

ANA BEATRIZ NASSER

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EDUCATION

University of Texas at El Paso, El Paso, United States

PhD student in Interdisciplinary Health Sciences (2025 - present)

University of Groningen, Groningen, Netherlands

Master of Science in Human Movement Sciences (2022 - 2024)

- **Master's Thesis:** *Exercise Capacity during Oncology Rehabilitation: Determinants of Improvement of VO₂peak After Rehabilitation in Cancer Survivors*

High Tech Systems and Materials Master Honors Programme (2022-2024)

- **Product Proposal and Summer School at Philips Drachten:** Collaborated with industry professionals to develop innovative health technology solutions.
- **MasterWork:** Designed an affordable and adjustable prosthesis specifically tailored for children in low-resource settings, demonstrating commitment to improving access to healthcare technologies.

Federal University of São Carlos (UFSCar), São Paulo, Brazil

Post-Graduation Specialization in Clinical Exercise Physiology (2022)

Bachelor in Physical Therapy (2015 - 2021)

- **Bachelor Thesis:** *Influence of Walking Level on the Morphology of Intracranial Pressure in Chronic Post-Stroke Individuals*

Polytechnic Institute of Leiria, Leiria, Portugal

Academic Exchange during Bachelor Degree (Cooperation Agreement UFSCar-IPL) (2017 - 2018)

PROFESSIONAL EXPERIENCE

University of Texas at El Paso (UTEP), Dept. of Kinesiology — Teaching Assistant (2025 – present)

- Instruct three undergraduate biomechanics laboratory sessions, facilitating hands-on learning and application of biomechanical principles.
- Assess and grade student lab activities and ensure understanding of experimental methods and data interpretation.
- Provide academic support by addressing student questions, clarifying course material, and offering feedback during lab sessions and office hours.
- Maintain open communication through scheduled office hours and email correspondence to assist students with course-related inquiries.
- Student reported in their final evaluation: “Great lab TA, she explained everything in detail and helped break down the word problems accordingly.”, “Very kind and cool TA Ana did an amazing job throughout the whole semester, going in detail on every topic we went through.”

University Medical Center Groningen (UMCG), Dep. of Rehabilitation Medicine — Student Research Project (2023-2024)

- Performed comprehensive data collection from 631 medical records at the University Medical Centre Groningen for Master's thesis research.
- Analyzed VO₂peak outcomes from pre- to post-rehabilitation using R Studio, revealing an average 10% improvement in cardiovascular fitness among patients.
- Developed a predictive regression model that identified key factors influencing VO₂peak improvement, including age, cancer type, and BMI.
- Conducted a systematic review of 81 articles on the association between physical exercise, cytokines, and myokines in cancer patients, uncovering inconsistencies across the literature.

Child Development Analysis Laboratory (LADI) at Federal University of São Carlos — Volunteer Research Assistant (2021 - 2022)

- Contributed to the recruitment of 21 physical therapy interns for a research study examining perspectives on E-Health system implementation in pediatric rehabilitation.
- Assisted in manuscript development for the project, published in *The Clinical Teacher*.
- Contributed to exploring practical insights for advancing digital health tools in pediatric care.

Extension Project: Telerehabilitation at Federal University of São Carlos Volunteer — Physical Therapy Intern (2020)

- Evaluated, planned, and conducted telehealth rehabilitation for a neuropsychiatry group, including 4 disabled children and one patient with COPD during the COVID-19 pandemic.
- Monitored patient progress remotely, adapting therapeutic approaches to meet individual needs and maximize outcomes in a virtual setting.

Neurological Physiotherapy Research Laboratory at Federal University of São Carlos — Volunteer Research Assistant (2019 - 2021)

- Supported a PhD student in data collection, measuring intracranial pressure with Brain4Care's non-invasive tool.
- Collected and analyzed data on gait in 10 post-stroke individuals, focusing on domiciliary vs. community ambulation for Master's thesis research.

Extension Project: Education and Work Project at Federal University of São Carlos in agreement with the Brazilian Ministry of Public Health — Health Care Intern (2019 - 2021)

- Gained in-depth knowledge of Brazil's National Public Health System by filling, organizing, and screening medical records.

- Collaborated in an interprofessional team to aid drug and alcohol addiction recovery in São Carlos, designing physical and occupational therapy plans to improve balance, motor skills, and physical capacity.
- Delivered yoga, strength, and stretching classes to prevent physical impairments, including alcoholic neuropathy, maintaining and improving both physical and psychological recovery.

Department of Physical Therapy at Federal University of São Carlos — Kinesiology Teacher's Assistant (2018)

- Organized and participated in practical classes for second-year students, assisting with task comprehension and hands-on learning.
- Provided extra-class support for students preparing for physical tests, evaluations, and palpatory anatomy studies.

Department of Morphology Pathology at Federal University of São Carlos — Anatomy Teacher's Assistant (2016)

- Managed anatomical pieces and lab access during open study hours, ensuring a well-organized learning environment.
- Assisted professors with practical exam administration and classroom organization for anatomy and hands-on training.
- Supported first-year students in understanding tasks, preparing for physical tests, and enhancing palpatory anatomy skills through extra-class sessions.

Shoulder Complex Research Laboratory at Federal University of São Carlos — Volunteer Research Assistant (2015 - 2018)

- Assisted PhD students with data collection, measuring strength, flexibility, positioning, and length of the shoulder complex in professional and recreational tennis players.
- Contributed to manuscript preparation on shoulder adaptations in tennis players, published in the *Journal of Sport Rehabilitation*.

PUBLICATIONS

Sudati, I. P., Monteiro, R. F. L., Nasser, A. B., Rocha, N. A. C. F., & De Campos, A. C. (2023). Telehealth in paediatric physical therapy education: Strategies and perceptions of interns and caregivers of children with disabilities in Brazil. *The Clinical Teacher*, 1, 1-9.

Barbosa, G. M., Ribeiro, L. P., Nasser, A. B., Oliver, G. D., & Camargo, P. R. (2021). Flexibility, position, and strength of the shoulder complex in pediatric and adult amateur tennis athletes. *Journal of Sport Rehabilitation*. Advance online publication. <https://doi.org/10.1123/jsr.2020-0331> Moura, A. B., Nasser, A. B., Pereira, C. L. O., Bruno, C. H., Cugler, P. S., & Bertossi, T. S. (2020). *Quick guide to COVID-19 and psychoactive substances*. [Guide].

ORAL PRESENTATIONS

Nasser, A. B., & Fluit, R. (2024, June). Affordable and adjustable prosthesis mainly focused on children in non-developed countries. 31st International Student Congress of Bio(Medical) Sciences (ISCOMS).

Sudati, I. P., Monteiro, R. F. L., Nasser, A. B., Rocha, N. A. C. F., & De Campos, A. C. (2023, October). Implementation of telehealth in pediatrics physical therapy education during COVID-19 pandemic: The perception of internship students. AACPD 77th Annual Meeting, Chicago, IL.

Nasser, A. B., Sudati, I. P., Monteiro, R. F. L., Rocha, N. A. C. F., & De Campos, A. C. (2022, May). E-Health in pediatric neurorehabilitation: Implementation, adherence and caregivers' perceptions. 12th World Congress for Neurorehabilitation.

Barbosa, G. M., Nasser, A. B., Ribeiro, L. P., Rodrigues, L. P., Longo, E., & Camargo, P. R. (2019, November). Evaluation of range of movement, flexibility, muscle strength, scapular and clavicular position in adult recreational tennis players. ABRAFITO 2019 Brazilian and International Congress.

Calixtre, L. B., Andrade, L., Carrer, H. C. N., Riani, L., Moura, S. C. G., Carreira, R. F., Sousa, A. J. S., Silva, C. R. F., Tsen, C., Sudati, I. P., Rohr, L. A., Machado, L. R., Carvalho, M. M., Santos, P. R., Nasser, A. B., da Silva, B. R., Breda, C., Sanches, G. L. A., Antonio, G. L. N., Pereira, I. C. S., de Oliveira, L. V. C., Oliveira, L. B., Zampieri, M. L., & Arcuri, J. F. (2020, November). Physiotherapy services through telehealth for patients from the school-health unit of the Federal University of Sao Carlos. I Symposium on Telerehabilitation.

AWARDS

2nd best poster in the Master Graduation Symposium (2024)

Scholarship holder: Educational Program for Health Work (2018 - 2020)

GRANTS

IHS PhD Program Research Fund (October 2025)

Dodson Research Grant Award (January 2025)

VOLUNTEER EXPERIENCE

Zpannend Zernike, Groningen, The Netherlands (2023)

Integrative Health Practices for the Academic Community, São Carlos, Brazil (2018 - 2019)

Mission to Support Pilgrims from Fátima, Fátima, Portugal (2017)

INTERNATIONAL CONFERENCE PARTICIPATION

ISCOMS 2024 - International Student Congress Of Medical Sciences - 3-6 June 2024, Groningen, Netherlands

12th World Congress for Neurorehabilitation - 14.-17. December 2022 in Vienna, Austria