

KLAUDIA PARADI

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Education

Ottawa University

June 2022 - Present

- Executive Master's in Business Administration, Health Care Management

San Jose State University

- Master of Arts, Kinesiology – Exercise Physiology May 2021
- Bachelor of Science, Athletic Training – Kinesiology May 2018

Work Experience

Los Gatos Orthopedic Sports Therapy

July 2018 – Present

Director of Athletic Training Outreach Program

Head Athletic Trainer for Santa Clara Aquamaids and Santa Clara High School

Strength and Conditioning Specialist

- Oversee all athletic trainers' and physical therapy aides
- Plan, request and administer operating budget for athletic training services
- Performing and educating student athletes/coaches regarding health, conditioning, illness, and injury prevention, examination and diagnosis, treatment, and rehabilitation of emergent, acute, and chronic neuromusculoskeletal conditions to student athletes
- Managing return to play criteria for injured athletes
- Designing conditioning programs (flexibility, strengthening, proprioception, plyometrics, cardiovascular fitness) to reduce the risk of injury and illness
- Managing health care administration and injury tracking software
- Direct supervision of all high school sport teams and age groups in synchronized swimming from age 6 to age 18
- Use of therapeutic modalities to reduce risk of injury and maintain strength and flexibility of elite level synchronized swimmers
- Program strength and conditioning programs to national and international level artistic swimmers
- Specialize in aquatic athlete sports injury rehabilitation and strength performance training

San Jose State University

January 2020 – May 2022

Graduate Assistant Athletic Trainer for Women's Swimming and Diving

- Perform duties regarding injury and illness management as well as prevention; evaluation and treatment of acute and chronic neuromusculoskeletal conditions to the Women's Swimming and Diving student athletes
- Provide assistance to other staff members with the prevention, evaluation, treatment and rehabilitation of injuries for student athletes
- Work closely with and under the supervision of team physicians to provide optimal medical care
- May supervise athletic training students that perform daily duties to ensure the operation of the athletic training facility
- Manage medical records and documentation, daily rehabilitation records
- File essential paperwork for proper medical documentation, and oversees medical insurance claims

San Jose State University

August 2016 – May 2018

Student Athletic Trainer

- Responsible for the daily medical care of the football team
- Independently demonstrated therapeutic exercises to athletes
- Operated therapeutic modalities such as ultrasound, E-Stim, H-Wave, and Game Ready
- Observed physicians and their operative and non-operative injury protocols
- Assisted in the keeping of injury records and taking inventory of equipment and supplies
- Completed internships at San Jose State University, Santa Clara University, The Kings Academy, Archbishop Mitty High School, and T.E.A.M. Clinic

Certifications

- Certified Strength and Conditioning Specialist (CSCS)
- AHA AED/CPR, First Aid Certified
- Highly skilled in aquatic sports rehabilitation
- Water Safety Instructor (*Cert. #: 006JRMT*)
- Fire cupping/ Suction cupping
- Basic understanding of Kettlebell rehabilitation

Activities/Awards

NATA Board of Certification (BOC #2000033269)

NSCA CSCS (Certification #7248308422)

National Athletic Training Association Member (Member #: 94005)

National Strength and Conditioning Association (Member #: 001083592)

San Jose State University Women's Water Polo Team Member

- Best Defensive Player Award 2016, 2017, 2018
- Honorable Mention All-MPSF Women's Water Polo Player 2017, 2018

Fellowship of Christian Athletes Member – 2014 to 2018

Spartan Athletic Training Organization Member – August 2016 to May 2018

Volunteer Student Athletic Trainer for San Jose State University – Football Summer Camp 2016