



**Paula E. Papanek, Ph.D., MPT, FACSM**  
**Associate Professor**  
**Director of Exercise Science**

### **Education**

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

### **Awards/Honors recipient of:**

1988 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 Physical Therapy Association (APTA)
- American Society of Exercise Physiologists (ASEP)
- Women's Sport International (WIS)
- National Strength and Conditioning Association (NSCA)
- National Athletic Trainers Association (NATA)

### **Current Professional Appointments**

2003-2006	Reappointed Member, Strategic Health Initiative Task Force on Women's Sport and Physical Activity, American College of Sports Medicine
2003-present	Appointed Board of Directors ASEP
2002-present	Certified Athletic Trainer #080202100
2002-present	Licensed Athletic Trainer, State of Wisconsin
2002-present	Chair, Human Subjects Internal Review Ethics Board, Marquette University
2001-present	President-elect, Wisconsin Association of Exercise Physiologists
2001-present	Member, Board of Directors, Wisconsin Society of Exercise Physiologists
2001-present	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-present	Public Education and Job Market Committee, American Society of Exercise Physiologists
1998-present	Fellow, The American College of Sports Medicine
1998-present	Women in Exercise Physiology Committee, American Society of Exercise Physiologists
1997-present	Adjunct Assistant Professor, Department of Biomedical Sciences, Marquette University, Milwaukee, WI
1995-present	Adjunct Assistant Professor, Department of Physiology, Medical College of Wisconsin, Milwaukee, WI

### **Clinical Experiences**

1999	Wisconsin Physical Therapy License
1999	Columbia Hospital of Milwaukee, WI. Acute Care, General Medicine 8 week affiliations, SPT
1999	Sports Medicine Institute at Sinai Medical Center, Milwaukee, WI. 8 week affiliation, SPT
1998	Peak Performance Sport and Industrial Rehabilitation, Bemidji, MN. 6 week affiliation, SPT
1997	St. Luke's Medical Center. Acute Care Orthopedics 4 week affiliation, SPT

### **Professional Refereed Publications**

#### Manuscripts submitted:

The Female Triad: Implications for Physical Therapy. Submitted to JOSPT Fall 2002, Invited review for publication in special issue.

#### Manuscripts in progress:

W Ebben and PE Papanek. The effect of training with conforming moving force equipment on lifting capacity in healthy students. For submission to: Journal of Strength and Conditioning.

Published Manuscripts

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 Riederer, 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. The effect of corticosterone and RU486 on vasopressin responses to hyperosmolality in rat 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. Characterization of the chronic pressure-natriuresis relationship in genetically hypertensive dogs. 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. Temperature Regulation. In: PHYSIOLOGY SECRETS 2nd Ed, editor H. Raff. Hanley and Belfus, Inc Philadelphia, Pennsylvania 2002.

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

Papanek, PE. Physiology of Aging. In: PHYSIOLOGY SECRETS 2nd 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.

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

American Heart Association of Wisconsin

### **Journal/Textbook Reviewer (ad hoc):**

JOSPT

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 (last two years listed)**

#### **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)