

PAULA ELIZABETH PAPANЕК, PHD, MPT, ATC/L, CEEAA, FACSM

PERSONAL INFORMATION:

Current Professional Title: Professor, Department of Physical Therapy
Director, Program in Exercise Science
Director, Graduate Program in Sports and Exercise Analytics
College of Health Sciences, Marquette University, Milwaukee, WI.

Office: Cramer Hall rm 215
604 N. 16th St.
Milwaukee, WI 53233

EDUCATION

- 1999 Marquette University, Milwaukee, WI.**
Master of Physical Therapy
Student Internships: Sports Medicine Institute, Mt. Sinai Medical Center, Milwaukee WI.
Acute Care/General Medicine, Columbia Hospital, Milwaukee, WI.
Peak Performance Sport and Industrial Rehabilitation, Bemidji, MN.
- 1989-1992 Medical College of Wisconsin, Milwaukee, WI.**
Post-Doctoral Fellow (NRSA funded)
Department of Physiology, Mentor: Allen W. Cowley, Jr., Ph.D.
- 1989 University of Florida, Gainesville, FL.**
Doctor of Philosophy
Physiology, Mentor: Melvin J Fregly, Ph.D.
Dissertation Title: Cold-induced hypertension in rats.
- 1984 University of Louisville, Louisville, KY.**
Master of Science
Department of Exercise Physiology, Mentor: Ronald D. Fell, Ph.D.
Master's Thesis Title: Catecholamine response to acute nicotine exposure in trained rats.
- 1981 Illinois State University, Normal, IL.**
Bachelor of Science
Nutritional Science
-

LICENSURE AND CERTIFICATION

Physical Therapist (MPT) Wisconsin No. 6360-024, 1999-present

Certified/Licensed Athletic Trainer (ATC/L) Wisconsin No. 080202100, 2002-present

Certified Exercise Expert for Aging Adult (CEEAA) by American Physical Therapy Association

FACULTY APPOINTMENTS

- 2020** Professor, Tenure Track
Marquette University, Department of Physical Therapy
- 1999** **ASSOCIATE PROFESSOR, TENURE TRACK**
Marquette University, Department of Physical Therapy.
- 1995-** **ADJUNCT FACULTY**
Medical College of Wisconsin, Department of Physiology.
- 1994** **ASSISTANT PROFESSOR**
Marquette University, Department of Physical Therapy.
- 1992-1994** **RESEARCH ASSISTANT PROFESSOR**
Medical College of Wisconsin, Department of Medicine, Division of Endocrinology and Metabolism.
- 1992** **INSTRUCTOR**
Marquette University, Department of Biology.

ADMINISTRATIVE APPOINTMENTS

- 2019-** **FOUNDING DIRECTOR, GRADUATE STUDIES FOR MASTER OF SCIENCE: Sport and Exercise Analytics (SPRT), Department of Physical Therapy, Marquette University.**
- 2014-2019** **FOUNDING DIRECTOR, GRADUATE STUDIES FOR MASTER OF SCIENCE (MS) AND DOCTOR OF PHILOSOPHY (PhD): Clinical and Translational Rehabilitation Health Science, Department of Physical Therapy, Marquette University.**
- 2002-2005** **CHAIR, HUMAN SUBJECTS INTERNAL REVIEW ETHICS BOARD**
Marquette University (Co-Chair 2005-2008; Member 2008-2009)
- 1999-** **FOUNDING DIRECTOR, PROGRAM IN EXERCISE SCIENCE: *De novo* program with new undergraduate majors in Athletic Training and in Exercise Physiology, Clinical Master of Athletic Training**
- 1998-** **FELLOW, THE AMERICAN COLLEGE OF SPORTS MEDICINE (FACSM)**
- 1992-1997** **ASSISTANT DIRECTOR, ENDOCRINE RESEARCH LABORATORY**
St. Luke's Medical Center, Milwaukee, WI.

AWARDS/HONORS

- 2019** Faculty All-Star Award, Provost & President award to recognize an outstanding faculty member for their service to the university and contributions to their academic field. Marquette University, Milwaukee WI.
- 2018** Difference Maker Award. Awarded to faculty or students who have gone above and beyond the call of duty to positively impact an individual, group or community organization, Marquette University, Milwaukee WI.
- 2015** Nora Finnigan Werra Faculty Achievement Award. To honor and recognize a women faculty who has excelled in her research, teaching and service to Marquette and the community and has mentored students and other faculty. Marquette University, Milwaukee WI.
- 2013** Friends of the Hispanic Community from the United Community Center of Milwaukee WI. Annual award honors leaders who have significantly contributed to the development and well-being of the Hispanic Community. (President Lovell received this award in 2018).
- 1998** Fellow 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.
1983	Graduate Research Award, Committee for Academic Excellence, University of Louisville. This award is given to recognize outstanding research by graduate student.
1977-1981	Full Athletic Scholarship. Illinois State University, Bloomington/Normal, IL.
1976-1977	Member of the United States Olympic National and American National Volleyball Association Jr. National Volleyball teams.

PROFESSIONAL MEMBERSHIPS (current)

Society of Behavioral Medicine (SBM)
 American Physiological Society (APS)
 American College of Sports Medicine (ACSM)
 National Strength and Conditioning Association (NSCA)
 National Athletic Trainers Association (NATA)
 International Society for Clinical Densitometry (ISCD)
 International Society for Behavior, Nutrition and Physical Activity (ISBNPA)
 The Obesity Society

GRANT SUPPORT

(POST TENURE. Only Funded or under review submissions listed-applications submitted but not funded not listed)

Stolley M, et al (Papanek PE Co-I) Every Day Counts: a lifestyle program for women with metastatic breast cancer. RO1 NCI revision for resubmission March 2021.

Hunter SK, Kulinsk JP, Papanek PE (Co-PI) CTSI Pilot-ICREnsemble. Sex differences in post covid long haulers. 06/01/2021-05/31/2022 \$35,000.

Hossenlopp J, Papanek PE (20% effort). Co-Project Director for MU. CTSI of SE Wisconsin 3.0. 2019 NCATS/NIH. Funding 07/01/2020-06/30/2025. Estimated total budget \$20,000,000. MU subaward includes two stipends and tuition for EXRS graduate program.

Barieri J, Brousseau D, Bragg D, Papanek PE. TL1 NIH Training and education grant. NCATS. 07/01/2020-06/30/2025 Estimated total budget \$2,111,605. MU subaward variable based upon number of fellows at MU/year.

Bialkowski W, Jenli K, Papanek PE. Empowering those who seek to end hunger...Feeding America Optimization. Presidents Challenge Grant 07/01/2020-06/30/2021 \$45,000.

Madiraju P, Brylow D. (Papanek PE Senior Personnel) Research Experiences for Undergraduates (REU) Site: Data Science Across Disciplines. NSF 1950826 03/01/2020-02/28/2023. Total budget \$404,683.

Stolley M, Banerjee A, Bylow KA, Flynn KE, Kilari D, Whittle J, Sheean P, Papanek PE, Gann P. (Co-I 1.2 Mo) Men Moving Forward: A lifestyle program for African-American prostate cancer survivors. NIH NCI 1R01CA229546 total award \$3,865,981, 07/01/2018-03/30/2023.

Papanek PE. (PI). Families Inspired Together: FIT. CPIMP171153. US Department of Health and Human Services, Office of Minority Health, Healthy Community Programs to Improve Minority Health. Variable effort, total award \$1,050,000, 2017-2021.

Stolley M, et al (Papanek PE, consultant) Every Day Counts: a lifestyle program for women with metastatic breast cancer. NCI pilot July 1 2017-2019. \$2000

Hossenlopp J, Papanek PE (20% effort, 10% grant supported). Co-Project Director for MU. CTSI 2.0 of SE Wisconsin. Medical College of Wisconsin, R Shaker PI. MU subaward includes funding for two full PhD stipends and tuition. NCATS/NIH UL1TR001436 total award \$20,000,000, 2015-2020.

Barieri J, Brousseau D, Harder D, Kotchen J, Bragg D, Papanek PE. TL1 NIH TL1TR001437 Training and education grant. NCATS, total budget \$2,111,605, 2015-2020. MU subaward varies/year based upon number of pre/postdoctoral students/year.

Papanek PE (PI), Kipp K, Hunter S, Smith C, Wilkens J. Establishing a Human Performance Assessment Core "HPAC". Strategic Initiative Fund, Marquette University total award \$400,000, 2015-1016. HPAC is not fully operational and used in two funded NIH proposals and generating revenue as planned.

Polfuss M, Papanek PE (CO-I) et al. Measuring energy expenditure in children with spina bifida and down syndrome: feasibility study. Clinical and Translational Science Institute of Southeast Wisconsin (CTSI) pilot project, total award \$50,000, 2015-2016.

Ng A, Tjoe J, Waltke L, Papanek PE. Physician-directed, goal-oriented exercise designed to improve quality of life after systemic breast cancer treatment. Vince Lombardi Cancer Research Foundation, total award \$25,000, 2015 – 2016.

Papanek PE (PI), Pan L. Youth empowerment program (YEP) YES3. YEPMP120068 US Department of Health and Human Services, Office of Minority Health. Variable effort, total award \$1,500,000, 2012-2017.

Ryan P, Papanek PE, Ahamed S et al. Efficacy of m-health self-management intervention. NIH NINR 1RO1NR013913. Variable effort, total award \$2,653,984, 2012-2017. All studies performed at Marquette, included graduate student funding.

Polfuss M, Strath S et al. (Papanek PE, External independent consultant). Self-Management Science Center at UWM (1P20NR015339-01). Weight-related self-management in children with special health care needs. NIH/NINR, total award \$50,000, 2015-2016.

Tjoe J, Raff H, Welke L, Ng A, Papanek PE. Effects of triathlon training on inflammatory markers in breast cancer survivors. Vince Lombardi Cancer Center, total award \$25,000, 2015.

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 Pilot Project, total award \$50,000, 2012-2013.

Pan L, Papanek PE (Co-PI). Youth empowerment technical assistance project. Harvard School of Public Health, US Department of Health and Human Services, Office of Minority Health, total award \$200,000, 2012-2013.

Ng A, Papanek, PE. Effects of triathlon training on women breast cancer survivors. Aurora Healthcare Foundation, total award \$8,540, 2012-2013.

Pan L, Papanek PE (Co-PI). Youth empowerment success story document. US Department of Health and Human Services, Office of Minority Health, total award \$200,000, 2011-2012. Created the YEP Book, distributed to all members of the US Senate and Congress, and President Obama.

Topp R, Ng A, Papanek PE. A comparison of two formulations of Biofreeze on blood flow, perceptions of sensation and muscle performance. TheraBand Academy TRAC, total award \$25,000, 2011-2012.

Pan L, Papanek PE (Co-PI). Enhancing training for health professionals. HRSA ARRA-D76HP20867 US Department of Health and Human Services, Office of Minority Health, total award \$298,900 costs, 2011. Established motion capture laboratory in Cramer 004.

Hossenlopp J, Papanek PE (10% grant supported). Education Leader. CTSI of SE Wisconsin. Medical College of Wisconsin, R Shaker PI. MU subaward includes funding for two full PhD stipends and tuition. NCATS/NIH UL1TR001436 total award \$20,000,000, 2010-2015.

Pan L, Papanek PE (Co-PI). Youth Empowerment Program (YEP) - YES II. US Department of Health and Human Services, Office of Minority Health. 10% effort, total award \$1,018,485, 2009-2012.

Zeni A, Gutterman D, Papanek PE. Relationship between endothelial dysfunction and cardiac ECHO in amenorrhoeic and eumenorrhoeic women. Orthopedic Department Research Grant, total award \$1500, 2009.

Ng AV, Papanek PE. Bone mineral density in MS: endogenous and exogenous factors. National Multiple Sclerosis Society, total award \$40,000, 4/1/08-4/31/09.

Papanek PE, Marklin R. Metabolic study of an office chair. Herman Miller, Inc., total award \$76,866, 2007-2008.

Zeni A, Papanek PE. Folic acid treatment in female ballet dancers with triad/tetrad characteristics. Department of Orthopedic surgery and CTSI MO1RR00058. Total award \$50,000, 2007-2008. My role was to 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. All measurements performed at MU.

Pan L, Papanek PE (Co-I). Youth Empowered to Succeed (YES) Project. US Department of Health and Human Services, Office of Minority Health, total award \$900,000 2006-2009.

Nosse L, Papanek PE. Older adult health and wellness. Faye McBeath Foundation, Milwaukee Center for Independence, total award \$50,000, 2006-2007.

Frenn M, Greer Y, Papanek PE. Exercise and Nutrition: What works best for low income, culturally diverse middle school students? Children's Hospital of Wisconsin and Childrens' Hospital Foundation, total award \$40,000, 2003-2005.

Kloth L, Papanek PE. The use of electrical stimulation in the treatment of and recovery from acute ankle sprains. Prism Medical, total award \$30,730, 2000-2002 (5% effort).

Papanek PE. Engaging in active lifestyles: exercise, education and research contributors to a life-quality that is safe, functional and fulfilling. Faculty Development Award, Marquette University, total award \$2500, 2001.

Papanek PE, Geiser C, Pan L. Education and planning grant. National Athletic Training Association (NATA) planning grant to convert existing athletic training internship at MU to an accredited Bachelor of Science degree program, total award \$2500, 2001.

Simoneau G, Papanek PE, Pan L. A basic biomechanics lab for physical therapy students. Lab equipment (force plate & flock of birds motion analysis) for biomechanics laboratory grant, Dr. Scholl Foundation, total award \$30,000, 2001.

GRANT/FOUNDATION SUPPORT (Not research related): COMMUNITY YOUTH TRIATHLON PROGRAM AT THE UNITED COMMUNITY CENTER

Total funding: \$23,000

Papanek PE. General Mills Foundation Hometown Giving 2019 \$7000.

Papanek PE. General Mills Foundation Hometown Giving 2018 \$5000.

Papanek PE. General Mills Foundation Hometown Giving 2017 \$5000.

Papanek PE. General Mills Foundation Hometown Giving 2016 \$3500.

Papanek PE. General Mills Foundation Hometown Giving 2015 \$2500.

**GRANT SUPPORT
(PRE TENURE)**

Papanek PE, Conley S. Effect of an external nasal dilator on airway resistance. CNS Inc., total award \$16,276, 1997-1998.

Papanek PE, Nosse LN. Traveling Therapy Kits. Multicultural Instructional Grant: Office of Multicultural Concerns, total award \$2000, 1997. Established traveling kits for student use in community outreach program targeting socio-economically disadvantage elderly population in the City of Milwaukee.

Papanek PE. Travel Grant to Present at ACSM National Meeting, CNS Inc., total award \$1000, 1997.

Papanek PE. Educational/Teaching Equipment Grant, Exercise Technologies Inc., total award \$5,000, 1997. Early equipment for establishing exercise physiology teaching laboratory.

Papanek PE. Educational/Teaching Equipment Grant, Tanita International Ltd., total award \$500, 1997. For the purchase of body composition equipment for exercise physiology laboratory.

Papanek PE. Educational/Teaching Equipment Grant, Marquette Electronics Foundation Grant. Funded medical equipment for exercise physiology total estimated value of equipment \$100,000. Included: two 12-lead Max-1 systems with two treadmills, and supplies, 1996. First ever clinically quality testing equipment for exercise physiology laboratory.

Papanek PE. Faculty Development Award from the Graduate School of Marquette University total award \$1000. Used to attend Health care for the Active and Athletic Female, 1995.

Papanek PE, Raff HR. Corticotropin releasing hormone in eutopic and ectopic ACTH secreting neoplasia. Vince Lombardi Cancer Center Institutional Grant, St. Luke's Medical Center, Milw. WI. 1994-1996.

Papanek PE. PI. Glucocorticoid control of vasopressin release and expression in hypothalamo-neurohypophyseal explants. MCW-New Faculty Institutional Research Grant 1093-23, total award \$16,000, 1994-1995.

Papanek PE. PI. Maturation of the Adrenocortical Oxygen Sensitivity in Rabbits. American Heart Association, Wisconsin Affiliate, Grant-In-Aid, Beginning, total award \$60,000, 1993-1995.

Papanek PE. PI. Volume vs sodium in salt-sensitive hypertension in rats. NIH. National Research Service Award (NRSA HL08275-01). Individual Postdoctoral Fellowship, Medical College of Wisconsin, AW Cowley Jr., Sponsor, 1990-1992.

PROFESSIONAL REFEREED PUBLICATIONS (POST TENURE)

IN REVIEW/REVISION

"Every Day Counts: a randomized pilot lifestyle intervention for women with metastatic breast cancer"

Full author list: Patricia Sheean, PhD, RD; Lauren Matthews; Alexis Visotcky; Anjishnu Benerjee; Audrey Moosreiner; Kimberly Kelley; Christopher Chitambar; Paula Papanek; Melinda Stolley

ACCEPTED, IN PRESS OR PUBLISHED

1. Sheean P, Matthews L, Visotcky A, Banerjee A, Moosreiner A, Kelley K, Chitambar CR, Papanek PE, Stolley M. Every Day Counts: a randomized pilot lifestyle intervention for women with metastatic breast cancer" has been accepted for publication in Breast Cancer Research and Treatment. [Breast Cancer Research and Treatment](#) ACCEPTED Feb 23, 2021.
2. Polfuss M, Forseth B, Schoeller DA, Huang CC, Moosreiner A, Papanek PE, Sawin KJ, Zvara K, Bandini L. Accuracy of body mass index in categorizing weight status in children with intellectual and developmental disabilities. [Journal of Pediatric Rehabilitation Medicine](#) ACCEPTED Feb 11, 2021.
3. Forseth B, Papanek PE & Polfuss M. 2020. Feasibility and applicability of Evenson sedentary behavior cut

4. Tjoe JA, Piacentine LB, Papanek PE, Raff H, Richards J, Harkins AL, Yin J, Ng AV. Team triathlon effects on physiological, psychological, and immunological measures in women breast cancer survivors. Support Care Cancer 2020 28(12): 6095-6104 DOI: 10.1007/s00520-020-05457-2
5. Stolley MR, Flynn K, Matthews L, Visotcky A, Woodley L, Papanek PE, Sheean P. Exploring health behaviors, quality of life and unmet medical needs in African American prostate cancer survivors: a pilot study to support future interventions. Supportive Care in Cancer. 28(7): 3135-3143 2020. DOI: 10.1007/s00520-019-05092-6, PMID 31705377
6. Cleland BT, Papanek PE, Ingraham BA, Ingraham BA, Harkins A, Garnier-Villarreal M, Woo D, Csuka ME, Ng AV. Determinants of low bone mineral density in people with multiple sclerosis: role of physical activity. Mult Scler Relat Disord. (2020) 38:101864. <https://doi.org/10.1016/j.msard.2019.101864>
7. Ryan P, Brown RL, Csuka ME, Papanek PE. Efficacy of osteoporosis prevention smartphone app. Nursing Research 69(1): 31-41, 2020.
8. Forseth B, **Papanek PE**, Schoeller DA, Bandini L, Sawin KJ, Fendrich M, Moosreiner A, Zvara K, Polfuss M. Feasibility and acceptability of a self-report activity diary in families of children with and without special needs. Comprehensive Child and Adolescent Nursing. 42 (4): 293-303,2019 DOI:10.1080/24694193.2019.1606864
9. Ryan P, Weiss M, **Papanek PE**. A Substruction approach to assessing the theoretical validity of measures. Journal of Nursing Measurement. 27(1): 15-145 2019. PMID: 31068496 DOI: [10.1891/1061-3749.27.1.126](https://doi.org/10.1891/1061-3749.27.1.126)
10. Bialowski W, Blank RD, Zheng C, Gottschall JL, **Papanek PE**. Impact of frequent apheresis blood donation on bone density: a prospective, longitudinal, randomized, controlled trial. Bone Reports. 10:100188, 2018. PMCID: [PMC6297840](https://pubmed.ncbi.nlm.nih.gov/PMC6297840/) DOI: [10.1016/j.bonr.2018.100188](https://doi.org/10.1016/j.bonr.2018.100188)
11. Ryan P, **Papanek PE**, Csuka ME, Brown M, Lynch S, Scheer V, Schlidt A, Yan Ke, Simpson P, Hoffmann R, The Striving to be Strong Team. Background and method of the Striving to be Strong study a RCT testing the efficacy of a m-health self-management intervention. Contemporary Clinical Trials. 71: 80-87, 2018.
12. Polfuss M, Sawin KJ, **Papanek PE**, Bandini L, Forseth B, Moosreiner A, Zvara K, and Schoeller DA. Total energy expenditure and body composition of children with developmental disabilities. Disability and Health Journal. 11(3): 442-446, 2018.
13. Ng AV, Cybulski AN, Engel AA, **Papanek PE**, Sheffer MA, Waltke LJ, Tjoe JA. Triathlon training for women breast cancer survivors: feasibility and initial efficacy. Supportive Care Cancer. 25(5): 1465-1473, 2017. PMID:28012121.
14. Bialkowski W, Bruhn R, Edgren G, **Papanek PE**. Citrate anticoagulation: Are blood donors donating bone? J Clin Apher. 31(5): 459-63, 2016. PMID: 26607494
15. Polfuss M, **Papanek PE**, Meyer-Wentland F, Moosreiner A, Wilkas LR, Sawin KJ. Body composition measurement in children with cerebral palsy, spina bifida and spinal cord injury: a systematic review of the literature. Comprehensive Child and Adolescent Nursing. 39(3): 166-191, 2016.
16. Condit J, Caballero M, **Papanek PE**. A pilot study to analyze a multisport/triathlon program as a mechanism to promote self-determined exercise among an overweight inner-city middle school Latino population. Int J Child Adolesc Health. 8(4): 497-509, 2015.
17. Topp R, Ng AV, Cybulski AN, Skelton KW, **Papanek PE**. A comparison of two formulas of topical menthol on vascular responses and perceived intensity prior to and following a bout of maximum voluntary muscular contractions (MVMCs). Journal of Bodywork & Movement Therapies. 18: 424-429, 2014.

18. Hoch AZ, **Papanek PE**, Szabo A, Widlansky ME, Gutterman DD. Folic acid supplementation improves vascular function in professional dancers with endothelial dysfunction. PM&R Journal. 3(11): 1005-1012, 2011.
19. 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.
20. Harivanam S, Marklin RW, **Papanek PE**, Cariapa VA. Shovel with a perforated blade reduces energy expenditure required for digging wet clay. Human Factors. 52(4): 492-502, 2010.
21. **Papanek PE**. The Female Triad: Implications for physical therapy. JOSPT. 33: 594-614, 2003.
22. Kloth LC, Berman JE, Nett MJ, **Papanek PE**, Dumit-Minkel S. 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.
23. Hodges M, Forster HV, **Papanek PE**, Dwinell MR, Hogan G. Ventilatory phenotypes among four strains of adult rats. J of Appl Physiology. 93 (3): 974-983, 2001.
24. Amaral SL, **Papanek PE**, Greene AS. Angiotensin II and VEGF are involved in the angiogenesis induced by short-term exercise training. Am J Physiol. 281: H1163-H1169, 2001.
25. Kloth LC, Berman JE, Dumit-Minkel S, Sutton CH, **Papanek PE**, Wurzel J. Effect of a normothermic dressing on pressure ulcer healing. Adv Skin Wound Care. 13(2): 69-74, 2000.

Publications - Peer Reviewed (PRE TENURE)

1. Simoneau GG, Leply JE, Hoenig KJ, Bronson SM, Papanek PE. Influence of hip position and gender on the amount of rotation of the hip. J Orthopedics & Sports Physical Therapy. 28(3): 158-164, 1998.
2. Papanek PE, Rieder MJ, Lombard JH, Greene AS. Gender specific protection from microvessel rarefaction in female hypertensive rats. Am J Hypertension. 11 (8 pt 1): 998-1005, 1998.
3. Raff H, Jankowski B, Baker J, Goodfriend T, Papanek PE. Effect of exposure to hypoxia from birth on aldosterone in rabbits: role of unesterified free fatty acids. Am J Physiol. 272(4): R1084-R1087, 1997.
4. Papanek PE, Sladek CD, Raff H. Corticosterone inhibition of osmotically stimulated vasopressin from hypothalamoneurohypophysial explants. Am J Physiol. 272(1): R158-R162, 1997.
5. Raff H, Lucero P, Cowles VE, Papanek PE. Vasopressin response to corticotropin-releasing factor and hypertonicity before and after truncal vagotomy in conscious dogs. Am J Physiol. 270: R94-R98, 1996.
6. Papanek PE, Jankowski B, Raff H. 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.
7. Mattson DL, Lu SJ, Nakanishi K, Papanek PE, Cowley AW Jr. Effect of chronic renal medullary nitric oxide inhibition on blood pressure. Am J Physiol. 266: H1918-H1926, 1994.
8. Papanek PE, Raff H. Physiological increases in cortisol inhibit basal AVP release in conscious dogs. Am J Physiol. 266: R1744-R1751, 1994.
9. Cowley AW Jr., Skelton MM, Papanek PE, Greene AS. Hypertension induced by high salt intake in absence of volume retention in reduced renal mass rats. Am J Physiol. 267: H1707-H1712, 1994.

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

1. Papanek PE, Bovee KC, Skelton MM, Cowley AW Jr. Chronic pressure-natriuresis relationship in dogs with essential hypertension. Am J Hypertension. 6: 960-967, 1993.
2. Raff H, Papanek PE, Cowley AW Jr. Effect of hypotension and hyperosmolality on vasopressin and ACTH responses to hypoglycemia in conscious dogs. Am J Physiol Reg. 263: R382-R388, 1992.
3. VanBergen P, Fregly MJ, Papanek PE. 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.
4. Shechtman O, Fregly MJ, VanBergen P, Papanek PE. Prevention of cold-induced increase in blood pressure of rats by Captopril. Hypertension. 17: 763-770, 1991.
5. Fregly MJ, Shechtman O, VanBergen P, Reeber C, Papanek PE. 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.
6. Raff H, Papanek PE, Cowley AW Jr. ACTH and vasopressin response to insulin-induced hypoglycemia in intact and neurohypophysectomized dogs. Neuroendocrinology. 53: 85-90, 1991.
7. Papanek PE, Wood CE, Fregly MJ. Role of the sympathetic nervous system in cold-induced hypertension in rats. J Appl Physiol. 71(1): 300-306, 1991.
8. Shechtman O, Papanek PE, Fregly MJ. Reversibility of cold-induced hypertension after removal of rats from cold. Can J Physiol and Pharmacol. 68: 830-835, 1990.
9. Shechtman O, Fregly MJ, Papanek PE. Factors affecting cold-induced hypertension in rats. Proc Soc Exp Biol Med. 195: 364-368, 1990.
10. Hathaway SJ, Fregly MJ, Wilson KM, Papanek PE, Henley WN. 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.
11. Stamford BA, Matter S, Fell RD, Papanek PE. Effects of smoking cessation on weight gain, metabolic rate, caloric consumption, and blood lipids. Am J Clin Nutr. 43: 486-494, 1986.
12. Stamford BA, Matter S, Fell RD, Sady S, Cresanta MK, Papanek PE. Cigarette smoking, physical activity, and alcohol consumption: relationship to blood lipids and lipoproteins in premenopausal females. Metabolism. 33(7): 585-590, 1984.
13. Stamford BA, Matter S, Fell RD, Sady S, Papanek PE, Cresanta MK. Cigarette smoking, exercise and high-density lipoprotein cholesterol. Atherosclerosis. 52:73-83, 1984.

**BOOK CHAPTERS
(POST TENURE)**

Condit J, Caballero M, **Papanek PE**. A multisport/triathlon program for an overweight inner-city Hispanic middle school population. IN: Environment and public health: The law, health, environment and international perspectives. Chapter 5. Rubin K, Merrick J. editors, New York: Nova Science, 2014.

Papanek, PE. Physical activity for healthy seniors. In: The Nurse's Role in Promoting Optimal Health of Older Adults: Thriving in the Wisdom Years. Lange JW. editor, FA Davis 2011.

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

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

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

BOOK CHAPTERS (PRE TENURE)

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

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

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

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

PRESENTATIONS NATIONAL/INTERNATIONAL (Peer Reviewed) (POST TENURE)

Polfuss, M. Forseth, B., Schoeller, D., Huang, CC, Moosreiner, A., Papanek, P., Sawin, K., Zvara, K, Bandini, L. *Accuracy of Body Mass Index in Categorizing Weight Status in Children with Intellectual and Developmental Disabilities* [Poster presentation], Team Science: Advancing Culturally Responsive Research to Improve Health Outcomes, 45 Annual Research Conference, Midwest Nursing Research Society. March 25, 2021 <https://mnrs.societyconference.com/>

Awoyinka L, Papanek PE, Flynn K, Sheean P, Johnson J, Aboagye S, Visoetcky A, Stolley M. Exploring the impact of COVID-19 on African American prostate cancer survivors enrolling in a community-based lifestyle intervention. APHA 2021 Annual meeting and Expo. Denver 10 23-27 2021.

Nelson D, Korom B, Meghan M, Remmers C, Dione K, Cevilla M, Condit J, Papanek PE. Qualitative findings of latinx families experiences following a physical activity and nutrition program. APHA 2021 Annual meeting and Expo. Denver 10 23-27 2021.

Tjoe JA, Piacentine LB, Yin J, Papanek PE, Ng AV. Physiological and psychosocial effects of a highly structured exercise program on breast cancer survivorship. American Society of Clinical Oncology Annual Conference. June 2019.

Papanek PE, Schlidt A, Lynch S, Ryan P. Strategies for successful recruitment and retention of middle-aged women in an e-health app RCT. Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2019. *Annals of Behav. Med* 53:S342, 2019

Polfuss ML, Forseth BM, Schoeller DA, Papanek PE. Parent perceptions of child physical activity in children with special needs: a pilot study. American College of Sports Medicine (ACSM) annual international conference, 2018. *Med Sci Sports Exer.* 50 (5) Suppl, 2018.

Jones J, Dione K, Condit J, Eichelman EM, Papanek PE. Four year summer vs. school year weight gain patterns in adolescent Hispanic youth. Obesity Week, The 35th Annual Scientific Meeting of The Obesity Society, 2017.

Speltz J, Ryan P, Papanek PE. Relationship between Body Composition and Physical Activity with Bone Mineral Density in Postmenopausal Women 40-60. American College of Sports Medicine (ACSM) annual international conference, 2016. Med Sci Sports Exer. 48 (5) Suppl, 2016.

Condit J, Caballero M, Papanek PE. Effects of After-school Exercise Programing in an Over-weight Latino/a Adolescent Population selected for THEMATIC POSTER for American College of Sports Medicine (ACSM) annual international conference, 2016. Med Sci Sports Exer. 48 (5) Suppl, 2016.

Papanek PE, Speltz J, Csuka ME, Ryan P. High prevalence of low BMD in middle aged healthy women. International Society of Clinical Densitometry 21st annual meeting and position development conference 2015.

Stolzman SC, Speltz J, Hoffmeister K, Danduran M, Papanek PE, Harkins A, Hoeger Bement M. The role of aerobic physical fitness on overweight adolescents. Obesity Week, The 32nd Annual Scientific Meeting of The Obesity Society 2014.

Speltz J, Topp R, Simenz C, & Papanek PE. Effect of peer health educators and personal health course on wellness among college students. American College of Sports Medicine (ACSM) annual international conference, 2014. Med Sci Sports Exer. 46 (5) Suppl, 2014

Skelton KW, Lynch SB, Ryan PA and Papanek PE. Fall incidence and self-reported health in middle aged women: need for new risk assessment tools. American College of Sports Medicine (ACSM) annual international conference, 2014. Med Sci Sports Exer. 46 (5) Suppl, 2014.

Engel AA, Cybulski AN, Robinson K, Piacentine L, Tjoe JA, Waltke LJ, Papanek PE, Ng AV. Psychosocial and physiological effects of triathlon training in breast cancer survivors. American College of Sports Medicine (ACSM) annual international conference, 2014. Med Sci Sports Exer. 46 (5) Suppl, 2014.

Condit J, Caballero M, Dione K, Cevilla M, Papanek PE. A Pilot Study: a multisport team as a mechanism to promote self-determined exercise among obese Latino adolescents. ISBNPA International Conference 2014.

Condit J, Caballero M, Papanek PE. Use of multisport team to break the cycle of pediatric obesity in Latino adolescents. Break the Cycle9. Break the Cycle of Environmental Health Disparities in Children. Emory University, School of Public Health 2014.

Stolzman SC, Hoffmeister KM, Coate M, Papanek PE, Drendel A, Hoeger Bement M. Does body composition influence physical fitness and pain reports in adolescents? Obesity Week 2013, The 31st Annual Scientific Meeting of the Obesity Society 2013.

Papanek PE, Harkins A, Csuka ME, Woo D, Ingrahm BA, Cleland B, Pitluck M, Ng AV. Physical activity and biomarkers of bone mineral density in persons with Multiple Sclerosis. Interdisciplinary Symposium on Osteoporosis 2013.

Papanek PE, Cybulski AN, Skelton KW, Ng AV, Topp RA. Comparison of topical analgesic gels on blood flow and vascular responses to exercise. ACSM annual international conference, 2013. Med Sci Sports Exer. 45 (5) Suppl, 2013.

Topp R, Ng AV, Cybulski AN, Skelton KW & Papanek PE. A comparison of two formulations of Biofreeze on blood flow and vascular responses to exercise. TheraBand Research Advisory Council, St John's New Foundland, 2012.

Skelton KW, Greene AM, Pan L, Papanek PE. Impact of a modified school lunch program on weight loss in a middle school cohort. ACSM annual international conference, 2012. Med Sci Sports Exer. 44 (5) Suppl, 2012.

Papanek PE, Pan L, Edwards L, Bansal N. Impact of an after school fitness and mentoring program on GPA in Latino middle school students. ACSM annual international conference. Med Sci Sports Exer. 44 (5) Suppl, 2012.

Harkins AL, Ng AV, Ingraham BA, Cleland B, Pitluck M, Papanek PE, Woo D, Csuka ME. Analysis of bone mineral density biomarkers and physical activity in MS. American Society for Clinical Laboratory Science (ASCLS) national conference 2011.

Zach KN, Papanek PE, Szabo A, Harmann L, Hoch AZ. Is there a heart dysfunction related to athletic amenorrhea? American Medical Society for Sports Medicine (AMSSM) annual meeting 2011.

Ng AV, Woo D, Csuka ME, Harkins A, Cleland B, Pitluck M, Ingraham B, Papanek PE. Moderate physical activity is associated with bone density in MS. Consortium of MS Centers Annual Meeting 2010.

Hoch AZ, Papanek PE, Raasch WG, Schimke JE, Szabo A, Gutterman DD. Is there a relationship between low bone mineral density and endothelial dysfunction? AMSSM annual meeting 2010.

Ng AV, Woo D, Harkins A, Csuka ME, Ingraham BA, Dixon J, Papanek PE. Determinants of bone mineral density in persons with multiple sclerosis. ACSM annual international conference. Med Sci Sports Exer. 41(5) Suppl, 2009.

Freier S, Marklin RW, Papanek PE. Effect of inverted V-shaped backrest of an office chair on ventilatory and cardiovascular efficiency. *Proceedings of the Human Factors and Ergonomics Society 53rd Annual Meeting 2009.*

Marklin R, Freier S, Papanek PE. A general-purpose office chair reduces heart rate during typical office tasks. American Industrial Hygiene Conference & Exposition CANADA 2009.

Hoch AZ, Papanek PE, Havlik HS, Raasch WG, Widlansky ME, Schimke JE, Gutterman DD. Prevalence of the female athlete triad/tetrad in professional ballet Dancers. ACSM annual international conference. Med Sci Sports Exer. 41(5) Suppl, 2009.

Frenn M, Malin S, Papanek PE, Greer Y. What works best for teen diet and exercise? ACSM annual conference, Med Sci Sports Exer. 38 (5) Suppl, 2006.

Frenn M, Malin S, Papanek PE, 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 2004.

Frenn M, Malin S, Papanek PE, Greer Y. Improving teen diet and exercise: does tailored computerized feedback make a difference? International Society for Behavioral Nutrition and Physical Activity (ISBNPA) 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. *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 (ISBNPA) 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. 6th European Pressure Ulcer Advisory Panel Meeting, Hungary 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. APTA Combined Sections Meeting 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. 14th Annual Symposium on Advanced Wound Care 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. European Tissue Repair Society Conference, Wales, UK 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. 16th Annual Clinical Symposium on Advances in Skin and Wound Care 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. 5th European Pressure Ulcer Advisory Panel Meeting, France 2001.

Welsh S, Papanek PE, Simoneau GG. Effect of variable walker height on metabolic cost of ambulation. ACSM annual international conference. Med Sci Sports Exer. 33 (5) Suppl, 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. American Physical Therapy Association, Combined Sections Meeting 2001.

Kloth LC, Berman JE, Sutton CH, Dumit-Minkel S, Papanek PE, Wurzel DJ. Effect of a normothermic wound dressing on pressure ulcer healing. 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. 4th European Pressure Ulcer Advisory Panel Meeting, Italy 2000.

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

Amaral SL, Papanek P and Greene AS: Angiotensin II and VEGF are involved in angiogenesis induced by short-term exercise training. Experimental Biology international conference. The FASEB J. 14(4): A34, 2000.

Papanek PE, Hodges M, Forster HV, Jacobs HJ, Cowley AW Jr. Differences in ventilatory responses to graded exercise among inbred strains of adult rats. Experimental Biology international conference The FASEB J. 14(4) 2000.

PRESENTATIONS NATIONAL (PRE TENURE)

Papanek PE, Wegner S, Schwensen C. The effect of training with conforming moving force equipment on lifting capacity in healthy students. NSCA national conference 1999.

Tremblé MI, Papanek PE. Prevalence of female athlete triad among a female ROTC population. ACSM annual international conference. Med Sci Sports Exer. 29(5) Suppl, 1999.

Papanek PE, Conley SF, Feroah TR. External nasal dilators (Breathe Right) decrease nasal airway resistance in resting subjects. ACSM annual international conference. Med Sci Sports Exer. 29 (5) Suppl, 1999.

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

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

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

Leply JE, Hoenig KJ, Bronson SM, Papanek PE, Simoneau GG. Influence of hip position and gender on the amount of rotation of the hip. APTA annual conference. Physical Therapy. 78(5): S32, 1998.

Kloth LC, Berman JE, Sutton CH, Dumit-Minkel S, Papanek PE, Wurzel J. Effect of a normothermic wound dressing on pressure ulcer healing. 2nd Annual Physical Wound Care Congress 1998.

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

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

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

Kloth LC, Berman JE, Sutton CH, Dumit-Minkel S, Papanek PE. Effects of a normothermic dressing on periwound skin temperature and healing of full-thickness pressure ulcers. 13th Annual Clinical Symposium on Wound Care 1998.

Papanek PE, Young CC, Brown JA. The effects of an external nasal dilator on Respiratory flow volume. ACSM annual international conference. Med Sci Sports Exer. 28 (5) Suppl, 1997.

Papanek PE, Greene AS. Angiogenic response to exercise is influenced by aging. Annual meeting of the Microcirculatory Society. Microcirculation 1997.

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

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

Papanek PE, Young CC, Kellner NA, Lachacz JG, Sprado A. The effects of an external nasal dilator (Breathe-Right) on anaerobic sprint performance. ACSM annual international conference. Med Sci Sports Exer. 28 (5) Suppl, 1996.

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

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

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

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

Nuhlicek DR, Reiter SA, Papanek PE, Onofrie A, Soper R, Dardashti D. 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, Sladek CD, Raff H. The effect of corticosterone and RU486 on vasopressin responses to hyperosmolality in rat hypothalamoneurohypophysial explants. Annual Federation of the American Society for Experimental Biology Meetings, FASEB J. 9: A264, 1995.

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

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

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

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

Papanek PE, O'Drobinak DM, Rieder MJ, Lombard JH, Greene AS. Gender specific protection from microvascular rarefaction in female hypertensive rats. American Heart Association Meeting, Circ. 90: I-256, 1994.

PRESENTATIONS NATIONAL PRIOR TO APPOINTMENT AT MARQUETTE UNIVERSITY

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

Mattson DL, Lu SJ, Nakanishi K, Papanek PE, Cowley Jr. AW. Effect of chronic renal medullary interstitial infusion of N⁹-nitro-L-arginine methyl ester (L-name) on renal blood flow distribution and mean arterial pressure. Annual Federation of the American Society for Experimental Biology Meetings, FASEB J. 7(3): A548, 1993.

Papanek PE, Jankowski B, Raff H. Differential sensitivity of the aldosteronogenic pathway to hypoxia during maturation in rabbits. A1528. 75th Meeting of the Endocrine Society, 1993.

Raff H, Papanek PE. Chronic physiological increases in cortisol inhibit vasopressin in conscious dogs. A788. 75th Meeting of the Endocrine Society, 1993.

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

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

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

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

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

Raff H, Papanek PE, Skelton MM, Cowley Jr. AW. ACTH and vasopressin responses to insulin hypoglycemia in intact & neurohypophysectomized conscious dogs. 2nd Meeting of the Endocrine Society, Endocrinology 35, 1990.

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

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

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

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

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

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

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

Feldstein JB, Papanek PE, Sumners C, Raizada MK. Neuronal cells in primary culture from rat brain possess alpha₁-adrenergic receptors. National Meeting of the Endocrine Society, Endocrinology 116: A456, 1985.

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

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

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

PRESENTATIONS LOCAL AND REGIONAL (POST TENURE)

Nelson D, Dione K, Cevilla M, Condit J, Papanek PE. Qualitative Findings of Latinx Families Experiences Following a Physical Activity and Nutrition Program. Community Engagement Session, Medical College of Wisconsin November 2020.

Forseth BM, Schoeller DA, Papanek PE, Polfuss ML. Accuracy of Parental Reports of Physical Activity in Their Children with Special Needs. Midwest ACSM Conference 2017.

Lynch SB, Papanek PE, Skelton KW, Schlidt A, Capelli-Scheidt R, Brown MB, Ryan PA. Perceptual correlates of balance and strength in healthy women 40-60. Midwest Nursing Research Society Conference 2014.

Skelton KW, Topp R, Ng A, Cybulski A, Papanek PE. A comparison of two formulations of Biofreeze on blood flow and vascular responses to exercise. Midwest Nursing Research Society Annual Meeting 2013.

Ebben WP, Papanek PE. Gender differences in the activation of the hamstrings, quadriceps, and hamstrings to quadriceps ratio during the squat. Midwest Chapter of the American College of Sports Medicine Annual Meeting, 2006.

Frenn M, Malin S, Papanek PE, Greer Y. Tailored, individualized or peer assisted interventions: what works best for teen diet and exercise? Midwest Nursing Research Society 2006.

PRESENTATIONS LOCAL AND REGIONAL (PRE TENURE)

Brown JA, Papanek PE. The effects of an external nasal dilator on respiratory flow volume. Wisconsin Physical Therapy (WPTA) state conference 1997. Winner of best research poster award at conference.

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

Brosnan SM, Gehring AM, Papanek PE. Gender differences in hip range of motion for internal and external rotation. Wisconsin Physical Therapy state conference 1997.

Barnhart CE, Korovesis DJ, Papanek PE. The effects of teaching generic abilities in a physical therapy program. Wisconsin Physical Therapy state conference 1997.

White CC, Papanek PE. Amenorrhea as an indicator of overtraining. WPTA state conference 1996.

Lamon SE, Greene AS, Papanek PE. Salt-induced changes in the microcirculation of genetically hypertensive male rats. WPTA state conference 1996.

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

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

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

INVITED PROFESSIONAL PRESENTATIONS (POST TENURE)

[Host: Mask UP Milwaukee. Podcast Marquette. Host of podcast with David Baker, Lauriann Klackow and Michael Haisher. Fall 2020. Number 1 listened Covid podcast.](#)

Host and present to: The Deputy Assistant Secretary for Minority Health, US Dept of Health and Human Services, Matthew Y.C. Lin, MD along with the Director, Division of Program Operations, Ms. Sonsiere Cobb-Souza. We were the only OMH funded program selected to present and to bring Dr. Lin up to speed on the community engaged research model of OMH to impact health disparities. Arranged tour itinerary and presentations focusing on the past YEP grants including new FIT (Families Inspired Together) grant, our partners, meet with staff/lunch, meet the children and families and observe programming in Milwaukee. May 2018.

Bridge2Health. LIVE Twitter Town hall webinar. Office of Minority Health, Health and Human Services. Presentation Youth Empowerment in Milwaukee. NIMHD Twitter Chat. Tuesday April 25th 2017 <https://www.minorityhealth.hhs.gov/NMHM17/>. One of only two YEP programs to speak.

Physical activity and biomarkers of bone mineral density in persons with Multiple Sclerosis. Interdisciplinary Symposium on Osteoporosis, 2013. Poster And invited to special evening roundtable presentation.

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” MN 2006.

Joint Council of Extension Professionals, 2005 JCEP Regional Conference. Families on the move: setting goals and creating plans for physical activity, 2005.

USDA Healthier Nutrition Forum: USDA Food & Nutrition Service Public Affairs Office. Under-Secretary Eric M. Bost. "War on pediatric obesity: solutions for a leaner childhood" 2004.

Body composition, facts, fallacies and myths. National Strength and Conditioning Association National Conference, 2002.

KEYNOTE ADDRESS. Exercise: aging and the exercise physiology professional. American Society of Exercise Physiologists (ASEP) National Conference, 2001.

The Female Athlete Triad. Great Lakes Athletic Trainers Association, District Meeting, 2001.

KEYNOTE ADDRESS. Body composition: technologies and techniques. Wisconsin Strength & Conditioning Association state conference, 2001.

KEYNOTE ADDRESS. Exercise, the fountain of youth. Women's Health Initiative a Day of Movement, 2001.

Physiology of Aging: implications for exercise. Invited Section speaker: American Physical Therapy Association, National Conference, 2000.

The Female Athlete. Sports Medicine 2000-Focus on Function, 2000.

INVITED PROFESSIONAL PRESENTATIONS (PRE TENURE)

The Female Triad. National Strength and Conditioning Association National Conference, 1999.

The Female Athlete. Department of Biology, Austin Peay State University, TN. 1999.

The Female Athlete Triad. Wisconsin Regional Health Association Conference, 1998.

The Female Athlete. NCCHA. North Central College Health Association Annual Meeting, 1997.

The Female Athlete Triad. Focus. 11th Annual National Pediatric Conference, 1997.

The Female Athlete Triad. Medical College of Wisconsin: 27th Annual Winter Refresher Course for Family Physicians, 1997.

Athletes & Eating Disorders. Update on Eating Disorders Conference. Charter Behavioral Health Systems of Wisconsin, 1996.

Exercise in developing adolescent females: the female athlete triad. National Pre teleconference to: Getting Kids Moving, Nutrition for Fitness and Sport. Children's Hospital of Wisconsin, 1996.

Co-Chairman and presenter, Vasopressin Session, Federation of the American Society of Experimental Biology Annual Meeting, 1994.

INVITED LOCAL PROFESSIONAL PRESENTATIONS (POST TENURE)

Obesity and cardiovascular disease in Wisconsin Latino population, families and children. Families Inspired Together Family Education Night. United Community Center of Wisconsin, 2019.

Evidence-based physical activity recommendations for perinatal women. Invited Speaker. Wisconsin Association for Perinatal Care annual conference, 2015.

Critical Issues: Obesity. UW Parkside K-12 Outreach Continuing Education Course. Guest Lecturer and keynote Speaker, 2005.

"Obesity: health consequences and the role of physical activity and play in prevention and treatment". UW Parkside's Focus on Kids, 2005.

Helping individuals and families be physically active. Presented at: Wisconsin Nutrition Education Program annual conference. Repeat workshops with standing room only, 2004.

Helping fit fitness into your office. Demonstration & group participation breakout session. Presented at: Wisconsin Nutrition Education Program Annual Conference. Stevens Point, WI 2004.

Fitting Fitness In: Aging and Exercise. St. Lukes' Medical Center Annual Residents Day, 2003.

Women's Health, Contemporary Issues. American Medical Woman's Association, Milwaukee, WI 2002.

The anti-aging aspects of exercise. CHS Alumni Association, Marquette University 2002.

Disordered eating on college campuses. Student Affairs, Marquette University 2002.

Body Composition. Wisconsin Strength and Conditioning Association State Conference, 2002.

Nutrition for Soccer. Wauwatosa Soccer Club Coaches and Families 2001.

The Female Athlete Triad, Medical College of Wisconsin, Women's Medical Student Association Invited Speaker, 2001.

Eating disorders, ergogenic aids and performance nutrition for the college soccer athlete, Marquette Women's Athletics, 2001.

Update on ergogenic aids. Milwaukee Dietetics Association, state conference. 2000.

Pathophysiological consequences of disorder eating. Psychology (820-611-102): Etiology and Treatment of Eating Disorders, Univ. Wisconsin- Milwaukee, 2000.

The Female Athlete Triad. Wisconsin Orthopedic Nurses, INC. 20th Annual Orthopedic Seminar, 2000.

The role of nutrition in exercise and athletic performance. Love your Body Week, Marquette University, 2000.

Nutrition for the adolescent soccer athlete. Soccer Fest 2000, Brookfield, WI 2000.

INVITED LOCAL PROFESSIONAL PRESENTATIONS (PRE TENURE)

Women's Health: Link to Research. Women's Health, Women's Lives. Forum on Women's Health sponsored by Congressman Tom Barrett. Milwaukee, WI 1999.

Pathophysiological consequences of disorder eating. Women's Studies & Psychology 320. University of Wisconsin, Madison, WI 1999.

Eating disorders, physiologic consequences. Wisconsin Parenteral/Enteral Nutrition Group of the Wisconsin Dietetic Association, 1999.

The physiology of bone: a hospital issue? Columbia Hospital, Rehabilitative Services, 1999.

The female athlete triad, warning signs and symptoms. Marquette University Counseling Center, 1998.

Screening the adolescent patient for the triad. Peak Performance MN, 1998.

The female athlete triad. Milwaukee Dietetic Association, 1998.

The female athlete triad. Waukesha County Public Schools, 1998.

Pathophysiological consequences of disorder eating. In Psychology (820-611-102): Etiology and Treatment of Eating Disorders, Univ. Wisconsin- Milwaukee, 1997.

The female athlete triad, prevention through nutrition. Athletic Department, Cardinal Stritch College, WI 1997.

Women athletes and disorder eating: pathophysiological consequences. In: Psychology (820-611-101): Etiology and Treatment of Eating Disorders, University of Wisconsin, Madison and Milwaukee, WI. 1997.

The female athlete triad: are our athletes malnourished? Noon-trition: Medical College of Wisconsin, 1996.

The female athlete triad. Marquette PT Alumni Association, Marquette University 1996.

Girls in sports & dance: character building or child abuse? Center for Ethics Studies, Marquette University, 1995.

The female athlete triad. Athletic Department, Marquette University, 1995.

The control of vasopressin. Department of Physiology, Medical College of Wisconsin, 1995.

From Flo to flow. Physical Therapy Program, Marquette University, 1994.

Control of blood pressure-renal and neuroendocrine controllers. ABBOTT Laboratories, North Chicago, IL 1992.

Understanding the variability in arterial pressure a models approach. Institute of Biomedical Engineering and Biomathematics, Marquette University, 1992.

Cold-induced hypertension in rats. Department of Physiology, Medical College of Wisconsin, 1989.

Cold-induced hypertension. Department of Physiology, University of Florida, Gainesville, 1989.

TEACHING

Course director for over 16 distinct new courses. Guest lecturer in multiple courses for is content area of expertise: body composition, female athlete, protein/fat nutrition, obesity, aging.

- 2020** EXPH 3189: Nutrition and Sports Performance. Lecturer (8 lectures).
EXPH 4195/5195: Advanced Exercise Physiology. Lecturer Body Composition.
EXPH 2045: Physiology (2 lectures) Nutrition
EXPH 2045: Physiology (2 lectures) Digestion
COCS 6570: Guest speaker. Data at scale in sports and athletics.
- 2019-** ATTR 4120: Applied Pharmacology for Athletic Training: hybrid course.
EXPH 3189: Nutrition and Sports Performance. Lecturer (10-12 lectures).
EXPH 4195/5195: Advanced Exercise Physiology. Lecture & lab Body Composition.
CTRH 6958: Readings & research. Coordinate lab rotations for all new incoming PhD and MS graduate students, meet with mentors and students, assign placement.
CTRH 6953: summer journal club
CTRH 6600: MS student project design & development
CTRH 6995: MS student independent study
- 2016** Exercise & Cancer: Topics in Exercise Physiology. NEW Advance elective. Co-Course Director with Alex Ng 8 students
- 2016** Guest lecture: BISC 4325. Thyroid Physiology & Regulation.

- 2014-2018** ATTR 4120: Applied Pharmacology for Athletic Training: hybrid course.
 EXPH 3189: Nutrition and Sports Performance. Lecturer (10-12 lectures).
 EXPH 3170: Administration in Exercise Science. Co direct course & lecture. Passing scores on BOC license exam increased significantly after we took over the course.
 EXPH 4195/5195: Advanced Exercise Physiology (EXSC 5195) Lecture & lab Body composition.
 EXSC 3100: Exercise Leadership (EXSC 3100) Lecturer (4 lectures
 CTRH 6958: Readings & research. Coordinate lab rotations for all new incoming PhD and MS graduate students, meet with mentors and students, assign placement.
 CTRH 6953: summer journal club
- 2013** ATTR 4120: Applied Pharmacology for Athletic Training: hybrid course.
 EXPH 3189: Nutrition and Sports Performance. Lecturer (10-12 lectures).
 EXPH 3170: Administration in Exercise Science. Co direct course & lecture. Passing scores on BOC license exam increased significantly after we took over the course.
 EXPH 4195/5195: Advanced Exercise Physiology (EXSC 5195) Lecture & lab Body composition.
 EXSC 3100: Exercise Leadership (EXSC 3100) Lecturer (4 lectures
 CTRH 6958: Readings & research. Coordinate lab rotations for all new incoming PhD and MS graduate students, meet with mentors and students, assign placement.
 CTRH 6953: summer journal club
- 2012** Applied Pharmacology for Athletic Training: NEW hybrid course, unit 1 in person, units 2-4 online
 Nutrition and Sports Performance (EXSC 3189) Lecturer (10 lectures) FALL
 Exercise Leadership (EXSC 3100) Lecturer (4 lectures)
 Advanced Exercise Physiology (EXSC 192) Lecturer, lab
 CTRH 6958: coordinate lab rotations for new graduate students, meet with mentors and students
 CTRH 6960: coordinate, organize and run monthly seminar series
- 2011** Physiology of Activity (PHTH 518) Course Coordinator for two guest instructors
 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.
 HCOP Physiology: summer. Lecturer: Cardiac & vascular physiology.
- 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
- 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 Management (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/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/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/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.
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.

MENTORING ACTIVITIES: DISSERTATION/THESIS COMMITTEES

- 2020 [Summer REU student Hannah Daguin \(Xavier University\) Fit4eyes data analytics](#)
- 2018-2020 [Master's degree Committee Chair, Lauren Opielinski, CTRH project.](#)
- 2013-2018 Doctoral Committee Chair, Walter Bialkowski, CTRH Dissertation: Change in bone mineral density among high frequency apheresis blood donors.
- 2017-2018 Master's degree committee member. Natalie Nelson. Thesis title: Investigation of the effects of a prosthetic knee condition on novice transfemoral amputee runners project.
- 2013-2015 Doctoral Committee Chair, Veronica Haywood, CTRH, transferred to UIC.
- 2013-2015 Master's degree Committee Chair, Jenna Speltz, CTRH project.
- 2013-2015 Master's degree Committee Chair, Mark Caballero, CTRH project.
- 2013-2015 Master's degree Committee Chair, Jeff Condit, CTRH project.

- 2011-2013 Master's degree committee member, Alyson Cybulski CTRH project.
- 2007-2009 Master's degree committee member, Steve Freier, Thesis: Metabolic cost of an office chair. Mechanical Engineering Marquette University.
- 2009 1st Place in Department of Mechanical Engineering Graduate Poster Competition: Stephen Freier (R. Marklin and P. Papanek, Advisors). "Office Chair Reduces Heart Rate".
- 2002-2006 Doctoral Committee Member Bill Ebben, Interdisciplinary degree program Marquette University.
- 2004-2006 Doctoral Committee Member: Matt Petersen, Dissertation: "Investigation of the Mechanisms and Significance of High Salt-Medicated Angiogenic Inhibition in Skeletal Muscle". Department of Physiology, Medical College of Wisconsin.
- 2003-2005 Master's degree committee member, Sdihar Harivanam, Thesis: Physiological Impact of Digging and Shoveling Wet Clay with a Perforated Shovel Mechanical Engineering.
- 1996 Family Medicine Mentor: fourth year medical student, F. Vasa. Medical College of Wisconsin. Selecting a nutritional supplement for ultra-endurance events.
- 1995-96 Doctoral Committee Member, Dale Rassman (Nuhlicek), Education, Marquette University. Assessment of Nutritional Content in Medical Schools. Ms Nuhlicek died suddenly, prior to defending her project.
- 1995-1996 Thesis Committee, Dana Pamperin, UW-Milw. Dept. Biology.

SERVICE

NATIONAL

- 2014, 2016 NATA Annual Conference Proposal Review Group 4, Evidence Based Forum & Researchers' Forum.
- 2014-present CTSI of Southeast Wisconsin: Community Engagement Team.
- 2010-present CTSI of Southeast Wisconsin: Key Education Function Team (changed to Translational Workforce Development in 2015).
- 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 American Society for Exercise Physiology (ASEP)
- 2001-2004 Member, Board of Directors, Wisconsin Society of Exercise Physiologists
- 2002-2005 American Physiological Society appointed representative to AAAS.
- 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 Student Research Moderator: American Society of Exercise Physiologists (ASEP) Annual Meeting
- 1998-2003 Women in Exercise Physiology Committee, American Society of Exercise Physiologist
- 1998 Judge: McGruffey Textbook Competition for new texts in science
- 1997-2007 Speakers Bureau of the American College of Sports Medicine "Strategic Health Initiative for Women's Sport and Physical Activity"
- 1997-1998 Education Committee of the American Physiological Society
- 1996-1999 Advisor to Research Committee - Wisc. Physical Therapy Association.
- 1996-2000 Exercise Physiology Consultant: Shorewood Counseling Associates

UNIVERSITY COMMITTEES/SERVICE

- 2020- [Member: College of Health Sciences Representative to MU Board of Graduate Studies.](#)

2020 Host: Mask UP Milwaukee. Podcast Marquette. Host of podcast with David Baker, Lauriann Klackow and Michael Haisher. Number 1 listened Covid podcast.

2020- Member: Program Evaluation Workgroup. Appointed. For review of academic programs on campus secondary to budget shortfall.

2020- Member: Jobling Review committee. Review of applicants to Jobling scholarship graduate school.

2020 Member review committee: Graduate Student Handbook

2018-2019 Member: Task force for evaluation of Directors of Graduate Studies Rolls on Campus (DGS). Appointed by Dean Woods of the Graduate School.

2019 Incubator for Graduate School. Accepted proposal 2018 Human Performance Data Analytics MS degree, created and established MS degree in Sports and exercise analytics (SPRT) enrolling for fall 2019.

2018 Establish Endowed Scholarship in Athletic Training David Leigh Scholarship with secured donation, personal donation and fundraising plan 2018.

2017-2018 Member: President appointed "Task Force on Corporate Engagement".

2016-2017 Member: Committee to create MATR program accepted, first class enrolled.

2017- Member: Community Engaged Scholars Network, appointed by Daniel Bergen.

2014-2015 Member: athletic performance research center committee original planning group, appointed by President Lovell.

2013 Marie Sekeres Papanek Scholarship endowed. First award given in geriatrics physical therapy.

2012 Member: Search committee for Wellness Coordinator 2012.

2012 Interim Employee Wellness Coordinator, Marquette University.

2012 Member: Committee to create Physical Therapy Clinic in the Department of PT.

2011-2019 Director of Graduate Studies: Clinical and Translational Rehabilitation Health Sciences.

2009-2012 Provost appointed: Chair Wellness Implementation Committee. Develop employee wellness program campus wide. Submit and receive GOLD award for Marquette University from WELCOA.

2009-2012 Alternate CHS, Human Subjects Internal Review Board, Marquette University.

2009-2010 Provost appointed: member Gender task force.

2009-2010 Provost appointed: member Clinic Utilization Committee

2001-2010. Chair: Committee to create Graduate program in Department of Physical Therapy. Proposal accepted as part of the CTSI grant with targeted enrollment 2011. Named Clinical and Translational Rehabilitation Health Sciences.

2006. Establish Scholarship: Marie Sekeres Papanek Scholarship for students in geriatric PT and aging research.

2006-2009 Assistant chair, Human Subjects review board.

2005-2009 Member: Committee on Committee.

2005-2012 Member, Athletic Board,

2006-2007 Chair, Dean Search Committee for College of Health Science Sciences..

2004-2006 Ad Hoc Wellness Advisory Committee, results from this committee resulted in creation of Wellness Committee and I subsequently appointed Chris Simenz to represent department.

2004 Task force on Wellness and Disease Prevention.

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 2002-2006.

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 1996.

COLLEGE COMMITTEES/SERVICE

Director of Graduate Studies: Sports and Exercise Analytics 2019-present.

CHS Member: search committee for Chair of PT 2018 (hire Allison Hyingstrom).

CHS Member: search committee for Clinical Associate Professor in MATR (hire Carolyn Smith MD) 2018.

CHS Member: search committee for Clinical Assistant Professor in EXPH (hire Rachel Bollert) 2018.

CHS Member: search committee Clinical Assistant Professor in MATR (hire Keith Owsley) 2017.

College of Health Sciences Presents: Obesity: myths, fact and what everyone should know. 2015.

College of Health Sciences: scholarship presentation 2011-2018

College of Health Sciences: all recruiting events and open houses 1999-present.

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 2003-2010.

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 Siad 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 Simenz, 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 (Hire L.Pan).

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.

Faculty Advisor, Exercise Science Student Chapter of ASEP 1996-1998.

DEPARTMENTAL SERVICE

Director, EXSC (oversee majors in ATTR and EXPH), program has grown to overall 1000 graduates May 2019.

All departmental recruiting events including: Spark, Scholarship competition, Discovery Days, Preview Manresa Project.

Student Advisor, EXSC and ATTR students.

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

DPT Curriculum Sub-committee 2000-2010.

Academic Standards Committee, 2001-2006.

Faculty mentor: Kipp to Associate, Hunter to Associate and Full, Ng to Associate, Simenz to Clinical Associate and Full, Danduran to Clinical Associate, Geiser to Clinical Associate.

Academic advisor to >25 students per year.

Promotion and tenure committee 1998-2010.

Curriculum Committee 1998 – 1999.

Research Committee 1995 – 1999.

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 1996-2016.

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

Web page advisor for PT home page. 1995-1997.

COMMUNITY SERVICE

Bayview Solar group buy, Advisory board 2012-2014.

Abriendo Puertas “Opening Doors” Guest Speaker 2013.

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 1999-2005.

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 "College Bound" by K. Winkler.

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

External reviewer for Institutional Review Board Sinai Hospital, Milwaukee, WI 1997

Strength and Conditioning Advisor- Marquette Crew 1997-1998.

Developed Brochure on the female athlete triad for lay public distribution 1997-2012.

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.

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14. **Papanek PE**, Csuka ME, Walker R, Ryan P. High prevalence of low bone mass in healthy middle-aged women. *In Review Osteoporosis International*. July 2019.
 15. Ryan P, Lynch S, Schlidt A, **Papanek PE**. Striving to be Strong Study: use of recruitment and retention strategies to support research methods. *In Review Translational Behavior Medicine*. January 2019.
 16. Caballero M, Condit J, **Papanek PE**. Triathlon as a multimodal sport for middle school youth. *In revision for submission to Journal of Physical Education, Recreation and Dance*. **2019**.