification Number: 2000023672	Expires: 12/31/2021
2016-Present	Texas Advisory Board of Athletic Trainers – State Athletic Training License License Number: AT6934	Expires: 10/31/2022
2016-Present	Functional Movement Screen™ Certified Technique Provider	Effective: 08/09/2016
2016-Present	M2 Graston Technique - Graston® Technique Certified Technique Provider	Effective: 11/15/2015
2015-Present	American Red Cross Basic Life Support Certificate ID: 002Q509	Expires: 12/16/2021
2015-Present	National Provider Identifier Number (NPI) NPI #: 1730638776	Effective: 05/01/2015
2012-Present	Certified Strength and Conditioning Specialist, National Strength and Conditioning Association Certification Number: 201276718	Expires: 12/31/2021

## **CERTIFICATION and QUALIFICATIONS**

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### **Taiwan**

2012-Present	Taiwanese Certified Athletic Trainer Certification Number: 101001	Expires: 03/15/2021
2012-Present	EMT-1, Taiwan First Aid Emergency Association Certification ID: 0910032380	Expires: 02/01/2021
2010-Present	Aerobic & Fitness Association of America MAT (Yoga & Pilates) Instructor	Expires: 12/31/2021

## **AWARDS and HONOR**

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### **Texas Tech University Health Sciences Center, Lubbock, TX**

2018	Study Abroad Competitive Scholarship
2016-2017	President's Scholarship
2015-2016	School of Health Professions Recruitment Scholarship
2014-2015	School of Allied Health Sciences Student Scholarship

### **Helen Hodges Educational Charitable Trust**

2015-2016	Graduate Student Scholarship Recipient
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## **COMMUNITY INVOLVEMENT**

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### **Redeemer Church, Lubbock, TX**

2018-Present	Bible Study Group Leader for International Students
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### **Special Olympic, West TX District**

2014-Present	First Aid Volunteer Track and Field, Basketball, Bowling
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### **Lubbock Heart Walk**

2018	Volunteer Participant TTUHSC Student Group Sports Medicine Interesting Group
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### **Multiple Sclerosis Walk, Lubbock, TX**

2016	Volunteer Participant TTUHSC Student Group Athletic Training Student Association
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### **Buffalo Springs Lake Half-Ironman/ Triathlon, Lubbock, TX**

2014	First Aid Athletic Training Student Volunteer
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