

CURRICULUM VITAE

Shelly Denise Frye Weise, PT, EdD
Associate Professor and Program Director
Department of Physical Therapy
ASU Station, #10923
San Angelo, TX 76909-0923
(325) 942-2545
Master of Physical Therapy Program, Angelo State University

Education:

Texas A&M University
College Station, Texas
June 1996 to December 1999
Field of study: cardiovascular disease/physiology
Doctor of Education – Physical Education, December, 1999

Texas Woman's University
Houston, Texas
August 1991 to December, 1993
Field of study: physical therapy
Master of Science - Physical Therapy, December 1993

Texas A&M University
College Station, Texas
January 1989 to May 1990
Field of study: rehab programming; physiology
Master of Science - Kinesiology, May 1990

Texas A&M University
College Station, Texas
August 1983 to August 1987
Field of study: biology
Bachelor of Arts – Biology, August 1987

Licensure Information/Registration Number:

Licensed Physical Therapist in the State of Texas
License Number – 1089472
Cardiopulmonary Resuscitation Certification
NDT Certification: Three Week Course in Adult Hemiplegia; January and July 1996

Employment and Positions Held:

Associate Professor
Master of Physical Therapy Program, Angelo State University, San Angelo, Texas, July 2007 to present
-Completion of CAPTE Self-study report, August 2007, final approval of 10 year re-accreditation with site visit, October, 2007

- Completion of/Final approval for DPT Preliminary Authority by The Coordinating Board, State of Texas, October 2007
- Teaching cardiopulmonary content on a systems basis
- Preparation for pilot study, fall 2007 – fall 2008, “A Comparison of Physical Activity Parameters between Physical Therapy Students and Graduate Students”
- Ongoing curriculum revision in preparation for the DPT proposal and transition

Department Head and Program Director, Associate Professor, Master of Physical Therapy Program, Angelo State University, San Angelo, Texas, September 2006 to present

- CAPTE Progress Report, September 1, 2006
- Annual Accreditation Report (CAPTE), October 1, 2006
- Teaching cardiopulmonary content on a systems basis
- Ongoing curriculum revision in preparation for the DPT proposal and transition

Department Head and Program Director, Assistant Professor, Master of Physical Therapy Program, Angelo State University, San Angelo, Texas, January 2005 to August 2006

- CAPTE Progress Report, March 1, 2005
- Annual Accreditation Report (CAPTE), April 1, 2005
- Program implementation of four new faculty members
- Scholarly pursuits:
 - 1) Publication in *Journal of Applied Physiology* (JAP) as first author
 - 2) Managed four student research projects (Cardiac Rehab Efficacy, Diabetes Prevention in School-aged Children, Correlation of Cardiovascular Capacity with BMI in School-aged Children and Patellofemoral Pain Syndrome)
 - 3) Research Enhancement Grant with AHA project
- Service (Kim Hale Annual Conference)
- Teaching cardiopulmonary content on a systems basis
- Ongoing curriculum revision in preparation for the DPT proposal and transition
- Program evaluation upgrades in preparation for accreditation visit
- Community liaison via advisory boards (WTRC and MPT Professional Advisory Boards).

Interim Department Head and Program Director, Assistant Professor, Master of Physical Therapy Program, Angelo State University, San Angelo, Texas, May 2004 to December 2004

- CAPTE Progress Report, Sept. 1, 2004
- Supervised four faculty search processes
- Supervised completion of the Science Building project
- Maintained scholarly pursuits (progress on JAP work)
- Maintained Service pursuits (Kim Hale Conference)
- Taught cardiopulmonary content on a systems basis
- Revised curriculum in preparation for the DPT proposal and transition

-Served as community liaison via advisory boards (WTRC and MPT Professional Advisory Boards).

Assistant Professor, Master of Physical Therapy Program, Angelo State University, San Angelo, Texas, October 2000 to May 2004

- Graduate Faculty Appointment: Fall 2000 to present
- Provided teaching in the areas of cardiopulmonary assessment, exercise physiology, research, cardiopulmonary concerns in the pediatric client, exercise across the lifespan and acute care
- Completed (advised) research projects in the following areas:
 - 1) Treatment Protocol for PFPS Syndrome
 - 2) Physician Referral Patterns to Cardiac Rehab in West Texas
 - 3) Treatment Protocol for PFPS Syndrome (3 vs. 6 Weeks)
 - 4) The Effect of Screening Programs and Exercise Intervention in Women with CAD Risk Factors
- Completed (Advised) Independent Study Projects in the following areas:
 - 1) Fetal Alcohol Syndrome (Slide Presentation)
 - 2) Long QT Syndrome (Pamphlet for publication)
 - 3) The Administration of a Graded Exercise Test (DVD)
- Completed (Advised) Administration and Management Projects including:
 - 1) The Sonora County Cardiac Rehab Program Development
 - 2) The Angelo State University Wellness Program (ongoing)

Physical Therapist, PRN, for:

- 1) Baptist Memorials Center, September 2003 to present.
- 2) Shannon Medical Center, March 2004 to present.
Provide part-time physical therapy services on an as needed basis to maintain up-to-date clinical practice skills/enhance teaching

Community Educator, Adult Programming, Dept. of Community Health and Wellness, Shannon Health System, San Angelo, Texas, January 2000 to September, 2000

Coordinated all Wellness Programming for the employees of the Shannon Health Care System. Developed community educational curricula for Diabetes, Wellness, Fitness and High Risk Behaviors in the Youth. Assisted nursing with community/school health clinics with consultations on obesity and exercise.

EKG/Treadmill Tech, Shannon Clinic, Shannon Health System, San Angelo, Texas, October 1999 to January 2000.

Coordinated Treadmill Stress Testing for a group of four cardiologists in the Shannon Clinic Heart Center. Interpreted remote telemetry units.

Student Intern, Shannon Health System, Community Education Department, Community Health and Wellness, San Angelo, Texas, February and March, 1999.

Coordinated all Wellness Programming for the employees of the Shannon Health Care System. Developed community educational curricula for Diabetes, Wellness, Fitness and High Risk Behaviors in the Youth. Assisted nursing with community/school health clinics with consultations on obesity and exercise. Conducted a clinical research study on the efficacy of their 12-week cardiac rehab program with regard to CAD risk factors.

Physical Therapist, Staff Physical Therapist, West Texas Rehab Center, San Angelo, Texas, November 1997 to November 1998.

Provided outpatient services in a multi-service outpatient facility: wound care, neurosensory, orthopedic and pediatrics. Assessment of patients in co-treatment practices with occupational and speech therapy. Supervised PTA's and technicians.

Graduate Student, Texas A&M University, College Station, Texas, August 1996 to August 1997.

Completed doctoral dissertation research and directed the lipid and exercise study for postmenopausal women (primary investigator). Performed max treadmill exercise testing, pulmonary function screening tests, body composition analysis, statistical analysis, lipid and enzyme analyses and phlebotomy.

Physical Therapist, Staff Physical Therapist, St. Joseph's Hospital, College Station, Texas, January 1994 to May 1997.

Provided direct patient care on the skilled nursing unit, cardiac rehab branch, rehab unit, acute care services, outpatient therapy and home health. Supervised PTA's and technicians.

Exercise Physiologist, Director of Cardiac Rehabilitation Program, St. Joseph's Hospital, College Station, Texas, July 1990 to August 1991.

Provided supervisory/administrative services in the Phase I and II Cardiac Rehab programs; worked collaboratively with the physical therapy staff in the direct administration of patient care, developed care plans/algorithms and supervised students in the discipline of exercise physiology from Texas A&M University.

Peer Reviewed Publications:

Weise SD, Grandjean PW, Rohack JJ, Womack JW, Crouse SF. Acute changes in blood lipids and enzymes in postmenopausal women after exercise. *Journal of Applied Physiology*. 2005; 99:609-15.

Weise SD. Women and coronary heart disease: exercise, wellness and risk modification, *Cardiopulmonary Physical Therapy Journal*. 2002; 13:13-16.

Green JS, Grandjean PW, Crouse SF, Weise SD. The Influence of Exercise and Estrogen Replacement on Primary Lipid Coronary Risk Markers in Postmenopausal Women. *Journal of Aging and Physical Activity*. 2001; 9:115-127.

Weise SD, Coast D. Lung Volume Changes and Maximal Inspiratory Pressure. *J Cardiopulmonary Rehabil*. 1990, 10: 461-464.

Peer Reviewed Scientific and Professional Presentations:

Invited Speakers (Shelly Weise, PT, EdD and Molly Walker, RN, PhD): Combined Sections Meeting of the American Physical Therapy Association, February, 2007. Designing Women: From Health Screening to Intervention/An Inter-Disciplinary Approach to Cardiac Risk Factor Reduction in Women.

Invited Speaker (Shelly Weise, PT, EdD): Midwest District of the Texas Physical Therapy Association, October, 2003. Cardiopulmonary Issues in Patient Care.

Invited Speaker (Shelly Weise, PT, EdD and Kathleen Cegles, PT, DEd): Texas Physical Therapy Association, October, 2002. Basic Cardiopulmonary Assessment for the Practicing Clinician.

Invited Speaker (Shelly Weise, PT, EdD): Combined Sections Meeting of the American Physical Therapy Association, February, 2002. Women and Coronary Heart Disease: Exercise, Wellness, and Risk Modification.

Abstracts:

Sefcik L, Book M, Weise SD. A comparison of outcomes after 6 and 12 weeks of cardiac rehabilitation. Poster presented at: Texas Physical Therapy Association Meeting; October, 2006, Dallas, Tx.

Alvarez J, Weise SD, Byars A. The effects of stretching in combination with ultrasound followed by deep transverse friction massage at three and six week treatments in subjects with patellofemoral pain syndrome. Poster presented at: American Physical Therapy Association Annual Meeting; June, 2006, Orlando, Fla.

Fojtik M, Weise SD, Allison MJ. Women participation at a coronary heart disease health screening and outcomes related to physical activity. Poster presented at: American College of Sports Medicine Annual Meeting, June, 2005, Nashville, Tenn.

Alexander B, Weise SD, Hubbard, JK. The effect of stretching the iliotibial band in subjects with patellofemoral pain syndrome. Poster presented at: American Physical Therapy Association Annual Meeting; June, 2005, Boston, Mass.

Crouse SF, Weise SD, Grandjean PW. Blood lipids and enzymes in postmenopausal women after exercise: influence of cholesterol status. Poster presentation at: Second International Conference on Women, Heart Disease, and Stroke; February, 2005, Orlando, Fla.

Weise SD, Hutchinson TL, Crouse SF. Predictive capacities for high density lipoprotein concentrations from baseline physiological parameters in postmenopausal women. Poster presented at: American College of Sports Medicine Annual Meeting; June, 2003.

Allison MJ, Weise SD. Cardiovascular disease risk factor identification in a community heart health screening program for women. Poster presented at: The 4th Scientific Forum on Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke, the American Heart Association; October, 2002, Chicago, IL.

Weise SD, Grandjean PW, Rohack JJ, Womack JW, Crouse SF. The short-term influence of a single session of aerobic exercise on plasma lipids and lipoproteins in postmenopausal women with high or normal cholesterol levels. Platform presented at: American Physical Therapy Association Combined Sections Meeting; February, 2002, Boston, Mass.

Weise SD, Crouse SF, Grandjean PW, Rohack JJ. Effect of BMI on acute changes in plasma lipids after aerobic exercise in postmenopausal women. Poster presented at: American College of Sports Medicine Annual Meeting, June 2001, Baltimore, Md.

Crouse SF, Cockrill SL, Grandjean PW, Weise SD, O'Brien BC, Rohack JJ, Macfarlane RD. LDL and HDL densities after exercise in postmenopausal women with normal and high cholesterol. *Medicine & Science in Sports & Exercise*. 1999; May: S370 (1885).

Buban AL, Weise SD, Crouse SF, Grandjean PW, O'Brien BC, Rohack JJ. Physiological, lipid, and enzyme relationships in postmenopausal women. *Medicine & Science in Sports & Exercise*. 1998; 30:S210 (1196).

Martin S, Grandjean PW, Weise SD, Crouse SF, O'Brien BC, Rohack JJ. LCAT and CETP activities and [HDL-C] in postmenopausal women after exercise. *Medicine & Science in Sports & Exercise*. 1998; 30:S308 (1751).

Grandjean PW, Weise SD, Crouse SF, O'Brien BC, Rohack JJ. Acute LCAT and CETP Responses to exercise in postmenopausal women with different [HDL-C]. *Medicine & Science in Sports & Exercise*. 1998; 30:S308 (1750).

Weise SD, Grandjean PW, Crouse SF, O'Brien BC, Rohack JJ. Physiological, lipid and enzyme relationships are interrelated in hypercholesterolemic and normocholesterolemic sedentary men. *Medicine & Science in Sports & Exercise*. 1997; 29:S129 (744).

Weise SD, Green JS, Crouse SF, Rohack JJ, Bounds R, Grandjean PW. Estrogen replacement, exercise training, and blood lipids in postmenopausal women. *Medicine & Science in Sports & Exercise*. 1996; 28:S96 (572).

Weise SD, Coast R. Effect of lung volume changes on maximal inspiratory pressure. Poster presented at Texas American College of Sports Medicine Meeting, 1989.

Ingalls C, Bound R, Weise SD. Comparing the effect of stride length variation on O₂ consumption in runners and non-runners. Poster presented at: Texas American College of Sports Medicine, 1989.

Funded/In Review Grant Activity:

Awarded Research Enhancement Grant for the year 2004-2005, Angelo State University, "Cardiovascular Disease Risk Factor Identification and Subsequent Outcomes Related to a Community Women's Heart Health Screening Program: The Implications of a Follow Up Physical Activity Program"; Amount: \$10,059.00.

Authors: Shelly D. Weise; Molly J. Allison Walker

Awarded Faculty Development and Enrichment Program and Project Grant for the summer 2003, Angelo State University, "Physiology of Exercise Lab Manual"; Amount: \$8,384.00.

Author: Shelly D. Weise

Awarded Research Enhancement Grant for the year 2001-2002, Angelo State University, "Cardiovascular Disease Risk Factor Identification and Subsequent Outcomes Related to a Community Women's Heart Health Screening Program"; Amount: \$6,509.

Authors: Shelly D. Weise; Molly J. Allison Walker

Other Scholarly Products:

Invited Reviewer for Text: Fall 2005. Differential Diagnosis for Physical Therapists: A Symptom Based Approach, Chapters 3 and 6, F.A. Davis.

Invited Reviewer for Cardiopulmonary Physical Therapy Journal: "A Brief Case Study and Review of the Current Literature on the Effect of Diet and Exercise in altering Serum Lipids and Risk of Cardiovascular Disease"; Spring 2002.

Invited Reviewer for Text: Fall, 2001. Physical Therapy Research-Principles and Applications, 2nd edition, E. Domholdt

Research Activity:

"A Comparison of Physical Activity Parameters between Physical Therapy Students and Graduate Students--A Pilot Study"; Status: ongoing, poster to be presented at Angelo State University per local format November, 2008.

“The Efficacy of a Diabetes Prevention Program Targeting 3rd and 5th Grades: A Partnership with Shannon Health and Wellness”; Status: poster to be presented at Angelo State University per local format on Nov. 21, 2006.

“The Relationship Between BMI and Cardiovascular Endurance in West Texas 4th and 5th Graders”; Status: poster to be presented at Angelo State University per local format on Nov. 21, 2006.

Membership in Scientific/Professional Organizations:

APTA
TPTA

Consultative and Advisory Positions Held:

Content Advisor for Student Capstone Projects:

- I. Independent Study:
 - a. Sonia Morales (Title: Nutritional Needs of a Child with Cystic Fibrosis); 2004
 - b. Becca Kiker (Title: Park Activities for Children with High and Low Tone); 2004
 - c. Kate Fence (Title: Fetal Alcohol Syndrome: Implications for Physical Therapists); 2004
- II. Research Abstract and Article:
 - a. Cook L, Huffman, K. (Title: The Relationship Between BMI and Cardiovascular Endurance in West Texas 4th and 5th Graders); 2006
 - b. Lesley T, McNutt B. (Title: The Efficacy of a Diabetes Prevention Program Targeting 3rd and 5th Grades: A Partnership with Shannon Health and Wellness);2006
 - c. Alvarez J. (Title: The Effects of Stretching in Combination with Ultrasound followed by Deep Transverse Friction Massage at Three and Six Week Treatments in Subjects with Patellofemoral Pain Syndrome);2005
 - d. Sefcik L, Book M. (Title: A comparison of Outcomes after 6 and 12 weeks of Cardiac Rehabilitation);2005
 - e. Alexander, B. (Title: Effect of Stretching the Iliotibial Band in Subjects with Patellofemoral Pain Syndrome); 2004
 - f. Michelle Fojtik (Cardiovascular Disease Risk Factor Identification of Women in a Community Health Screening and Subsequent Outcomes Related to Physical Activity); 2004
 - g. Owens, Jean Ann (Physician Referral Patterns to Cardiac Rehab in West Texas); 2002
- III. Administration and Management Project: Josh Escue, Margie Harris, Anna Cerda (Title: Angelo State University Wellness Program)

American Heart Association Steering Committee for Women and Heart Health; Chair for the Health Screen Division; Spring 2000 to present.

Community Service:

West Texas Rehab Center; Member-Professional Advisory Board, Summer 2004 to summer 2007.

Adult Leader, Lone Star 4-H Food and Nutrition Project, Fall 2003 to present.

Kim Hale Memorial Conference, West Texas Rehab Center; Member-Planning Committee, Summer 2003 to present.

Sonrisas Therapeutic Riding Association; Member-Professional Advisory Board; Member-Volunteer Service Committee; Fall 2000 to fall 2005.

University Service:

Departmental:

Chair, Tenure Committee, Fall 2008.

Nomination Oversight for Staff Excellence Award, 2007-2008.

CAPTE Self Study Committee Chair: Summer 2005 to fall 2007.

Equipment Oversight Committee Chair: Fall 2003 to summer 2005.

Curriculum Committee Chair: Fall 2003 to fall 2005.

Curriculum Committee Co-Chair: Spring 2002 to Spring 2003.

Website Committee (Chair): Summer 2001 to summer 2005.

Admissions Committee: Fall 2000 to present.

Tenure and Promotion Committee: Spring 2001 to present.

Faculty Recruitment Committee Co-Chair: Spring 2001 to Summer 2001--(Neurosensory); Fall 2001 to Spring 2002--(Generalist).

Academic Committee: Fall 2000 to present.

Library Oversight Committee (Chair): Fall 2000 to Fall 2001.

College:

Dean Search Committee: Fall 2005 to Fall 2006.

College of Sciences Curriculum Committee: Fall 2001 to fall 2007.

University:

Select Faculty Committee to Suggest Changes in the Tenure and Promotion Policy, Fall 2008.

Dean, College of Graduate Studies and Director of Research and Faculty Innovation Search Committee: Spring 2008 to fall 2008.

Angelo State University Health and Wellness Pilot Program Committee, Spring 2008 to present.

University Curriculum Committee: Fall 2004 to present.

University Library Committee: Fall 2001 to Fall 2004.

Continuing Education Attended:

On-line course offerings, fall 2007 including: Multiple Sclerosis, HIPAA, Osteoarthritis, Geriatric Diagnostic Testing for PT and OT, Diabetes: A Primer, Single Case Reports, Ethical Decision-Making in Physical Therapy

Combined Sections Meeting of the American Physical Therapy Association, February, 2007, Boston, Mass. Attended administrative meetings, professional presentation, faculty recruitment.

CAPTE Self Study Workshop, June, 2006, Orlando, Fla. Sponsored by the Education Section, APTA.

Combined Sections Meeting, Feb., 2006, San Diego, CA. Attendance in CAPTE courses to assist with Administrative Preparation; attendance at Academic Administrator's meetings for program and professional updates.

Academic Administrator's Meeting (AASIG), October, 2005, Pasadena, California. Sponsored by the APTA.

Summer Seminar on Academic Administration, July, 2005, College Station, TX. Attendance to assist with administrative and management preparation with priority for the state of Texas administrative processes in higher education.

CAPTE Self Study Workshop, June, 2005, Boston, Mass. Sponsored by the Education Section, APTA.

Combined Sections Meeting, Feb., 2005, New Orleans, La. Attendance in CAPTE courses to assist with Administrative preparation.

Academic Administrator's Meeting (AASIG), October, 2004, St. Louis, Missouri. Sponsored by the APTA.

Faculty Development Workshop for New PT/PTA Educators, July, 2004, Arlington, VA. Sponsored by the Education Section, APTA.

Ethical Considerations in Professional Care, January, 2004, Shannon Medical Center/WTRC/Angelo State University, San Angelo, TX.

Master of Physical Therapy Program Seminar Series, Academic Year 2003-2004, Angelo State University, San Angelo, TX.
Developing Lifestyle Physical Activity Programs, July 2002, Cooper Institute, Dallas, TX.

Lilly Conference on Education, August 2001, Southwest Texas State University, San Marcos, TX.

Evaluation and Treatment of Endurance Impairments, February, 2001,

APTA (American Physical Therapy Association) CSM (Combined Sections Meeting), San Antonio, TX.

Ethical Considerations in Professional Care, July, 2000, Shannon Health System, San Angelo, TX.

Women's Health and Stress Management, August, 1999, Abilene, TX.

Gait Training, June, 1999, Shannon Health System, San Angelo, TX.

Developing Geriatric Strengthening Programs, December, 1998, Dallas, TX.

Neurodevelopmental Training Certification (NDT), July, 1996, Dallas, TX.

Geriatric Neurology by Carole B. Lewis, March, 1995, San Antonio, TX.

Perspectives on Aging for Rehab Professionals, August, 1994, Methodist Hospital, Houston, TX.

Current Teaching Responsibilities in the Physical Therapy Program:

PT 5710 – Physical Therapist Examination and Management of Musculoskeletal and Cardiopulmonary System Problems I. (MSCP I)

PT 6633 – Motor Development and Enhancement across the Lifespan.

PT 6711 – MSCP III.

PT 5370 – Physiology of Exercise.

PT 6155 – Issues and Trends in Physical Therapy: Advanced Clinical Exercise Testing.