

Ana Beatriz Nasser

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EDUCATION

University of Texas at El Paso (UTEP), El Paso, USA, 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 VO₂peak Improvement in Cancer Survivors*
- High Tech Systems & Materials Master Honors Programme
- Philips Drachten Summer School: Developed health-technology product proposals with industry partners
- MasterWork: Designed an affordable, adjustable prosthesis for children in low-resource settings

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

- Post-Graduate Specialization in Clinical Exercise Physiology (2022)
- Bachelor's in Physical Therapy (2015–2021) ◦ Bachelor Thesis: *Influence of Walking Level on Intracranial Pressure Morphology in Chronic Post-Stroke Individuals*

Polytechnic Institute of Leiria, Portugal Academic Exchange Program (2017–2018)

PROFESSIONAL EXPERIENCE

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

- Conduct two undergraduate biomechanics lab sessions and practical sessions for Introduction to Athletic Training
- Guest lectured “Linear Kinematics” (Biomechanics) and “Shoulder Pathologies” (Athletic Training)
- Instructed three biomechanics lab sections in Fall 2025, facilitating hands-on learning
- Assess and grade lab activities; support student understanding of experimental methods and data interpretation
- Provide academic support through office hours and email communication
- Student feedback (Fall 2025): *“Great lab TA... explained everything in detail and helped break down word problems.” “Very kind and cool TA... went into detail on every topic.”*

University Medical Center Groningen (UMCG), Dept. of Rehabilitation Medicine — Student Researcher (2023/24) •

- Collected data from 631 medical records for Master's thesis
- Analyzed VO₂peak changes using R Studio, identifying ~10% average improvement post-rehabilitation
- Built predictive regression models identifying age, cancer type, and BMI as key determinants
- Conducted a systematic review of 81 articles on exercise, cytokines, and myokines in cancer patients

Child Development Analysis Laboratory (LADI), UFSCar — Research Assistant (2021/22)

- Recruited 21 physical therapy interns for an E-Health implementation study
- Contributed to manuscript published in *The Clinical Teacher*
- Supported research on digital health tools in pediatric rehabilitation

Telerehabilitation Extension Project, UFSCar — Physical Therapy Intern (2020)

- Delivered telehealth rehabilitation for neuropediatric patients and one COPD patient during COVID-19 • Monitored progress and adapted interventions remotely

Neurological Physiotherapy Research Laboratory, UFSCar — Research Assistant (2019/21)

- Supported data collection using Brain4Care's non-invasive intracranial pressure tool
- Collected and analyzed gait data in post-stroke individuals

Education & Work Project (Brazilian Ministry of Public Health) — Health Care Intern (2019/21)

- Managed and screened medical records within Brazil's public health system
- Designed PT and OT plans for patients recovering from drug and alcohol addiction
- Delivered yoga, strength, and stretching classes to prevent physical impairments

Department of Physical Therapy, UFSCar — Kinesiology Teaching Assistant (2018)

- Assisted in practical classes and provided extra support for anatomy and physical testing

Department of Morphology Pathology, UFSCar — Anatomy Teaching Assistant (2016)

- Managed anatomical specimens and assisted with practical exams
- Supported first-year students in anatomy and palpatory skills

Shoulder Complex Research Laboratory, UFSCar — Research Assistant (2015/18)

- Assisted with data collection on strength, flexibility, and biomechanics in tennis players
- Contributed to manuscript published in *Journal of Sport Rehabilitation*

PUBLICATIONS

- van Kammen, K., Verkuijlen, L. A. J., Nasser, A. B., Dekker, R., Krops, L. A., & Seves, B. L. (2026). Modifiable and NonModifiable Predictors of Exercise Capacity in Stroke Survivors: A Systematic Review. *Healthcare*, 14(3), 382. <https://doi.org/10.3390/healthcare14030382>
- 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. [10.1111/tct.13653](https://doi.org/10.1111/tct.13653)
- 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 COVID19 and psychoactive substances*. [Guide].

ORAL PRESENTATION

- Nasser, A.B., Cho, J., Eggleston, J.D., Genrich, C., Nava, D.S., Jang, J., Differentiating Chronic Ankle Instability from Uninjured Controls Using Markerless Smartphone Motion Capture Human Factor Ergonomics Society HFES 2026 Western Regional Conference.
- Bonilla, V.M., Nasser A.B., Jang, J., Cho, J. · Estimating Ground Reaction Forces from Marker-Based 3D Gait Trajectories Using Machine Learning. Human Factor Ergonomics Society HFES 2026 Western Regional Conference
- 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 — Master Graduation Symposium (2024)
- Scholarship: Educational Program for Health Work (2018–2020)

GRANTS

- IHS PhD Program Research Fund (2025)
- Dodson Research Grant Award (2025)

VOLUNTEER EXPERIENCE

- Zpannend Zernike Science Festival, Netherlands (2023)
- Integrative Health Practices for the Academic Community, Brazil (2018–2019)
- Mission to Support Pilgrims of Fátima, Portugal (2017)

INTERNATIONAL CONFERENCE PARTICIPATION

- ISCOMS 2024 — Groningen, Netherlands
- World Congress for Neurorehabilitation 2022 — Vienna, Austria