

RACHEL SELMAN, DPT, CSCS, CPSS

Education

2016 – Doctorate in Physical Therapy – Mercer University

2013 – Bachelor of Science in Chemistry – Georgia Institute of Technology

Personal Bio

Dr. Rachel Selman attended the Georgia Institute of Technology where she played soccer and graduated with honors with her bachelor's degree in chemistry. She completed her hands-on training with the Georgia Tech Women's Basketball Team as well as Children's Healthcare of Atlanta Sports Medicine Department. She then went on to Mercer University where she earned her doctorate degree in physical therapy. Since then, she has attended post-graduate training for certification in dry needling through the Spinal Manipulation Institute and achieved the title of certified strength and conditioning coach as well as performance and sport scientist through the National Strength and Conditioning Association. She underwent additional training through the Herman and Wallace Pelvic Rehabilitation Institute to specialize in orthopedic pelvic health and is a clinical running specialist working with athletes of all ages and genders to maximize performance throughout the lifespan. She is the author of the first peer-reviewed rehabilitation protocol for postpartum athletes published in the International Journal of Sports Physical Therapy and is the founder of Athletic Motherhood Co. – a continuing education program geared toward educating providers on improving outcomes for pre and postnatal athletes. She currently owns Synthesis Physical Therapy – a clinic that provides 1:1 service to recreational and elite athletes in Charlotte, NC. She enjoys spending time with her husband and 2 boys in addition to running, cheering for Georgia Tech football, and empowering clients to be the best versions of themselves using movement as medicine.

NSCA Involvement

- Women's Committee Mentorship Program, Invited Mentor (2024)

Nomination Committee Ballot questionnaire

Why do you want to serve on the Nomination Committee?


Being a part of the NSCA has heightened the quality of the approach I take as a coach and clinician, and I would love to be able to give back in a way that would ensure the continued success and integrity of the NSCA.

What is your understanding of the organizational structure of the NSCA?

The board of directors is selected by members of the NSCA and includes one member of the public who work together to uphold the policies and procedures of the NSCA.

One of the roles of the Nomination Committee is to find qualified candidates for Board of Director positions. How would you go about seeking or identifying candidates who would be representative of the diverse population of our membership, and consistent with the NSCA mission statement?

Being a clinician opens a separate door in regards to searching for candidates - working in continuing education both as a provider and as a professional has helped to keep me up to date on the research and more recent approaches and



innovators in our field (both in physical therapy and in coaching). Also, having completed the CPSS further ensures my ability to select appropriate director candidates as it gives different insight into the evidence and development of research and the quality associated with that research.