

**Sandra L. Cassady, PT, PhD
Director & Professor
Physical Therapy Department
563/333-6409
CassadySandraL@sau.edu**

Education: University of Iowa
Iowa City, IA
1989-1992
PhD – Exercise Science

University of Iowa
Iowa City, IA
1987-1988
MA – Physical Therapy

University of Iowa
Iowa City, IA
1984-1986
Certification in Physical Therapy

University of Northern Iowa
Cedar Falls, IA
1980-1984
BA - Biology

Dissertation : *Validity of Near Infrared Spectroscopy for the Assessment of Body Composition in Children & Adolescents*; assessment of validity & reliability and development of prediction equations based on a cohort of 135 children and adolescents according to level of maturation.

Licensure Information:

Physical Therapist	State of Iowa
Permanent # 1348	Biannual Renewal
1986 –present	

Certifications/Fellowships:

American Association of Cardiovascular and Pulmonary Rehabilitation
Fellow 2002 – present

Advanced Cardiac Life Support Provider
Certified 1996-2000

Academic Appointments:

Director, Physical Therapy Department

St. Ambrose University
Davenport, Iowa
January 2002 – present

Professor, Physical Therapy Department
St. Ambrose University
Davenport, Iowa
July 2002 – present

Acting Dean, College of Education and Health Sciences
St. Ambrose University
Davenport, Iowa
April 2008 – June 2008

Adjunct Assistant Professor, Department of Physical Therapy and Rehabilitation Science
University of Iowa
Iowa City, Iowa
July 1995 – June 2005

Associate Professor, Physical Therapy Department
St. Ambrose University
Davenport, Iowa
July 1998 – June 2002

Assistant Professor, Physical Therapy Department
St. Ambrose University
Davenport, Iowa
July 1994 – June 1998

Lecturer, Physical Therapy Department
University of Iowa
Iowa City, Iowa
July 1992 – June 1994

Other Employment and Professional Appointments

Physical Therapist, Jackson County Public Hospital
Maquoketa, Iowa
May 1997 – Oct 2000

Physical Therapist, St. Luke's Methodist Hospital
Cedar Rapids, Iowa
Part time physical therapist, June 1990 – May 1994
Staff Development & Clinical Education Coordinator, November 1987 – May 1990
Physical Therapist, August 1987 – November 1987

Staff Physical Therapist, Mercy Hospital Medical Center
Des Moines, Iowa
June 1986 – Aug 1987

Peer Reviewed Publications:

Cassady SL, Gravel K, Schaefflein K, Reed A. Effects of Deep Water Running on VO₂ max in trained and

untrained adults (in review).

Frank LM, Cassady SL. Health and wellness in entry-level physical therapy students: are measures of stress, anxiety and academic performance related? *Cardiopulm Phys Ther*, 2005; 16(4):5-13.

Cassady SL. Estimating Treatment Effects from Trials with Dichotomous Outcomes. *Cardiopulm Phys Ther*. 2005; 16(1):32-34.

Cassady SL. Peripheral Arterial Disease: A Review of Epidemiology, Clinical Presentation, and Effectiveness of Exercise Training. *Cardiopulm Phys Ther*. 2004; 15(3):6-12.

Evans C, Cassady SL. Sudden Cardiac Death: What Rehabilitation Professionals Need to Know. *J Sport Rehabil*. 2003; 12:259-271.

Cassady SL, Levsen M, DeBrower A, Miller A, Esters J, Kruse B. Cardiorespiratory Responses to Abdominal Stabilization Exercises using a Therapeutic Exercise Ball, *Cardiopulmon Phys Ther* 2002; 12(3):83-87.

Cassady SL, Farrell KP. Measurement Errors and Common Equipment Specifications in Cardiopulmonary Physical Therapy. *Cardiopulm Phys Ther*. 11(1):26-30, 2000.

Scherer S, Cassady SL. Rating of Perceived Exertion: Development and Clinical Applications for Physical Therapy Exercise Testing and Prescription. *Cardiopulm Phys Ther* 10(4):143-147, 1999.

Cassady SL, Kaufman B, Kelly C, Eisenmann S, Wentzein J. Validity of a New Perceived Exertion Scale for Children. *Cardiopulmon Phys Ther* 9(1): 3-8, 1998.

Cassady SL, Duffy AM, Meier KM, Venteicher JM, Zimmerman JB. Reliability of Near Infrared Body Composition Analysis. *Cardiopulm Phys Ther* 7(2):8-12, 1996.

Janz K, Cassady S, Barr R, Kelly J. Monitoring Exercise in Patients with Cystic Fibrosis: Validation of the CSA Accelerometer. *Cardiopulm Phys Ther* 6(2):3-8,1995.

Oppliger RA, Cassady SL. Body Composition Assessment in Women: Special Considerations for Athletes. *Sports Medicine* 17(6):353-357, 1994. Reprinted with permission, *General Practice and Patient Management*.

Cahalin LP, Cassady SL. Electromyography and Relative Exercise Intensity during Bicycling: a Case Study. *Cardiopulm Phys Ther* 4(3):9-11, 1993.

Cassady SL, Nielsen DH, Janz KF, Wu YT, Cook JS, Hansen JR. Validity of Near Infra-red Interactance for Estimating Body Composition in Children. *Med Sci Sports Exer* 25(10):1185-1191, 1993.

Janz KF, Nielsen DH, Cassady SL, Cook JS, Wu YT, Hansen JR. Validation of Slaughter Skinfold Equations for the Prediction of Body Composition in Children. *Med Sci Sports Exer* 25(9):1070-1076,1993.

Wu YT, Nielsen DH, Cassady SL, Cook JS, Janz KF, Hansen JR. Cross Validation of Bioelectrical Impedance Analysis of Body Composition in Children and Adolescents. *Physical Therapy* 73(5):320-328, 1993.

Nielsen DH, Cassady SL, Janz KF, Cook JS, Hansen JR, Wu YT. Criterion methods of body composition analysis for children and adolescents. *Am J Human Biol* 5:211-223, 1992

Nielsen DH, Cassady SL, Wacker LM, Wessels AK, Wheelock BJ. Validation of the Futrex 5000 near infra-red spectrophotometer analyzer for assessment of body composition. *J Orthop Sports Phys Ther*, 16(6):281-287, 1992.

Cassady SL, Nielsen DH, Cardiorespiratory responses of healthy subjects to calisthenics performed on land vs. in water. *Physical Therapy* 72(7):532-539,1992.

Cassady, SL. Review of methods for the assessment of body composition. *Cardiopulmonary Physical Therapy*. 2(3):7-9,1991.

Published Abstracts of Peer Reviewed Presentations:

Farrell KP, Cassady SL, Rosecrance JC, Cook TM. Effect of upright provocation test on median nerve function in construction apprentices with and without carpal tunnel syndrome. *J Orthop Sports Phys Ther* 2002; 31(1): A-28.

Cassady SL, Farrell KP, Rosecrance JC, Cook TM. Acute cardiovascular responses to an overhead provocation test in construction apprentices with and without carpal tunnel syndrome. *Cardiopulm Phys Ther* 2001;12(4):144.

Cassady SL, Prenger J, Holder K, Jessie B, Ludwig T. Measures of obesity and physical activity and other major cardiovascular disease risk factors in minority women. *J Cardiopulm Rehab* 2001; 21(5):304. (abstract published but not presented due to 9-11 attack)

Cassady SL, Levsen MJ, Bewyer A, Bryan M, Madlena T. Cardiorespiratory responses resulting from two lumbopelvic stabilization exercises with and without breathing instruction. *J Cardiopulm Rehab* 2001; 21(5):308. (abstract published but not presented due to 9-11 attack)

Cassady SL, Baker L, Epping K, Freyermuth L, Haidsiak M, Workman A. Evaluation of the Children's RPE Index During Cycling Exercise. 2000; *Phys Ther* 80(5):S6,2000

Cassady SL, Camplin A, Hayes D, Kruse A, Schmelzer K. Validity of the Children's RPE Index During Treadmill Exercise. *Phys Ther* 2000;80(5):S6,2000.

Levsen M, Cassady SL, DeBrower A, Miller A, Esters J, Kruse B. Cardiorespiratory Responses to Abdominal Stabilization Exercises using a Therapeutic Exercise Ball. *J Manipulative Ther*, 1999. Abstract. Presented by Levsen at AAOMPT Conference, Scottsdale, Arizona, Oct. 1999.

Cassady SL, Green K, Long T, Jones L, Wilshusen J. Perceived Exertion and Heart Rate Responses to Upper Extremity Aquatic Exercises, *Physical Therapy* 79(5):S46-47, 1999.

Levsen M, Cassady SL, DeBrower A, Miller A, Esters J, Kruse B. Cardiorespiratory Responses to Abdominal Stabilization Exercises using a Therapeutic Exercise Ball. *J Orthop Sports Phys Ther* 29(1):A10-11, 1999.

Petty R, Hanna K, Blaess A, Bakeberg T, Cassady SL. Effect of Warm-up on the Prediction of VO₂ max. *Physical Therapy* 78(5): S4, 1998.

Cassady SL, Albert S, Guevara J, Jackson R, Svoboda B. Can Children Use Perceived Exertion to Self-Select an Exercise Training Intensity? *Physical Therapy* 78(5): S35, 1998.

Cassady SL, Rowray R, Papenheim J, Brooks, S. Use of Perceived Exertion to Self-Select an Exercise Training Intensity during Water Walking. *Cardiopulmonary Physical Therapy Journal* 9(4):26, 1998.

Cassady SL, Carlson A, Ladeberg M, Weydert C, Zajicek J, Zimmerman J. Effect of Hydration Status on Near Infrared Body Composition Analysis. *Physical Therapy* 77(5):S7, 1997.

Lampe K, Farrell K, Cassady SL, Collaborative Efforts in Entry-Level Physical and Occupational Therapy

Programs. *Physical Therapy* 77(5):S12, 1997.

Cassady SL, Janz KF, Dahlem J. CSA accelerometer for monitoring exercise intensity. *Cardiopulmonary Physical Therapy*, 6:26-27,1995.

Cassady SL, Kaufman BA, Link CE, Rider SC, Wentzien JM. Effectiveness of a New RPE Index for Monitoring Exercise Intensity in Children. *Proceedings of the 12th Congress, World Confederation for Physical Therapy*, PO-RR-0033, 1995.

Cassady SL, Unruh K, Patten K, Hahn C, Gassman J, Barr R, Kelly J. Effectiveness of a New RPE Index for Monitoring Exercise Intensity in Children with Cystic Fibrosis. *Proceedings of the 12th Congress, World Confederation for Physical Therapy*, PO-RR-0032, 1995.

Cassady SL, Harvey C, Jahnke R, Russ K, Wolf L, Thomas B. Between-Day Variability in Exercise Tolerance in Patients with Chronic Pulmonary Disease. *Cardiopulmonary Physical Therapy* 6(4):8, 1995.

Cassady SL, Duffy Am, Meier KM, Venteicher JM, Zimmerman JB. Reliability of Near Infrared Body Composition Analysis. *Physical Therapy* 74(5) Suppl:S25, 1994.

Nielsen DH, Cassady SL, Janz KF, Cook JS, Hansen JR, Wu YT. Criterion methods of body composition analysis for children and adolescents. *Cardiopulmonary Physical Therapy* 4(1):13,1993. Recipient of 1994 Cardiopulmonary Section Poster Award.

Cassady SL, Nielsen DH, Janz KF, Wu YT, Cook JS, Hansen JR. Validity of near infrared for the assessment of body composition in children and adolescents. *Cardiopulmonary Physical Therapy* 4(1):12,1993.

Cassady SL, Kaufman BA, Link CE, Rider SC, Wentzien JM. Validation of a new RPE index for children. *Cardiopulmonary Physical Therapy* 4(3):12-13, 1993.

Wu YT, Nielsen DH, Cassady SL, Janz KF, Cook JS, Hansen JR. Assessment of fat free mass using bioelectrical impedance in children and adolescents. *Cardiopulmonary Physical Therapy* 4(3):16, 1993.

Cassady SL, Nielsen DH, Anderson R, Dargantes D, Kurt K, Hughes D. Acute cardiorespiratory responses to stepping exercise on the Sanddune. *Physical Therapy* 72(6) Suppl:S101, 1992.

Cassady SL, Nielsen DH, Cook JS, Wu YT, Janz KF, Hansen, JR. Validity and reliability of the Futrex 5000A near infra-red spectrophotometer analyzer for the assessment of body composition in children. *Physical Therapy* 71(6):S76,1991.

Cook J, Gerrits P, Nielsen D, Rogers R, Doty K, Cassady S, Janz K, Wu Y, Hansen J. Infrared analysis of body composition in children and adolescents. *Pediatric Research* 1991; 29:3A.

Cook J, Gerrits P, Nielsen D, Rogers R, Doty K, Cassady S, Janz K, Wu Y, Hansen J. Bioelectrical impedance is a valid method for body composition analysis in children and adolescents. *Pediatric Research* 1991; 29:3A.

Feenstra SD, Hauser SL (Cassady), Nielsen DH, Rebound exercise and perceived exertion. *Physical Therapy* 67:779, 1987.

Research Presentations:

Frank LM, Cassady SL. Health and wellness in entry-level physical therapy students: are measures of stress, anxiety and academic performance related? APTA Combined Sections Meeting, San Diego, CA, February 2006 (Poster Presentation).

Cassady SL, Baker L, Epping K, Freyermuth L, Haidsiak M, Workman A. Evaluation of the Children's RPE Index During Cycling Exercise. APTA Scientific Meeting & Exposition, Indianapolis, IN, June 2000 (Poster Presentation)

Cassady SL, Camplin A, Hayes D, Kruse A, Schmelzer K. Validity of the Children's RPE Index During Treadmill Exercise. APTA Scientific Meeting & Exposition, Indianapolis, IN, June 2000 (Poster Presentation)

Cassady SL, Green K, Long T, Jones L, Wilshusen J. Perceived Exertion and Heart Rate Responses to Upper Extremity Aquatic Exercises, APTA Scientific Meeting & Exposition Washington DC, June 1999 (Platform Presentation)

Cassady SL, Rowray R, Papenheim J, Brooks, S. Use of Perceived Exertion to Self-Select an Exercise Training Intensity during Water Walking. APTA Combined Sections Meeting, Seattle, WA, 1999 (Poster Presentation)

Levsen M, Cassady SL, DeBrower A, Miller A, Esters J, Kruse B. Cardiorespiratory Responses to Abdominal Stabilization Exercises using a Therapeutic Exercise Ball. APTA Combined Sections Meeting, Seattle, WA, 1999 (Poster Presentation)

Cassady SL, Albert S, Guerva J, Jackson R, Svoboda B. Children's RPE Index for Self-Selection of Exercise Intensity Submitted for APTA Scientific Meeting & Exposition Orlando, FL June 1998 (Poster Presentation)

Cassady SL, Bakeberg T, Blaess A, Hanna K, Petty R, Effect of warm-up on the prediction of VO₂ max, APTA Scientific Meeting & Exposition Orlando FL June 1998 (Poster Presentation)

Cassady SL, Carlson A, Ladeberg M, Weydert C, Zajicek J, Zimmerman J. Effect of Hydration Status on Near Infrared Body Composition Analysis. APTA Scientific Meeting & Exposition, San Diego, CA, May 1997 (Poster Presentation)

Lampe K, Farrell K, Cassady SL, Collaborative Efforts in Entry-Level Physical and Occupational Therapy Programs. APTA Scientific Meeting & Exposition, San Diego, CA, May 1997 (Poster Presentation)

Cassady SL, Harvey C, Jahnke R, Russ K, Wolf L, Thomas B. Between-Day Variability in Exercise Tolerance in Patients with Chronic Pulmonary Disease: APTA Combined Sections Meeting, Atlanta, GA, 1996 (Platform Presentation)

Cassady SL, Kaufman BA, Link CE, Rider SC, Wentzien JM. Effectiveness of a New RPE Index for Monitoring Exercise Intensity in Children. 12th Congress, World Confederation for Physical Therapy, Washington DC, June 1995 (Poster Presentation).

Cassady SL, Unruh K, Patten K, Hahn C, Gassman J, Barr R, Kelly J. Effectiveness of a New RPE Index for Monitoring Exercise Intensity in Children with Cystic Fibrosis. 12th Congress, World Confederation for Physical Therapy, Washington DC, June 1995 (Poster Presentation).

Cassady SL, Janz KF, Barr R, Kelly J. Validation of the CSA accelerometer for monitoring exercise in patients with cystic fibrosis. APTA CSM Meeting, Reno, NV, Feb 1995. (Platform Presentation)

Thomas B, Barr R, Cassady SL. Circuit Training in Pulmonary Rehabilitation. Ninth Annual Meeting, American Association of Cardiovascular and Pulmonary Rehabilitation, Portland, OR, October 1994 (Clinical Poster Presentation)

Cassady SL, Duffy M, Meier K, Venteicher J, Zimmerman J. Reliability of near infrared body composition analysis. Joint APTA/CPA Congress, Toronto, Canada, June 1994 (Poster Presentation)

Cassady SL, Kaufman BA, Link CE, Rider SC, Wentzien JM. Validation of a new RPE index for children. APTA Combined Sections Meeting, New Orleans, LA, February 1994 (Poster presentation)

Wu YT, Nielsen DH, Cassady SL, Janz KF, Cook JS, Hansen JR. Assessment of fat free mass using bioelectrical impedance in children and adolescents. APTA Combined Sections Meeting, New Orleans, LA February 1994 (Platform presentation)

Nielsen DH, Cassady SL, Janz KF, Cook JS, Hansen JR, Wu YT. Criterion methods of body composition analysis for children and adolescents. APTA Combined Sections Meeting, San Antonio, TX, February 1993 (Poster presentation)

Cassady SL, Nielsen DH, Janz KF, Wu YT, Cook JS, Hansen JR. Validity of near infrared for the assessment of body composition in children and adolescents. APTA Combined Sections Meeting, San Antonio, TX, February 1993 (Platform presentation)

Cassady SL, Nielsen DH, Anderson R, Dargantes D, Kurt K, Hughes D. Acute cardiorespiratory responses to stepping exercise on the Sanddune. APTA Annual Conference, Denver, CO, June 1992 (Platform presentation)

Cassady SL, Nielsen DH, Cook J, Wu YT, Janz KF, Hansen, JR. Validity and reliability of the Futrex 5000A Near Infra-red Spectrophotometer Analyzer for the Assessment of Body Composition in Children. APTA Annual Conference, Boston, MA, June 1991. (Poster)

Cassady SL, Nielsen DH: Cardiorespiratory Responses of Land Versus Water Calisthenics. APTA Combined Sections Meeting, Orlando, FL, February 1991. (Platform Presentation)

Nielsen DH, Cassady SL, Wacker LM, Wessels AK, Wheelock BJ, Validation of the Futrex 5000 Near-Infrared Spectrophotometer Analyzer for Assessment of Body Composition. APTA Combined Sections Meeting, Orlando, FL, February 1991. (Poster)

Nielsen DH, Wadsworth CT, Cassady SL, Bleeker L, Kruthoff B, Sand S. Body Composition of U.S. Boxing Federation Junior Olympic Finalists. APTA Combined Sections Meeting, Orlando, FL, February 1991. (Poster)

Feenstra SD, Hauser SL, Nielsen DH: Aerobic Training: Rebound Exercise and Perceived Exertion. An eight week training study. APTA Annual Conference, San Antonio, TX, June 1987. (Poster)

Professional Presentations:

Update on the examination and treatment for patients with cardiovascular and pulmonary diseases, Iowa Physical Therapy Association, Ames, Iowa, April 2006

Examination and Interventions for Cardiac Disease for Physical Therapists, North Dakota Physical Therapy Association, Spring State Meeting, Minot, North Dakota, April 2002

Clinical Perspectives on Health Promotion and Adult Fitness Illinois Chapter Fall State Meeting, Peoria, Illinois, October 2001

Cardiopulmonary Section APTA Preconference Course: Examination and Treatment of Cardiovascular Impairments, San Antonio, Texas, February 2001

Fitness for Life, Invited Speaker at Women's Health and Sports Medicine Conference, Physicians Clinic of Iowa, Cedar Rapids, Iowa, January 2001

Examination & Interventions for Endurance Impairments, Invited Speaker and co presenter, APTA Combined Sections Meeting, New Orleans, Louisiana February 2000

Update on Caring for Patients with Heart Disease: Implications for Rehabilitation, Iowa Physical Therapy Association, Fall State Meeting, Sioux City, Iowa, October 1999

Caring for Patients with Heart Disease: Implications for Rehabilitation, Quad Cities Consortium for Continuing Education, Davenport, Iowa, February 1998.

Caring for Patients with Heart Disease Northeast District IPTA Continuing Education Meeting, Cedar Falls, Iowa November 1996.

Working with Pacemakers and AICDs APTA Combined Section's Meeting PreConference Instructional Program, Cardiopulmonary Section, Reno, Nevada, February 1995

Physical Therapy as Your Future: Health Promotion and Wellness in Health Care Reform, The University of Iowa, Iowa City, Iowa, November 1993

Effective Teaching in the Clinic St. Luke's Hospital, Cedar Rapids, Iowa, May, 1989 and September, 1989

Grant Activity:

Barriers to physical activity in African American and Caucasian Women. Cardiovascular and Pulmonary Section, APTA, principle investigator, 2003-2004, \$2100 (funded)

Cardiovascular Risk Factor Reduction in Scott County Minorities, Center for Disease Control, co-investigator, 1999-2004, year 1 funding requested \$216,910 (approved but not funded)

Vestibular Testing Equipment, American Legion Foundation of Iowa, co-investigator, 2002 - 2003, \$1600 (funded)

National Institute for Occupational Safety and Health (NIOSH), Neurophysiological and cardiovascular responses to upright overhead work in subjects with and without carpal tunnel syndrome, co-principle investigator, 2000-2001, \$30,000 (funded)

Cardiovascular Risk Factor Reduction in Quad Cities, Quad Cities River Boat Authorities, co-investigator, 2000-2001, \$5000 (funded)

Obesity and Physical Activity, Iowa Department of Public Health, co-investigator, 2000-2001, \$7500 (funded)

Iowa Colleges Foundation - Funding for Center for Teaching Excellence, St. Ambrose University, 1999, co-principle investigator, \$4000 (funded)

Faculty Development Research Grant - Pilot Study, Neurophysiological and cardiovascular responses to upright overhead work in subjects with and without carpal tunnel syndrome, co-principle investigator, 1999, \$2,000 (funded)

Title III Course Development Grant, St. Ambrose University, Computer Hardware, 1998, \$7000 (funded)

American Heart Association, Quad City Heart & Hope Project, Neighborhood Place and Collaborative Cardiovascular Project, Co-investigator, 1998, \$29,757 (not funded)

Wellmark (Blue Cross/Blue Shield of Iowa, South Dakota), Assessment, Education and Intervention: Cardiovascular Risk Factors in African-American Women, Collaborative Cardiovascular Project, Co-investigator, 1998, \$29,757 (funded)

Title III Course Development Grant, St. Ambrose University, Computer Hardware, 1998, \$7000 (funded)

American Heart Association, Quad City Heart & Hope Project, Neighborhood Place and Collaborative Cardiovascular Project, Co-investigator, 1998, \$29,757 (not funded)

Wellmark (Blue Cross/Blue Shield of Iowa, South Dakota), Assessment, Education and Intervention: Cardiovascular Risk Factors in African-American Women, Collaborative Cardiovascular Project, Co-investigator, 1998, \$29,757 (funded)

Faculty Development Research Grant, St. Ambrose University, Validation of Polar Heart Rate Monitors, Principle Investigator, 1997, \$500 (funded)

Faculty Development Research Grant, St. Ambrose University, Validation of RPE Index in Children Principle Investigator, 1995-1996, \$800 (funded)

Title III, Course Development Grant, St. Ambrose University, Interactive Software Integration Into Cardiopulmonary Therapeutics, Principle Investigator, 1995-96, \$1900 (funded)

Children's Miracle Network Telethon, Monitoring Exercise Intensity in Patients with Cystic Fibrosis: Validation of the CSA Accelerometer and a New RPE Index, Principle Investigator, 1993-1995, \$7500 (funded)

American Heart Association, Validation of a New Micro Accelerometer for Measuring Physical Activity and Energy Expenditure in Human, co-investigator, 1994, \$11,050 (not funded)

Futrex Inc., Gaithersburg, MD, Validation of the Futrex 6000, Co-Principal Investigator, 1993, Futrex 6000 Unit, (funded).

Foundation for Physical Therapy Doctoral Scholarship, Assessment of Body Composition during Puberty, Principle Investigator, 1991-1992, \$5700 (funded)

Flex Foot Inc., Irvine, CA, Energy Cost and Exercise Intensity of Ambulation in Above Knee Amputees

1992, Co-investigator, \$15,000 (funded)

University of Iowa Student Assembly, Assessment of Body Composition during Puberty, Student Research Grant, Principle Investigator, 1991, \$150 (funded)

Children's Miracle Network Telethon, New Methods for the Assessment of Body Composition during Puberty, Co-investigator, 1991, \$5000 (funded)

Futrex Inc, Gaithersburg, MD. Assessment of Body Composition during Puberty, Co-investigator, 1991, \$5,000 (funded)

Other Publications & Reviews:

DeTurk W and Cassady SL: *Essentials of Exercise Physiology*. In Cahalin L, DeTurk W. (eds) *Cardiopulmonary Physical Therapy: An Evidence-Based Approach*. McGraw Hill: New York; 2004, p 35-72.

Cassady SL: *Cardiovascular Pathophysiology*. In Cahalin L, DeTurk W. (eds) *Cardiopulmonary Physical Therapy: An Evidence-Based Approach*. McGraw Hill: New York; 2004, p 123-150.

Cassady SL (ed.) *Physiological Monitoring*, An Anthology by the Cardiovascular and Pulmonary Section. 2000.

Cassady SL, Nielsen DH, Janz KF, Wu Y, Cook JS, Hansen JR. Validity of near infrared analysis for determining body composition analysis in children. *Pediatric Exercise Science* 6:116,1994.

Book Review for *J Orthop Sports Phys Ther*, 20(1):55-56,1994: *Pediatric Laboratory Exercise Testing*, Rowland TW (ed), Champaign, IL: Human Kinetics Publishers, 1993, 185pp, hardcover, illus.

Book Review for *J Orthop Sports Phys Ther*, 19(3):185,1994: *The StairMaster Fitness Handbook: A User's Guide to Exercise Testing and Prescription*. Edited by Peterson JA, Bryant CX, Indianapolis: Masters Press, 1992, 244 pages, illus.

Article Review for *J J Orthop Sports Phys Ther* Published Mar. 1991: *Physiological Responses to Different Roller Skiing Techniques*. Hoffman MD, Clifford PS, et al. *Med Sci Sports Exerc*. 22:391-396, 1990.

Book Review for *Cardiopulm. Phys Ther*, 2(3):15,1991: *Pediatric Pulmonary Heart Disease*. Edited by Harned, HS, Little Brown and Co. Boston MA 1990, 413 pages, illus.

Book Review for *J Orthop Sports Phys Ther*, 16(1):51,1992: *Obesity and Weight Control. The Health Professional's Guide to Understanding and Treatment*. Edited by Frankle RT, Yang M-U. Aspen Publishers, Inc. Rockville, MD 1988. 465 pages, illus.

Projects Advised

Gerhardt J, Moeller A, Mueller A, Sanchez J. Does physical activity during pregnancy reduce the risk of preeclampsia? Annotated Bibliography, Presented at Evidence Based Symposium, April 2008.

Gravel K, Schaefflein K, Reed A, Cassady SL. Is deep water running an effective training method to maintain VO₂max in trained athletes and Increase VO₂ max in untrained individuals? Annotated Bibliography Presented at Evidence-Based Symposium, April 2007.

Elam E, Epley K, Levsen K, Cassady SL. Do school-based physical activity and education programs reduce obesity and cardiovascular risk factors in adolescent children? Annotated Bibliography Presented at Evidence-Based Symposium, April 2006.

Hope N, Vann T, Kyle M, Cassady SL. Exercise and insulin sensitivity in post menopausal women. Annotated bibliography. St. Ambrose University, April 2005

Cassady SL, Ehrmann B, Rombach R, Templeton J, Wheeler C. Barriers to physical activity in caucasian and african-american women. St. Ambrose University, 2001.

Lampe KL, Cassady SL, Dexter J, Hunsader C, Sackette C, O'Connor S. Relationship between ABI and distance traveled during 6 minute walk test. St. Ambrose University, 2000.

Cassady SL, Prenger J, Holmer K, Jessie B, Ludwig T. How measures of obesity and physical activity relate to other major cardiovascular risk factors in minority women. St. Ambrose University, 2000.

Cassady SL, Levsen M, Bewyer A, Bryan M, Madlena T. Cardiorespiratory Responses Resulting from Two Lumbopelvic Stabilization Exercises with and without Breathing Instruction, St. Ambrose University, 1999.

Cassady SL, Lawson A, Lynch S, Workman S. Comparison of Research Curricula in Entry-level Doctoral and Master of Physical Therapy Programs: Curricular Content and Attitudes Toward Research. St. Ambrose University, 1999.

Riley N, Cassady SL, Atkins N, Boehm L, Schroeder J. Dynamic Balance and Functional outcomes for Patients Participating in Inpatient Rehabilitation after a Cerebrovascular Accident. St. Ambrose University, 1999.

Cassady SL, Mott L. Nutritional Knowledge of Physical therapy Students: Dietary Recommendations and Related CHD Risk Factors. St. Ambrose University, 1999.

Cassady SL, Schmelzer K, Kruse A, Hayes D, Camblin A. Validity of the Children's RPE Index during Treadmill Walking. St. Ambrose University, 1998.

Cassady SL, Levsen M, DeBrower A, Esters J, Miller A, Kruse B. Acute Cardiorespiratory Responses to Therapeutic Ball Exercises, St. Ambrose University, 1997.

Cassady SL, Green K, Jones L, Long T, Wilshusen J. A Comparison of Heart Rate and Perceived Exertion for Upper Extremity Aquatic Exercises, St. Ambrose University, 1997

Cassady SL, Brooks S, Pappenheim J, Rowray R. Use of RPE for Selection of Training Intensity during Water Walking, St. Ambrose University, 1997.

Cassady SL, Albert S, Guerva J, Jackson R, Svoboda B. Children's RPE Index for Self-Selection of Exercise Intensity, The University of Iowa, 1995-1996.

Cassady SL, Bakeberg T, Blaess A, Hanna K, Petty R, Effect of warm-up on the prediction of VO₂ max, St. Ambrose University, 1996.

Cassady SL, Carlson A, Ladeburg M, Weydert C, Zajicek J, Zimmerman J. Effect of hydration on the accuracy of NIR body composition analysis, St. Ambrose University, 1995.

Cassady SL, Baker L, Epping K, Freyermuth L, Haidsiak M, Workman A. Validity of RPE Index for Children during Cycling Exercise, St. Ambrose University, 1995.

Thomas B, Barr R, Cassady SL, Russ K, Harvey C, Nelson R, Wolf L. Variability in exercise performance in patients with COPD, The University of Iowa, 1994-1995.

Cassady SL, Unruh K, Patten K, Hahn C, Gassman J: Validity of a new RPE index in patients with cystic fibrosis, The University of Iowa, 1993-1994.

Cassady SL, Thomas B, Rieder A, Smith K, Nase K, Palmer C: Predictive validity of the six-minute walk test in patients with COPD, The University of Iowa, 1993-1994.

Cassady SL, Duffy M, Meier K, Venteicher J, Zimmerman J: Reliability of near infrared body composition analysis, Sanddune, The University of Iowa, 1992-1993.

Cassady SL, Kaufman B, Link C, Rider S, Wentzien J: Development and validation of a new RPE index in children, The University of Iowa, 1992-1993.

Cassady SL, Nielsen DH, Anderson R, Dargantes D, Hughes D, Kurt K: Analysis of acute cardiorespiratory responses of stepping exercise on the Sanddune, The University of Iowa, 1990-1991.

Cassady S, Nielsen DH, Wacker LM, Wessels AK, Wheelock BJ: The validity of bioelectric impedance analysis and infrared analysis in assessment of body composition in firefighters, The University of Iowa, 1989-1990.

Membership in Scientific/Professional Organizations:

- American Physical Therapy Association (1984-present)
- Cardiovascular and Pulmonary Section, APTA (1989-present)
- Section on Education, APTA (1989-92, 2000-present)
- Section on Research, APTA (1990-present)
- Iowa Physical Therapy Association 1984-present)
- Southeast District member, IPTA (1987-present)

- American Association of Cardiovascular and Pulmonary Rehabilitation (1995-present)
- Iowa Affiliate - AACVPR (2001-2004)

- American College of Sports Medicine (1991-2004)

Elected Positions as Officer or Board Member:

- Alumni Advisory Board, College of Medicine
University of Iowa 2004-2007
- Interim Editor, Aug 2005-Mar 2006
- Cardiopulmonary Physical Therapist, Board of Directors
American Association of Cardiovascular and Pulmonary Rehabilitation
2000-2002
- Editor-in-chief, *Cardiopulmonary Physical Therapy Journal*
Cardiovascular and Pulmonary Section, APTA, 1994-2001

- Associate Editor, Abstracts, Reviews and Proceedings
Journal of Orthopaedics and Sports Physical Therapy
1998-2001
- Publications Chair, Cardiovascular and Pulmonary Section, APTA
1994-2001
- Vice President, Southeast District
Iowa Physical Therapy Association, 1992-1994

Consultative, Board and Advisory Positions Held:

- Consultant Evaluator, Higher Learning Commission, North Central Association of Colleges and Schools, August 02 - present
- American Association of Cardiovascular and Pulmonary Association Liaison to the American Physical Therapy Association 2000-2004
- American Association of Cardiovascular and Pulmonary Rehabilitation, Board of Directors 2002-2004
- Collaborative Cardiovascular Project, Genesis Medical Center & Scott County Health Department, Data Core and Panel 1994-2003
- Review Panel Member, Journal of Orthopaedic and Sports Physical Therapy (2002-2005)
Pediatric Physical Therapy 1999-present
- Manuscript reviewer,

Journal of Orthopaedic and Sports Physical Therapy (2005-present)
Archives of Physical Medicine and Rehabilitation (2005)
Cardiopulmonary Physical Therapy Journal (2002-present)
Physical Therapy (1993-1999)
Pediatric Exercise Science (1995)
- Theory Core, University of Iowa Physical Therapy Clinical Research Center, Member. (1992-1994)
- Research Committee Chair, Iowa Physical Therapy Association, 1999-2002.
- Executive Committee, Cardiovascular and Pulmonary Section, APTA (1994-2001)
Nominating Committee, Cardiovascular and Pulmonary Section, APTA (1992-1994)

Community Service:

- Grant Wood Elementary School
Parent Teacher Association Secretary 2007 – 2008
Writing and Technology Center Volunteer 1997-1998
Bettendorf, Iowa

- St. John Vianney Catholic Church
Eucharistic Minister 2007 – present
Religious Education Instructor 2001-2002
Bettendorf, Iowa
- Bettendorf Community School District
Superintendent Search Committee, Community Committee Member 2005
Bettendorf, Iowa
- American Heart Association, Volunteer Fundraising
Linn County 1992 – 1994
Scott County 2002 - 2006
- Explorer’s Troop: Physical Therapy
Assistant Leader: 1998 - 2001
Davenport, Iowa
Hearts of the Quad Cities, Collaborative Cardiovascular Project
Risk Factor Screening Volunteer, 1997 - 2004
Scott County
- Girl Scouts of America, Troop 1455
Parent Volunteer 1995 - 1999
Bettendorf, Iowa
- Easter Seals of Iowa, Telethon Volunteer
Davenport, Iowa 1995
- American Red Cross
BCLS Instructor - Linn County 1988 - 1992
Cedar Rapids, Iowa

Service to the University/College/Schools/Department:

University Committees

- University Calendar Committee, member
Feb 2008 – present
- Graduate Council, member
January 2002 – present
- Presidential Inauguration Committee, member
Installation Subcommittee, co-chair
April 2007 – October 2007
- Self-Study Steering Committee, co-chair
Higher Learning Commission reaccreditation
May 2004 – December 2007

- Presidential Search Committee, member
February 2006 – December 2006
- Chapel Renovation Committee
Christ the King Chapel, St. Ambrose University
June 2004 – December 2006
- Promotion, Tenure & Standards Committee, member
September 2001 – May 2003 and August 2004 – January 2005
- University Strategic Planning Committee, member
June 1998 – December 2005
- Vice President Academic Affairs Search Committee, member
September 2001 – May 2002
- Vision 2020 Steering Committee, member
June 1999 – November 2001
- Capital Campaign for University Center, fundraising captain
December 2000 – December 2001
- Research and Grants Advisory Committee
September 2000 – May 2001
- Center for Teaching Excellence Advisory Board, Member
January 1999 – August 2000
- Faculty Development Committee
May 1995 – September 1998

College/School Committees

- Master of Business Administration Director Search, Member
College of Business, St. Ambrose University
April – June, 2008
- Nursing Faculty Search Committee, Member
College of Education and Health Sciences, St. Ambrose University
April 2005 and April 2007
- Exercise Science Faculty Search Committee, Committee Member
College of Education and Health Sciences, St. Ambrose University
April – May, 2003
- Director of Security Search Committee, Member
Division of Student Services, St. Ambrose University
April 2003
- College Structure Committee, Member
Finance Subcommittee, Chair
College of Education and Health Sciences
October 2002-May 2003

Current Physical Therapy Department Committees

- Faculty Committee, chair
- Admissions and Retention Committee, ex-officio
- Curriculum Committee, ex-officio
- Clinical Education, ex-officio
- Post Professional Committee, member

Honors and Awards:

- Professor of the Year Nominee, St. Ambrose University 2005
- Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation, 2002
- Alumni Recognition Award, University of Northern Iowa, 1999
- Clinical Research Award, Iowa Physical Therapy Association, 1998
- Graduate Professor of Year, St. Ambrose University, 1997
- Iowa State AAUW Distinguished Educator Award, Nominated 1996
- Merit Award (Service), Cardiopulmonary Section, APTA, 1995.
- Marjorie Monroe New Faculty Award, APTA, Nominated, 1994
- Research Award, Cardiopulmonary Section APTA, 1994
- NIDRR Trainee, University Iowa 1989-1992
- Mary McMillan Doctoral Scholarship, APTA 1992

Continuing Education Attended (selected):

- Higher Learning Commission Peer Review Corps Training Annual Meeting
Chicago, IL, April 2008
- APTA Combined Sections Meeting
Nashville, TN, Feb 2008
- Council of Independent Colleges Joint Meeting for Academic and Financial Officers
Philadelphia, PA, Nov 2007
- Higher Learning Commission Annual Meeting
Chicago, IL, Mar 2007
- APTA Combined Sections Meeting,
Boston, MA, Feb 2007
- AACVPR Annual Meeting
Charlotte, WV, Sept 2006
- APTA Combined Sections Meeting
San Diego, CA, Feb 2006

- PEAQ Intensive One-Day Workshop, Higher Learning Commission
Chicago, IL, Nov 2005
- Emergency Physical Therapy: Treating at a New Level of Care, Iowa Physical Therapy Association
Ames, IA, Oct 2005
- Educational Leadership Spanning Classroom and Clinic: Solving Problems, Creating Solutions
Pasadena, CA, Oct 2005
- Commission on Accreditation in Physical Therapy Education Self-Study Workshop
Pasadena, CA, Sept 2005
- Higher Learning Commission Self-Study Workshop,
Chicago, IL April 2005
- American Physical Therapy Association, Combined Sections Meeting
New Orleans, LA, Feb 2005
- Joint Academic Administrators & Clinical Education Meeting
St. Louis, MO, Oct 2004
- APTA Combined Sections Meeting,
Tampa, FL, Feb 2003
- APTA Academic Administrators Conference
New York, NY, Oct 2002

Current Teaching Responsibilities

- Issues in Research II
- Cardiopulmonary Therapeutics
- Critical Inquiry
- Physical Therapy Differential Diagnosis
- Clinical Exercise Physiology
- Medically Complex Patient