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Program in Exercise Science in the  
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**Licensed Physical Therapist, State of Wisconsin #6360-024**  
**Licensed & Certified Athletic Trainer #080202100**

**EDUCATION**

<b>MPT</b>	Physical Therapy, 1999.	Marquette University, Milwaukee, WI.
<b>Ph.D.</b>	College of Medicine- Physiology, 1989.	University of Florida, Gainesville, FL.
<b>M.S.</b>	Exercise Physiology, 1984.	University of Louisville, Louisville, KY.
<b>B.S.</b>	Nutritional Science, 1981.	Illinois State University, Normal, IL.

**PROFESSIONAL EXPERIENCE/APPOINTMENTS**

<b>2011-present</b>	<b>Director of Graduate Studies CTRH, Department of Physical Therapy, Marquette University</b>
2008-2009	Member, Human Subjects Internal Review Board, Marquette University
2005-2008	Co-Chair, Human Subjects Internal Review Board, Marquette University
2003-2009	Member, Strategic Health Initiative Task Force on Women's Sport and Physical Activity, American College of Sports Medicine, with reappointment in 2006
2003-2004	Board of Directors ASEP
2002-present	Certified Athletic Trainer #080202100
2002-present	Licensed Athletic Trainer, State of Wisconsin
2002-20005	Chair, Human Subjects Internal Review Ethics Board, Marquette University
2001-2003	President-elect, Wisconsin Association of Exercise Physiologists (WAEP)
2001-2005	Member, Board of Directors, Wisconsin Society of Exercise Physiologists
2001-2004	American Physiologic Society representative to AAAS
2000-present	Associate Professor, Department of Physical Therapy, Marquette University
1999-present	Director, Exercise Science Program, Marquette University
1999- present	Licensed Physical Therapist, State of Wisconsin #6360-024
1999-2003	Appointed Member, Strategic Health Initiative Task Force on Women=s Sport and Physical Activity
1999-2005	Public Education and Job Market Committee, American Society of Exercise Physiologists
1999	Columbia Hospital of Milwaukee, WI. Acute Care, General Medicine 8 week affiliation, SPT
1999	Sports Medicine Institute at Sinai Medical Center, Milwaukee WI. 8 week affiliation. SPT
1998-present	Fellow, The American College of Sports Medicine
1998	Peak Performance Sport and Industrial Rehabilitation, Bemidji, MN. 6 week affiliation, SPT.
1998-2003	Women in Exercise Physiology Committee, American Society of Exercise Physiologist
1997	St. Luke's Medical Center. Acute Care Orthopedics 4 week affiliation, SPT
1997-1999	Speakers Bureau of the American College of Sports Medicine "Strategic Health Initiative for Women's Sport and Physical Activity"
1998- 2000	Research Staff, Endocrine Research Laboratory, St. Luke's Medical Center, Milw. WI.
1995-present	Adjunct Assistant Professor, Dept. of Physiology, Medical College of Wisconsin, Milw. WI.
1994-2000	Assistant Professor, Program in Physical Therapy, Marquette University, Milw. WI.
1992-1997	Assistant Director, Endocrine Research Laboratory, St. Luke's Medical Center, Milw. WI.
1992-1994	Research Assistant Professor, Dept. of Medicine, Medical College of Wisconsin, Milw. WI.
1992	Instructor, Neurobiology Biol 155. Biology Department, Marquette University, Milwaukee, WI.
1989-1992	Post-Doctoral Fellow, Medical College of Wisconsin, Milwaukee, WI.
1984-1989	Full Graduate Research Assistantship, University of Florida, FL.

1982-1984 Full Graduate Research Assistantship, University of Louisville, KY.  
1981-1983 Assistant Volleyball Coach, Athletic Department, University of Louisville, KY.  
1981-1983 Instructor, Physical Education Department, University of Louisville, KY.  
1980-1982 Research Technician. Exercise Physiology Laboratory, University of Louisville, KY.

**AWARDS/HONORS recipient of:**

1998 Awarded Fellowship Status of the American College of Sports Medicine  
1988 Graduate Research Award, Medical Guild, College of Medicine, University of Florida. This award is given to recognize outstanding research by a doctoral student annually.  
1983 Graduate Research Award, Committee for Academic Excellence, University of Louisville. This award is given to recognize outstanding research by the graduate school annually.  
1977-1981 Awarded full Athletic Scholarship to Illinois State University.  
1976-1977 Member of the United States Olympic National and American National Volleyball Association Jr. National Volleyball teams.

**PROFESSIONAL MEMBERSHIPS**

American Physiological Society (APS)  
American College of Sports Medicine (ACSM)  
American Society of Exercise Physiologists (ASEP)  
National Strength and Conditioning Association (NSCA)  
National Athletic Trainers Association (NATA)  
Obesity Society

PROFESSIONAL REFEREED PUBLICATIONS

**Published Manuscripts (peer reviewed)**

Hoch AZ, Papanek P, Szabo A, Widlansky ME, Gutterman. Folic Acid Supplementation Improves Vascular Function in Professional Dancers With Endothelial Dysfunction  
PM & R Vol 3 (11): 1005-1012, Nov 2011.

Hoch AZ, Papanek PE, Szabo A, Widlansky ME, Schimke JE and Gutterman DD. Association between the Female Athlete Triad and Endothelial Dysfunction in Dancers. Clin. J. Sport Med 21(2):119-25, 2011.

Harivanam S, Marklin RW, Papanek PE, Cariapa V. A Shovel with a Perforated Blade Reduces Energy Expenditure Required for Digging Wet Clay. *Human Factors* 52(4): 492-502, 2010.

Papanek, PE. The Female Triad: Implications for Physical Therapy. *JOSPT* 33:594-614, 2003.

Kloth LC, JE Berman, MJ Nett, PE Papanek and S Dumit-Minkel. A randomized controlled clinical trial to evaluate the effects of noncontact normothermic wound therapy on chronic full-thickness pressure ulcers. *Advances in Skin and Wound Care* 15(6): 270-276, 2002.

Hodges M, Forster HV, Papanek PE, Dwinell MR, Hogan G. Ventilatory phenotypes among four strains of adult rats. *Journal of Applied Physiology*. 93: 2001

Amaral SL, Papanek PE, and Greene AS. Angiotensin II and VEGF are involved in the angiogenesis induced by short-term exercise training. *Am. J. Physiol.* 281: H1163-H1169, 2001.

Kloth LC, JE Berman, CH Sutton, S Dumit-Minkel, J Wurzel and PE Papanek. Effect of a normothermic wound dressing on pressure ulcer healing. *Royal Society of Medicine Symposium Series* No. 237 April 2000

Kloth LC, JE Berman, S Dumit-Minkel, CH Sutton, PE Papanek and J Wurzel. Effect of a normothermic dressing on pressure ulcer healing. *Advances in Skin and Wound Care* 13:69-74, 2000

Simoneau, GG, JE Leply, KJ Hoenig, SM Bronson and PE Papanek. Influence of hip position and gender on the amount of rotation of the hip. *J. Orthopedics & Sports Physical Therapy* 28(3): 158-164, 1998.

Papanek, PE, MJ Rieder, JH Lombard, and AS Greene. Gender specific protection from microvessel rarefaction in female hypertensive rats. Am. J. Hypertension Vol 11 (8 pt 1): 998-1005, 1998.

Raff, H, B Jankowski, J Baker, T Goodfriend, and PE Papanek. Effect of exposure to hypoxia from birth on aldosterone in rabbits: role of unesterified free fatty acids. Am. J. Physiol. R1084-R1087, 1997.

Papanek, PE, CD Sladek, and H Raff. Corticosterone inhibition of osmotically stimulated vasopressin from hypothalamoneurohypophysial explants. Am. J. Physiol. 272: R158-R162, 1997.

Raff, H, P Lucero, VE Cowles and PE Papanek. Vasopressin response to corticotropin-releasing factor and hypertonicity before and after truncal vagotomy in conscious dogs. Am. J. Physiol. 270: R94-R 98, 1996.

Papanek, P.E., B. Jankowski, and H. Raff. Aldosterone release from adrenal cells is inhibited by reduced oxygen levels in vitro during maturation in rabbits. Reproduction, Fertility and Development. 8 (8):1131-1136, 1996.

Mattson, DL, SJ Lu, K Nakanishi, PE Papanek and AW Cowley, Jr. Effect of chronic renal medullary nitric oxide inhibition on blood pressure. Am. J. Physiol. 266: H1918-H1926, 1994.

Papanek, PE and HRaff. Physiological increases in cortisol inhibit basal AVP release in conscious dogs. Amer. J. Physiol. 266: R1744-R1751, 1994.

Cowley, AW Jr., MM Skelton, PE Papanek, and AS Greene. Hypertension induced by high salt intake in absence of volume retention in reduced renal mass rats. Am. J. Physiol. 267: H1707-H1712, 1994.

Papanek, PE and H Raff. Chronic physiological increases in cortisol inhibit the vasopressin response to hypertonicity in conscious dogs. Am. J. Physiol. 267: R1342-R1349, 1994.

Raff, H, PE Papanek, JF. Liard, and AW Cowley, Jr. The effect of intracarotid vasopressin infusion normalizes ACTH release in neurohypophysectomized, conscious dogs. Am. J. Physiol. 267: R653-R658, 1994.

**Manuscripts published prior to appointment at Marquette University:**

Papanek, PE, KC Bovee, MM Skelton, and AW Cowley, Jr. Chronic pressure-natriuresis relationship in dogs with essential hypertension. Am. J. Hypertension 6: 960-967, 1993.

Raff, H, PE Papanek and AW Cowley, Jr. Effect of hypotension and hyperosmolality on vasopressin and ACTH responses to hypoglycemia in conscious dogs. Am. J. Physiol. Reg. 263:R382-R388, 1992.

VanBergen, P, MJ Fregly and PE Papanek. The effect of a reduction in sodium intake on cold-induced elevation of blood pressure in the rat. Proc. Soc. Exp. Biol. Med. 200 (4): 472-479, 1992.

Shechtman, O, MJ Fregly, P VanBergen and PE Papanek. Prevention of cold-induced increase in blood pressure of rats by Captopril. Hypertension 17:763-770, 1991.

Fregly, MJ, O Shechtman, P VanBergen, C Reeber and PE Papanek. Changes in blood pressure and dipsogenic responsiveness to Angiotensin II during chronic exposure of rats to cold. Pharmacol. Biochem. Behavior 38(4):837-842, 1991.

Raff, H, PE Papanek and AW Cowley, Jr. ACTH and vasopressin response to insulin-induced hypoglycemia in intact and neurohypophysectomized dogs. Neuroendocrinology 53:85-90, 1991.

Papanek, PE, CE Wood and MJ Fregly. Role of the sympathetic nervous system in cold-induced hypertension in rats. J. Appl. Physiol. 71(1):300-306, 1991.

Shechtman, O, PE Papanek and MJ Fregly. Reversibility of cold-induced hypertension after removal of rats from cold. Can. J. Physiol. and Pharmacol. 68:830-835, 1990.

Shechtman, O, MJ Fregly and PE Papanek. Factors affecting cold-induced hypertension in rats. Proc. Soc. Exp. Biol. Med. 195:364-368, 1990.

Hathaway, SJ, MJ Fregly, KM Wilson, PE Papanek, and WN Henley. Effect of chronic treatment with deoxycorticosterone acetate on content of a natriuretic substance in atria of rats. Proc. Soc. Exp. Biol. Med. 183(1):92-98, 1986.

Stamford, BA, S Matter, RD Fell, and PE Papanek. Effects of smoking cessation on weight gain, metabolic rate, caloric consumption, and blood lipids. Am. J. Clin. Nutr. 43:486-494, 1986.

Stamford, BA, S Matter, RD Fell, S Sady, MK Cresanta, and PE Papanek. Cigarette smoking, physical activity, and alcohol consumption: relationship to blood lipids and lipoproteins in premenopausal females. Metabolism. 33(7):585-590, 1984.

Stamford, BA, S Matter, RD Fell, S Sady, PE Papanek, and M.K. Cresanta. Cigarette smoking, exercise and high density lipoprotein cholesterol. Atherosclerosis. 52:73-83, 1984.

## **BOOK CHAPTERS**

Papanek, PE. Physical Activity for Healthy Seniors. In: The Nurse's Role in Promoting Optimal Health of Older Adults: Thriving in the Wisdom Years. Editor Jean Lange. FA Davis published 9/2/2011

Papanek, PE. Temperature Regulation. In: PHYSIOLOGY SECRETS 2<sup>nd</sup> Ed, editor H. Raff. Hanley and Belfus, Inc Philadelphia, Pennsylvania 2002.

Papanek, PE. Exercise Physiology. In: PHYSIOLOGY SECRETS 2<sup>nd</sup> Ed, editor H. Raff. Hanley and Belfus, Inc Philadelphia, Pennsylvania 2002

Papanek, PE. Physiology of Aging. In: PHYSIOLOGY SECRETS 2<sup>nd</sup> Ed, editor H. Raff. Hanley and Belfus, Inc Philadelphia, Pennsylvania 2002

Fregly, MJ and PE Papanek. Cold-induced hypertension in rats. In: THERMAL PHYSIOLOGY, editor J.B. Mercer, Elsevier Science, Amsterdam 1989. pgs 551-557.

Papanek, PE. Temperature Regulation. In: PHYSIOLOGY SECRETS, editor H. Raff, Hanley and Belfus, Inc Philadelphia, Pennsylvania 1998, pgs 271-277.

Papanek, PE. Bioenergetics of Skeletal Muscle Contraction and Exercise Physiology. In: PHYSIOLOGY SECRETS, editor H. Raff, Hanley and Belfus, Inc Philadelphia, Pennsylvania 1998, pgs 237-270.

Papanek, PE. The Female Athlete Triad. Continuing Education course including tape, handouts and exam. Desert Southwest Fitness, Inc. 1998.

## **PROFESSIONAL REFEREED PRESENTATIONS:**

### **International and National Meetings:**

Paula Papanek, P., Cybulski, A.N., Skelton, K.W., Ng, A.V., Topp, R.A Comparison of topical analgesic gels on blood flow and vascular responses to exercise. American College of Sports Medicine Annual Meeting, Indianapolis, Indiana May 28 - June 1, 2013.

Skelton, K., Topp, R., Ng, A., Cybulski, A. & Papanek, P. A comparison of two formulations of Biofreeze on blood flow and vascular responses to exercise. Midwest Nursing Research Society Annual Meeting, Chicago, IL, March 7-10, 2013.

Topp, R., Ng, A., Cybulski, A., Skelton, K. & Papanek, P. A comparison of two formulations of Biofreeze on blood flow and vascular responses to exercise. TheraBand Research Advisory Council, St

John's New Foundland, July 23-25, 2012.

Skelton, KW, A Greene, L Pan, PE Papanek. Impact of a modified school lunch program on weight loss in a middle school cohort. American College of Sports Medicine Annual Meeting, San Francisco, CA May 2012. MSSE Vol 44 (5) Suppl abst #2371, pg S426

PE Papanek, L Pan, L Edwards, N Bansal. Impact Of After School Fitness And Mentoring Program On GPA In Latino Middle School Students. American College of Sports Medicine Annual Meeting, San Francisco, CA May 2012. MSSE Vol 44 (5) Suppl abst #2925 pg S563.

AL Harkins, PhD, MT(ASCP), AV Ng, PhD, FACSM, BA Ingraham, B Cleland, M Pitluck, PE Papanek, PhD, PT, D Woo, MD, ME Csuka, MD. Analysis of Bone Mineral Density Biomarkers and Physical Activity in MS. Presented at American Society for Clinical Laboratory Science (ASCLS) National conference, Atlanta, GA, July 2011.

KN Zach, PE Papanek, A Szabo, L Harmann, AZ Hoch. Is there a heart dysfunction related to athletic amenorrhea? Presented at American Medical Society for Sports Medicine (AMSSM) Annual meeting, Salt Lake City, UT July 2011.

Ng. A.V., Woo, D., Csuka, M.E., Harkins, A., Cleland, B., Pitluck, M., Ingraham, B. Papanek, P. Moderate Physical Activity is Associated with Bone Density in MS. Presented at Consortium of MS Centers Annual Meeting, San Antonio TX, June, 2010.

Anne Z Hoch, DO, Paula E Papanek, PhD, MPT, William G Raasch, MD, Jane E Schimke, AAS, Anika Szabo, PhD, David D Gutterman, MD Is There A Relationship Between Low Bone Mineral Density And Endothelial Dysfunction? Presented at AMSSM annual meeting, San Diego, CA 2010.

Ng. A.V., Woo, D., Harkins, A., Csuka, M.E., Ingraham, B.A., Dixon, J., and P.E. Papanek. Determinants of bone mineral density in persons with multiple sclerosis. American College of Sports Medicine Annual Meeting, 2009, *Med Sci Sports Exerc* 41: S592, 2009.

Freier, S., Marklin, R.W. and Papanek, P. (2009). Effect of inverted V-shaped backrest of an office chair on ventilatory and cardiovascular efficiency. In : *Proceedings of the Human Factors and Ergonomics Society 53rd Annual Meeting*, Oct. 20-23, 2009, San Antonio, TX.

Marklin, R., Freier, S., and Papanek, P. (2009). A general-purpose office chair reduces heart rate during typical office tasks. Presented at the American Industrial Hygiene Conference & Exposition, Toronto, CANADA, June 1, 2009.

AZ Hoch, PE Papanek, HS Havlik, WG Raasch, ME Widlansky, JE Schimke & DG Gutterman. Prevalence of The Female Athlete Triad/Tetrad In Professional Ballet Dancers. American College of Sports Medicine Annual Meeting, 2009, *Med Sci Sports Exerc* 41: S590, 2009.

Frenn, M., Malin, S., Papanek P., & Greer, Y. Tailored, Individualized or Peer Assisted Interventions: What Works Best for Teen Diet and Exercise? Midwest Nursing Research Society. Milwaukee, WI April 2006.

Frenn, M., Malin, S., Papanek P., & Greer, Y. What Works Best for Teen Diet and Exercise? American College of Sports Medicine Annual Meeting, 2006, *Med Sci Sports Exerc* 38: 2006.

Frenn, M., Malin, S., Papanek, P., Greer, Y., Schweizer, H., & Havice, M. Internet Delivered Exercise/ Nutrition Program Shows Continued Benefits at 1 Year. The 5th International Heart Health Conference - Positioning Technology to Serve Global Heart Health - Milan, June 13th-16th. 2004

Frenn, M., Malin, S., Papanek, P., & Greer, Y. Improving Teen Diet and Exercise: Does Tailored Computerized Feedback make a Difference? International Society for Behavioral Nutrition and Physical Activity. (June 10-13) Washington, D.C. 2004

Audi S, Bongard R, Papanek PE, Roerig D, Rickaby D, Merker M. Effects of Chronic Exercise and Hyperoxia on Quinone Reduction in Rat Lungs. For presentation at Exp Biology 2004

Frenn M, Malin S, Papanek PE, Greer Y. Improving teen diet and exercise: Does tailored computerized feedback make a difference? National State of the Science Conference, NIH 2004.

Frenn M, Malin S, Papanek PE, Greer Y. Improving teen diet and exercise: Does tailored computerized feedback make a difference? International Society for Behavior Nutrition and Physical Activity. 2004.

Berman JE, Kloth LC, Nett M, Dumit-Minkel S, Papanek PE. Twelve-week randomized trial to evaluate noncontact normothermic wound therapy on full-thickness pressure ulcers. Abstracts of the 6th European Pressure Ulcer Advisory Panel Meeting, Budapest, Hungary, September 18-21, 2002.

Kloth LC, Berman JE, Nett M, Papanek PE, Dumit-Minkel S. A randomized controlled prospective comparison of healing rates between full-thickness pressure ulcers treated for 12 weeks with warming therapy and ulcers treated with standard care. Presented at the APTA Combined Sections Meeting, San Antonio, TX, February 2001.

Nett M, Kloth LC, Berman JE, Dumit-Minkel S, Papanek PE. A randomized comparison of healing rates between full-thickness pressure ulcers treated for 12 weeks with warming therapy and ulcers treated with standard wound care alone. Abstracts of the 14th Annual Symposium on Advanced Wound Care. Las Vegas, NV, April, 2001.

Kloth LC, Nett M, Berman JE, Dumit-Minkel S, Papanek PE. Twelve-week randomized trial to evaluate noncontact normothermic wound therapy (NNWT) on full-thickness pressure ulcers. Abstracts of the European Tissue Repair Society Conference, Cardiff, Wales, UK, September 5-8, 2001.

Berman JE, Kloth LC, Nett M, Dumit-Minkel S, Papanek PE. A randomized comparison of healing rates between full-thickness pressure ulcers treated for 12 weeks with warming therapy and ulcers treated with standard wound care alone. Abstracts of 16th Annual Clinical Symposium on Advances in Skin and Wound Care, Orlando, FL, September 20-23, 2001.

Kloth LC, Nett M, Berman JE, Dumit-Minkel S, Papanek PE. Twelve-week randomized trial to evaluate noncontact normothermic wound therapy (NNWT) on full-thickness pressure ulcers. Abstracts of the 5th European Pressure Ulcer Advisory Panel Meeting, Le Mans, France, September 27-29, 2001.

Welsh, S, PE Papanek and GG Simoneau. Effect of variable walker height on metabolic cost of ambulation. Abstract in: Med & Science in Sports & Exercise 2001. For presentation at the ACSM National Conf, Baltimore, MA. May 2001

Berman, JE, Kloth, LC, Papanek, PE, Nett, M, Dumit-Minkel S. A randomized, controlled, prospective comparison of healing rates between full-thickness pressure ulcers treated for 12 weeks with warming therapy and ulcers treated with standard wound care. For presentation at the American Physical Therapy Association, Combined Sections Meeting, San Antonio, TX February 2001.

Kloth LC, Berman JE, Sutton CH, Dumit-Minkel S, Papanek PE, Wurzel DJ: Effect of a normothermic wound dressing on pressure ulcer healing. Abstracts of Roy Soc Med Symposium Series 237, Royal Soc Med Press 2000.

Kloth LC, Nett M, Berman JE, Dumit-Minkel S, Papanek PE. A randomized comparison of healing rates between full-thickness pressure ulcers treated for 12 weeks with warming therapy and ulcers treated with standard wound care alone. Abstracts of the 4th European Pressure Ulcer Advisory Panel Meeting, Piza, Italy, September, 2000.

Papanek, PE, Amaral SL and Greene AS. Angiogenesis induced by short-term exercise is modulated by angiotensin II and VEGF. *The Physiologist* 43(4): 351, 2000. For presentation at the Integrative Biology of Exercise Meeting, an American Physiology Society 2000 Intersociety meeting. Oct. 2000.

Amaral SL, Papanek P and Greene AS: Angiotensin II and VEGF are involved in angiogenesis induced by short-term exercise training. *The FASEB Journal*, 14(4): A34, 2000. For presentation at the Experimental Biology National Meeting, San Diego, CA. April 2000.

Papanek, PE, M Hodges, HV Forster, HJ Jacobs, AW Cowley, Jr. Differences in ventilatory responses to graded exercise among inbred strains of adult rats. For presentation at the Experimental Biology National Meeting, San Diego, CA. April 2000.

Papanek, PE, S Wegner, C Schwensen. The effect of training with conforming moving force equipment on lifting capacity in healthy students. Presented at the NSCA National Meeting, Kansas City, MO. June 1999.

Treml, MI, PE Papanek. Prevalence of female athlete triad among a female ROTC population. Abstract in: Med & Science in Sports & Exercise 29 (5) 1999. Presented at the ACSM National Conf, Seattle WA. May 1999.

Papanek, PE, SF Conley and TR Feroah. External nasal dilators (Breathe Right) decrease nasal airway resistance in resting subjects. Abstract in: Med & Science in Sports & Exercise 29 (5) 1999. Presented at the ACSM National Conf, Seattle WA. May 1999.

Kloth LC, JE Berman, S Dumit-Minkel, CH Sutton and PE Papanek. Effects of a heated dressing on periwound skin temperature and healing of full-thickness pressure ulcers. Presented at the 13<sup>th</sup> International Congress of the World Confederation for Physical Therapy, Yokohama, Japan. May 1999.

Berman, JE, LC Kloth, CH Sutton, S Dumit-Minkel, PE Papanek. Effect of a heated dressing on periwound skin temperature and healing of full-thickness pressure ulcers. Abstract in Physical Therapy 1999. Abstract published in Physical Therapy 1999. Presented at the Combined Sections Meeting, American Physical Therapy Association Seattle, WA February 1999.

Kloth LC, JE Berman, CH Sutton, S Dumit-Minkel, J Wurzel and PE Papanek. Effect of a normothermic wound dressing on pressure ulcer healing. Presented at the Symposium on Thermoregulation in Wound Care. Oxford, UK. February 1999.

JE Leply, KJ Hoenig, SM Bronson, PE Papanek and GG Simoneau. Influence of hip position and gender on the amount of rotation of the hip. Abstract in: Physical Therapy, 78(5): S32, 1998. Presented at the National APTA Conference, Orlando, FL 1998.

Kloth LC, JE Berman, CH Sutton, S Dumit-Minkel, PE Papanek and J Wurzel. Effect of a normothermic wound dressing on pressure ulcer healing. Presented at the 2<sup>nd</sup> Annual Physical Wound Care Congress, Orlando, FL September 1998.

Berman, JE, LC Kloth LC, CH Sutton, S Dumit-Minkel, PE Papanek. Effects of a heated dressing on periwound skin temperature and healing of full thickness pressure ulcers. Presented at the 2<sup>nd</sup> Annual European Pressure Ulcer Advisory Panel Meeting. Oxford, UK September 1998.

Sutton, CH, LC Kloth, JE Berman, S Dumit-Minkel, PE Papanek. Effect of a normothermic wound dressing on pressure ulcer healing. Presented at American Paraplegia Society, Las Vegas, NV. September, 1998.

Berman, JE, LC Kloth, CH Sutton, S Dumit-Minkel, PE Papanek. Effect of a normothermic wound dressing on pressure ulcer healing. Presented at the Symposium on Advanced Wound Care, Miami Beach, FL April, 1998.

Kloth LC, Berman, JE,, CH Sutton, S Dumit-Minkel, PE Papanek. Effects of a normothermic dressing on periwound skin temperature and healing of full-thickness pressure ulcers. Presented at the 13<sup>th</sup> Annual Clinical Symposium on Wound Care, Atlanta, GA October 8-11, 1998.

Papanek, PE, CC Young, and J.A. Brown. The effects of an external nasal dilator on Respiratory flow volume. Abstract in Med & Science in Sports & Exercise 28 (5) 1997. Presented at the Annual meeting of ACSM, Denver, CO 1997.

Papanek, PE, and AS Greene. Angiogenic response to exercise is influenced by aging. Abstract in Microcirculation, 1997. Presented at the Annual meeting of the Microcirculatory Society, New Orleans, LA. 1997.

Reiter, SA, and PE Papanek. Medical students as peer educators in a physiology of exercise laboratory experience: evaluation of ergogenic and dietary aids. Presented at the 23rd Annual Predoctoral Education Conference, The Society of Teachers of Family Medicine and the American Academy of Family Physicians, 1997.

Papanek, PE and AS Greene. Vessel Density is increased in rat skeletal muscle after 3 days of low-(walk) and high-intensity (run) treadmill training. Abstract in Physiologist 39 (5): A44, 1996. Presented at The Integrative Biology of Exercise Meeting, Combined APS/Canadian Physiological Society Meeting, Vancouver, BC, Canada 1996.

Papanek, PE., CC Young, NA Kellner, JG Lachacz and A Sprado. The effects of an external nasal dilator (Breathe-Right7) on anaerobic sprint performance. Abstract in Med & Science in Sports & Exercise 28(5) S182, 1996 Presented at the Annual Meeting of ACSM, Cincinnati OH. 1996.

Papanek, PE, B Jankowski, J Baker, T Goodfriend, and H Raff. Exposure to hypoxia from birth increases free fatty acids and inhibits aldosterone production in rabbits. Abstract in FASEB J. 10 (3):A 4694, 1996. Presented at the Annual Federation of the American Society for Experimental Biology Meetings, Washington DC. 1996.

Raff, H., B Jankowski, WC Engeland, MK Oaks, and PE Papanek. Hypoxia in vivo inhibits the expression of aldosterone synthase (P450aldo) mRNA levels in the rat adrenal cortex. Abstract in FASEB J. 10 (3):A 4693, April 1996 Presented at the Annual Federation of the American Society for Experimental Biology Meetings Washington DC. 1996.

Papanek, PE, MJ Rieder, and AS Greene. Captopril blocks angiogenic response to acute exercise. Abstract in Microcirculation 3(1): 100, 1996 Presented at the Annual meeting of the Microcirculatory Society, Washington DC. 1996.

Papanek, PE, MJ Rieder, and AS Greene. Angiogenic response to acute exercise. Presented at the Annual Midwest Physiological Society Meetings, Milwaukee, WI 1996.

Nuhlicek, DR, SA Reiter, PE Papanek, A Onofrie, R Soper and D Dardashti. Ergogenic and Diet Aids: the "Wheel of Fortune" in a physiology curriculum. 21st Annual Predoctoral Education Conference, The Society of Teachers of Family Medicine and the American Academy of Family Physicians, 1995.

Papanek, PE, CD Sladek, and H. Raff. The effect of corticosterone and RU486 on vasopressin responses to hyperosmolality in rat hypothalamoneurohypophysial explants. Abstract in FASEB J. 9: A264, 1995. Presented at the Annual Federation of the American Society for Experimental Biology Meetings, San Francisco, CA 1995.

Lucero, P, B Jankowski, PE Papanek, and H Raff. Aldosterone production in vitro in zona glomerulosa cells from rats exposed to hypoxia in vivo. Abstract in FASEB J. 9: A597, 1995. Presented at the Annual Federation of the American Society for Experimental Biology Meetings San Francisco, CA 1995.

Raff, H, P Lucero, VE Cowles and PE Papanek. Vasopressin response to corticotropin-releasing factor and hypertonicity before and after abdominal vagotomy in conscious dogs. Abstract in FASEB J. 9: A263, 1995. Presented at the Annual Federation of the American Society for Experimental Biology Meetings San Francisco, CA 1995.

Raff, H, PE Papanek, and CD Sladek. The effect of corticosterone and glucocorticoid antagonist on vasopressin responses in hypothalamoneurohypophysial explants. Presented at the Midwest Neuro Biology Meetings, Milwaukee, WI 1995.

Raff, H, B Jankowski, and PE Papanek. Hypoxia inhibits aldosterone production from rat adrenocortical zona glomerulosa cells in vitro. Abstract in FASEB J. 8(3):1994. Presented at the Annual Federation of the American Society for Experimental Biology Meetings, Anaheim, CA 1994

Papanek, PE and H Raff. Chronic physiological increases in cortisol inhibit vasopressin response to hypertonic saline in conscious dogs. Abstract in FASEB J. 8(3):1994. Presented at the Annual Federation of the American Society for Experimental Biology Meetings, Anaheim, CA 1994

Papanek, PE, DM O'Drobinak, MJ Rieder, J H Lombard, and AS Greene. Gender specific protection from microvascular rarefaction in female hypertensive rats. Abstract in Circ. 90: I-256, 1994. Presented at the American Heart Association Meeting, Dallas, Tx. 1994.

#### **Prior to appointment at Marquette University**

Cowley, Jr. AW, MM Skelton, PE Papanek and AS Greene. Alternate pathways to hypertension in reduced renal mass rats receiving high salt (volume vs vasoconstriction). Abstract in FASEB J. 7(3): A533, 1993. Presented at the Annual Federation of the American Society for Experimental Biology Meetings New Orleans, LA 1993.

Mattson, DL, SJ Lu, K Nakanishi, PE Papanek and AW Cowley, Jr. Effect of chronic renal medullary interstitial infusion of N<sup>ε</sup>-nitro-l-arginine methyl ester (L-name) on renal blood flow distribution and mean arterial pressure. Abstract in FASEB J. 7(3): A548, 1993. Presented at the Annual Federation of the American Society for Experimental Biology Meetings New Orleans, LA 1993.

Papanek, PE, B Jankowski, and H Raff. Differential sensitivity of the aldosteronogenic pathway to hypoxia during maturation in rabbits. Abstract # 1528. Presented at the 75th Meeting of the Endocrine Society Las Vegas, NV 1993.



Raff, H, and PE Papanek. Chronic physiological increases in cortisol inhibit vasopressin in conscious dogs. Abstract #788. Presented at the 75th Meeting of the Endocrine Society Las Vegas, NV 1993.

Raff, H, PE Papanek, J-F Liard, and AW Cowley, Jr. Intracarotid vasopressin infusion normalizes the ACTH response to hypotension in neurohypophysectomized conscious dogs. Abstract in Soc. Neurosci.19:415, 1993.

Papanek, PE, AW Cowley, Jr, GM Schmitt and H Raff. Effect of hypotension and hyperosmolality on vasopressin and ACTH responses to hypoglycemia in conscious dogs. Abstract in FASEB J. 6(4):A1460, 1992. Presented at the Annual Federation of the American Society for Experimental Biology Meetings Anaheim, CA 1992.

Fregly, MJ, O Shechtman, P vanBergen, C Reeber & PE Papanek. Changes in blood pressure & dipso-genic responsiveness to angiotensin II during chronic exposure of rats to cold. Abstract in FASEB J.5(4):A394, 1991. Presented at the Annual Federation of the American Society for Experimental Biology Meetings Atlanta, GA 1991.

Bovee, KC, PE Papanek, MM Skelton and AW Cowley, Jr. Enhanced lability of blood pressure and heart rate in the genetically hypertensive dog. Abstract in: Hypertension 18:398, 1991. Presented at the Council for High Blood Pressure Research 45th Annual Conference, Chicago, IL. 1991.

Papanek, PE, KC Bovee, MM Skelton, and AW Cowley, Jr. Characterization of the chronic pressure-natriuresis relationship in genetically hypertensive dogs. Abstract in Physiologist 34(4):251, 1991. Presented at the American Physiologic Society Annual Meeting, San Antonio, TX 1991.

Raff, H, PE Papanek, MM Skelton, and AW Cowley, Jr. ACTH and vasopressin responses to insulin hypoglycemia in intact & neurohypophysectomized conscious dogs. Abstract in Endocrinology 35, 1990. Presented at the 72nd Meeting of the Endocrine Society, San Diego, CA 1990.

Shechtman, O, MJ Fregly and PE Papanek. Chronic treatment with captopril prevents cold-induced hypertension in rats. Abstract in FASEB J. 4(4):A964, 1990. Presented at the Annual Federation of the American Society for Experimental Biology Meetings Washington DC 1990.

Papanek, PE, O Shechtman and MJ Fregly. Effect of intermittent exposure to cold on systolic blood pressure of rats. FASEB J. 4(4):A964, 1990. Presented at the Annual Federation of the American Society for Experimental Biology Meetings Washington DC 1990.

Shechtman, O, PE Papanek, and MJ Fregly. Reversibility of cold-induced hypertension after removal of rats from cold. Abstract in: FASEB J. 3(3):A1315, 1989. Presented at the Annual Federation of the American Society for Experimental Biology Meetings New Orleans, LA 1989.

Papanek, PE, SJ Hathaway, MJ Fregly, and C Summers. Effect of estrogen in DOCA/NaCl-induced hypertension in rats. Abstract in: FASEB J. 3(3):A396, 1989. Presented at the Annual Federation of the American Society for Experimental Biology Meetings New Orleans, LA 1989.

Papanek, PE and MJ Fregly. Responsiveness to angiotensin II in warm and cold-adapted rats. Abstract in: FASEB J. 2(5):A1529, 1988. Presented at the Annual Federation of the American Society for Experimental Biology Meetings 1988, Las Vegas, NV.

Papanek, PE and MJ Fregly. Effect of chronic cold-exposure on adrenergic function in rats. Abstract in: Fed. Proc. 46(4):669, 1987. Presented at the Annual Federation of the American Society for Experimental Biology 1987, New Orleans, LA.

Fell, RD, BA Stamford, PE Papanek, and J Shearn. Effect of exercise training on smoking-induced catecholamine response in rats. Abstract in: Fed. Proc. 44(5):1369, 1985. Presented at the Annual Federation of the American Society for Experimental Biology Meetings 1985, Chicago, IL.

Feldstein, JB, PE Papanek, C Summers, and MK Raizada. Neuronal cells in primary culture from rat brain possess alpha<sub>1</sub>-adrenergic receptors. Abstract in: Endocrinology 116:A456, 1985. Presented at the National Meeting of the Endocrine Society Baltimore, MD 1985.

Hathaway, SJ, KM Wilson, PE Papanek, and MJ Fregly. Effect of deoxycorticosterone acetate on content of a natriuretic substance in atria of rats. Abstract in: Endocrinology 116:A696, 1985. Presented at the National Meeting of the Endocrine Society Baltimore, MD 1985.

Papanek, PE and RD Fell. Catecholamine response to acute nicotine injection in trained rats. Abstract in: Fed. Proc. 43(4): 1014, 1984. Presented at the Annual Federation of the American Society for Experimental Biology Meetings St. Louis, MO. 1984.

Matter, S, BA Stamford,, RD Fell, S Sady, PE Papanek, and MK Cresanta. Influence of dietary factors, cigarette smoking and exercise on blood lipids. Presented at the Annual Meeting of the National Dietetics Association, Washington DC, 1984.

#### **State Meetings & Regional:**

Ebben, W.P. and P. Papanek. Gender differences in the activation of the hamstrings, quadriceps, and hamstrings to quadriceps ratio during the squat. Submitted to: Midwest Chapter of the American College of Sports Medicine Annual Meeting, October 5-7. 2006.

Brown, JA and PE Papanek. The effects of an external nasal dilator on Respiratory flow volume. Presented at the Wisconsin Physical Therapy Spring Meeting, April 1997. Winner of best research poster award at conference.

Davy, KA and PE Papanek. Depression in the elderly: the effects on functional outcomes. Presented at the Wisconsin Physical Therapy Spring Meeting, April 1997. Winner of the best literature review poster award at conference.

Brosnan, SM, AM Gehring, PE Papanek. Gender differences in hip range of motion for internal and external rotation. Presented at the Wisconsin Physical Therapy Spring Meeting, April 1997.

CE Barnhart, DJ Korovesis and PE Papanek. The effects of teaching generic abilities in a physical therapy program. Presented at the Wisconsin Physical Therapy Spring Meeting, April 1997.

White, CC and PE Papanek, Amenorrhea as an indicator of overtraining. Presented at the WPTA Annual Meeting, April 1996.

Lamon, SE, AS Greene, and PE Papanek. Salt-induced changes in the microcirculation of genetically hypertensive male rats. Presented at the WPTA Annual Meeting, April 1996.

Lamon, SE, AS Greene, and PE Papanek. Salt-induced changes in the microcirculation of genetically hypertensive male rats. McNair Fellows National Meeting, Tennessee, August 1996.

Nuhlicek, DR, SA Reiter, A Onofrei, and PE Papanek. Ergogenic and Diet Aids: Nutrition in a physiology curriculum. Department of Family and Community Medicine Research Forum. Medical College of Wisconsin, Milw. WI. June 5, 1995.

#### **INVITED PROFESSIONAL PRESENTATIONS**

##### International, National and Regional

Papanek, PE Second Annual Obesity Conference “The Obesity Epidemic: Promoting Individual and Community Change” UW Superior Continuing Education/Extension and Douglas County Department of Health and Human Services. *Exercise Physiology: Practical steps to energize individual and communities” March 17<sup>th</sup> Duluth MN 2006.*

Papanek, PE Joint Council of Extension Professionals, 2005 JCEP Regional Conference. *Families on the Move: Setting Goals and Creating Plans for Physical Activity.* March 30-31, 2005, Milwaukee WI

Papanek, PE USDA Healthier Nutrition Forum: USDA Food & Nutrition Service Public Affairs Office. Presentation to Under Secretary Eric M. Bost. “War on pediatric obesity: solutions for a leaner childhood” June 23, Milwaukee, WI 2004

Papanek, PE *Body Composition, Facts, Fallacies and myths.* National Strength and Conditioning Association National Conference, Las Vegas, NV 2002.

Papanek, PE KEYNOTE ADDRESS. Exercise: Aging and the Exercise Physiology Professional, ASEP National Conference, Memphis, TN 2001.

Papanek, PE *The Female Athlete Triad.* Great Lakes Athletic Trainers Association, District Meeting, Milwaukee, WI March 2001.

- Papanek, PE KEYNOTE ADDRESS. *Body Composition Technologies and Techniques*. Wisconsin Strength & Conditioning Association Meeting, Milwaukee, WI July 2001.
- Papanek, PE KEYNOTE ADDRESS. *Exercise, the Fountain of Youth*. Women=s Health Initiative A Day of Movement@ Milwaukee, WI August 2001
- Papanek, PE. *Physiology of Aging: Implications for Exercise*. American Physical Therapy Association, National Conference, Indianapolis, IN 2000.
- Papanek, PE. *The Female Athlete. Sports Medicine 2000- Focus on Function*. Pittsburgh, PA 2000
- Papanek, PE. *The Female Triad*. National Strength and Conditioning Association National Conference, Kansas City, MO 1999.
- Papanek, PE. *The Female Athlete Triad*. Wisconsin Regional Health Association Conference, Milw. WI 1998
- Papanek, PE. *The Female Athlete*. NCCHA >97. North Central College Health Association Annual Meeting, Milw. WI, October, 1997.
- Papanek, PE. *The Female Athlete Triad*. Focus >97. 11<sup>th</sup> Annual National Pediatric Conference, Milw. WI. June 1997.
- Papanek, PE. *The Female Athlete Triad*. 27th Annual Winter Refresher Course for Family Physicians, Milwaukee, WI. January 1997.
- Papanek, PE. *Athletes & Eating Disorders*. Update on Eating Disorders Conference. Charter Behavioral Health Systems of Milwaukee, WI. November, 1996
- Papanek, PE. *Exercise in developing adolescent females, The Female Athlete Triad*. National Preteleconference to: Getting Kids Moving, Nutrition for Fitness and Sport. Childrens Hospital of Wisconsin, Milwaukee, WI. June 1996.
- Papanek, PE. *The Female Athlete*. Department of Biology, Austin Peay State University, Clarksville, TN. November 1999
- Papanek, PE. Co-Chairman and presenter, Vasopressin Session, Federation of the American Society of Experimental Biology Annual Meeting, Anaheim, CA. March 1994.

#### Invited Local Presentations

- Papanek, PE Critical Issues: Obesity (M17). UW Parkside K-12 Outreach Continuing Education Course. Guest Lecturer and keynote speaker. *Obesity: health consequences and the role of physical activity and play in prevention and treatment. Focus on Kids*". UW Parkside, November 2005.
- Papanek, PE, Coffey N, Getlinger MJ, Holloway W. *Helping Individuals and Families be Physically Active*. Presented at: Wisconsin Nutrition Education Program Annual Conference. Repeat workshops with standing room only. Stevens Point, WI Nov 3-4, 2004
- Papanek, PE *Helping fit fitness into your office*. Demonstration & group participation breakout session. Presented at: Wisconsin Nutrition Education Program Annual Conference. Stevens Point, WI Nov. 3-4 2004
- Papanek, PE *Fitting Fitness In: Aging and Exercise*. Presented to St. Lukes' Medical Center Annual Residents Day. Milwaukee, WI 2003
- Papanek, PE *Women's Health, Contemporary Issues*. American Medical Woman's Association, Milwaukee, WI April 2002
- Papanek, PE *The Anti-aging aspects of Exercise*. CHS Alumni Association March 2002
- Papanek, PE *Disordered eating on college campuses*. Student Affairs 2002
- Papanek, PE *Body Composition*. Wisconsin Strength and Conditioning Association State Conference, Milwaukee, WI 2002.
- Papanek, PE *Nutrition for Soccer*. Wauwatosa Soccer Club Coaches and Families 2001
- Papanek, PE The Female Athlete Triad, Women=s Medical Student Association Invited Speaker, 2001
- Papanek, PE Eating Disorders, Ergogenic Aids and Performance Nutrition for the College Soccer Athlete, Marquette Women=s Athletics, 2001
- Papanek, PE Update on Ergogenic Aids. Milwaukee Dietetics Association, Milwaukee, WI, September, 2000.
- Papanek, PE. Pathophysiological Consequences of Disorder Eating. Psychology (820-611-102): Etiology and Treatment of Eating Disorders, Univ. Wisconsin- Milwaukee, Milwaukee, WI September, 2000.
- Papanek, PE The Female Athlete Triad. Wisconsin Orthopedic Nurses, INC. 20<sup>th</sup> Annual Orthopedic Seminar, Milwaukee, WI March 2000.
- Papanek, PE The Role of Nutrition in Exercise and Athletic Performance. Love your Body Week, Marquette University, February 2000.
- Papanek, PE Nutrition for the adolescent soccer athlete. Soccer Fest 2000, Brookfield, WI February 2000
- Papanek, PE Women's Health: Link to Research. Women's Health, Women's Lives. Forum on Women=s Health sponsored by Congressman Tom Barrett. Milwaukee, WI December, 1999.
- Papanek, PE. Pathophysiological Consequences of Disorder Eating. Women's Studies & Psychology 320. University of Wisconsin, Madison, WI June 1999.

- Papanek, PE. Eating Disorders, Physiologic consequences. Wisconsin Parenteral/Enteral Nutrition Group of the Wisconsin Dietetic Association Madison, WI April, 1999.
- Papanek, PE. The Physiology of Bone: a Hospital Issue? Columbia Hospital, Rehabilitative Services. January 1999.
- Papanek, PE. The Female Athlete Triad, Warning Signs and Symptoms. Marquette University Counseling Center: November 1998.
- Papanek, PE. Screening the Adolescent Patient for the Triad. Peak Performance, Bemidji, MN June 1998.
- Papanek, PE. The Female Athlete Triad, Milwaukee Dietetic Association. Milwaukee WI. May 1998.
- Papanek, PE. *The Female Athlete Triad*. Waukesha County Public Schools., Waukesha WI. January 1998
- Papanek, PE. Pathophysiological Consequences of Disorder Eating: Psychology (820-611-102): Etiology and Treatment of Eating Disorders, Univ. Wisconsin- Milwaukee. WI September 1997.
- Papanek, PE. The Female Athlete Triad, Prevention through Nutrition. Athletic Department, Cardinal Stritch College Milwaukee, WI. March 1997.
- Papanek, PE. Women Athletes and Disorder Eating: Pathophysiological Consequences. Psychology (820-611-101): Etiology and Treatment of Eating Disorders, University of Wisconsin, Madison and Milwaukee, WI. January 1997.
- Papanek, PE. The Female Athlete Triad: are our Athletes Malnourished? Noon-trition: Medical College of Wisconsin, September 1996
- Papanek, PE. The Female Athlete Triad. Marquette PT Alumni Association, Milwaukee, WI March 1996
- Papanek, PE. Girls in Sports & Dance: Character building or child abuse? Center for Ethics Studies, Marquette University, Milwaukee, WI February 1995
- Papanek, PE. The Female Athlete Triad. Athletic Department, Marquette University, Milw. WI September 1995.
- Papanek, PE. The Control of Vasopressin. Department of Physiology, Medical College of Wisconsin, Milwaukee, WI. January 1995
- Papanek, PE. From Flo to Flow. Physical Therapy Program, Marquette University, Milwaukee, WI. February 1994
- Papanek, PE. Control of Blood Pressure-Renal and Neuroendocrine Controllers. ABBOTT Laboratories, North Chicago, IL. March 1992
- Papanek, PE. Understanding the Variability in Arterial Pressure a Models Approach. Institute of Biomedical Engineering and Biomathematics, Marquette University, Milwaukee WI February 1992
- Papanek, PE. Cold-induced Hypertension in Rats. Department of Physiology, Medical College of Wisconsin, Milwaukee, WI. October 1989.
- Papanek, PE. Cold-induced Hypertension. Department of Physiology, University of Florida, Gainesville, FL May 1989.

### **GRANT ACTIVITIES**

#### **SUBMITTED AND IN ACTIVE REVIEW**

**Bialkowski W, Papanek PE et al. CABLE (citrate apheresis bone loss evaluation):** Recipient Epidemiology and Donor Evaluation Study-III (REDS-III) submitted to: National Institutes of Health: National Heart, Lung and Blood Institute, Multicenter, prospective, longitudinal observational study. Submitted July 2012 with funding for 2013-2016.

#### **Funded**

- Papanek PE (PI) US Department of Health and Human Services, Office of Minority Health, Youth Empowerment Program (YEP). **YES3**. Pan, L Co-Investigator. Variable effort. **2012-2017**. 1,500,000 total costs
- Stolzman S, Hoeger-Bement M, Harkins A, Papanek PE, Danduran M, Hunter, S. Inflammatory Markers, Physical Fitness and Pain in Children. Clinical and Translational Science Institute of Southeast Wisconsin **2012-2013**. Pilot Project award \$50,000 total costs.
- Ryan P, Papanek PE, Ahamed S et al. Efficacy of m-Health Self-Management Intervention. **NIH RO1**. **October 2012-2016**. Variable effort. Total award \$2,653,984.
- Pan L, Papanek PE. Youth Empowerment Technical Assistance Project. Harvard School of Public Health, Office of Minority Health. **2012-2013** total costs \$200,000.
- Ng A, Papanek, PE. Effects of Triathlon Training on Women Breast Cancer Survivors. Aurora Healthcare Foundation. **May 2012-May 2013**. \$8,540.

Pan L, Papanek PE. Youth Empowerment Success Story Document. Office of Minority Health. 2011-2012 total costs \$200,000.

Co-PI: TheraBand Academy TRAC Funding. A comparison of two formulations of Biofreeze on blood flow, perceptions of sensation and muscle performance. 2011-2012

Co-PI: HRSA ARRA - Equipment to Enhance Training for Health Professionals D76HP20867. Dr. Larry Pan Co-PI \$298,900 total costs. 2011

Key Function Leader: Education. RFA-RM-09-004 (Clinical and translational science award) Medical College of Wisconsin, R Shaker PI. Program Director for CTRHS PhD. 20% effort, 10% grant supported, 10% MU in kind support. 2010-2015. Total award 19,999,993

Co-PI: US Department of Health and Human Services, Office of Minority Health, Youth Empowerment Program (YEP). YES II. Pan, L Principle Investigator. My role is to direct the fitness and wellness testing of youth within the program and to assist in providing student interns to mentor fitness testing, exercise prescriptions and healthy behaviors. 10% effort. 2009-2012 (ended 8/31/2012). 339,495.00 total costs

Co-I: Orthopedic Department Research Grant. A Zeni PI. Relationship between endothelial dysfunction and cardiac ECHO in amenorrheic and eumenorrheic women. 2009 Total costs \$1500

P.Papanek, Co-investigator. National Multiple Sclerosis Society. Bone Mineral Density in MS: Endogenous and Exogenous Factors. Period 4/1/08-4/31/09. Direct Costs: \$40,000. Ng, A.V., Principal Investigator.

Principle Investigator: Herman Miller, Inc. "Metabolic Study of an Office Chair". My role is to design experiments, train graduate student, supervise data collection and analysis, provide interpretation of results, conduct literature review, prepare grant, write reports (interim and final), prepare manuscripts for publication and presentation of results. Submitted 2007, funded. 1 year grant 2007-2008, total award \$76,866

Co-Investigator: GCRC FMLH. "Folic Acid Treatment in Female Ballet Dancers with Triad/Tetrad Characteristics" My role is do perform the body composition and bone mineral density studies and coordinate the sampling of blood and relationships with MU EXSC and MCW personnel involved in the study. MO1RR00058. 2007-2008. Dr. A Hoch is the PI.

Co-investigator: US Department of Health and Human Services, Office of Minority Health."Youth Empowered to Succeed (YES) Project." 3 years. My role is to direct the fitness and wellness testing of youth within the program and to assist in providing student interns to mentor fitness testing, exercise prescriptions and healthy behaviors. 2006-2009.

Co-Investigator: Faye McBeath Foundation. Milwaukee Center for Independence. \$50,000 . "Older Adult Health and Wellness. 0% effort, hire Exercise Physiologist and purchase of equipment needed to start exercise programming for geriatric community dwelling adults at MCFI. Exercise Physiologist to act as supervisor and new clinical internship site for EXSC majors with future plans to add PT students. We have our first full time interns at this site Spring 2006-2007.

Co-investigator: Children's Hospital of Wisconsin and Childrens' Hospital Foundation. "Exercise and Nutrition: What works best for low income, culturally diverse middle school students?". \$40,000, 2 years. My role is to provide exercise testing of peer mentors, experimental design consultation and exercise testing facilities. This project incorporates students in DPT and EXSC to assist with the exercise testing and to serve as role models.

Co-Investigator: Prism Medical (\$30,730) The use of electrical stimulation in the treatment of and recovery from acute ankle sprains. 2000-2002 This study examines the effects of electrical stimulation applied for 8 hours per day on the edema and recovery time in acutely sprained ankles. Dr. Papanek is responsible for the design, training of students, statistical analysis and graphic presentations in the project. **5% Effort.**

Collaborating Investigator. Faculty Development Award (\$2050.00) Engaging in Active Lifestyles: Exercise, Education and Research Contributors to a Life-quality that is Safe, Functional and Fulfilling. 2001

Collaborating Investigator. Planning grant (\$2500). NATA planning grant to convert athletic training internship to an accredited degree program. 2001

Collaborating Investigator. Dr. School Foundation (\$30,000). Lab equipment (force plate & flock of birds motion analysis) for physical therapy biomechanics laboratory. 2001

Principal Investigator. CNS Inc. (\$16,276) Effect of an External Nasal Dilator on Airway Resistance@, Co-Investigator, S. Conley, MD. Duration 1997-1998

Co-Investigator.: Multicultural Instructional Grant: Office of Multicultural Concerns'. Co-Investigator, Larry Nosse, for PHTH 415 Aging 1997.

Principal Investigator. CNS Inc (\$1000) Travel Grant to Present at ACSM National Meeting 1997

Principal Investigator. Exercise Technologies. (\$5,000) Educational/Teaching Equipment Grant 1997.

Principal Investigator Tanita International (\$500) Educational/Teaching Equipment Grant 1997.

Principal Investigator. Marquette Electronics Foundation Grant. Medical Equipment for Exercise Physiology@ (Estimated value of equipment \$100,000. Included: two 12-lead Max-1 systems with two treadmills, and supplies) 1996

Faculty Development Award from the Graduate School of Marquette University to attend Health care for the Active and Athletic Female, Jackson Hole, WY August 1995

Co-Investigator. Vince Lombardi Cancer Center Institutional Grant. "Corticotropin releasing hormone in eutopic and ectopic ACTH secreting neoplasia. St. Luke's Medical Center, Milw. WI. Gave up my role on grant for substitution when appointed to MU faculty. Duration 1994-1996.

Principal Investigator. MCW-New Faculty Institutional Research Grant 1093-23. (\$16,000) "Glucocorticoid control of vasopressin release and expression in hypothalamo-neurohypophyseal explants Duration 1994-1995.

Principal Investigator American Heart Association, Wisconsin Affiliate, Grant-In-Aid, Beginning. (\$60,000) "Maturation of the Adrenocortical Oxygen Sensitivity in Rabbits" Duration 1993-1995

Principal Investigator N.I.H. National Research Service Award (HL08275-01). Individual Postdoctoral Fellowship. "Volume vs sodium in salt-sensitive hypertension in rats". Medical College of Wisconsin, Milwaukee. A.W. Cowley Jr., Sponsor. Duration 1990-1992.

**Submitted but not funded.**

CTSI co investigator on 3 projects in 2012

CTSI co investigator on 3 projects 2011

CTSI pilot project submitted but not funded. 2010

Submitted, approved but NOT funded 2010

RFA-RR-09-008 (C06 Extramural Research Facilities Improvement Program) Movement Disorders Research Center of Wisconsin. Submitted 7/17/09 on behalf of Dean W. Cullinan as PI. \$6,484,990 total costs. Recommended for funding 2010.

Co-Investigator: The Robert Woods Johnson foundation. 'National Avenue Neighborhood Health Connection' MU subcontract is \$60,000. Notice of funding Spring 2006, with funding to start July 1 if awarded.

Upper Midwest Consortium for Translational/Clinical Research. CHS representative to consortium grant application submitted by R, Leupker, Univ. MN. January 19<sup>th</sup>, 2005 deadline. PROGRAM CANCELED prior to review

Co-Investigator: TOPS. Project FUN. Funding for pilot project of fitness and nutritional interventions in families of diverse ethnicity. Total request \$66,030 Approved but not funded due to limited funding resources.

Collaborating Investigator. National Institute of Nursing Research (R21) Dental Clinic Computer Intervention for Overweight Teens. M Freen, PhD., RN Principle Investigators. 10% effort to perform exercise testing and assessment of overweight teens and their families. Not FUNDED

Collaborating Investigator. National Institute of Nursing Research RO1 (\$100,000). Diet and Exercise in Middle Schools: What Works Best? M Frenn, Ph.D., RN, and S. Malin, Ph.D. RN, Principle Investigators. 10% effort to develop exercise-testing protocols, perform testing and instruct in school exercise programs. 2003

Collaborating Investigator: Milwaukee Area Health Education Center. \$14,525. Guiding Health Professions in developing peer models for low fat diet and physical activity in middle schools. Sept 2003.

Collaborating Investigator. National Institute of Nursing Research RO1 (\$100,000). Diet and Exercise in Middle Schools: What Works Best? M Frenn, Ph.D., RN, and S. Malin, Ph.D. RN, Principle Investigators. 10% effort to develop exercise-testing protocols, perform testing and instruct in school exercise programs. 2002

Collaborating Investigator. National Institute of Nursing Research RO1 (\$100,000). Diet and Exercise in Middle Schools: What Works Best? M Frenn, Ph.D., RN, and S. Malin, Ph.D. RN, Principle Investigators. 10% effort to develop exercise-testing protocols, perform testing and instruct in school exercise programs. 2001

Collaborating Investigator. Retirement Research Foundation (\$381,803). Partnering to Promote Health of Family CareGivers for Elders. M Bull, R McShane, K Nielson & PE Papanek . 10% effort to recruit and train physical therapist, oversee data reduction and interpretation. 07/02-06/05

Collaborating Investigator. National Institutes of Nursing Research RO1 (1,112,764). Interdisciplinary HEP Intervention for Family Caregivers.. M Bull, R McShane, K Nielson & PE Papanek . 10% effort to recruit and train physical therapist, oversee data reduction and interpretation. 10/02-09/05 resubmission planned after collection of additional preliminary data

Collaborating Investigator. NIH AREA Grant (\$100,000). Middle School Internet-based Exercise and Diet Program. M Frenn, Ph.D., RN, and S. Malin, Ph.D. RN, Principle Investigators. 10% effort to develop exercise-testing protocols, perform testing and instruct in school exercise programs. Duration: July 1, 2000- June 30<sup>th</sup> 2001 with continual renewal.

Sponsor. AHA-WI Affiliate (\$60,000). Estrogen and exercise training modulation of endothelial function in adults. Post-Doctoral Fellowship Grant for J. Augusto, MD. 2 years

Co-Investigator **Orthopedic section APTA**. Surface EMG in shoulder injuries. 1997

Co-investigator. **NIH-NHLBI** : (MU subcontract \$115,928/year for 3 years) Competitive renewal of HL 39103-06. Chronic and acute dog studies. 1996

Principal Investigator. **AHA National**: Scientist Development Grant, 4 year \$260,000. 1996

Principal Investigator **Hewlett Packard University Equipment Grant Program**. (\$71,350) Instructional Media in health care education. 1996

Principal Investigator **SensorMedics Inc** Instructional Equipment Grant Program.(\$88,000) Diagnostic equipment grant 1996

Principal Investigator. **WI American Heart Association**. (\$60,000) Microvascular changes in hypertension: Modulation by exercise 1995

Grant/Program development activities:

HHMI-NIBIB Interface Initiative: College, Departmental representative, did not submit due to lack of university support. 2005

**Grant Review (Ad hoc) 1994-1996**

American Heart Association of Wisconsin

**Journal/Textbook Reviewer (ad hoc): Blue indicates reviewed in current academic year**

Advances in Physiology Education

JOSPT

MSSE

Journal of Applied Physiology

American Journal of Physiology

Endocrinology

Domestic Animal Endocrinology  
1998 McGuffey Judge (textbook reviewer in science category, new publications) Mosby Inc. Publishers

**Teaching:**

- 2011** Physiology of Activity (PHTH 518) Course Coordinator  
Nutrition and Sports Performance (EXSC 3189) Lecturer FALL  
Exercise Leadership (EXSC 3100) Lecturer  
Advanced Exercise Physiology (EXSC 192) Lecturer, lab  
NEW COURSES: CTRH 9539 Human anatomy 1 credit hour of additional work for 1 student  
CTRH 6958: coordinate lab rotations 3 new graduate students, meet with mentors and students  
CTRH 6960: coordinate, organize and run monthly seminar series  
EXPH 1001: Introduction to Exercise Physiology Course Coordinator  
HESC 4995: Independent Study in Health Science  
**CTRH 6001: Applied and rehabilitative systems physiology. Lecturer**
- 2009, 2010** Physiology of Activity (PHTH 518) Course Director  
Nutrition and Sports Performance (EXSC 3189) Lecturer FALL  
Nutrition and Sports Performance (EXSC 189) Lecturer SPRING  
Physiology of Obesity (EXSC 198) Lecturer  
Exercise Leadership (EXSC 3100) Lecturer  
Advanced Exercise Physiology (EXSC 192) Lecturer  
Biology (Guest Lecturer)  
ATTR 121: Co-course director  
PHTH Adv elective Fall course director  
EXSC 198 independent study  
ATTR 198 independent research study
- 2008** Physiology of Activity (PHTH 518) Course Director  
Nutrition and Sports Performance (EXSC 189) Lecturer  
Physiology of Obesity (EXSC 198) Lecturer  
Physiology of Aging (EXSC 198) Lecturer  
Exercise for Special Populations (EXSC 187) Lecturer  
Exercise Leadership (EXSC 100) Lecturer
- 2007** Physiology of Activity (PHTH 518) Course Director  
Nutrition and Sports Performance (EXSC 189) Lecturer  
Physiology of Obesity (EXSC 198) Lecturer  
Physiology of Aging (EXSC 198) Lecturer  
Exercise for Special Populations (EXSC 187) Lecturer
- 2006** Pathophysiology and Aging (PHTH 515) Course Director  
Surface Anatomy and Palpation (EXSC 050) Course Director  
Physiology of Activity (PHTH 518) Course Director  
Physiology of Aging (GERT 202) Graduate course. Course Director  
Nutrition and Sports Performance (EXSC 189) Course Co-Director, lecturer  
Physiology of Obesity (EXSC 198) Lecturer  
Physiology of Aging (EXSC 198) Lecturer  
Exercise for Special Populations (EXSC 187) Lecturer
- 2005** Pathophysiology and Aging (PHTH 515) Course Director  
Surface Anatomy and Palpation (EXSC 050) Course Co-Director  
Physiology of Aging (GERT 202) Graduate course. Course Director  
Nutrition and Sports Performance (EXSC 189) Course Director  
Physiology of Activity (PHTH 518) Course Director  
Obesity (EXSC 198) Guest lecturer on the physiology of obesity



Critical Issues: Obesity (M17). UW Parkside K-12 Outreach Continuing Education Course. Guest Lecturer and keynote speaker.

- 2004** Pathophysiology and Aging (PHTH 515) Course Director  
Physiology of Activity (PHTH 518) New course as part of DPT: Course Director  
Exercise Leadership (EXSC 100) Guest lecturer  
Eating Disorders and the Exercise Science Professional  
Surface Anatomy and Palpation (EXSC 050) Course Director  
Exercise Science for Special Populations (EXSC 187): Guest lecturer.  
Physiology of Aging, Inactivity and Exercise.  
Hypertension, Role of Exercise in Prevention.  
Physiology: HCOP summer course. Co-director, lecturer.  
Cardiac & vascular physiology.  
Exercise Physiology and Bioenergetics (EXSC 115) Guest lecturer  
Cardiac & vascular physiology
- 2003** Pathophysiology and Aging (PHTH 515) New Course. Course Director  
Physiology of Activity (PHTH 418) Course Director  
Introduction to Exercise Science (EXSC 090), Guest lecturer  
Exercise Leadership (EXSC 100) Guest lecturer  
Exercise Program Mangement (EXSC 170) Guest lecturer  
Surface Anatomy and Palpation (EXSC 050) Course Director  
Special Populations (EXSC 187): Course Designer, scheduler and lecturer, Co-director
- 2002** Medical Physiology (202): Lecturer "Exercise Physiology I, II" Medical College of Wisconsin. Medical  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442): Course Director  
Physiology of Activity (PHTH 418) : Course Director  
Introduction to Exercise Science (EXSC 090), Guest lecturer  
Surface Anatomy and Palpation (EXSC 050) Course Director  
Special Populations (EXSC 187): Course Designer, scheduler and lecturer, Co-director
- 2001** Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II" Medical College of Wisconsin. Medical  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442): Course Director  
Physiology of Activity (PHTH 418) : Course Director  
Introduction to Exercise Science (EXSC 090), Guest lecturer  
Surface Anatomy and Palpation (EXSC 050) Course Director  
Physiology of Aging (PUBS 287)
- 2000** Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II" Medical College of Wisconsin. Medical  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442): Course Director  
Physiology of Activity (PHTH 418) : Course Director  
Introduction to Exercise Science (EXSC 090), Course Director
- 1999** Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442): Course Director  
Physiology of Activity (PHTH 418) : Course Director
- 1998** Psychology (820-611): Guest Lecturer. "Women Athletes and Eating Disorders" University of Wisconsin, Milw.  
Medical Physiology (202): Lecturer "Homeostasis I, II". Medical College of Wisconsin.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II" Medical College of Wisconsin. Medical  
Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442): Course Director  
Research Methods (PHTH 422): Course Director Fall  
Research Methods (PHTH 422): Course Director, Spring  
Physiology of Activity (PHTH 418) : Course Director

Physiology of Aging (PUBS 287): Course Director

- 1997** Psychology (820-611): Guest Lecturer. "Women Athletes and Eating Disorders" University of Wisconsin, Milw.  
Medical Physiology (202): Lecturer "Homeostasis". Medical College of Wisconsin.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II " Medical College of Wisconsin.  
Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442): Course Director  
Research Methods (PHTH 422): Course Director  
Physiology of Activity (PHTH 418) : Course Director  
Aging (PHTH 415) Team leader: Exercise at LaFarge Institute, Milwaukee WI
- 1996** Medical Physiology (202): Lecturer "Homeostasis". Medical College of Wisconsin.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II " Medical College of Wisconsin.  
Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Graduate Endocrinology: Lecturer "Hypogonadotrophism among female athletes and exercise -induced amenorrhea" Medical College of Wisconsin.  
Endocrinology (204:630). Guest Lecturer. "Hormones of the Adrenal Medulla",University of Wisconsin-Milwaukee.  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 442):Course Director  
Research Methods (PHTH 422): Course Director  
Physiology of Activity (PHTH 518) : Course Director  
Aging (PHTH 515) Lecturer "Nutritional Concerns for Geriatric Patients"  
LaFarge Learning Institute, Milw. WI. Lecturer "Cell Physiology"
- 1995** Medical Physiology (202): Lecturer "Homeostasis". Medical College of Wisconsin.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II " Medical College of Wisconsin.  
Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Endocrinology (204:630). Guest Lecturer. "Hormones of the Adrenal Medulla",University of Wisconsin-Milwaukee.  
Medical/Surgical Acute Care: Pathophysiology of Disease (PHTH 542):Course Director  
Research Methods (PHTH 522):Course Director  
Physiology of Activity (PHTH 518) :Course Director  
LaFarge Learning Institute, Milw. WI. Lecturer "Cell Physiology"
- 1994** Medical Physiology (202): Lecturer "Exercise Physiology I, II " Medical College of Wisconsin.  
Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Endocrinology (204:630). Guest Lecturer. "Hormones of the Adrenal Medulla",University of Wisconsin-Milwaukee.  
Medical/Surgical Acute Care:Pathophysiology of Disease (PHTH 542): Course Director  
Research Methods (PHTH 522): Course Director  
Physiology of Activity (PHTH 518): Course Director  
LaFarge Learning Institute, Milw. WI. Lecturer "Cell Physiology"
- 1993** Medical Physiology (202): Lecturer "Exercise Physiology I, II " Medical College of Wisconsin.  
Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.  
Endocrinology (204:630). Guest Lecturer. "Hormones of the Adrenal Medulla",University of Wisconsin-Milwaukee.
- 1992-1993** Introduction to Physiology. Course Director and Lecturer, LaFarge Learning Institute, Continuing Adult Education, Milwaukee, WI.  
Neurobiology (Biology 155): Course Director and Instructor. Marquette University, Milw.  
Medical Physiology (202): Lecturer "Exercise Physiology I, II " Medical College of Wisconsin.  
Medical Physiology (202): Laboratory Director, Exercise Physiology Medical College of Wisconsin.
- 1990-92** Medical Physiology (202): Instructor. "Cardiovascular Physiology Laboratory", MCW  
Medical Physiology (202): Instructor."Exercise Physiology Laboratory"  
Medical Physiology (202): Instructor."Hemodynamics Laboratory"

- 1989** Temperature Regulation (BMS 6576): Lecturer, "Sympathetic nervous system functions in the cold". University of Florida, Gainesville.
- 1988** Advanced Endocrinology (BMS 5539): Lecturer, "Baroreceptor reflex involvement in endocrine control". University of Florida, Gainesville.
- 1987** Physiology APB 3203 (Human Physiology): Lecturer, "Skeletal and cardiac muscle". U/F, Gainesville, FL.
- 1986** Physiology APB 3203 (Human Physiology): Lecturer, "Regulation of fluid and electrolytes", Medical Physiology BMS 5520: Instructor, "Acid/Base Laboratory", U/F Gainesville, FL.
- 1985** Physiology APB 3203 (Human Physiology), Assistant Instructor. U/F, Gainesville, FL.

**PROFESSIONAL COMMITTEES/SERVICE:**

Board of Directors, Wisconsin Society of Exercise Physiologists, November 2001  
President, Wisconsin Society of Exercise Physiologists, 2001-2002  
Appointed Representative of American Society of Physiology to the American Academy for the Advancement of Science, 2002-2005  
Committee member: Strategic Health Initiative for Women, Sport and Physical Activity" 2000-2009 (reappointment in 2006) , American College of Sports Medicine.  
Student Research Moderator: ASEP Annual Meeting, Albuquerque, NM, Oct. 1999.  
Speakers Bureau of the American College of Sports Medicine "Strategic Health Initiative for Women, Sport and Physical Activity" 1998-present  
Advisor to Research Committee - Wisc. Physical Therapy Association 1996-1999  
Committee Member: Women in Exercise Physiology, ASEP 1999-present  
Committee Member: Public Education and Job Market, ASEP 1998- 1999  
Judge: McGruffey Textbook Competition for new texts in science. 1998  
Exercise Physiology Consultant: Shorewood Counseling Associates 1996-present  
Create a travel Scholarship in Dr. M J Fregly behalf within the American Physiological Society. 1996  
Nominated for Education Committee of the American Physiological Society 1997 & 1998

**DISSERTATION/THESIS COMMITTEES**

Master's degree committee member, Steve Freier, Metabolic cost of an office chair. Mechanical Engineering Marquette University defended 2009.  
May, 2009 - 1st Place in Department of Mechanical Engineering Graduate Poster Competition: Stephen Freier (R.Marklin and P. Papanek, Advisors). "Office Chair Reduces Heart Rate"  
Doctoral Committee Member Bill Ebben, Interdisciplinary degree program Marquette University Defend 2006  
Doctoral Committee Member: Matt Petersen, "Investigation of the Mechanisms and Significance of High Salt-Medicated Angiogenic Inhibition in Skeletal Muscle". Department of Physiology, Medical College of Wisconsin, Defend 2006  
Master's degree committee member, Sdihar Harivanam, Physiological Impact of Digging and Shoveling Wet Clay with a Perforated Shovel Mechanical Engineering. Defended Oct 2005  
Doctoral Committee Member, Dale Rassman (Nuhlicek) , Education, Marquette University. Assessment of Nutritional Content in Medical Schools..  
Thesis Committee, Dana Pamperin, UW-Milw. Dept. Biology 1995-96.  
Family Medicine Mentor: fourth year medical student, F. Vasa. Medical College of Wisconsin. Selecting a nutritional supplement for ultra-endurance events. 1996

**UNIVERSITY COMMITTEES/SERVICE**

**Interim Employee Wellness Coordinator, Fall 2012.**

**Provost appointed: member Wellness Implementation Committee 2009-2012**

Provost appointed: member Gender task force 2009-2010

Provost appointed: member Clinic Utilization Committee 2009-2010

Chair, Wellness Implementation Committee 2009-2011

Member: Committee on Committee 2005-2009

2009-present Alternate CHS, Human Subjects Internal Review Board, Marquette University

**Member, Athletic Board, 2005-present**

Chair, Dean Search Committee for College of Health Science Sciences. 2006-2007 (hire William Cullinan)

Committee on committees 2005-2009

Ad Hoc Wellness Advisory Committee 2004-2006, results from this committee resulted in creation of Wellness Committee and

I subsequently appointed Chris Simenz to represent department.  
Committee on Wellness and Disease Prevention 2004 - present  
Task force on Wellness and Disease Prevention 2004  
Search committee member: Senior Physician for Student Health (hire Carolyn Smith MD)  
Search committee member: Research analysts, Office of Research Compliance (hire Melissa Lauritch)  
Chair: Institutional Review Board for Human Subjects 2002-present  
Representative: PRIMR Conference on human subjects (Fall 2002)  
Representative: ARENA Conference of ethical conduct in research (Fall 2002)  
Representative: NIH Grant Writing Symposium (Spring 2002)  
Member: Implementation Task Force on Gender Equity 2001-2003  
Representative: Stem Cell Research: New frontiers in Science and Ethics, Milwaukee Archdiocese, 2001  
Member: Institutional Review Board for Human Subjects 1997-2002  
Member: Inauguration Subcommittee for Academic Events 1996-1997  
Substituted for Dr. Simoneau: Academic Senate Meeting 1996  
Member: Subcommittee for Academic Affairs, Committee on Faculty 1999

### **COLLEGE COMMITTEES/SERVICE:**

**Director of Graduate Studies, CTRH 2011-present**

**Chair, search committee Faculty in CTRH (hire Kathleen Lukaszewicz) 2012**

**Chair, search committee Faculty in EXSC (hire Michael Danduran ) 2012**

**Member, College Promotion and Tenure committee 2003-present**

Chair, Faculty Search Committee, ATTR & Exercise Science (Marnie Vanden Noven) 2003  
Chair, Development Coordinator Search Committee, ATTR & Exercise Science (Yolanda Perry) 2003  
Chair, Secretary Search Committee, ATTR & Exercise Science (Florence Greenhill) 2003  
Chair, Faculty Search Committee, ATTR & Exercise Science (Chris Geiser) 2003  
Member, Faculty Search Committee, Biomedical Engineering (Hire Said Audi) 2003  
Member, Administrative Assistant Search Committee, Office of Research Compliance (Patty) 2003  
Chair, Faculty Search Committee, Exercise Science (hire Sandra Hunter) 2001-02  
Chair, Faculty Search Committee, Exercise Science (no hire) 2001-02  
Chair, Faculty Search Committee, Exercise Science (no hire) 2001  
Chair, Program Administrator Search Committee, Exercise Science (Hire Susan Fuhrman, MS) 2001  
Chair, Faculty Search Committee, Exercise Science (Hire Alexander Ng, Ph.D.) 2000  
Chair, Clinical Faculty Search Committee, Exercise Science (Hire Christopher Simonz, MS) 2000  
Chair, Clinical Faculty Search Committee, Exercise Science (Hire William Ebben, MS, CSCS\*D) 2000  
Faculty Advisor College of Health Science Student Counsel 1997-1998  
Search Committee for Director, Physical Therapy Program 1996  
Assist in the development of Physiology Laboratory Course BISC 145, 1997-98  
Develop the proposal for new *Exercise Science Program with Dr. Pan*, including curricula design, budget, staff needs, community feasibility and internship sites, resource assessment, and proposal editing 1997-present.  
Faculty Advisor, Exercise Science Student Chapter of ASEP

### **DEPARTMENTAL COMMITTEES/SERVICE:**

[Clinic Development committee & advisory board](#)

[Director, EXSC](#)

PhD Development Committee in PT

Student Advisor, EXSC and ATTR students

Faculty Advisor: Student Chapter Marquette University, American Society of Exercise Physiologists 2000-2001

DPT Curriculum Sub-committee 2000-present

Academic Standards Committee, 2001-present

Scholarship competition

Discovery Days

Preview

Manresa Project

Promotion and tenure, 1998-present

Curriculum Committee 1998 - present

Research Committee 1995 - present

Research Committee (Chair) 1996-1999

Academic Standards Committee 1994-1997

Faculty Advisor: Initiated and mentored Brown Bag Luncheon Research/Education Series 1996-97.

PT Faculty Representative: Student Orientation Day/Student Preview 1996-present

Organize and host Annual Student Research Symposium 1995,1996,1997,1998

Web page advisor for PT home page. 1995-1997

### **COMMUNITY SERVICE:**

Board of Trustees, elected appointment Milwaukee Sport Club, 2005-2006

Milwaukee Journal sentinel article on exercise at home 1/2004

Interviewed and quoted in Runners World Magazine 1/2003

TMJ4 News: Health Report, Body fat and the Bod Pod 1/2003

Milwaukee Journal On-line Chat: Fitness Spring and summer 2002

Medical Committee Appointee: Wisconsin Youth Soccer 2002

Girl Scouts of America: Science badge, Demonstration at MCW, Fall 2000

UWM Bridges to Health Careers Program August 2000

Board of Directors: Wauwatosa Soccer Club 2000-present

Girls soccer coach 1997-2007

Strength and Conditioning Advisor: Wauwatosa Soccer Club 1999-present

Mini-Medical School: Physiology of Fitness Medical College of Wisconsin 1996

Health/exercise resource quoted by Milwaukee Journal Sentinel and/or Milwaukee TV News Stations 1996,1997,1998,1998

Health/exercise resource quoted in: Master Sports, Shape Magazine, Berkeley Alumni Newsletter, London Times 1996-1998

Health/exercise resource quoted in ACollege Bound@ by K. Winkler.

Committee Member Task Force for Standardization of Blood Pressure Education, American Heart Association of Wisconsin 1998

Nominated for Institutional Review Board Sinai Hospital, Milwaukee, WI (subsequently did not work out with schedule)

Strength and Conditioning Advisor- Marquette Crew 1997-1998

Developed Brochure on the female athlete triad for lay public distribution 1997-present

Member Search Committee for Nutritionist Educator, Family Medicine, Medical College of Wisconsin 1996

Faculty Advisor: Student Advocates for Nutritional Education (SANE), Medical College of Wisconsin, Milw. WI. 1995-96

Develop and implement "Healthy Bone Badge" for a local brownie troop 1995-1996

Explorers Post 722:The Heart: Exercise & Heart Disease. Interactive tutorial. 1995-96

### **MISC:**

Program accomplishments

ASEP reaccreditation of EXPH major **fall 2012** for maximal 10 yrs

NATA BOC accreditation of AT major, 10 year, maximal accreditation 2009

External Site visit for AT major accreditation 2009 fall

NATA BOC accreditation of AT major, 5 year, maximal accreditation 2004

NSCA repeat recognition as an Educational Program in Strength and Conditioning

ASEP accreditation of undergraduate program, annual

NATA documentation submission for accreditation, site visit pending

Chosen by student (Liz Norris) for Manresa Reading project to lead discussion group summer 2003

### **Continuing Education:**

**International Society of Clinical Densitometry, Certified research DXA 2012**

ACI: workshop annual renewal certification 2009

Ethics requirement for PT licensure 2009

Role of cancers rehabilitation from diagnosis to survivorship 2008

Exercise Physiology and weight management strategies for rehabilitation professionals 2005

Therapy, Transfers & Mobility of the Obese Patient 2003

Technique of Gua Sha: Theory & Application of Techniques in Healing 2003

encore Operator Training, Lunar DXA Certified Technologist 2003

NATA Sacroiliac Joint: evaluation and functional rehabilitation 2001

### **Program Administration:**

**OPEN NEW LABS EXPH, S & C, BIOMECHANICS 2012 (included design, renovation, implementation)**

Supervise faculty and staff

Hire new staff for YES3 grant  
Hire new staff/faculty member YES II grant  
Annual reviews of program administrator  
Assist in fund raising (Dr. Scholl, Lokomat projects)  
Assist in space planning for program, department and college