



Candidate for President-Elect



Nicole Rendos, PhD, LAT, ATC, CSCS
Emory University

Since joining the American College of Sports Medicine (ACSM) in 2011, the Southeast Chapter (SEACSM) has been my professional home. My commitment to SEACSM has been steadfast since 2016, following the completion of my PhD and entry into my first professional role. Over the years, I have had the privilege of contributing to SEACSM in various capacities and serving on numerous committees.

As Member-At-Large of the SEACSM Executive board from 2021-2023, I played a key role in shaping the annual meeting, coordinating abstract review processes and coordinating audio-visual teams to ensure a smooth and impactful event. However, my most rewarding experiences have come from my involvement with the Leadership and Diversity Training Program, where I have had the opportunity to mentor emerging professionals. I maintain contact with these mentees, and I have seen the lasting impact of these mentoring relationships on their career trajectories. In my current academic role as an Assistant Professor in the Division of Physical Therapy at Emory University, my students and colleagues are primarily focused on activities through the American Physical Therapy Association. Through SEACSM, I have been able to continue mentoring and guiding students and post-doctoral associates in the fields of exercise science and sports medicine.

In addition to my previous roles, I currently serve on the Quiz Bowl and Mentoring Committees, and as the President-Elect of the SEACSM Biomechanics Interest Group (BIG). These experiences have further deepened my commitment to advancing the mission of SEACSM and supporting the growth of our field.

I am now seeking the opportunity to serve as President-Elect of SEACSM, where I can take on a broader leadership role and continue to make a positive impact across the southeast region. I am passionate about supporting our members, fostering professional development, and advancing the field of sports medicine and exercise science.

CURRICULUM VITAE
NICOLE K. RENDOS, PhD, LAT, ATC, CSCS

Office

Emory University School of Medicine
Department of Rehabilitation Medicine
Division of Physical Therapy
1441 Clifton Road N.E. #RG44
Atlanta, GA 30322
Ph: (404) 860-2826
E: nrendos@emory.edu

Home

2400 Connell Drive
Pensacola, FL 32503
Ph: (845) 729-5797
Ph: (404) 860-2826
E: nicole.rendos@outlook.com

EDUCATIONAL BACKGROUND

Doctor of Philosophy University of Miami, Coral Gables, FL
December 2015 Department of Kinesiology and Sport Sciences
Major Area of Study: Exercise Physiology
Outside Supporting Field: Biomechanics
Award of Academic Merit
Dissertation: Identification of Muscle Sling Systems in High Economy and Low Economy Runners

Master of Education University of Virginia, Charlottesville, VA
August 2010 Curry School of Education
Major Area of Study: Athletic Training
Completion of NATA accredited post-professional education program
Thesis: Sagittal Plane Kinematics during the Transition Run in Triathletes

Bachelor of Science West Virginia University, Morgantown, WV
May 2009 College of Physical Activity and Sports Sciences
Major Area of Study: Athletic Training
Summa Cum Laude
Completion of CAATE accredited athletic training education program

PROFESSIONAL EXPERIENCE

Assistant Professor **2020-Present**
Director, Gait, Exercise, and Rehabilitation (GEaR) Lab
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy, Atlanta, GA.

Post-Doctoral Scientist **2019-2020**
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy, Motion Analysis Laboratory, Atlanta, GA. Concentration in Biomechanics.

Adjunct Professor **2018-2019**
University of West Florida, Usha Kundu, MD College of Health, Department of Movement Sciences and Health, Pensacola, FL.

Associate Research Director, Sports Medicine **2017-2019**
Andrews Research & Education Foundation, Gulf Breeze, FL.

Post-Doctoral Fellow **2016-2017**
Florida International University, Nicole Wertheim College of Nursing & Health Sciences, Department of Physical Therapy, Systems Neuroscience and Rehabilitation Laboratory, Miami, FL. Concentration in Neurophysiology.

Visiting Assistant Professor **2015-2016**
Winston-Salem State University, School of Health Sciences, Department of Exercise Physiology, Winston-Salem, NC.

Graduate Research Assistant **2010-2015**
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Sports Medicine & Motion Analysis Laboratory, Coral Gables, FL.

Graduate Teaching Assistant **2010-2015**
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL.

- Instructor in the undergraduate CAATE accredited athletic training program.
- Developed and implemented curriculums for pharmacology, kinesiology, and Evidence-Based Practice specific to the undergraduate athletic training education program based on CAATE competencies.

Graduate Assistant Athletic Trainer **2009-2010**
Virginia Military Institute, Lexington, VA.

- Prevention, care, and treatment of athletic injuries for Division I men's soccer and baseball.
- Development of a screening program and upper extremity resistance training program for prevention of shoulder and elbow injuries in baseball athletes.

Athletic Trainer Intern **Summer 2008**
Philadelphia 76ers Basketball Camps. East Stroudsburg, PA

FUNDING AND RESEARCH SUPPORT

Active Research Support

Source: National Institutes of Health (NIH) Eunice Kennedy Shriver National Institute of Child Health & Human Development (NICHD) 1K01HD107294 (\$655,425)

Title: Walking Function in Individuals with Diabetic Peripheral Neuropathy: Biomechanical Mechanisms and Implications for Clinical Outcomes and Gait Retraining

Period: 09/01/2022 – 08/31/2027

PI: Nicole K. Rendos, PhD, ATC, CSCS

Effort: 9 Person Months

Description: The goals of this project are to evaluate the biomechanical mechanisms underlying increases in plantar pressure and abnormal propulsion during walking, and to evaluate the safety and feasibility of using real-time gait biofeedback as a gait training intervention in people with diabetic peripheral neuropathy.

Source: Georgia Center for Diabetes Translation Research Pilot and Feasibility Program P30DK111024 (\$30,000)
Title: Innovative Multi-Variable Biofeedback for Improving Gait Performance in Individuals with Diabetic Peripheral Neuropathy
PI: Nicole K. Rendos, PhD, ATC, CSCS
Period: 07/01/2024 – 06/30/2025
Description: Development and use of both univariate biofeedback (propulsion or plantar pressure) and multi-variable biofeedback in individuals with diabetic peripheral neuropathy to improve gait function.

Completed Research Support

Source: Georgia Center for Diabetes Translation Research Pilot & Feasibility Micro Grant Rapid Funding Mechanism P30DK111024 (\$2,500)
Title: Characterizing Gait Biomechanics Processes Underlying Abnormal Plantar Pressure and Walking Function in People with Diabetic Neuropathy and Diabetic Amputation
PI: Nicole K. Rendos, PhD, LAT, ATC, CSCS
Period: 01/28/2021 – 01/27/2022
Description: Descriptive laboratory study to obtain pilot data for K01 submission regarding underlying biomechanical mechanisms during gait in individuals with diabetic peripheral neuropathy and transmetatarsal amputation

Source: School of Education and Human Development Research Support Award, University of Miami (\$500.00)
Title: Identification of Sling Systems in High and Low Economy Runners
PI: Nicole K. Rendos, MEd, ATC, CSCS
Period: January 2015 – May 2015
Description: Descriptive laboratory study to examine muscle sequencing patterns specific to four locomotor muscle slings (anterior oblique sling, posterior oblique sling, deep longitudinal sling, lateral sling) in runners with high and low economy.

Source: Barbara Marks Research Support Award, University of Miami School of Education and Human Development (\$575.00)
Title: Kinematic and Electromyographic Differences in Treadmill and Overground Running
PI: Nicole K. Rendos, MEd, ATC, CSCS
Period: April 2012 – April 2013
Description: Descriptive laboratory study to examine changes in muscle utilization and activation patterns as well as joint kinematics when running overground compared to running on a treadmill.

Source: SEATA Research and Education Committee (\$2,000)
Title: Neuromuscular Adaptations and Altered Running Kinematics during the Transition Run in Triathletes
PI: Nicole K. Rendos, MEd, ATC, CSCS
Period: March 2011- March 2012
Description: Descriptive laboratory study to determine neuromuscular adaptations and changes to three-dimensional running kinematics when running following cycling in a triathlon.

Source: Barbara Marks Research Support Award, University of Miami School of Education (\$1,700.00)
Title: Neuromuscular Adaptations of the Lumbo-Pelvic-Hip Complex during the Transition Run in Triathletes

PI: Nicole K. Rendos, MEd, ATC, CSCS

Period: March 2011- August 2011

Description: Descriptive laboratory study to determine neuromuscular adaptations in the lumbo-pelvic-hip complex when running following cycling in a triathlon.

Pending Research Support

Source: GRANT14188275 National Institutes of Health (NIH) Eunice Kennedy Shriver National Institute of Health and Human Development (NICHD) National Center for Medical Rehabilitation Research (NCMRR) Early Career Research Award R03, PA-23-029 (\$313,000.00)
Title: Innovative Multi-Variable Biofeedback for Improving Gait Performance in Individuals with Diabetic Peripheral Neuropathy

PI: Nicole K. Rendos, PhD, ATC, CSCS

Period: 04/01/2025 – 03/31/2027

Description: Use of single-variable plantar pressure and propulsion biofeedback to identify biomechanical variables related to increased gait quality in diabetic peripheral neuropathy (DPN). Gait variables will be used to develop an implicit multi-variable biofeedback training program. Feasibility and preliminary effects of the multi-variable biofeedback will be tested in individuals with DPN.

Source: National Institutes of Health (NIH) National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) NRSA Parent T32, PA-23-048 (\$948,456.00)

Title: Interdisciplinary Science in Prevention and Intervention Research in Diabetes (INSPIRED)

MPDs: Mary Beth Weber/Hui Shao

Role: Training Faculty

Description: To fund and train predoctoral students interested in team science-based diabetes research.

PUBLICATIONS

Refereed Journal Publications

1. Alam Z, **Rendos NK**, Vargas AM, Makanjuola J, Kesar TM. Timing of Propulsion-Related Biomechanical Variables is Impaired in Individuals with Post-Stroke Hemiparesis. *Gait & Posture*. 2022; 96: 275-278. doi: 10.1016/j.gaitpost.2022.05.022. PMID: 35716486.
2. Callanan MC, Plummer HA, Green TM, Broderick T, **Rendos NK**, Anz AW. Blood Flow Restriction Using a Pneumatic Tourniquet is Not Associated with a Cellular Systemic Response. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2022; 4(3): E877-E882. doi: 10.1016/j.asmr.2021.12.018. PMID: 35747643.
3. Speer CG*, **Rendos NK***, Davis CE, Au B, Manway JM, Burns PR. Reoperation, Reamputation, and New Ulceration Following Complete or Partial Toe Amputation Among Diabetic and Non-Diabetic Patients. *Diabetes Research and Clinical Practice*. 2021; 179: 109008. doi: 10.1016/j.diabres.2021.109008. PMID: 34411621. *Indicates equal authorship.
4. Bailey C, Cagle GK, Grozier CD, Lehtola KN, Weaver JF, Wilson SJ, Chander H, **Rendos NK**, Simpson JD. Gathering Your 'Sea Legs': Extended Durations in an Offshore Environment Increases Postural Sway. *Gait & Posture*. 2021; 86: 45-50. doi:10.1016/j.gaitpost.2021.02.014. PMID: 33677178.

5. Callanan MC, Plummer HA, Chapman GL, Opitz TJ, **Rendos NK**, Anz AW. Blood Flow Restriction Training Using the Delfi System is Associated with a Cellular Systemic Response. *Arthroscopy, Sports Medicine, and Rehabilitation*. 2021; 3(1): E189-E198. doi: 10.1016/j.asmr.2020.09.009. PMID: 33615264.
6. **Rendos NK**, Zajac-Cox L, Thomas R, Sato S, Eicholtz S, Kesar TM. Verbal Feedback Enhances Motor Learning During Post-Stroke Gait Rehabilitation. *Topics in Stroke Rehabilitation*. 2021; 28(5): 362-377. doi: 10.1080/10749357.2020.1818480. PMID: 32942960.
7. Anz AW, Hubbard R, **Rendos NK**, Everts PA, Andrews JR, Hackel JG. Bone Marrow Aspirate Concentrate is Equivalent to Platelet-Rich Plasma for the Treatment of Knee Osteoarthritis at 1 Year: A Prospective, Randomized Trial. *The Orthopaedic Journal of Sports Medicine*. 2020; 8(2): 2325967119900958. doi: 10.1177/2325967119900958. PMID: 32118081.
8. Simpson JD, **Rendos NK**, Stewart EM, Turner AJ, Wilson SJ, Macias DM, Chander H, Knight AC. Bilateral Spatiotemporal Postural Control Impairments are Present in Participants with Chronic Ankle Instability. *Physical Therapy in Sport*. 2019; 39: 1-7. doi: 10.1016/j.ptsp.2019.06.002. PMID: 31202142.
9. Simpson JD, Stewart EM, **Rendos NK**, Cosio-Lima L, Wilson SJ, Macias DM, Chander H, Knight AC. Anticipating Ankle Inversion Perturbations during a Single-Leg Drop Landing Alters Ankle Joint and Impact Kinetics. *Human Movement Science*. 2019; 66: 22-30. doi: 10.1016/j.humov.2019.03.015. PMID: 30908960.
10. Hendawi TK, **Rendos NK**, Warrell CS, Hackel JG, Jordan SE, Andrews JR, Ostrander RV. Medial Elbow Stability Assessment after Ultrasound Guided Ulnar Collateral Ligament Transection in a Cadaveric Model: Ultrasound vs. Stress Radiography. *Journal of Shoulder and Elbow Surgery*. 2019; 28(6): 1154-1158. doi: 10.1016/j.jse.2018.11.060. PMID: 30770313.
11. **Rendos NK**, Harriell K, Qazi S, Regis RC, Alipio TC, Signorile JF. Variations in Verbal Encouragement Modify Isokinetic Performance. *Journal of Strength and Conditioning Research*. 2019; 33(3): 708-716. doi: 10.1519/JSC.0000000000002998. PMID: 30589722.
12. **Rendos NK**, Jun H, Pickett NM, Lew Feirman K, Harriell K, Lee SY, Signorile JF. Acute Effects of Whole Body Vibration on Balance in Persons with and without Chronic Ankle Instability. *Research in Sports Medicine*. 2017; 25(4): 391-407. doi: 10.1080/15438627.2017.1365299. PMID: 28799810.
13. Signorile JF, **Rendos NK**, Heredia Vargas HH, Alipio TC, Regis RC, Eltoukhy MM, Nargund RS, Romero MA. Differences in Muscle Activation and Kinematics between Cable-Based and Selectorized Weight Training. *Journal of Strength and Conditioning Research*. 2017;31(2):313-322. doi: 10.1519/JSC.0000000000001493. PMID: 28129277.
14. **Rendos NK**, Heredia Vargas HM, Alipio TC, Regis RC, Romero MA, Signorile JF. Differences in Muscle Activity during Cable Resistance Training are Influenced by Variations in Handle Types. *Journal of Strength and Conditioning Research*. 2016; 30(7): 2001-2009. doi: 10.1519/JSC.0000000000001293. PMID: 26694502.

15. **Rendos NK**, Musto A, Signorile JF. Interactive Effects of Body Position and Perceived Exertion during Spinning Exercises. *Journal of Strength and Conditioning Research*. 2015; 29(3): 692-699. doi: 10.1519/JSC.0000000000000699. PMID: 25226336.
16. **Rendos NK**, Harrison B, Sauer L, Dicharry J, Hart JM. Sagittal plane kinematics during the transition run in triathletes. *Journal of Science and Medicine in Sport*. 2013; 16(3): 259-265. doi: 10.1016/j.jsams.2012.06.007. PMID: 22819075.

Manuscripts in Review

1. **Rendos NK**, Wilburn CM. Exercise Science Students as Research Participants in Faculty-Led Research: An Ethical Dilemma. *Journal of Academic Ethics*. [In Review].

Manuscripts in Preparation

1. **Rendos NK**, Rosenberg MC, Kesar TM. Reliability and Validity of the 3-Sensor loadsol® Insole in Able-Bodied and Post-Stroke Populations: A Curve and Time-Series Analysis. Target Journal: *Gait & Posture*. [In Preparation].
2. **Rendos NK**, Wilson JM, Kesar TM. Feasibility of an In-Shoe Sensor to Deliver Propulsion Biofeedback during Gait in Able-Bodied and Gait Impaired Populations. Target Journal: *Gait & Posture*. [In Preparation].
3. **Rendos NK**, Alam Z, Vargas AM, Kesar TM. The Effect of Propulsion Biofeedback on the Timing of Biomechanical Variables in Individuals with Post-Stroke Hemiparesis. Target Journal: *Gait & Posture*. [In Preparation].
4. **Rendos NK**, Simpson JD, Makaanjuola J, Franz JR, Rogozinski BM, Kesar TM. Modulation of Ankle Quasi-Stiffness with Propulsion Gait Biofeedback in Able-Bodied and Post-Stroke Individuals: A Pilot Investigation. Target Journal: *Gait & Posture*. [In Preparation].
5. **Rendos NK**, Eltoukhy M, Smith WN, Kuenze CM, Signorile JF. Identification of Musculoskeletal Sling Systems in High Economy and Low Economy Runners. Target Journal: *Medicine and Science in Sports and Exercise*. [In Preparation].
6. **Rendos NK**, Harriell K, Lew Feirman K, Potiaumpai M, Simpson JD, Ajibewa TA, Signorile JF. Field and Laboratory Tests of Static and Dynamic Balance: Can they be used interchangeably?. *Journal of Sport Rehabilitation*. [In Preparation].
7. **Rendos NK**, Simpson JD, Becourtney SF, Signorile JF. Comparative Recovery Periods in Men and Women to Optimize Post-Activation Potentiation. Target Journal: *Journal of Strength and Conditioning Research*. [In Preparation].
8. Simpson JD, Thompson TW, **Rendos NK**, Koldenhoven RM, Kim H, Harry JR. Phase-Specific Force and Time Parameters During Vertical Hopping in Chronic Ankle Instability. *Journal of Athletic Training*. [In Preparation].

Published Abstracts

1. **Rendos NK**, Alam Z, Kesar TM. Use of an Instrumented In-Shoe Sensor for Propulsion Biofeedback in Able-Bodied and Gait-Impaired Individuals. *Medicine and Science in Sports and Exercise*. 2024; 56(10s): 569. doi: 10.1249/01.mss.0001057580.18351.b3.
2. **Rendos NK**, Alam Z, Kesar TM. Use of an Instrumented In-Shoe Sensor for Propulsion Biofeedback in Able-Bodied and Gait Impaired Adults. *International Journal of Exercise Science*. 2024; 16(3): 274.
3. **Rendos N**, Christianson H, Proppe B, Mould O, Kesar T. Feasibility of an In-shoe Sensor to Deliver Propulsion Biofeedback during Gait. *Archives of Physical Medicine and Rehabilitation*. 2024; 105(4) E33. doi: 10.1016/j.apmr.2024.02.091.
4. **Rendos NK**, Rosenberg MC, Tarnacki E, Badel N, Ogbonna N, Bufkin K, Kesar TM. Reliability and Validity of the 3-Sensor Loadsol Insole: A Time-Series Analysis. *Medicine and Science in Sports and Exercise*. 2023; 55(9S): S219. 65-66. doi: 10.1249/01.mss.0000980320.87961.f6.
5. **Rendos NK**, Simpson JD, Kim H, Harry JR. Phase-Specific Force and Time Metrics during Vertical Hopping in Chronic Ankle Instability. *Medicine and Science in Sports and Exercise*. 2022; 54(9S): S873 210-211.
6. **Rendos NK**, Simpson JD, Kim H, Harry JR. Phase-Specific Force and Time Metrics of Vertical Hopping in Chronic Ankle Instability. *International Journal of Exercise Science*. 2022; 16(1): 191.
7. Parten A, Simpson JD, Waldman H, **Rendos NK**, Kim H, Harry JR. Center of Mass Dynamics and Performance of Vertical Hopping in Females with Chronic Ankle Instability. *International Journal of Exercise Science*. 2022; 16(1): 187.
8. Simpson JD, **Rendos NK**, Kim H, Harry JR. Single-Subject Analysis of Phase-Specific Force and Time Variables during Hopping in Chronic Ankle Instability. *International Journal of Exercise Science*. 2022; 16(1): 181.
9. Alam Z, **Rendos NK**, Rogozinski BM, Goldman A, Grewal A, Hart S, Kesar TM. Timing of Propulsion-Related Biomechanical Variables is Impaired in Individuals with Post-Stroke Hemiparesis. *Archives of Physical Medicine and Rehabilitation*. 2020; 101(11): e60. doi: 10.1016/j.apmr.2020.09.179.
10. **Rendos NK**, Bailey CF, Wilson SJ, Chander H, Simpson JD. Gathering Your ‘Sea Legs’: Changes in Postural Control Following Extended Duration in An Offshore Environment. *Medicine and Science in Sports and Exercise*. 2020; 52(5 Suppl): S3440.
11. **Rendos NK**, Eltoukhy M, Smith WN, Kuenze CM, Signorile JF. Muscle Activation Characteristics of the Posterior Oblique Sling System in High and Low Economy Runners. *Medicine and Science in Sports and Exercise*. 2018; 49(5 Suppl): S250.
12. Anz AW, Hansen DR, Warrell CS, Christensen KD, Parsa RS, Plummer HA, Stelly JM, **Rendos NK**. Environmental Mobilization of Hematopoietic Stem Cells with Exercise, Compression, and Cooling. *Medicine and Science in Sports and Exercise*. 2018; 49(5 Suppl): S1688.
13. **Rendos NK**, Regis RC, Alipio TC, Harriell K, Signorile JF. Variations in Verbal Encouragement Modify Isokinetic Performance at High Speeds. *Medicine and Science in Sports and Exercise*. 2017; 49(5 Suppl): S3348.

14. **Rendos NK**, Eltoukhy M, Smith WN, Kuenze CM, Asfour SS, Signorile JF. Identification of Sling Systems in High Economy and Low Economy Runners. *Medicine and Science in Sports and Exercise*. 2016; 48 (5 Suppl): S3850.
15. Becourtney SF, **Rendos NK**, Signorile JF. Comparative Recovery Periods in Men and Women to Optimize Post-Activation Potentiation via the Back Squat. *Medicine and Science in Sports and Exercise*. 2016; 48 (5 Suppl): S3814.
16. Price AA, Miller MD, **Rendos NK**. If you build it will they come? HBCU Student Usage of a New Recreation Facility. *Medicine and Science in Sports and Exercise*. 2016; 48 (5 Suppl): S3809.
17. Richardson ME, **Rendos NK**, Eltoukhy M, Signorile JF. Comparative Impacts of Plate-Loaded and Cable Resistance Machines on Muscle Activity and Joint Kinematics. *Medicine and Science in Sports and Exercise*. 2016; 48 (5 Suppl): S1690.
18. **Rendos NK**, Kuenze C, Eltoukhy M, Travascio F, Jun H, Asfour S, Signorile JF. Tortuosity as a Novel Assessment Tool of Dynamic Balance. *Medicine and Science in Sports and Exercise*. 2015; 47 (5 Suppl): S2068.
19. **Rendos NK**, Harriell K, Downen KL, Balachandran AT, Jun H, Signorile JF. Comparison of Laboratory and Field Balance Tests in Healthy Adults. *Medicine and Science in Sports and Exercise*. 2014; 46 (5 Suppl). S2552.
20. **Rendos NK**, Musto A, Signorile JF. Interactive Effects of Body Position and Resistance on Muscle Activation and Cardiorespiratory Response during Spinning®. *Journal of Athletic Training*. 2013; 48(3 Suppl): S157.
21. **Rendos NK**, Musto A, Signorile J. Interactive Effects of Body Position and Resistance on Metabolic Variables during Studio Cycling Exercises. *Medicine and Science in Sports and Exercise*. 2013; 45(5 Suppl): S588.
22. Harrison BC, **Rendos N**, Dicharry JM, Weltman AL, Hertel J, Hart JM. Changes to Frontal and Transverse Plane Lumbo-Pelvic-Hip Running Biomechanics Following Cycling in Triathletes. *Journal of Athletic Training*. 2011; 46(3 Suppl): S-84.
23. **Rendos NK**, Harrison BC, Sauer LD, Dicharry JM, Hart JM. Sagittal Plane Kinematics During the Transition Run in Triathletes. *Medicine and Science in Sports and Exercise*. 2011; 43(5 Suppl): S840.
24. Harrison BC, **Rendos NK**, Weltman AL, Hertel J, Hart JM. No Relationship between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a Transition Run in Triathletes. *Medicine and Science in Sports and Exercise*. 2011; 43(5 Suppl): S2519.

Non-Refereed Publications

1. Speer CG, **Rendos NK**, Amalfetano NA, Rushing C, Buchman J. Associations Among Lower Extremity Injury Incidence and Running Habits in Recreational Runners. *Current Pedorthics*. May/June 2016; 48(3): 33-35.

2. **Rendos NK.** Identification of Sling Systems in High Economy and Low Economy Runners. *Open Access Dissertations.* 2015; 1539.
https://scholarlyrepository.miami.edu/oa_dissertations/1539

PRESENTATIONS

Refereed Abstract Presentations

1. **Rendos NK,** Wilson JM, Alam Z, Kesar TM. Real-Time Biofeedback Targeting Propulsive Magnitude Modulates Timing of Propulsion-Related Variables in Individuals with Post-Stroke Hemiparesis. ORAL PRESENTATION. Gait & Clinical Movement Analysis Society Annual Meeting. Atlanta, GA. June 2024.
2. **Rendos NK,** Alam Z, Kesar TM. Use of an Instrumented In-Shoe Sensor for Propulsion Biofeedback in Able-Bodied and Gait-Impaired Individuals. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Boston, MA. May 2024.
3. **Rendos NK,** Alam Z, Kesar TM. Use of an Instrumented In-Shoe Sensor for Propulsion Biofeedback in Able-Bodied and Gait-Impaired Adults. ORAL PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2024.
4. **Rendos NK,** Christianson HJ, Proppe B, Mould OH, Kesar TM. Feasibility of an In-Shoe Sensor to Deliver Propulsion Biofeedback during Gait. ORAL PRESENTATION. American Congress of Rehabilitation Medicine Annual Conference. Atlanta, GA. November 2023.
5. **Rendos NK,** Rosenberg MC, Kesar TM. Reliability and Validity of the 3-Sensor loadsol® Insole in Post-Stroke Participants: A Curve and Time-Series Analysis. POSTER PRESENTATION. American Society of Biomechanics Annual Meeting. Knoxville, TN. August 2023.
6. **Rendos NK,** Rosenberg MC, Tarnacki E, Badel N, Ogbonna N, Bufkin K, Kesar TM. Reliability and Validity of the 3-Sensor loadsol® Insole: A Time-Series Analysis. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Denver, CO. May 2023.
7. **Rendos NK,** Alam Z, Vargas AM, Makanjuola J, Kesar TM. The Effect of Propulsion Biofeedback on the Timing of Propulsion-Related Biomechanical Variables. POSTER PRESENTATION. North American Congress on Biomechanics. Ottawa, CAN. August 2022.
8. **Rendos NK,** Simpson JD, Kim H, Harry JR. Phase-Specific Force and Time Metrics During Vertical Hopping in Chronic Ankle Instability. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. San Diego, CA. June 2022.
9. **Rendos NK,** Simpson JD, Kim H, Harry JR. Phase-Specific Force and Time Metrics of Vertical Hopping in Chronic Ankle Instability. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2022.
10. Grozier CD, Parten A, Simpson JD, Waldman H, **Rendos NK,** Kim H, Harry JR. Center of Mass Dynamics and Performance of Vertical Hopping in Females with Chronic Ankle Instability. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2022.

11. Simpson JD, **Rendos NK**, Kim H, Harry JR. Single-Subject Analysis of Phase-Specific Force and Time Variables during Vertical Hopping in Chronic Ankle Instability. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2022.
12. **Rendos NK**, Makanjuola J, Simpson JD, Rogozinski BM, Kesar TM. Paretic Ankle Quasi-Stiffness in Individuals Post-Stroke and Relationship to Gait Impairments. POSTER PRESENTATION. American Physical Therapy Association Combined Sections Meeting. Orlando, FL. Virtual Meeting due to COVID-19. February 2021.
13. Alam Z, **Rendos NK**, Rogozinski BM, Goldman A, Grewal A, Hart S, Kesar TM. Timing of Propulsion-Related Biomechanical Variables is Impaired in Individuals with Post-Stroke Hemiparesis. POSTER PRESENTATION. American Congress of Rehabilitation Medicine. Atlanta, GA. Virtual Meeting due to COVID-19. October, 2020.
14. **Rendos NK**, Makanjuola J, Liu J, Simpson JD, Rogozinski BM, Wolf SL, Kesar TM. Real-Time Gait Biofeedback Improves Propulsion-Related Biomechanical Variables in Individuals Post-Stroke. POSTER PRESENTATION. National Institutes of Health Rehabilitation Research 2020: Envisioning a Functional Future. Virtual Meeting due to COVID-19. October 2020.
15. **Rendos NK**, Simpson JD, Alam Z, Grewal A, Goldman A, Hart S, Rogozinski BM, Kesar TM. Real-Time Gait Biofeedback Enhances Dynamic Ankle Stiffness and Propulsion in Healthy and Post-Stroke Participants. PODIUM PRESENTATION. American Society of Biomechanics Annual Meeting. Atlanta, GA. Virtual Meeting due to COVID-19. August 2020.
16. **Rendos NK**, Zajac-Cox L, Thomas R, Sato S, Eicholtz S, Kesar TM. Verbal Instructions and Feedback Enhance Motor Learning During Post-Stroke Gait Retraining. POSTER PRESENTATION. American Society of Biomechanics Annual Meeting. Atlanta, GA. Virtual Meeting due to COVID-19. August 2020.
17. **Rendos NK**, Bailey CF, Wilson SJ, Chander H, Simpson JD. Gathering Your ‘Sea Legs’: Changes in Postural Control Following Extended Duration in An Offshore Environment. Accepted for presentation at the American College of Sports Medicine 67th Annual Meeting. San Francisco, CA. Conference Canceled due to COVID-19. May 2020.
18. Weaver JF, Bailey CF, Grozier CD, Lehtola KN, Cagle GK, Wilson SJ, Chander HC, **Rendos NK**, Simpson JD. Age-Related Changes in Postural Control After Exposure to an Offshore Environment. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Jacksonville, FL. February 2020.
19. Grozier CD, Baily CF, Lehtola KN, Cagle GK, Weaver JF, Wilson SJ, Chander HC, **Rendos NK**, Simpson JD. Postural Sway Variability Increases After a Deep Sea Fishing Excursion: A Field-Based Study. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Jacksonville, FL. February 2020.
20. Bailey CF, Lehtola KN, Grozier CD, Cagle GK, Weaver JF, Wilson SJ, Chander HC, **Rendos NK**, Simpson JD. Gathering Your ‘Sea Legs’: Extended Duration in an Offshore Environment Increases Postural Sway. THEMATIC POSTER PRESENTATION. Undergraduate Award 2nd Place Winner. American College of Sports Medicine Southeast Chapter Annual Meeting. Jacksonville, FL. February 2020.

21. Cagle GK, **Rendos NK**, Koldenhoven RM, Wilson SJ, Stewart EM, Turner AJ, Chander HC, Knight AC, Simpson JD. Ankle Kinematics During Inversion Perturbations in Subjects with Chronic Ankle Instability. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Jacksonville, FL. February 2020.
22. Simpson JD, **Rendos NK**, Koldenhoven RM, Wilson SJ, Stewart EM, Turner AJ, Chander HC, Knight AC. Knee and Hip Kinematics in Individuals with Chronic Ankle Instability During Single-Leg Drop Landings. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Jacksonville, FL. February 2020.
23. Simpson JD, **Rendos NK**, Stewart EM, Koldenhoven RM, Macias DM, Wilson SJ, Chander H, Knight AC. Single Leg Drop-Landing Strategies during Unanticipated and Anticipated Ankle Inversion Perturbations in Participants with Chronic Ankle Instability. POSTER PRESENTATION. International Ankle Symposium. Amsterdam, Netherlands. October 2019.
24. Simpson JD, Stewart EM, Turner AJ, **Rendos NK**, Cosio-Lima L, Chander H, Knight AC. Chronic Ankle Instability Alters Spatiotemporal Postural Control when Performing a Lateral Step Down Test. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2019.
25. Grammer EE, Simpson JD, Cosio-Lima L, Lee Y, **Rendos NK**, Stewart EM, Chandler H, Knight AC. Latency of the Peroneus Longus and Peroneus Brevis during Unexpected and Expected Inversion Perturbations. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2019.
26. Lewis JT, Simpson JD, **Rendos NK**, Lee Y, Cosio-Lima L, Stewart EM, Chander H, Knight AC. Assessment of Ankle Muscle Activity during Unexpected and Expected Inversion Perturbations. THEMATIC POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2019.
27. Arnett JE, Simpson JD, Cosio-Lima L, Lee Y, **Rendos NK**, Stewart EM, Chander H, Knight AC. Ground Reaction Forces during Single-Leg Drop Landings on an Inverted Surface. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2019.
28. Speer CG, **Rendos NK**, Burns PR. Complications Following Total Versus Partial Digital Amputation. POSTER PRESENTATION. American College of Foot and Ankle Surgeons Annual Scientific Conference. New Orleans, LA. February 2019.
29. Speer CG, **Rendos NK**, Burns PR. Complications Following Total Versus Partial Digital Amputation. POSTER PRESENTATION. 2nd Place Winner Abstract Competition. 13th Annual International External Fixation Symposium. San Antonio, TX. December 2018.
30. Kohner A, Christensen KD, **Rendos NK**, Hansen DR, Plummer HA, Anz AW. Environmental Mobilization of Hematopoietic Stem Cells with Exercise, Compression, and Cooling using the VasperTM Training System. ORAL PRESENTATION. 2018 Tactical Athlete Human Factors Summit. Auburn, Alabama. September 2018.
31. Plummer HA, **Rendos NK**, Kohner A, Chapman G, Goodlett MD, Anz AW. Quantification of Hematopoietic Stem Cell Peripheral Circulation after Acute Resistance Exercise with Vascular

Restriction using the Delfi Tourniquet System. ORAL PRESENTATION. 2018 Tactical Athlete Human Factors Summit. Auburn, Alabama. September 2018.

32. **Rendos NK**, Eltoukhy M, Smith WN, Kuenze CM, Signorile JF. Muscle Activation Characteristics of the Posterior Oblique Sling System in High and Low Economy Runners. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018.
33. Anz AW, Hansen DR, Warrell CS, Christensen KD, Parsa RS, Plummer HA, Stelly JM, **Rendos NK**. Environmental Mobilization of Hematopoietic Stem Cells with Exercise, Compression, and Cooling. ORAL PRESENTATION. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018.
34. Anz AW, Hansen DR, Christensen KD, Warrell CS, Parsa RS, Plummer HA, Stelly JM, **Rendos NK**. Environmental Mobilization of Hematopoietic Stem Cells with Exercise, Compression, and Cooling. POSTER PRESENTATION. AAOS Optimizing Clinical Use of Biologics in Orthopaedic Surgery. Stanford, CA. February 2018.
35. McPherson LM, Wilson JM, **Rendos NK**, Powers RK, Heckman C, Thompson CK. The Distribution of Motoneuron Excitability among Upper Extremity Motor Pools. POSTER PRESENTATION. Society for Neuroscience Annual Meeting. Washington, DC. November 2017. Published as Program No. 598.04. 2017 Neuroscience Meeting Planner. Washington, DC: Society for Neuroscience, 2017. Online.
36. McPherson LM, Negro F, Thompson CK, **Rendos NK**, Farina D, Heckman CJ, Dewald JP. Motor Unit Rate Modulation Differs Among Proximal and Distal Muscles of the Upper Limb in Healthy and Post-Stroke Individuals. POSTER PRESENTATION. Progress in Motor Control XI. Miami, FL. July 2017.
37. **Rendos NK**, Regis RC, Alipio TC, Harriell K, Signorile JF. Variations in Verbal Encouragement Modify Isokinetic Performance at High Speeds. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Denver, Colorado. June 2017.
38. Miller MD, Clemons K, **Rendos NK**, Price AA. Health Behaviors of African American College Students: Health Majors versus Non-Health Majors. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, South Carolina. February 2017.
39. **Rendos NK**, Eltoukhy M, Smith WN, Kuenze CM, Asfour SS, Signorile JF. Identification of Sling Systems in High Economy and Low Economy Runners. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Boston, Massachusetts. June 2016.
40. Becourtney SF, **Rendos NK**, Signorile JF. Comparative Recovery Periods in Men and Women to Optimize Post-Activation Potentiation via the Back Squat. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Boston, Massachusetts. June 2016.
41. Price AA, Miller MD, **Rendos NK**. If you build it will they come? HBCU Student Usage of a New Recreation Facility. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Boston, Massachusetts. June 2016.

42. Richardson ME, **Rendos NK**, Eltoukhy M, Signorile JF. Comparative Impacts of Plate-Loaded and Cable Resistance Machines on Muscle Activity and Joint Kinematics. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Boston, Massachusetts. June 2016.
43. **Rendos NK**, Eltoukhy M, Smith WN, Signorile JF. Variance in Muscular Sling Systems between High Economy and Low Economy Recreational Runners. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, South Carolina, February 2016.
44. Becourtney SF, **Rendos NK**, Signorile JF. Comparative Recovery Periods in Men and Women to Optimize Post-Activation Potentiation via the Back Squat. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, South Carolina. February 2016.
45. Miller MD, **Rendos NK**, Price AA. Examining College Student Usage of a New Campus Gym Facility at a Minority Serving Institution. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, South Carolina. February 2016.
46. Bailey GA, **Rendos NK**, Price AA. Meal Characteristics and Eating Behaviors of Females during the First Year of College. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, South Carolina. February 2016.
47. Speer CG, **Rendos NK**, Amalfetano NA, Rushing CJ, Buchman J. Associations among Lower Extremity Injury Incidence and Running Habits in Recreational Runners. POSTER PRESENTATION. American Podiatric Medical Association Annual Scientific Meeting. Orlando, Florida. July 2015.
48. **Rendos NK**, Kuenze C, Eltoukhy M, Travascio F, Jun H, Asfour S, Signorile JF. Tortuosity as a Novel Assessment Tool of Dynamic Balance. THEMATIC POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. San Diego, California. May 2015.
49. **Rendos NK**, Harriell K, Dowen KL, Balachandran AT, Jun H, Signorile JF. Comparison of Laboratory and Field Balance Tests in Healthy Adults. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Orlando, Florida. May 2014.
50. **Rendos NK**, Musto A, Signorile JF. Interactive Effects of Body Position and Resistance on Muscle Activation and Cardiorespiratory Response during Spinning®. POSTER PRESENTATION. National Athletic Trainers' Association Annual Meeting & Clinical Symposia. Las Vegas, Nevada. June 2013.
51. **Rendos NK**, Musto A, Signorile J. Interactive Effects of Body Position and Resistance on Metabolic Variables during Studio Cycling Exercises. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Indianapolis, Indiana. May 2013.
52. **Rendos NK**, Harrison BC, Dicharry JM, Watt JR, Hart JM. Altered Movement Patterns when Running Following Cycling in Trained Triathletes. ORAL PRESENTATION. Southeast Athletic Trainers' Association Clinical Symposium & Members Meeting. Atlanta, Georgia. March 2012.
53. Harrison BC, **Rendos N**, Dicharry JM, Weltman AL, Hertel J, Hart JM. Changes to Frontal and Transverse Plane Lumbo-Pelvic-Hip Running Biomechanics Following Cycling in Triathletes.

ORAL PRESENTATION. National Athletic Trainers' Association Annual Meeting & Clinical Symposia. New Orleans, Louisiana. June 2011.

54. **Rendos NK**, Harrison BC, Sauer LD, Dicharry JM, Hart JM. Sagittal Plane Kinematics During the Transition Run in Triathletes. ORAL PRESENTATION. American College of Sports Medicine Annual Meeting. Denver, Colorado. June 2011.
55. Harrison BC, **Rendos NK**, Weltman AL, Hertel J, Hart JM. No Relationship between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a Transition Run in Triathletes. POSTER PRESENTATION. American College of Sports Medicine Annual Meeting. Denver, Colorado. June 2011.
56. Harrison BC, **Rendos NK**, Weltman AL, Hertel J, Hart JM. No Relationship between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a Transition Run in Triathletes. POSTER PRESENTATION. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, South Carolina. February 2011.

Refereed Symposia and Tutorial Presentations

1. **Rendos NK**, Wilburn CM, Adlou B, Turner AJ, Griffith A, Jacobs MV, Samaan MA. You Just Graduated. Now What? A Glimpse at Careers in Industry. To be presented at the American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2025.
2. Collins CA, Collins AM, Denton EM, Fretti S, **Rendos NK**, Schafer MA, Edwards ES, Franco RL, Kappus RM, Wadsworth DD, Anderson S, Battista RA. Pulling Back the Curtain on Academia and Research: Utilizing Mentorship as a Critical Tool. To be presented at the American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2025.
3. Kesar TM, **Rendos NK**, Wolf, S. Biofeedback for Rehabilitation of Walking Post-Stroke: Past, Present, and Future. SYMPOSIUM. American Congress of Rehabilitation Medicine. Atlanta, GA. Virtual Meeting due to COVID-19. October 2020.
4. **Rendos NK**. Assessment and Evaluation of Predisposing Factors to Anterior Cruciate Ligament Injury. ORAL PRESENTATION. West Virginia Athletic Trainers' Association Annual Sports Medicine Conference. Charleston, WV. February 2009.

Refereed Abstracts In Review

1. **Rendos NK**, Wilson JM, Jakubowski KL, Leeds E, Spencer A, Lyle M. Can Shoes Be Worn When Testing Measures Of Passive Ankle Stiffness?. Submitted to the American College of Sports Medicine Annual Meeting. Atlanta, GA. May 2025. [IN REVIEW].

Invited Seminar Presentations

1. **Rendos NK**. Gait Function in Diabetic Peripheral Neuropathy: Clinical Implications and Potential Interventions. Emory Global Diabetes Research Center and Georgia Center for Diabetes Translation Research. February 2024.

2. **Rendos NK.** Biofeedback for the Treatment of Walking Function in Individuals with Diabetic Peripheral Neuropathy. Grand Rounds. Division of Endocrinology, Metabolism & Lipids. Emory University School of Medicine. Atlanta, GA. January 2022.

Non-Refereed Abstract Presentations

1. Leeds E, Spencer A, Wilson JM, Jakubowski KL, Lyle M, **Rendos NK.** Test-Retest Reliability of Passive Ankle Stiffness in Barefoot and Shod Conditions. Emory University Department of Rehabilitation Medicine Division of Physical Therapy Scientific Poster Presentations. Atlanta, GA. May 2024.
2. Gabbidon GO, Hsu H, Fulk GD, **Rendos NK.** Relationship Between Physical Activity and Sleep Quality in Young Adults. Emory University Department of Rehabilitation Medicine Division of Physical Therapy Scientific Poster Presentations. Atlanta, GA. May 2024.
3. Christianson H, Mould O, Proppe B, Kesar TM, **Rendos NK.** Validation of an In-Shoe Sensor for Propulsion Biofeedback in Individuals Post-Stroke and with Diabetic Peripheral Neuropathy. Emory University Department of Rehabilitation Medicine Division of Physical Therapy Scientific Poster Presentations. Atlanta, GA. April 2023.
4. Badel N, Bufkin K, Ogbonna N, Tarnacki E, Kesar TM, **Rendos NK.** Reliability, Validity, and Feasibility of the Loadsol to Deliver Propulsive Biofeedback in Able-Bodied Individuals. Emory University Department of Rehabilitation Medicine Division of Physical Therapy Scientific Poster Presentations. Atlanta, GA. May 2022.
5. Chan B, Lionberger G, Spraker J, **Rendos NK,** Wolf S, Kesar TM. Evaluation of the Loadsol Insole for Gait Measurement and Biofeedback. Emory University Department of Rehabilitation Medicine Division of Physical Therapy Scientific Poster Presentations. Atlanta, GA. May 2021.
6. Lehtola K, **Rendos NK,** Simpson JD. Feelin' the Motion of the Ocean: Age-Related Changes in Postural Control Variability Following an Extended Duration in a Marine Environment. University of West Florida Summer Scholars Symposium. Pensacola, FL. August 2019.
7. Bailey C, Grozier G, **Rendos NK,** Simpson JD. Gathering Your 'Sea Legs': Examining the Effect of Prolonged Exposure to Boat Translations at Sea on Human Postural Control. University of West Florida Summer Scholars Symposium. Pensacola, FL. August 2019.
8. Chapman G, **Rendos NK,** Plummer HA, Goodlett M, Esposito D, Opitz T, Anz AW. Quantification of Hematopoietic Stem Cells in Peripheral Circulation after Acute Resistance Exercise with Vascular Restriction using the Delfi Tourniquet System. Sports Medicine Fellowship Conference. Andrews Research and Education Foundation. Gulf Breeze, FL. June 2018.
9. Christensen K, **Rendos NK,** Plummer HA, Hansen D, Warrell C, Parsa R, Stelly J, Anz AW. Environmental Mobilization of Hematopoietic Stem Cells with Exercise, Compression, and Cooling. Sports Medicine Fellowship Conference. Andrews Research and Education Foundation. Gulf Breeze, FL. June 2018.
10. Gonzalez JA, Kindle BJ, Hackel J, **Rendos NK,** Jordan SE. Precision of Dynamic Ultrasound in the Assessment of the Ulnar Collateral Ligament. Sports Medicine Fellowship Conference. Andrews Research and Education Foundation. Gulf Breeze, FL. June 2018.

11. Maxwell D, Clark M, **Rendos NK**, Nilssen E, Kohner A, Murawski D. Evaluation of Bilateral Asymptomatic Ankle Syndesmosis using Weight-Bearing Computerized Tomography. Sports Medicine Fellowship Conference. Andrews Research and Education Foundation. Gulf Breeze, FL. June 2018.
12. **Rendos NK**, Musto A, Signorile JF. The Effects of Body Position and Resistance on Metabolic Variables during Spinning® Exercises. University of Miami Department of Kinesiology and Sport Sciences Graduate Research Seminar. Coral Gables, FL. October 2012.

Invited and Guest Lectures

1. **Rendos NK**. Exercise Stress Testing, Exercise Prescription, and Metabolic Testing Laboratory. General Medical Conditions (DPT 755). Division of Physical Therapy, Department of Rehabilitation Medicine. Emory University School of Medicine. Atlanta, GA. January 2024.
2. **Rendos NK**. Exercise Stress Testing, Exercise Prescription, and Metabolic Testing Laboratory. General Medical Conditions (DPT 755). Division of Physical Therapy. Department of Rehabilitation Medicine. Emory University School of Medicine. Atlanta, GA. January 2023.
3. **Rendos NK**. Biomechanics in the Real World: Stepping Away from the Lab. Biomechanics (KINS 4200). Department of Kinesiology, University of Georgia, Athens, GA. November 2022.
4. **Rendos NK**. Biomechanics in the Real World: From Lab to Clinic to Beach. Biomechanics (KINS 4200). Department of Kinesiology, University of Georgia. Athens, GA. April 2022.
5. **Rendos NK**. Exercise Stress Testing, Exercise Prescription, and Metabolic Testing Laboratory. General Medical Conditions (DPT 755). Division of Physical Therapy. Department of Rehabilitation Medicine. Emory University School of Medicine. Atlanta, GA. January 2022.
6. **Rendos NK**. Exercise Stress Testing and Exercise Prescription. General Medical Conditions (DPT 755). Division of Physical Therapy. Department of Rehabilitation Medicine. Emory University School of Medicine. Atlanta, GA. January 2021.
7. **Rendos NK**. Posture. Kinesiology and Biomechanics (DPT 715). Division of Physical Therapy. Department of Rehabilitation Medicine. Emory University School of Medicine. Atlanta, GA. August 2020.
8. **Rendos NK**. Introduction to Biomechanics. Introduction to Exercise Science (APK 2000). Department of Exercise Science and Community Health. University of West Florida. Pensacola, FL. October 2018.
9. **Rendos NK**. Benefits of Compression Garments in Endurance Athletes. South Florida Triathletes Team Hammerheads Monthly Meeting, Mack Cycle and Fitness, South Miami, FL. June 2013.
10. **Rendos NK**. Evidence Based Practice and its Impact on the Athletic Trainer. Athletic Training Education Program Monthly Meeting, University of Miami, Coral Gables, FL. October 2012.
11. **Rendos NK**. An Introduction to Evidenced-Based Sports Medicine: Asking Questions and Finding Clinical Evidence. Undergraduate Athletic Training Program (KIN 250). Department of Kinesiology and Sport Sciences. University of Miami. Coral Gables, FL. October 2012.

12. **Rendos NK.** An Introduction to Evidence-Based Sports Medicine. Athletic Training Education Program Monthly Meeting, University of Miami, Coral Gables, FL. November 2011.

INTERVIEWS AND CITATIONS

Published Interviews and Citations

1. The #1 Mistake Women Make In Spin Class. *Prevention Magazine*. July 2015: page 34.
2. Roberson L. What A Drag. *Men's Health Magazine*. January/February 2013: page 42.
3. Shaw J. Another Reason to Brick. *triathlete® Magazine*. December 2012: page 72.

Internet Citations

1. Hutchinson A. What Should You Yell to Encourage Runners? Science weighs in on the most performance-boosting cheers. *Runner's World*. [Internet]. July 5, 2017. Available from: <http://www.runnersworld.com/sweat-science/what-should-you-yell-to-encourage-runners>.
 - Estudo indica al melhor forma de incentivar um corredor na prova. *Ativo Brasil*. [Internet]. July 6, 2017. Available from: <https://www.ativo.com/corrida-de-rua/noticias/estudo-melhor-forma-incentivar-um-corredor/>. [Portuguese]
 - ¿Cual es el mayor grito para incentivar a un corredor? *Atletas Argentina*. [Internet]. July 3, 2017. Available from <http://www.atletas.info/running/mejor-forma-de-incentivar-a-un-corredor/>. [Spanish]
2. Hawgood E. It all comes with Practice and Experience! *The Tri Life*. [Internet]. October 10, 2016. Available from <https://thetrilifesite.wordpress.com/2016/10/10/it-all-comes-with-practice-and-experience/>.
3. Wolk V. 2 Big Mistakes You're Making in Spin Class. *Prevention Magazine*. [Internet]. April 8, 2015. Available from: <http://www.prevention.com/fitness/spin-class-mistake>.
 - 2 Grosses Erreurs que Vous faites Dans la Classe de Spin. [Internet]. March 23, 2016. Available from <http://u-can.site/2016/03/23/2-grosses-erreurs-que-vous-faites-dans-la-classe-de-spin/>. [French]
 - 2 Store Feil Du Gjør I Spinn Klasse. [Internet]. March 23, 2016. Available from <http://u-can.site/2016/03/23/2-store-feil-du-gjør-i-spinn-klasse/>. [Norwegian]
 - 2 Grandi Errori che stiamo Facendo In Classe di Spin. [Internet]. March 23, 2016. Available from <http://u-can.site/2016/03/23/2-grandi-errori-che-stiamo-facendo-in-classe-di-spin/>. [Italian]
 - 2 Stora Misstag Du Gör I Spin Klass. [Internet]. May 29, 2016. Available from <http://u-can.site/2016/05/29/2-stora-misstag-du-gör-i-spin-klass/>. [Swedish]
4. Chew2Live. 2 Big Mistakes You're Making in Spin Class. *Chew 2 Live*. [Internet]. April 8, 2015. Available from: chew2live.com/2-big-mistakes-youre-making-in-spin-class.
5. Dicharry J. Triathletes: don't let your cycling mess with your running!. *an athlete's body: train better. play better. race better*. [Internet]. June 6, 2013. Available from: <http://anathletesbody.com/2013/06/03/triathletes-dont-let-your-cycling-mess-with-your-running/>.

6. Shaw J. Another Reason to Brick. *Triathlete Europe Magazine*. [Internet]. January 9, 2013. Available from: [triathlete-europe.competitor.com/2013/01/09/another-reason-to-brick](http://www.competitor.com/2013/01/09/another-reason-to-brick).
7. Shaw J. Another Reason to Brick. *Triathlete Magazine*. [Internet]. December 1, 2012. Available from: http://www.competitor.com/2012/12/training/another-reason-to-brick_67356.

TEACHING EXPERIENCE

Undergraduate Courses

- APK3220L Biomechanical Basis of Movement Laboratory (Instructor of Record)
University of West Florida, Usha Kundu, MD College of Health, Department of
Movement Sciences and Health, Pensacola, FL
1 Credit
Summer 2019
- APK 3220 Biomechanical Basis of Movement (Instructor of Record)
University of West Florida, Usha Kundu, MD College of Health, Department of
Movement Sciences and Health, Pensacola, FL
3 Credits
Fall 2018, Spring 2019
- EXS 3321 Exercise Physiology (Instructor of Record)
Winston-Salem State University, School of Health Sciences, Department of Exercise
Physiology, Winston-Salem, NC
3 Credits
Spring 2016
- EXS 3315 Biomechanics (Instructor of Record)
Winston-Salem State University, School of Health Sciences, Department of Exercise
Physiology, Winston-Salem, NC
3 Credits
Spring 2016
- EXS 4334 Science of Resistance Training (Instructor of Record)
Winston-Salem State University, School of Health Sciences, Department of Exercise
Physiology, Winston-Salem, NC
3 Credits
Fall 2015
- EXS 3121 Exercise Physiology Lab (Instructor of Record)
Winston-Salem State University, School of Health Sciences, Department of Exercise
Physiology, Winston-Salem, NC
1 Credit
Fall 2015, Spring 2016
- KIN 234 Functional Human Anatomy (Instructor of Record)
University of Miami, School of Education and Human Development, Department of
Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits

Fall 2014, Spring 2015

- KIN 184 Athletic Sports Injuries (Instructor of Record)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits
Fall 2010, Spring 2012, Fall 2013, Spring 2014, Spring 2015
- KIN 443 Clinical Athletic Training Lab I (Instructor of Record)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits
Fall 2014
- KIN 230 Medical Terminology and Documentation (Instructor of Record)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
1 Credit
Fall 2014
- KIN 345 Kinesiology (Instructor of Record)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits
Spring 2013, Spring 2014
- KIN 465 Pharmacology (Instructor of Record)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
2 Credits
Fall 2011, Fall 2012, Fall 2013
- KIN 261 Orthopedic Assessment: Upper Extremity Lab (Teaching Assistant)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits
Spring 2011, Spring 2012, Spring 2013
- KIN 251 Orthopedic Assessment: Lower Extremity Lab (Co-Instructor)
University of Miami, School of Education and Human Development, Department of Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits
Fall 2012

Graduate Courses

- DPT 730 Systems Physiology: An Integrative Approach to the Study of Health and Disease (Co-Director)
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy
5 Credits

Fall 2023, Fall 2024

- DPT 835 Administration and Consultation in Healthcare (Faculty Advisor)
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy, Atlanta, GA
2 Credits
Spring 2022, Spring 2023
- DPT 982 Fundamentals of Strength and Conditioning (Course Instructor)
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy, Atlanta, GA
3 Credits
Spring 2022
- DPT 915 Clinical Research I (Research Advisor)
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy, Atlanta, GA
6 Credits
Fall 2020 - Fall 2024
- DPT 925 Clinical Research II (Research Advisor)
Emory University School of Medicine, Department of Rehabilitation Medicine, Division of Physical Therapy, Atlanta, GA
6 Credits
Spring 2021 – Spring 2024
- KIN 525 Advanced Kinesiology (Teaching Assistant)
University of Miami, School of Education, Department of Kinesiology and Sport Sciences, Coral Gables, FL
3 Credits
Spring 2011

SUPERVISORY TEACHING

Doctor of Physical Therapy Research Committees (student, *Chair/Advisor)

1. Caren J, Effinger C, Nguyen D, Kesar TM, **Rendos NK***. Propulsion and Plantar Pressure Biofeedback Effects on Gait in Individuals with Diabetic Peripheral Neuropathy. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine. Atlanta, GA. 2024-2025.
2. Buckmire M, Donahue K, Watts D, Jakubowski KL, **Rendos NK***. Ankle Stiffness and Its Contribution to Gait. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine. Atlanta, GA. 2024-2025.
3. Leeds E, Spencer A, Lyle M, Jakubowski KL, **Rendos NK***. Test-Retest Reliability of Passive Ankle Stiffness in Barefoot and Shod Conditions. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine. Atlanta, GA. 2023-2024.

4. Hsu H, Gabidon GO, Fulk G, **Rendos NK***. Relationship between Physical Activity and Sleep Quality in Young Adults. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine. Atlanta, GA. 2023-2024.
5. Christianson H, Mould O, Proppe B, Kesar TM, **Rendos NK***. Validation of an In-Shoe Sensor for Gait Biofeedback in Individuals with Diabetic Peripheral Neuropathy. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory School of Medicine, Atlanta, GA. 2022-2023.
6. Badel N, Bufkin K, Ogbonna N, Tarnacki E, Kesar TM, **Rendos NK***. Use of the Loadsol Insole for Gait Biofeedback in Older Adults and Persons with Diabetic Neuropathy. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory School of Medicine, Atlanta, GA. 2021-2022.
7. Chan B, Lionberger G, Spraker J, Wolf SL, **Rendos NK**, Kesar TM*. Evaluation and Validation of the Loadsol for Gait Biofeedback. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta, GA. 2020-2021.

Medical Fellow Research Committees (fellow, *Chair/Advisor)

1. Green M, Anz AW, Plummer HA, **Rendos NK***. Quantification of Peripheral Blood Products after Acute Exercise with Vascular Restriction using the B-Strong Tourniquet System. Orthopaedic Sports Medicine Fellowship. Andrews Research & Education Foundation, Gulf Breeze, FL. 2018-2019.
2. Christensen K, Anz AW, **Rendos NK***. Environmental Mobilization of Hematopoietic Stem Cells with Exercise, Compression, and Cooling. Orthopaedic Sports Medicine Fellowship. Andrews Research & Education Foundation. 2017 – 2018.
3. Chapman G, Anz AW, Plummer HA, **Rendos NK***. Quantification of Hematopoietic Stem Cell Peripheral Circulation After Acute Resistance Exercise with Vascular Restriction. Orthopaedic Sports Medicine Fellowship. Andrews Research & Education Foundation. 2017-2018.
4. Gonzalez JA, Hackel JG, Kindle BJ, Jordan SE, **Rendos NK***. Reliability of Dynamic Ultrasound in the Assessment of the Ulnar Collateral Ligament. Primary Care Sports Medicine Fellowship. Andrews Research & Education Foundation. 2017-2018.
5. Maxwell D, Murawski E, Nilssen E, Clark M, **Rendos NK***. Evaluation of Bilateral Asymptomatic Ankle Syndesmosis using Weight-Bearing Computerized Tomography. Orthopaedic Foot and Ankle Fellowship. Andrews Research & Education Foundation. 2017-2018.

Master's Thesis Committees (student, *Chair/Advisor)

1. Grammer E, Simpson JD, Brown L, **Rendos NK**, Cosio-Lima L*. Neuromuscular Control and Movement Variability in Adolescent Female Soccer Athletes during Simulated Soccer Jump Header Landing Task. University of West Florida. 2018-2019.
2. Dowen K, **Rendos NK**, Jun HP, Harriell K, Signorile JF*. Comparison of Dynamic, Static, Laboratory, and Field Balance Tasks in Healthy Adults. University of Miami. 2013.

3. Melnyk N, **Rendos NK**, Jun HP, Harriell K, Lew K, Lee SY, Signorile JF*. Immediate Effect of Whole Body Vibration on Static and Dynamic Postural Control Ability in those with and without Chronic Ankle Instability. University of Miami. 2013.

Undergraduate Honors Thesis Committees (student, *Chair/Advisor)

1. Schoenborn J, Wilson JM, **Rendos NK***. Active and Passive Components of Ankle Quasi-Stiffness in Healthy Young Adults. Emory University. 2024-2025.
2. Alam Z, Rogozinski B, **Rendos NK**, Kelly W, Kesar TM*. The Effect of Video Game Feedback on Propulsion Biomechanics: A Preliminary Investigation. Emory University. 2022-2023.
3. Gao R, Lui J, **Rendos NK**, Kesar TM*. Effects of Ankle Muscle Electrical Stimulation on Proximal Leg Biomechanics in Individuals Post-Stroke. Emory University. 2019-2020.
4. Miller MD, **Rendos NK**, Price AA*. Comparing the Health Behaviors of College Health Majors vs. Non-Health Majors. Winston-Salem State University. 2015-2016.
5. Becourtney SF, **Rendos NK**, Signorile SF*. Comparative Recovery Periods for Maximizing Post-Activation Potentiation in Experienced Male and Female Olympic Lifters. University of Miami. 2015-2016.

Other

1. Faculty Mentor: **Rendos NK**, Kesar TM, Davis BP. “Learning Community”. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta, GA. Doctor of Physical Therapy Students Class of 2027: Fiesta M, Fox M, Holmes C, Kooy S, Mehta R, White C, Wu Y. 2024-Present.
2. Faculty Mentor: **Rendos NK**, Kesar TM, Davis BP. “Learning Community”. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta, GA. Doctor of Physical Therapy Students Class of 2026: Droutman J, Kuba N, Ross-Perkins J, Sterling T, Yentz M. 2023-Present.
3. Faculty Mentor: **Rendos NK**, Kesar TM, Davis BP. “Learning Community”. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta, GA. Doctor of Physical Therapy Students Class of 2025: Dang S, Heaton A, James B, Nguyen D, Noel V, Oh H, Thompson E. 2022-Present.
4. Faculty Mentor: **Rendos NK**, Kesar TM, Davis BP. “Learning Community”. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta, GA. Doctor of Physical Therapy Students Class of 2024: Cai D, Gabbidon G, Karri M, Lucas E, Ntiasagwe O, Sadler G, Szczensy P. 2021-2024.
5. Faculty Mentor: **Rendos NK**, Kesar TM, Davis BP. “Learning Community”. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta, GA. Doctor of Physical Therapy Students Class of 2023: Brotzman B, Copetillo M, D’Costa A, Marsh S, Rockholt B. 2020-2023.
6. Faculty Mentor: **Rendos NK**, Kesar TM, Davis BP. “Learning Community”. Division of Physical Therapy, Department of Rehabilitation Medicine, Emory University School of Medicine, Atlanta,

GA. Doctor of Physical Therapy Students Class of 2022: Clenney R, Clouse S, Cocuzza T, Floryczyk V, Hamby M, Handac N, Henry K, Heyward M. 2020-2022.

PROFESSIONAL CERTIFICATIONS AND LICENSURE

- National Athletic Trainers' Association Board of Certification Certified Athletic Trainer (Certification #2000001210). 2009 – Present.
- Licensed Athletic Trainer, Florida Department of Health (License #AL 3174). 2011 – Present.
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist (Certification #201071818). 2010 – Present.
- League of American Bicyclists League Certified Instructor (#5339). 2016 – Present.
- USA Triathlon CAT 3 Certified Official. 2011 – Present.
- Spinning® Star 1 Certified Instructor (Instructor #1672047). 2010-2014.
- Licensed Athletic Trainer, Virginia Department of Health Professions (License #0126001468). 2009 – 2011.

AFFILIATIONS

- Member: American College of Sports Medicine (#684830). 2011-present
- Member: Southeast Chapter of American College of Sports Medicine 2011-present
 - Executive Board, Member At-Large 2021-2023
- Member: National Athletic Trainers' Association (#25610) 2006-present
- Member: Southeast Athletic Trainers' Association 2010-present
- Member: Athletic Trainers' Association of Florida 2010-present
- Member: Mid-Atlantic Athletic Trainers' Association 2006-2010
- Member: National Strength and Conditioning Association (#10-04-15-019) 2010-present
- Member: American Society of Biomechanics (#6340) 2019-present
- Member: American Physiological Society (#00181658) 2015-2020
- Member: International Society of Electrophysiology and Kinesiology 2016-2020
- Member: League of American Bicyclists (#51444243) 2016-present

PROFESSIONAL SERVICE ACTIVITIES

Professional Committee Membership

- President. American College of Sports Medicine Southeast Chapter Biomechanics Special Interest Group Executive Board. 2024-2027. President Elect 2024-2025, President 2025-2026, Past President 2026-2027.
- Committee Member. American Society of Biomechanics Membership Committee. New Member Subcommittee. 2024-2025.
- Committee Member. American Society of Biomechanics Diversity Committee. Policy Subcommittee. 2023-2025.
- Committee Member. American College of Sports Medicine Southeast Chapter Emily M. Haymes Mentoring Committee. 2023 – 2025.
- Committee Member. American College of Sports Medicine Southeast Chapter Student Bowl Committee. 2023- 2025.

- Member At-Large. American College of Sports Medicine Southeast Chapter Biomechanics Special Interest Group Executive Board. 2022-2024.
- Member At-Large, American College of Sports Medicine Southeast Chapter Executive Board. 2021 – 2023.
- Committee Member. Strategic Health Initiative on Women, Sport and Physical Activity. American College of Sports Medicine. 2020 – 2025.

Professional Service

- Abstract Reviewer for the 2025 Southeast Regional Clinical and Translational Science Conference. Pine Mountain, GA. February-March 2025.
- Abstract Reviewer for the 2025 American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2025.
- Mentor. Gait and Clinical Movement Analysis Society Mentorship Program. Mentee: Lauren Luginsland, University of South Florida, Tampa, FL. 2024-2025.
- Abstract Reviewer for the Gait and Clinical Movement Analysis Society Annual Meeting. Atlanta, GA. June 2024.
- Mentor. American College of Sports Medicine Southeast Chapter Leadership and Diversity Training Program. 2024-2025. Mentee: Jonathan Beausejour, University of Central Florida, Orlando, FL.
- Session Chair. Thinking Outside the Box: A Pragmatic Approach Toward Teaching Today's Exercise Science Students. Tutorial Session. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2024.
- Abstract Reviewer for the 2024 Southeast Regional Clinical and Translational Science Conference. Pine Mountain, GA. February 2024.
- Abstract Reviewer for the 2024 American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2024.
- Mentor. American Society of Biomechanics Mentor Match Program. 2023-2024. Mentees: Meredith Owen, University of Kentucky, Lexington, KY; Gouresh Power, Midwestern State University, Wichita Falls, TX.
- Table Lead. Women in Science. *Overcoming the Likeability Trap: Feedback, Authenticity, Team Balance*. American Society of Biomechanics Annual Meeting. Knoxville, TN. August 2023.
- Chair of Abstract Review. American College of Sports Medicine Southeast Chapter. Organized scientific peer review and competition judging of 450 abstracts submitted to the American College of Sports Medicine Southeast Chapter Annual Meeting. February 2022 – February 2023.

- AV Team Coordinator. American College of Sports Medicine Southeast Chapter. Managed 9 student teams to provide audiovisual needs throughout the American College of Sports Medicine Southeast Chapter Annual Meeting. February 2022 – February 2023.
- Mentor. North American Congress on Biomechanics Mentor Match Program. 2022 – 2023. Mentee: Jesse Charlton, University of British Columbia, Vancouver, BC, Canada.
- Abstract Reviewer for the 2022 North American Congress of Biomechanics. Joint Meeting of the Canadian Society of Biomechanics and the American Society of Biomechanics. Ottawa, Canada. August 2022.
- Session Chair. Incorporating Mindfulness into your Personal Toolbox. Tutorial Session. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2022.
- Abstract Reviewer for the 2022 Southeast Regional Clinical and Translational Science Conference. Pine Mountain, GA. March 2022.
- Chair of Abstract Review. American College of Sports Medicine Southeast Chapter. Organized scientific peer review of 385 abstracts submitted to the American College of Sports Medicine Southeast Chapter Annual Meeting with over 900 Attendees. February 2021 – February 2022.
- Abstract Reviewer for the American Society of Biomechanics 2021 Annual Meeting. Virtual due to COVID-19.
- American College of Sports Medicine Southeast Chapter Student Poster Competition Judge. Masters' Student Competition. American College of Sports Medicine Southeast Chapter Annual Meeting. February 2021. Virtual due to COVID-19.
- Abstract Reviewer for the 2021 American College of Sports Medicine Southeast Chapter Annual Meeting. Virtual due to COVID-19.
- Abstract Reviewer for the American Society of Biomechanics 2020 Annual Meeting. Atlanta, GA. Virtual due to COVID-19.
- Committee Member. Undergraduate Student Bowl Subcommittee of the Executive Board of the American College of Sports Medicine Southeast Chapter. Preparation for the 2019, 2020, and 2021 American College of Sports Medicine Southeast Chapter Annual Meetings. 2018 – 2021.
- Session Chair. Exercise Intervention in Chronic Pain: An Update of Evidence and Practice. Tutorial Session. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2019.
- Abstract Reviewer for the 2019 American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC.
- Mentor. American College of Sports Medicine Southeast Chapter Leadership and Diversity Training Program. February 2018-2020. Mentee: Sydney Brown, Elon University, Elon, North Carolina.

- Abstract Reviewer for the 2018 American College of Sports Medicine Southeast Chapter Annual Meeting. Chattanooga, TN. February 2018.
- Student quiz bowl item writer and session moderator. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2017.
- Session Chair. Visual System Impairments Post-Concussion: Clinical Utility of Current and Novel Assessments. Symposium Session. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2017.
- Registration coordination and check-in. American College of Sports Medicine Southeast Chapter Annual Meeting. Greenville, SC. February 2016.

Grant Reviewer

- Executive Review Committee Member, GCDTR Regional Core on Technologies Advancing Translation and Equity Pilot Project Program (NIDDK: P30DK111024), Georgia Center for Diabetes Translation Research, April – May 2022.

Manuscript Reviewer

- Motor Control 2022-present
- Journal of Physical Medicine and Rehabilitation 2022-present
- Physical Therapy in Sport 2022-present
- Applied Sciences 2019-present
- Journal of Clinical Medicine 2019-present
- Sports Biomechanics 2019-present
- Journal of Sport Rehabilitation 2019-present
- Measurement in Physical Education and Exercise Science 2017-present
- Human Movement Science 2017-present
- Research in Sports Medicine 2017-present
- Journal of Strength and Conditioning Research 2015-present
- Kinesiology: International Journal of Fundamental and Applied Kinesiology 2015-2016

UNIVERSITY AND DEPARTMENTAL SERVICE ACTIVITIES

- Member. Research Committee. Division of Physical Therapy. Department of Rehabilitation Medicine. Emory University School of Medicine. June 2022 – present.

- Member. Academic Affairs Committee. Division of Physical Therapy. Department of Rehabilitation Medicine. Emory University School of Medicine. September 2020 – Present.
- Poster Competition Judge. Emory University Department of Rehabilitation Medicine Division of Physical Therapy Scientific Poster Presentations. Atlanta, GA. May 2020.
- Reviewer. Office of Undergraduate Research Project Award Program. University of West Florida. Fall 2019, Spring 2020.
- Chair. Scientific Review Committee. Andrews Research & Education Foundation. Gulf Breeze, FL. December 2017 – May 2019.
- Member. Scientific Review Committee. Andrews Research & Education Foundation, Gulf Breeze, FL. August 2017 – December 2017.
- Surgical Outcome System Coordinator Search Committee. Andrews Research & Education Foundation, Gulf Breeze, FL. 2017.
- Department Representative. Pinning Ceremony Committee, School of Health Sciences, Winston-Salem State University. 2015 – 2016.
- Instructor Search Committee. Department of Exercise Physiology, School of Health Sciences, Winston-Salem State University. 2015 – 2016.

FACULTY DEVELOPMENT AND MENTORSHIP PROGRAMS

- Emory University School of Medicine Junior Faculty Development Course. Office of Faculty Advancement, Leadership, and Inclusion. 2024.
- Emory at Grady Health Equity Advocacy Course. Emory University School of Medicine. Office of Faculty Academic Affairs and Professional Development. 2022 – 2023.
- Georgia Clinical & Translational Science Alliance Translational Education and Mentoring in Science (Georgia CTSA TEAMS) Fellow. 2020-2021.
- Cohort 2. University of Utah National Research Mentoring Network Grant Writing Coaching Groups Study. Autumn 2020 Cohort.
- Protégé. ACSM Mentoring Women to Fellowship Program. American College of Sports Medicine. 2018-2023.

CONTRIBUTIONS TO DIVERSITY, EQUITY, AND INCLUSION:

- Mentor of the American College of Sports Medicine Southeast Chapter Leadership and Diversity Training Program. 2024-present and 2018 – 2020. Served as a professional mentor for underrepresented minority undergraduate and graduate students through a matching program to assist students in preparing for attending the Annual Meeting, providing active mentorship at the annual SEACSM meeting, and guiding students through next steps to achieving their educational and professional goals.

- Committee Member. American Society of Biomechanics Diversity Committee. Policy Subcommittee. 2023-2024. The Policy Subcommittee strives to serve all members of the American Society of Biomechanics by 1) Reviewing and providing guidance on policies to promote diversity, equity, inclusion, and accessibility across the Society, and 2) Educating members on relevant public policies and advocacy to ensure biomechanics research can thrive and benefit society.
- Emory at Grady Health Equity Advocacy Course 2022 – 2023. Participant in the Inaugural Cohort of the Health Equity Advocacy Training Program through the Emory University School of Medicine Office of Faculty Academic Advancement, Leadership, and Inclusion. This course was a 5-month multi-pronged educational intervention which trained health professionals in advocacy skills and central advocacy topics related to health and vulnerable populations.

HONORS AND AWARDS

- 2024 Emory University School of Medicine Researcher Appreciation Day Recognition. Awarded by the Emory School of Medicine Recognitions Committee. September 2024. Available from: <https://med.emory.edu/about/faculty/faculty-development/research/researcher-appreciation-day-2024.html>.
- Undergraduate Student Research Award 2nd Place Winner. American College of Sports Medicine Southeast Chapter Annual Meeting. Jacksonville FL. February 2020. Abstract: Bailey CF, Lehtola KN, Grozier CD, Cagle GK, Weaver JF, Wilson SJ, Chander H, **Rendos NK**, Simpson JD. Gathering Your ‘Sea Legs’: Extended Duration in an Offshore Environment Increases Postural Sway.
- 2nd Place Award. 13th Annual International External Fixation Symposium Poster Abstract Competition. Surgical Management of the Diabetic Lower Extremity. December 2018. Abstract: Speer CG, **Rendos NK**, Burns PR. Complications Following Total Versus Partial Digital Amputation.
- Winston-Salem State University Travel Grant. Awarded by the Professional Development Committee of Winston-Salem State University. March 2016.
- 3x School of Education and Human Development Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education and Human Development. April 2013, April 2014, April 2015.
- 2013 NSCA Foundation Women’s Scholarship. Awarded by the National Strength and Conditioning Association Foundation. June 2013.
- Conference Travel Support Award. Awarded by the University of Miami Graduate Activity Fee Allocation Committee. May 2013.
- Who’s Who Among Students in American Universities and Colleges 2013. Awarded by the University of Miami Graduate School. March 2013.
- 4x Katy Dean Travel Support Award. Awarded by the University of Miami Graduate Scholarship Committee and School of Education. October 2010, June 2011, April 2012, December 2012.

- Awarded Membership into The McCue Society at the University of Virginia for recognition of leadership, education, and service in sports medicine. June 2010.
- West Virginia Athletic Trainers' Association Student Oral Presentation Winner. Awarded by the West Virginia Athletic Trainers' Association. February 2009.
- John C. Spiker Athletic Training Scholarship. Awarded by the West Virginia University Athletic Training Faculty & Staff. April 2008.
- DEA College Scholarship. Awarded by the New York Police Department Detectives' Endowment Association. September 2007.
- Erika Lynn Cadran Memorial Athletic Training Scholarship. Awarded by the West Virginia University Athletic Training Faculty & Staff. April 2007.
- DEA College Scholarship. Awarded by the New York Police Department Detectives' Endowment Association. September 2006.
- Academic Excellence Level 1 Scholarship. Awarded by the West Virginia University Admissions Staff. April 2005.

VOLUNTEER WORK AND COMMUNITY SERVICE

- Fundraiser for Team for Kids supporting youth and community fitness school-based programs and youth events. 2024 – 2025.
- Fundraiser for the Crohn's and Colitis Foundation and member of Team Challenge for the New York City Marathon. February 2019 – November 2019.
- Ride Marshal for the Dolphins Cancer Challenge benefiting the University of Miami Sylvester Cancer Center. February 2017, February 2018, February 2019.
- Founder, Mack Cycle Women's Monthly Ride, South Miami, FL. Winner of Best of Competitor 2016 – Southeast Region Best Cycling Event. 2014 – 2017.
- Board Member of South Florida Triathletes Team Hammerheads Triathlon Team. 2013 – 2017.
- Route Marshal and Ride Assistant for the Achilles International Team of Paralyzed Veterans in the Homestead Speedway Freedom Ride. October 2014, October 2016.
- I Am Specialized Women's Ambassador. May 2014 – May 2015.
- Spinning Instructor at the Patti and Allan Herbert Wellness Center at the University of Miami. 2011 – 2015.
- 3x Route Marshal and fundraiser for the Tour De Cure benefiting the American Diabetes Association. February 2013, February 2014, November 2014.

- Fundraiser for the Crohn's and Colitis Foundation of America and a member of Team Challenge for the Inaugural Ironman Chattanooga. September 2013 – September 2014.
- Board Member of University of Miami TriCanes Triathlon Team. 2010 – 2014.
- Events Committee Member of South Florida Triathletes Team Hammerheads Triathlon Team. 2011 – 2013.
- Route Marshal for the Dolphins Cycling Challenge benefiting The University of Miami Sylvester Cancer Center. November 2011.

PERSONAL INFORMATION

Spouse: Carl Granberry Speer Jr., DPM, Married: May 14, 2016
Interests: Athletics (Running, Swimming, Cycling, Triathlon), Water Sports, Traveling
Athletic Accomplishments: 4x Ironman Finisher
2013 & 2017 Ironman 70.3 World Championship Qualifier
2024-2025 Zarzaur Law Gavels Team Member
2018 Castelli National Triathlon Team Member
2013-2015, 2018, 2019 Ironman All World Athlete
2016 Pearl Izumi Women's Triathlon Champion
2014-2015 Specialized Women's Ambassador