

Cristina Arias Mendoza

Curriculum Vitae

+52 (656) 275-5903

carias4@miners.utep.edu

cristina.arias@uacj.mx

January 2026

Areas of Interest

I have a strong interest in biomechanics, kinesiology, rehabilitation, hydrotherapy, and hippotherapy, specifically for children diagnosed with autism spectrum disorder and motor control deficits. I aim to investigate physical activities in diverse rehabilitation environments to enhance their health.

Education

Doctoral Student

Degree and Major: Interdisciplinary Health Sciences PhD Program
Research focus: *Effects of aquatic therapy on children with autism spectrum disorder with motor deficits*
Date: August 2025 - present
Institution: University of Texas at El Paso, USA
Area: Biomechanics and physical activity applied to improve the quality of life and health

Master

Degree and Major: MSc Physical Activity for Health - México License #13853824
Thesis: *Effects of Halliwick Specific Aquatic Therapy on Children with Autism Spectrum Disorder with Psychomotor Delay*
Date: August 2021 - December 2023
Institution: Universidad Autónoma de Cd. Juárez, México
Area: Physical activity applied to improve the quality of life and health
GPA: 4.0/4.0

Bachelor

Degree and Major: BSc Physical Therapy - México License #12924843
Thesis: *Exempted due to GPA*
Date: September 2016 - September 2020
Institution: Universidad Tecnológica de Cd. Juárez, México
Area: Physical therapy internships in rehab clinics with aquatic facilities
GPA: 4.0/4.0

Degree and Major: Associate of Arts (core curriculum)
Thesis: *N/A completed 66 credits for the physical therapy program application*
Date: August 2011 – May 2016
Institution: El Paso Community College, USA
Area: Core curriculum for physical therapy
GPA: 3.90/4.0

Degree and Major: BBA Business Administration - Mexico License #2359062
Thesis: *Exempted due to GPA*
Date: August 1989 - August 1994
Institution: Instituto Tecnológico de Cd. Juárez, México
Area: Business administration internships in the industrial areas
GPA: 3.92/4.0

Scholarly Awards and Honors

2025 - SECIHTI-CONTEX Graduate Scholarship, IHS PhD, University of Texas at El Paso
USA, *México Government*
2022 - CONACYT Graduate Scholarship, MSc Universidad Autónoma de Cd. Juárez, *México*
2021 - Academic Excellence Full-fee Waiver Scholarship M.S. Physical Activity for Health,
Chihuahua State Government
2021 - B.S. Valedictorian Academic Title, Universidad Tecnológica de Cd. Juárez, *México*
2019 - Academic Excellence Award, *Chihuahua State Government*
2019 - A.A.S. Valedictorian Academic Title, Universidad Tecnológica de Cd. Juárez, *México*
2016 - Fellowship (full-fee waiver scholarship), B.S. Physical Therapy, *Chihuahua State Government*
2014 - Phi Theta Kappa Honor Society Student, *El Paso Community College*
1991 - Academic Excellence Federal Full-fee Waiver Scholarship Student, Instituto
Tecnológico de Cd. Juárez, *México Government*

Professional Employment

Universidad Autónoma de Cd. Juárez (Biomedical Sciences Institute)

Teaching Experience

Graduate courses

MAF-0018-20 Physical Activity for Physical Rehabilitation (Spring 2025)

Undergraduate courses

- TFH-0016-21 Clinical Practice I
(Fall 2025, Spring 2025, Fall 2024, Spring 2024)
- TFH-0011-21 Neurological Physical Therapy
(Fall 2025, Spring 2025, Fall 2024, Spring 2024, Fall 2023)
- TFH-0018-21 Research Seminar II
(Spring 2025)
- TFH-0008-21 Motor Control and Motor Learning
(Fall 2024, Spring 2024, Fall 2023, Spring 2023)
- BAS-1718-99 Rehabilitation Practice I
(Spring 2025, Fall 2024, Spring 2024, Fall 2023, Spring 2023, Fall 2022)

Conference Proceedings

Arias Mendoza, C., (2023). Effects of Halliwick Specific Aquatic Therapy on Children with Autism Spectrum Disorder with Psychomotor Delay Thesis. Podium presentation, Institutional Postgraduate Colloquium UACJ, Cd. Juárez, November 2023.

Student Mentorship (UACJ)

Undergraduate Students

- Fall 2025 - present Sofía Paola Solís Villalobos, Student BS-Physical Therapy
- Spring 2025 - present Melany Abigahil Muñoz Gaytán, Student BS-Physical Therapy
- Spring 2024 - present Pamela L. Rodríguez Beltrán, Student BS-Physical Therapy
- Fall 2023 - Spring 2024 Karla L. Delgado Armendáriz, BSc in Sport Training

Services for the University (UACJ)

- Spring 2025 - present President of Research Academy, Physical Therapy
- Spring 2023 - present Undergraduate Program
Secretary of the Academic Affairs Committee, Physical Therapy
Undergraduate Program

Business Employment

Date	Employer	Position	Location
2008 – 2016	EES a Johnson & Johnson Co.	Plant Production Scheduler	Cd. Juárez
2006 – 2008	EES a Johnson & Johnson Co.	Capacity Planner	Cd. Juárez
2004 – 2006	Cordis a Johnson & Johnson Co.	New Prod Transfer Planner	Cd. Juárez
2002 – 2004	Cordis a Johnson & Johnson Co.	Manufacturing Planner	Cd. Juárez

2000 - 2002	Cordis a Johnson & Johnson Co.	Customs Traffic Supervisor	Cd. Juárez
1997 - 2000	Valeo Automotive Systems	Training Supervisor	Cd. Juárez
1997 - 1994	Texscan de México an Antec Co.	Manufacturing Supervisor	Cd. Juárez

Continuing Education, Certifications, and Workshops

Date	Description	Company	Location
2024	AI tools for writing research papers	UACJ	Cd. Juárez, MX
2024	Inteligencia Artificial Generativa	UACJ	Cd. Juárez, MX
2024	Manejo de la Intensidad del Ejercicio	AMISCF-UACJ	Cd. Juárez, MX
2024	Patrones de Flujo Sanguíneo Endotelial y Ejercicio	AMISCF-UACJ-UTEP	El Paso, TX
2023	Dry Needling in Myofascial Trigger Points	SER Educación en TF	Cd. Juárez, MX

Date	Description	Company	Location
2012	Operations Training	e-University J&J Co.	Cd. Juárez, MX
2010	Process Excellence Six Sigma Green Belt	Johnson & Johnson Co.	Cd. Juárez, MX
2005	Women Leadership Initiative Annual Conference	Johnson & Johnson Co.	New York, NY
2004	Planning and Inventory Management Certification	APICS	El Paso, TX
2001	Transportation of Hazardous Materials Basics	DOT	Oklahoma, OK
2000	Supervisor Skill Development Program	ITESM	Cd. Juárez, MX
2000	Warehouse Management	Johnson & Johnson Co.	Miami, FL
1999	Designing Manuals and Instruction Guides	Grupo CAPINTE	México, D.F.
1998	Training Management Certification	Grupo CAPINTE	Cd. Juárez, MX
1997	English as a Second Language	EPCC	El Paso, TX
1996	Global Communication on Business	Grupo Dextro	Cd. Juárez, MX
1995	Synchronized Manufacturing Seminar	Grupo Dextro	Cd. Juárez, MX
1994	English Basic Course	Armijo Branch Library	El Paso, TX