

Work Address:
208-C, Bull Run Hall, MS 4E5
10900, University Boulevard
Manassas, VA, 20110
jambegao@gmu.edu
703-990-2123

EDUCATION

Doctor of Philosophy, 2007

University of North Carolina at Greensboro, NC
Exercise and Sport Science
Concentration: Sports Medicine/Athletic Training
Dissertation: *A Comparison of Knee Muscle Activation and Knee Joint Stiffness between Female Dancers and Basketball Players during Drop Jumps*

Master of Science, 2003

Springfield College, Springfield, MA
Sport Injury Prevention & Management
Thesis: *Effect of Ankle Stabilizers on Vertical Jump, Agility, and Dynamic Balance*

Bachelor of Science, 1999

T. N. Medical College, University of Mumbai, India
Occupational Therapy

PROFESSIONAL WORK EXPERIENCE

- 2006 – **Assistant Professor**
School of Recreation Health and Tourism
George Mason University, Manassas, VA
- 2006 – **Coordinator of Clinical Education**
Athletic Training Education Program
George Mason University, Manassas, VA
- 2006 – **Founding Co-Director**
Sports Medicine Assessment, Research, and Testing (SMART) Laboratory,
Freedom Aquatic and Fitness Center, Manassas, VA
- 2003 –2006 **Certified Athletic Trainer**
Department of Exercise and Sport Science & Department of Dance
University of North Carolina at Greensboro, NC
- 2003 –2006 **Graduate Research and Teaching Assistant**
Applied Neuromechanics Research Laboratory
Department of Exercise and Sport Science
University of North Carolina at Greensboro, NC

1999 **Occupational Therapist**
The Paraplegic Foundation
Sion, Mumbai, India

1998 – 2000 **Occupational Therapist**
Private Practice
Mumbai, India

SCHOLARSHIP

PUBLISHED MANUSCRIPTS

Shultz SJ, Shimokochi Y, Nguyen A, **Ambegaonkar, JP**, Schmitz, RJ, Beynnon, BD, Perrin, DH, Non-Weight Bearing Anterior Knee Laxity is related to Anterior Tibial Translation during Transition from Non-Weight Bearing to Weight Bearing, *Journal of Orthopedic Research*, 24 (3):516-23, 2006

Ambegaonkar JP. Dance Medicine: At the University Level, *Dance Research Journal*, 37 (2), 113-119, 2005

MANUSCRIPTS IN REVIEW

Ambegaonkar JP, Shultz SJ, Perrin, DH. Lower Extremity Muscle Activity and Kinetic Patterns Differ Between Double-Leg Drop Landings and Drop Jumps, *Journal of Electromyography and Kinesiology*

MANUSCRIPTS IN PROGRESS

Ambegaonkar JP, Shultz SJ, Perrin, DH, Schulz MR. Prevalence of ACL Injury in University Level Dancers, (Target Journal: *Journal of Dance Medicine and Science*)

Sides SN, **Ambegaonkar JP**. Upper-Body Injuries in Collegiate Modern Dancers: An Under-estimated Problem? (Target Journal: *Medical Problems of Performing Artists*)

Ambegaonkar JP, Shultz SJ, Perrin, DH, Ackerman TA, Schulz MR. Neuromechanical Differences between Female Dancers and Basketball Players during Drop Jumps, (Target Journal *Journal of Athletic Training*)

Ambegaonkar JP, Shultz SJ, Perrin, DH, Ackerman TA, Schulz MR. Changing Signal Filtering parameters affects extraction of muscle activation onset times during functional activity (Target Journal: *Journal of Electromyography and Kinesiology*)

PUBLISHED ABSTRACTS

Ambegaonkar JP, Shultz SJ, Perrin, DH, Schulz MR. Prevalence of ACL Injury in University Level Dancers, *Proceedings of the 16th Annual meeting of the International Association for Dance Medicine and Science*: 71-73, 2006

Ambegaonkar JP, Shultz SJ, Perrin, DH. Lower Extremity Muscle Activity and Kinetic Patterns Differ Between Double-Leg Drop Landings and Drop Jumps, *Journal of Athletic Training*, 40 (2, Suppl.) S-42, 2005

Shultz SJ, **Ambegaonkar JP**, Botic TL, Kulas AS, Nguyen A, Shimokochi Y, Windley TC, Beynon BD, Intratester And Intertester Reliability Of Clinical Measures Of Lower Extremity Anatomical Alignment. *Journal of Athletic Training*, 40 (2, Suppl.) S-109 2005

Shultz SJ, Shimokochi Y, Nguyen A, **Ambegaonkar JP**, Beynon BD, Perrin, DH. Non-Weight Bearing Anterior Knee Laxity is related to Anterior Tibial Translation during Transition from Non-Weight Bearing to Weight Bearing, *British Journal of Sports Medicine*, 39 (6), 2005

PEER REVIEWED PRESENTATIONS

Ambegaonkar, JP, Shultz SJ, Perrin DH, Schmitz RJ, Ackerman TA, Schulz MR, Ground Reaction Forces, but not Knee Muscle Activation or Sagittal Knee Joint Stiffness Differ between Female Dancers and Basketball Players during Drop Jumps, *58th Annual National Athletic Trainers' Association Annual Meeting & Clinical Symposia*, Anahiem, CA, 2007

Ambegaonkar, JP, Shultz SJ, Perrin DH, Schmitz RJ, Ackerman TA, Schulz MR, Ground Reaction Forces, but not Knee Muscle Activation or Sagittal Knee Joint Stiffness Differ between Female Dancers and Basketball Players during Drop Jumps, *Mid-Atlantic Athletic Trainers' Association Annual Meeting*, Virginia Beach, VA, 2007

Blankenbecler J, **Ambegaonkar JP**, Caswell SV, Unusual Presentation of a Posterior Cruciate Ligament Injury in a High-School Player, *Mid-Atlantic Athletic Trainers' Association Annual Meeting*, Virginia Beach, VA, 2007

Ambegaonkar, JP, Shultz SJ, Perrin, DH, Schulz MR, Prevalence of ACL Injury in University Level Dancers, *16th Annual Meeting of the International Association for Dance Medicine and Science*, West Palm Beach, FL, 2006

Ambegaonkar, JP, Shultz SJ, Perrin, DH, Lower Extremity Muscle Activity and Kinetic Patterns Differ Between Double-Leg Drop Landings and Drop Jumps, *56th Annual National Athletic Trainers' Association Annual Meeting & Clinical Symposia*, Indianapolis, IN, 2005

Ambegaonkar JP, Israni D, Kulkarni A, Occupational Therapy in India in the 21st Century, *Utkarsh - The Annual Mumbai Occupational Therapists' Association Meeting*, Mumbai, India, 1998

INVITED PRESENTATIONS

- 2006 Dance Medicine and Athletic Training, *Palm Beach Atlantic University*, West Palm Beach, FL, 2006
- 2005 Workshop on Immobilization Techniques of the Hand and Wrist, *56th Annual National Athletic Trainers' Association Annual Meeting & Clinical Symposia* Indianapolis, IN
- 2005 Sports Medicine and Athletic Training, *Occupational Therapy School & Centre, T. N. Medical College*, Mumbai, India
- 2004 Keynote Speech: Knee Injuries in Female Athletes, *3rd Annual Randolph County Sports Medicine Symposium*, Randolph, NC

GRANTS

- 2007 *Title:* Non-Invasive Dehydration Sensor
Agency: Department of Army
Role: **Co-Investigator**; Primary Investigator: Liotta, L
Amount: \$ 20000
Status: Pending
- 2007 *Title:* Proposal for a Dance and Performing Arts Program
Agency: College of Visual and Performing Arts, George Mason University
Role: **Primary Investigator**, Co-PI: Caswell SV
Amount: \$ 30000
Status: Pending
- 2007 *Title:* Individual and Combined Contributions of Knee Muscle Activity in Modulating Leg Stiffness in Healthy Females during Drop Landings
Agency: Summer Research Funding for Tenure-Track & Tenured Faculty Office of the Provost, George Mason University Summer Research Grant Award,
Role: **Primary Investigator**
Amount: \$ 6000
Status: Not Funded
- 2006 *Title:* Comparison of Muscle Activation and Knee Joint Stiffness between Female Dancers and Basketball Players during Drop Jumps
Agency: Stout Graduate Student Research Fellowship, Department of Exercise and Sport Science, University of North Carolina at Greensboro
Role: **Primary Investigator**, Co-Investigators: PI Perrin, DH, Shultz SJ
Amount: \$ 1000
Status: Funded

- 2005 *Title:* Comparison of Muscle Activation and Knee Joint Stiffness between Female Dancers and Basketball Players during Drop Jumps
Agency: Doctoral Research Grant, National Athletic Trainers' Association Research and Education Foundation
Role: **Primary Investigator**, Co-Investigators: PI Perrin, DH, Shultz SJ
Amount: \$ 2500
Status: Funded
- 2004 *Title:* Lower Extremity Muscle Activity and Kinetic Patterns Differ Between Double-Leg Drop Landings and Drop Jumps
Agency: Summer Research Grant Award, Department of Exercise and Sport Science, University of North Carolina at Greensboro
Role: **Primary Investigator**, Co-Investigators: PI Perrin, DH, Shultz SJ
Amount: \$ 1500
Status: Funded

TEACHING

2006 – **George Mason University, Manassas, VA**

Undergraduate

- ATEP 441 Practicum in Athletic Training
ATEP 413 Management Skills in Athletic Training
ATEP 310 Athletic Injury Recognition of the Upper Extremity, Head and Spine
ATEP 315 Athletic Injury Recognition of the Lower Extremity and Thorax

Graduate

- EFHP 524 Physiology for the Athletic Trainer Including the Pharmacology of Sports Injuries

2004-2005 **University of North Carolina at Greensboro, Greensboro, NC**

Undergraduate

- ESS 353 Injuries and Illnesses in Physical Activity

Graduate (Teaching Assistant)

- ESS 637 AT Clinical Education III: Injury Evaluation Laboratory
ESS 639 AT Clinical Education IV: Therapeutic Modalities Laboratory
ESS 641 AT Clinical Education V: Rehabilitation Laboratory

2001-2003 **Springfield College, Springfield, MA**

Undergraduate (Teaching Assistant)

- MISC 101 Introduction to Computer Concepts
MISC 110 Microcomputer Applications

SERVICE

PROFESSIONAL

- 2005 – **Subcommittee Chair**
Performing Arts Education in Graduate and Undergraduate Athletic Training Programs: Performing Arts Medicine Special Interest Group, National Athletic Trainers' Association
- 2004 – 2006 **Workshop Moderator**
Annual National Athletic Trainers' Association Annual Meeting & Clinical Symposia
- 2004 **Editorial Assistant**
Journal of Athletic Training

UNIVERSITY

George Mason University, Manassas, VA

- 2006 – **Faculty Advisor**
Sports Medicine Club
- 2006 – **Committee Member**
Athletic Training Instructional Faculty Search Committee
Peer-Observation Ad-Hoc Committee
Athletic Training Education Program Curriculum Committee

University of North Carolina at Greensboro, NC

- 2005 – 2006 **Graduate Student Organization Departmental Representative**
Department of Exercise and Sport Science
- 2004 – 2005 **Student Assistant Coordinator for Graduate Colloquiums**
Department of Exercise and Sport Science

Springfield College, Springfield, MA

- 2001 – 2002 **Treasurer**
International Students Association

University of Mumbai

- 1999 **Organizing Committee Member, Accommodation Subcommittee**
36th Annual Conference of the All India Occupational Therapists Association, Mumbai, India

CERTIFICATIONS AND LICENSURE

- 2007 – **Licensed Athletic Trainer**
Department of Health Professionals, Virginia Board of Medicine
- 2006 – **Clinical Instructor Educator (CIE)**
George Mason University, Manassas, VA
- 2003 – 2006 **Licensed Athletic Trainer**
North Carolina Board of Athletic Trainer Examiners
- 2003 – 2006 **Approved Clinical Instructor**
Entry-Level Masters Athletic Training Education Program
University of North Carolina at Greensboro, NC
- 2001 – **Certified Strength and Conditioning Specialist**
National Strength and Conditioning Association
- 1998 – **Occupational Therapist**
All India Occupational Therapists Association
- 2003 – **CPR/AED for the Professional Rescuer**
American Red Cross
- 2000 **Certificate Course: Yoga for Better Living**
Yoga Institute, Mumbai, India
- 1999 **Post Graduate Diploma, Fitness & Sports Sciences**
Piramal Sports Sciences Center, Mumbai, India
- 1999 **Certificate Course: Neuro-Developmental Therapy**
Asha Chitnis, MS, OT

PROFESSIONAL AFFILIATIONS

- 2003 – National Athletic Trainers' Association
- 2003 – International Association for Dance Medicine and Science
- 2001 – National Strength and Conditioning Association
- 1998 – All India Occupational Therapists Association

HONORS AND AWARDS

- 2006 **Best Poster**
Title: Prevalence of ACL Injury in University Level Dancers: **Ambegaonkar JP**
Shultz SJ, Perrin DH, Schulz, MR.
Agency: The 2006 Human Movement Science Research Symposium, University
of North Carolina at Chapel Hill, NC

- 2005 **Outstanding Doctoral Student Oral Presentation**
Title: Lower Extremity Muscle Activity and Kinetic Patterns Differ Between
Double-Leg Drop Landings and Drop Jumps
Agency: National Athletic Trainers' Association Research and Education
Foundation, 56th Annual National Athletic Trainers' Association Annual Meeting
& Clinical Symposia, Indianapolis, IN
- 2003 **Kate Barrett Professional Development Award**
University of North Carolina at Greensboro, NC
- 2003 **Susan Stout Academic Scholarship**
University of North Carolina at Greensboro, NC