

CURRICULUM VITAE

Shelly Weise, PT, EdD
Professor, Tenured
Department of Physical Therapy
ASU Station, #10923
San Angelo, TX 76909-0923
(325) 486-6474
Doctor 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
Exercise is Medicine (EIM) Certification, February, 2023
Cardiopulmonary Resuscitation Certification
NDT Certification: Three Week Course in Adult Hemiplegia; January and July 1996

Employment and Positions Held:

Endowed Chair and Professor, Physical Therapy, Angelo State University, San Angelo, Texas, September 2022 to present

- Committee member, SACS Reaffirmation, Library
- Member, Peer Review Committee, Department of Physical Therapy
- Scholarly pursuits including: updates to Clinical Exercise Physiology Lab (awarded \$10,000 funding as part of research endowment), publication of two abstracts for state and national ACSM meetings, preparation of IRB for research with student research assistants
- Classroom improvement via IPE task force to enhance SIM lab experiences

Department Chair, Physical Therapy, Angelo State University, San Angelo, Texas, September 2014 to summer 2022

- Led revision of student handbook 2021-22
- Direct oversight of additional coursework (PT 7710 and PT 7235 due to faculty resignation)
- Member, task force to work with Goodfellow AFB fire school trainees to promote optimal health, well-being and training regimens
- Completed departmental requirements for SACS including planning and assessment
- Attended leadership meetings and APTA ELC (Atlanta, GA) and APTA CSM (San Antonio, TX) to recruit faculty, increase knowledge of current PT education trends and foster inter-collegial partnerships
- Led ongoing COVID adjustments during 2020-2021 academic year -Led implementation of online instruction due to COVID-19, Spring/Summer 2020
- Awarded the James A. "Buddy" Davidson Endowed Chair in Physical Therapy, Fall 2019
- CAPTE 10-year re-accreditation, 2018
- CAPTE Self-study, 2016-2017
- Awarded Texas Physical Therapy Foundation (TPTF) Grant for the year 2015 – 2016, "A Comparison of Electrical Stimulation Parameters in Postprandial Skeletal Muscle Glucose Uptake"; Status: inter-collegial project with Dr. Floyd Huang, PT, PhD (PI); Amount: \$2,200.00
- Invited speaker, Lunch and Learn, Department of Physical Therapy, Angelo State University, San Angelo, Texas, September 16, 2014, "Cardiopulmonary Assessment for the Clinician"
- Invited speaker, Gender Specific Medicine & Women's Health Symposium, sponsored by the Laura W. Bush Institute for Women's Health, Lubbock, Texas, October 24, 2014, "Gender Differences in Heart Disease-The Role of Physical Activity"
- Admissions chair with successful recruitment of full cohort in 2015-2017
- Class of 2015 & 2017 success with 100% first time pass rate on licensure board exam
- Facilitated student research projects: 1) "High Intensity Interval Training (HIIT) vs. Traditional Continuous Training (CT): Testing the Cardiovascular Benefits across a Wide Age Spectrum- a Pilot Study"; Presented poster at Texas Physical Therapy Association Annual Meeting, October, 2015, Arlington TX; 2) "Self-correction of Deadlift Form with Real-time Visual Feedback"; Presented poster at "Texas Physical Therapy Annual Meeting, October, 2016, Fort Worth, TX; 3)

“Ability of the Functional Movement Screen (FMS) to Predict Injury in NCAA Division II Track and Field Athletes and the Association between the FMS, Eccentric Hip Abduction Strength, and Injury Risk”; Presented poster at TACSM Meeting, March 2018, Austin, TX; 4) “The Accuracy of Wristband Activity Trackers during Vigorous Exercise”; Presented poster TACSM Meeting, Feb. 2019, Fort Worth, TX; 5) “A Comparison of Functional Movement between CrossFit Trained, Recreationally Trained and Sedentary Individuals”; Presented at Texas ACSM Meeting, Feb., 2019, Fort Worth, TX

- Completed final progress reports for the Texas Higher Education Coordinating Board for the DPT Program
- OTD Planning Task Force
- College of Health and Human Services Building Oversight for PT Department
- Assisted with development of new bachelor’s degree at ASU, Health Science Professions
- Facilitated Capstone research project changes in DPT curriculum
- PRN clinical services, Baptist Retirement Community and Gaitway Home Health, San Angelo, TX

Department Head, Nursing and Rehabilitation Sciences, Angelo State University, San Angelo, Texas, June 2013 to September 2014

- Awarded Research Enhancement Grant for the year 2013-2014, Angelo State University “Body Composition and Cardio-respiratory Fitness in Hispanic and non-Hispanic College Students: a Longitudinal Study”; with Dr. You-jou Hung, PT, PhD (continuation of longitudinal study funded 2011-12)
- Admissions chair with successful recruitment of full cohort in 2014
- Class of 2014 success with 100% first time pass rate on licensure board exam
- PRN clinical services, Baptist Retirement Community, San Angelo, TX
- Online instruction of Health Education and Wellness course, UIW

Program Director, Doctor of Physical Therapy Program, Angelo State University, San Angelo, Texas, August 2011 to 2013

- Completion and approval of CAPTE substantive change report to increase class size
- Admissions chair with successful recruitment of full cohort in 2013
- Class of 2013 success with 100% first time pass rate on licensure board exam
- Hire of full faculty quota for the physical therapy program with classroom adaptation for team teaching with research and clinical skills blended
- Facilitated the physical therapy research course series change to a traditional model
- Completed an interdisciplinary study with Dr. Tom Starkey and Mimi Baugh entitled “Stress reduction for adult children who are caregivers to their parents”; Accepted for poster February, 2013
- Presented student advised research entitled “Comparison of Physical Activity Parameters in Physical Therapy Students: Clinical versus Didactic Instruction at: American Physical Therapy Association, Combined Sections Meeting, January, 2013, paper submission pending
- Awarded Research Enhancement Grant for the year 2011-2012, Angelo State University “Body Composition and Cardio-respiratory Fitness in Hispanic and non-Hispanic College Students: a Longitudinal Study”; with Dr. You-jou Hung, PT, PhD
- Community service including Advisory Boards and PRN Physical Therapy services for Baptist Memorial Center and Shannon Medical Center

Associate Professor

Master and Doctor (beginning 5/09) 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 for new DPT Curriculum
- Completion of pilot study, fall 2008 – spring 2010, “A Comparison of Physical Activity Parameters between Physical Therapy Students and Graduate Students”
- Completion of inter-disciplinary Carr Research study, fall 2010-spring 2011
- Ongoing curriculum revision in preparation for the DPT proposal and transition
- Community service including Advisory Boards and PRN Physical Therapy

Department Head and Program Director, Associate Professor, Master of Physical Therapy Program, Angelo State University, San Angelo, Texas, September 2006 to July 2007

- 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 DPT proposal
- 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) Gaitway Home Health Services, March 2019 to present
- 2) Baptist Memorial (Retirement) Center, September 2003 to 2019
- 3) Shannon Medical Center, March 2004 to 2015
 - 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, TX, 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-Cardiac Rehab programs.

Peer Reviewed Publications:

Huang, H-H., Weise, S., Ko, M-S., Hansen, T., Johnson, A., McCluskey, C., (2017) A comparison study of motor-level electrical stimulations for lowering postprandial glucose levels. *Journal of Novel Physiotherapy and Physical Rehabilitation*, 4(1): 027-032.

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 Speaker, Lunch and Learn, Department of Physical Therapy, Angelo State University, San Angelo, Texas, September 16, 2014, *Cardiopulmonary Assessment for the Clinician*.

Invited Speaker, Gender Specific Medicine & Women's Health Symposium, sponsored by The Laura W. Bush Institute for Women's Health, Lubbock, Texas, October 24, 2014, *Gender Differences in Heart Disease-The Role of Physical Activity*.

Invited Speakers (Shelly Weise, PT, EdD; Susan Wilkinson, PhD, RN, CNS; Molly Walker, PhD, RN, CNS): The Laura W. Bush Institute for Women's Health-Day of the Woman Expo, San Angelo, Texas, 2011. *Women and Wellness – The Heart of the Matter*.

Invited Speakers (Shelly Weise, PT, EdD and Molly Walker, RN, PhD): Combined Sections Meeting of the American Physical Therapy Association, February, 2007, Boston, Mass. *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:

Morales, Serena; Stewart, Joseph; Weise, S; Huang, H-H. "High-intensity Interval Training Versus Moderate-intensity Interval Training: Anthropometrics, Inflammation, Stress Markers and Exercise Enjoyment", *International Journal of Exercise Science: Conference Proceedings*: In Press.

Morales, Serena; Stewart, Joseph; Weise, S; Huang, H-H. "High-intensity Interval Training Versus Moderate-intensity Interval Training: Anthropometrics, Inflammation, Stress Markers and Exercise Enjoyment", Accepted for presentation June 2023. Published in *Medicine & Science in Sports and Exercise*. In Press.

Ginnings, Z and Weise S. "Wrist-based ECG Accuracy of the Apple Watch Series 5 and Implications for Physical Therapy Use", Accepted for poster presentation at TSAHP meeting, Sept. 2022, Round Rock, TX. Awarded third place for student doctoral presentation.

Pfost, Joshua; Bowermaster, Kaitlyn; Moczygemba, Derek; and Weise, Shelly (2022) "Fitness Tracker Comparison of Energy Expenditure in a Healthy Population vs. Type 2 Diabetics," published in *Medicine & Science in Sports and Exercise*: Vol. 54, No. 5, Supplement.

Pfost, Joshua; Bowermaster, Kaitlyn; Moczygemba, Derek; and Weise, Shelly (2022) "Fitness Tracker Comparison of Energy Expenditure in a Healthy Population vs. Type 2

Diabetics," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 14 , Article 1.

Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/1>

Pfost, J, Bowermaster, K, Moczygemba, D, Weise S. "Fitness Tracker Comparison of Energy Expenditure in a Healthy Population vs. Type 2 Diabetics", Accepted for poster presentation at national ACSM Annual Meeting, May 2022, San Diego, CA.

Pfost, J, Bowermaster, K, Moczygemba, D, Weise S. "Fitness Tracker Comparison of Energy Expenditure in a Healthy Population vs. Type 2 Diabetics", Accepted for poster presentation at Texas ACSM Annual Meeting, Feb., 2022, Waco, TX.

Ede, K, Hill, L, Moreno, S, Traverzo, N, Weise, S, Huckaby, T. "A Comparison of Functional Movement between CrossFit Trained, Recreationally Trained and Sedentary Individuals", Accepted for poster presentation at national ACSM Annual Meeting, May 2020, San Francisco, CA (changed to virtual meeting, June 2020) due to COVID-19.

Ede, Kelsey; Hill, Laurel; Moreno, Shelby; Traverzo, Natalia; Weise, Shelly D.; and Huckaby, Teresa (2020) "A Comparison of Functional Movement Between CrossFit Trained, Recreationally Trained and Sedentary Individuals," *Medicine & Science in Sports and Exercise*: Vol. 52, No. 5, Supplement (S692).

Ede, K, Hill, L, Moreno, S, Traverzo, N, Weise, S, Huckaby, T. "A Comparison of Functional Movement between CrossFit Trained, Recreationally Trained and Sedentary Individuals", Accepted for poster presentation at Texas ACSM Annual Meeting, Feb., 2019, Fort Worth, TX.

Ede, Kelsey; Hill, Laurel; Moreno, Shelby; Traverzo, Natalia; Weise, Shelly D.; and Huckaby, Teresa (2019) "A Comparison of Functional Movement Between CrossFit Trained, Recreationally Trained and Sedentary Individuals," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 11 , Article 105.

Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss11/105>

McDowell, J, Avalos, R, Gerber, J, Reinen, K, Swize, A, Weise, S. "The Accuracy of Wristband Activity Trackers during Vigorous Exercise", Accepted for poster presentation at Texas ACSM Annual Meeting, Feb., 2019, Fort Worth, TX.

McDowell, Jessica; Swize, Alexandra; Gerber, Jenna; Avalos, Reilly; Reinen, Kyle; and Weise, Shelly (2019) "The Efficacy of Wristband Activity Trackers during Vigorous Exercise," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 11 , Article 131.

Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss11/131>

Purser, S, Brown, C, Huckaby, T, Weise, S. "Ability of the Functional Movement Screen (FMS) to Predict Injury in NCAA Division II Track and Field Athletes and the Association between the FMS, Eccentric Hip Abduction Strength, and Injury Risk", Accepted for poster presentation at Texas ACSM Annual Meeting, March, 2018, Austin, TX.

Purser, Shane; Brown, Collin; Huckaby, Teresa; and Weise, Shelly (2018) "Ability of the Functional Movement Screen (FMS) to Predict Injury in NCAA Division II Track and Field Athletes and the Association between the FMS, Eccentric Hip Abduction Strength, and Injury

Risk," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 10, Article 16. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss10/16>

Weise, S, Schmidt, M, Bradford, J, Nicks, K. "Self-correction of Deadlift Form with Real-time Visual Feedback", Accepted for poster presentation at Texas Physical Therapy Annual Meeting, October, 2016, Fort Worth, TX.

Weise, S, Grobler, N, Smalstig, B. "High Intensity Interval Training (HIIT) vs. Traditional Continuous Training (CT): Testing the Cardiovascular Benefits across a Wide Age Spectrum- a Pilot Study"; Accepted for poster presentation at: Texas Physical Therapy Association Annual Meeting, October, 2015, Arlington, TX.

Starkey T, Baugh M, Weise S. "Stress reduction for adult children who are caregivers to their parents"; Accepted for poster presentation at: Association for Gerontology in Higher Education's 39th Annual Meeting and Educational Leadership Conference, February, 2013, St. Petersburg, FL.

Weise SD, Hudson-Mcspadden K, Owens S, Meyer S. "Comparison of Physical Activity Parameters in Physical Therapy Students: Clinical versus Didactic Instruction"; Accepted for poster presentation at: American Physical Therapy Association, Combined Sections Meeting, January, 2013, San Diego, CA.

Weise SD, Jansa C, Williams R, King A, Southall S. Effect of Warm-up on Physiological and Psychological Components in Trained Distance Runners with VO_{2max} Testing; Accepted for poster presentation at: American College of Sports Medicine National Meeting, June, 2011, Denver, CO, *MSSE*, Vol. 43:5 Supplement, p. 864.

Weise SD, Pugh J, Cole S, Amow Ali L, Hudson B, Hairell V, Mendicino S. An Initial Comparison of Physical Activity Parameters for Physical Therapy Students during Didactic versus Clinical Instruction; Accepted for poster presentation at: American Physical Therapy Association, Combined Sections Meeting, February, 2011, New Orleans, LA.

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 LCATa and CETPa 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 Texas Physical Therapy Foundation (TPTF) Grant for the year 2015 – 2016, “A Comparison of Electrical Stimulation Parameters in Postprandial Skeletal Muscle Glucose Uptake”; Status: inter-collegial project with Dr. Floyd Huang, PT, PhD; Amount: \$2,200.00.

Awarded Research Enhancement Grant for the year 2013-2014, Angelo State University “Body Composition and Cardiorespiratory Fitness in Hispanic and non-Hispanic College Students: a Longitudinal Study”; Status: inter-collegial project with Dr. You-jou Hung, PT, PhD; Amount: \$2,000.00 (continuation of initial project).

Awarded Research Enhancement Grant for the year 2011-2012, Angelo State University “Child Caregiver Burden”; Status: inter-disciplinary WED Center research project with Nursing, Mimi Baugh, RN, GNP-C, and Social Work, Dr. Thomas Starkey, PhD, LCSW; Amount: \$4,940.00.

Awarded Research Enhancement Grant for the year 2011-2012, Angelo State University “Body Composition and Cardiorespiratory Fitness in Hispanic and non-Hispanic College Students: a Longitudinal Study”; Status: inter-collegial project with Dr. You-jou Hung, PT, PhD; Amount: \$8,223.00.

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 External Reviewer for Promotion of Clinical Professorship of faculty member at the University of Michigan-Flint. Fall 2015.

Invited Reviewer for manuscript: fall 2012. Relationship between coronary atherosclerosis extent, metabolic syndrome and enlargement of systemic arteries in women and men. *Journal of Women’s Health*.

Invited Reviewer for manuscript: spring 2011. Does age attenuate the heart rate variability response to exercise in aging women? *Journal of Women’s Health*.

Invited Reviewer for manuscript: spring 2011. Low FEV1: a potential new risk factor of low muscle strength in healthy postmenopausal women, *Journal of Women’s Health*.

Invited Reviewer for manuscript: fall 2010. Maximal respiratory pressures in healthy boys who practice swimming or indoor soccer and in healthy sedentary boys, *Physiotherapy Theory and Practice*.

Invited Reviewer for manuscript: summer 2010. Body mass index and mobility of older home care patients, *Physiotherapy Theory and Practice*.

Invited Reviewer for manuscript: spring 2010. Effectiveness of long and short bout walking on increasing physical activity in women, *Journal of Women's Health*.

Invited Reviewer for manuscript: fall 2008. The effect of short-term aerobic training on coagulation and fibrinolytic factors in postmenopausal women, *Journal of Women's Health*.

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:

"The Effects of High Intensity Interval Training (HIIT) vs Moderate-Intensity Continuous Training (MICT) on Immune Function, Cortisol Levels and Other Health Parameters"; Submitted abstract for state and national ACSM meetings, spring 2023.

"Wrist-based ECG Accuracy of the Apple Watch Series 4 and Implications for Physical Therapy", continuation of research agenda for DPT student research projects considering activity trackers and prospects for clinical use. (2 projects ongoing)

"A Comparison of Functional Movement between CrossFit Trained, Recreationally Trained and Sedentary Individuals", co-PI with Dr. Teresa Huckaby, continuation of research agenda for DPT student research projects considering functional movement differences with training.

"The Accuracy of Wristband Activity Trackers during Vigorous Exercise", pilot data for DPT student research projects in the realm of activity trackers and the prospects for clinical use.

"Ability of the Functional Movement Screen to Predict Injury in NCAA Division II Track and Field Athletes in Comparison with Eccentric Hip Abduction Strength"; Status: co-PI with Dr. Teresa Huckaby, pilot data for DPT student research project.

"Self-Correction of Deadlift Form Utilizing Real Time Visual Feedback Information"; Status: co-PI with Dr. Kendra Nicks, pilot data for DPT student research project.

"Child Caregiver Burden"; Status: inter-disciplinary WED Center research project with Nursing, Dr. Mona Dawson, MSN, RN, GNP-C, and Social Work, Dr. Thomas Starkey, PhD, LCSW; submitted as Research Enhancement Grant for \$7,000.00 on October 14, 2011.

“Body Composition and Cardiorespiratory Fitness in Hispanic and non-Hispanic College Students: a Longitudinal Study”; Status: inter-collegial project with Dr. You-jou Hung, PT, PhD; submitted as Research Enhancement Grant for \$14,723.00 on Sept. 30, 2011.

“Nutritional Profiling of College Students”; Status: inter-disciplinary Carr Student Research project with Biochemistry, Dr. Nick Flynn, PhD; poster presented at Angelo State University at Carr Research Scholar luncheon, April, 2011.

Membership in Scientific/Professional Organizations: APTA, TPTA, ACSM

Previous Consultative and Advisory Positions:

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. Everett S. (Title: Management of a 47-year-old male following a left middle cerebral artery cerebrovascular accident in the inpatient rehabilitation setting: a case study); 2013
 - b. Weishuhn L. (Title: Therapeutic exercise following a total knee arthroplasty for the management of a 60-year-old female in the acute care hospital: a case report); 2013
 - c. Cook L, Huffman, K. (Title: The Relationship Between BMI and Cardiovascular Endurance in West Texas 4th and 5th Graders); 2006
 - d. 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
 - e. 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
 - f. Sefcik L, Book M. (Title: A comparison of Outcomes after 6 and 12 weeks of Cardiac Rehabilitation); 2005
 - g. Alexander, B. (Title: Effect of Stretching the Iliotibial Band in Subjects with Patellofemoral Pain Syndrome); 2004
 - h. Michelle Fojtik (Cardiovascular Disease Risk Factor Identification of Women in a Community Health Screening and Subsequent Outcomes Related to Physical Activity); 2004
 - i. 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 2005.

Community Service:

Chair, Professional Advisory Board for Angelo State DPT Program: 2004-2007 and 2011-2022 – Engaging Community Professionals in the Educational Pursuits of Physical Therapy Students

West Texas Rehab Center: Member-Professional Advisory Board, 2004 to 2007 & 2011 to 2013; Member-Medical Advisory Board, 2019 to 2020

Leader in Worship and Music Ministry: 2006 – 2023, Community and Church Teams

Church Mission Work Trips to McAllen and Costa Rica: ongoing

Texas Ramp Project liaison between ASU DPT students and First United Methodist Church 2021-present. Providing local residents with ramps as needed.

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:

ACAPT Rep for ASU DPT Program, Fall 2022-present

Chair, Admissions, fall 2011 – 2016; co-chair (2016-summer 2022)

Nominations Committee Member - President's Awards (2020-2022)

Member, Staff Search Committee, DPT Program Coordinator, fall 2017

Chair, Tenure Committee, Fall 2008

Nomination Oversight for Staff Excellence Award, 2007-2008

CAPTE Self Study Committee Chair: Summer 2005 to fall 2007, 2016-present

Equipment Oversight Committee Chair: Fall 2003 to summer 2005

Curriculum Committee Chair: Fall 2003 to fall 2005; spring 2018-2020

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:

Invited speaker MAT students, VO₂max Testing, fall semester

Helped establish an IPE task force for college (2018-19) & ongoing representative for department
Research hub review-with team from college led by Dr. Forbes (ongoing)
Member -Building Committee, Archer College of Health & Human Services Building, fall 2015 – 2018
Chair, OTD Task Force, New Programs, fall 2015 – present
Dean Search Committee: Fall 2005 to fall 2006
College of Sciences Curriculum Committee: Fall 2001 to fall 2007
Member, Graduate Thesis Advisory Committee, Dept. of Biology for Mr. Chris Snow, spring, 2009, “Evaluating Various Indices for Estimating Relative Abundance of Scaled Quail in West Texas”, Master of Science
Member, Graduate Advisory Committee, Dept. of Security Studies for Mr. James Cunningham, summer 2017

University:

Member, SACSCOC, Committee 11- fall 2019- present.
Member, Athletic Council, fall 2014 – present
Member, Advisory Board, Laura W. Bush Institute for Women’s Health, spring 2010-present
Speaker Selection Committee, University Symposium on American Values, 2009
Member, Academic Master Plan Committee, 2009-present
Member, Tenure and Promotion Committee, 2008-2009
Select Faculty Committee to Suggest Changes in the Tenure and Promotion Policy, 2008 – 2009
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 Library Committee: Fall 2001 to fall 2004

Continuing Education Attended:

National ACSM meeting, Denver, Colorado, May/June 2023, professional development and research presentation.

ASU DPT Student Research Day, May 11, 2023.

Completion of Exercise is Medicine (EIM) Online Course, Feb. 13, 2023.

“The Pain Equation: Treating Patients in Pain”, Feb. 9, 2023.

“PACER Series: Rehabilitation for People with Post-Intensive Care Syndrome (PICS)”, Jan. 31, 2023.

“PACER Series: Pulmonary Rehabilitation”, Jan. 31, 2023.

“PACER Series: Inspiratory Muscle Training”, Jan. 30, 2023.

“PACER Series: Posture, Breathing, Ventilation”, Jan. 30, 2023.

“PACER Series: Vital Signs, Exercise Prescription, Oxygen Devices”, Jan. 30, 2023.

“PACER Series: Cardiovascular and Pulmonary Anatomy and Physiology”, Jan. 29, 2023.

“PACER Series: Cardiovascular and Pulmonary Examination”, Jan. 27, 2023.

“Jumping at the Chance: Plyometric Training in Older Adult Populations”, Nov. 17, 2022.

“Blood Flow Restriction Exercise: Why and When?”, October 6, 2022.

National ACSM meeting, San Diego, CA, May/June 2022, professional development and research presentation.

APTA CSM, San Antonio, TX, Feb. 2022, professional development.

Texas PT – Human Trafficking Prevention, January 22, 2022, licensure requirement.

“Thoughts, Ideas, and Opinions that Make you a More Competent Clinician”, November 18, 2021.

APTA ELC Meeting, Atlanta, Georgia, October 2021, professional development.

“The Use of Language in Diabetic Care”, March 11, 2021.

APTA ELC Virtual Meeting, October 2020, professional development.

APTA ELC Meeting, Bellevue, Washington, October, 2019, professional development.

Personalized Blood Flow Restriction Course, March, 2019, professional development.

Texas ACSM Meeting, Feb., 2019, professional development.

“Is Proprioception Deficit the Villain for Ankle Instability and Fall?” Feb., 2019, professional development.

Physical Therapy in Peru, San Angelo, October, 2018, professional development.

ASU DPT Student Research Day, San Angelo, May, 2018, professional development.

Combined Sections Meeting, New Orleans, Feb., 2018, professional development.

Gross Dissection and Kinesiology of the Upper Extremity, July 12-15, 2017, Marquette University, professional development.

“You Take My Breath Away” (Lung Disease Applications to PT), April 25, 2017, professional development.

Combined Sections Meeting, San Antonio, Feb. 16-17, 2017, professional development.

“I Found the Lab Value’s, Now What? Demystifying Lab Values for Patient Management”, Feb., 15, 2017, professional development.

Basic EKG Interpretation, APTA Online Course, Oct., 24, 2016, professional development.

Texas Physical Therapy Association Meeting, October 27-30, 2016, Fort Worth, Texas, professional development.

BPPV and Vestibular Rehab, Sept., 22, 2016, professional development.

Gross Dissection and Kinesiology of the Lower Extremity, July 13-16, 2016, Marquette University, professional development.

Wound Care Quickies, Lunch and Learn, November 24, 2015, Angelo State University, San Angelo, Texas, for professional development.

Nutrition in PT Practice, TPTA Annual Meeting, October 24, 2015, Arlington, Texas, for professional development.

Outcome Measures in Acute Care, TPTA Annual Meeting, October 23, 2015, Arlington, Texas, for professional development.

Ethics Overview: Application to the Clinical Setting, TPTA Annual Meeting, October 23, 2015, Arlington, Texas, for professional development.

7th Annual Sports Medicine Conference, Texas Tech University Health Sciences Center, Current Concepts in Sports Medicine, July 11-12, 2014, Lubbock, Texas, for professional development.

Sports-related Injuries in the Young Athlete: Evidence-Based Treatment and Prevention, July 22, 2014, Lubbock, Texas, for professional development.

Thriving Beyond Criticism-Lunch and Learn, April 15, 2014, San Angelo, Texas, for professional development.

Defense of Case Reports and Research, Graduating ASU DPT Class of 2014, Angelo State University, May 6, 2014, San Angelo, Texas, for professional development.

4th Annual Sports Medicine Conference, Texas Tech University Health Sciences Center, Evaluation and Treatment Strategies for the Physically Active, July 8-9, 2011, Lubbock, Texas, for professional development.

American Physical Therapy Association (APTA) Combined Sections Meeting, Feb., 2011, New Orleans, La., for professional development.

American Physical Therapy Association (APTA) Annual Meeting, June, 2010, Boston, Mass., for professional development.

Texas Physical Therapy Association (TPTA) Annual Meeting, October, 2009, Austin, Texas for professional development.

American College of Sports Medicine (ACSM) Health and Fitness Summit, March, 2009, Atlanta, Georgia for professional development.

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.

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 7311 – Clinical Exercise Physiology

PT 7320 – Pathophysiology-served in an advisory role only fall 2020 as we hosted a distance faculty member, Dr. Lisa Van Hoose

PT 7651 – Acute Care Management

PT 7242 – EBP Seminar I

PT 7221 – Cardiopulmonary Pathology

PT 7354 – Essentials of Rehab Practice

PT 7710 – Clinical Anatomy (direct oversight summer 2022 due to faculty resignation)

PT 7235 – Disability Studies (spring 2020 and 2022)- served as a secondary and primary instructor due to faculty retirement and resignation respectively