**Michele (Mike) Aquino**

Home Address: 4 Buccaneer Lane, East Setauket NY 11733

University Address: Department of Health and Sport Sciences, Room 068 Woodruff Hall, Adelphi University, Garden City, NY 11530

University Telephone: (516) 877-6778 Personal Telephone: (516) 459-0395

Personal Email: aquinomike1989@gmail.com University Email: maquino@adelphi.edu

**EDUCATION:**

Doctorate of Physical Therapy (DPT), Stony Brook University, Stony Brook, NY

School of Health Technology and Management, June 2016. GPA: 4.00, Graduate Honor Award.

MS in Exercise Physiology, Adelphi University, Garden City, NY

Ruth S. Ammon School of Education, May 2012, GPA: 3.99

BS in Exercise Science, Adelphi University, Garden City, NY

Ruth S. Ammon School of Education , May 2011, GPA: 3.81

**PROFESSIONAL EXPERIENCE – ACADEMIC:**

*Full-Time:*

2018 – Present, Assistant Professor, Adelphi University, Garden City, NY

Department of Health and Sport Sciences. Currently teaching undergraduate Introduction to Exercise Science, Exercise Physiology, Kinesiology, Personalized Fitness and Master’s level Clinical Aspects of Work Physiology. Research interests including power production, muscle function, balance, fall risk, and cognitive function in relation to movement.

*Part-Time*

2017 – Present, Adjunct Faculty, Stony Brook University, Stony Brook, NY

Teacher’s Assistant for newly developed Advanced Therapeutic exercise course and Case Studies course in Doctor of Physical Therapy program. Assisted in career and skill development of current doctoral level students.

2012 – 2018, Adjunct Faculty, Adelphi University, Garden City NY

Taught undergraduate Exercise Physiology lecture and lab courses. Participated as primary and co-investigator with graduate student research projects.

**PROFESSIONAL EXPERIENCE – NON-ACADEMIC:**

2018 - Current, **Proactive Physical Therapy**, Blue Point, NY

Exclusive Physical Therapist for Blue Point Vineyards, 55 and older community.

2016- Current, **Staff Physical Therapist, Professional Physical Therapy**, Great Neck, NY Staff Physical Therapist with experience in Sports Medicine and general orthopedic PT. Assisted in developing Clinical Excellence training for office staff meetings. Developed relationships with local MD’s with performing MD shadows in the OR and office. Assisted in cadaver dissection at NYIT for current employees at Professional PT as a continuing education course. Clinical Instructor for Doctor of Physical Therapy student rotations.

2016, **Staff Physical Therapist, Aspire Center for Health and Wellness**, New York, NY

Outpatient Neurological and Orthopedic center. Treated patients with Spinal Cord Injuries, MS, Parkinson’s Disease, SMA, and CVA. Treated various orthopedic dysfunctions utilizing manual therapy techniques from NAIOMT. Proficient in utilization of equipment such as the Alter G and Redcord, along with manual therapy techniques such as Spinal Mobility

**LICENSE/CERTIFICATIONS:**

*License:*

2016 – Current, New York State Licensed Physical Therapist

License Number: 041103

*Certifications:*

2017 – Current, Certified Selective Functional Movement Assessment Level I (SFMA-I)

2011 – Current, BLS and First Aid with the American Red Cross and the American Heart Association

**PUBLICATIONS:**

REFEREED JOURNAL ARTICLES:

**Aquino, M.**, Dimenna, F., Petrizzo, J., Otto, R. M., Wygand, J.W.,. 2018 Power Based Treatment Program in a Postmenopausal Woman with a history of Osteoporosis and Increased Fall Risk- A Case Study (Submitted to the *Journal of Aging and Physical Activity,* 2017 Impact Factor of 2.038,manuscript ID is JAPA.2018-0423)

INVITED PEER REVIEWED PRESENTATIONS

**Aquino, M.**, Dimenna, F., Petrizzo, J., Otto, R. M., Wygand, J.W.,. 2018 Power Based Treatment Program in a Postmenopausal Woman with a history of Osteoporosis and Increased Fall Risk- A Case Study. **American College of Sports Medicine (ACSM) Annual Meeting 2019. Session Title: Rehabilitation Issues: Older Adults. Each session will have a chair and two discussants as a discussion panel, all with experience and special interest in the case to be discussed.** [**Invitation**](https://abstractsonline.com/notify/notifyintro.asp?MKey=%7B3453C720-001F-46F9-8A7C-D0916ACA9246%7D&NKey=%7B4D81B4C8-6D65-44F4-B8D1-5A86A9214983%7D&userFrom=)

REFEREED PRESENTATIONS AND PUBLISHED ABSTRACTS

Zykoff, A., **Aquino, M.**, Pellechia, J., Petrizzo, J., Wygand, J., & Otto, R. M. (2018). A Comparison of Muscle Unit Activation during Biceps Curl Exercise at 40, 60, 80 and 100% of 1 Repetition Maximum: 197 Board# 38 May 30 9. *Medicine & Science in Sports & Exercise*, *50*(5S), 29.

Bonvechio, A., Golam, K., **Aquino, M.**, Otto, R. M., & Wygand, J. W. (2014). The Effect of Fat Gripztm Attachments on Muscle Function During the Unilateral Dumbbell Biceps Curl: 1953 Board# 239 May 29, 3. *Medicine & Science in Sports & Exercise*, *46*(5S), 534.

Whitmer, C., Wenzel, M., **Aquino, M.**, D’Amore, L., Peralta, R., Wygand, J.W.,Otto, R. M., Exercise Performance Effects of a partial Whipple Procedure to Remove Adenocarcinoma, in a Male Collegiate Weightlifter : A Case Study, *Medicine and Science in Sport and Exercise, vol 45*(5-S), May, 2013

Wenzel, M., Hall, B., Whitmer, C., **Aquino, M.** , D’Amore, L., Peralta, R., Wygand, J.W., Otto, R.M., EMG Activity During Push-up Exercises on TRX Suspension TrainingTM Compared to Traditional Methodologies. Accepted for presentation, Medicine and Science in Sport and Exercise, vol 45(5-S), May, 2013

**Aquino, M.**, Atwell, D.,Whitmer, C., Peralta, R., Wenzel, M., D’Amore, L.,Wygand, J.W., Otto, R.M., FACSM, A Comparison of Muscle Unit Activation During Knee Extension Exercise at 40, 60, 80, and 100% of One Maximal Repetition (1RM), *Medicine and Science in Sport and Exercise, vol 45*(5-S), May, 2013

Wygand, J.W., Curley, K., Wenzel, M., Whitmer, C., **Aquino,** **M.**,Peralta, R., Isom, S., Zierman, K., Otto, R.M., The Effect of Serial Acupuncture Treatment on Hamstring Muscle Flexibility and Strength *Medicine and Science in Sport and Exercise, vol 45*(5-S), May, 2013

Wygand, J.W., Boutagy, N., Whitmer, C., **Aquino,** **M.**,Wenzel, M., Isom, S., Otto, R.M., The Effects of Wearing a Weighted Vest During Daily Activity on HR, VO2, Muscular Strength and Body Composition: *A Case Study, Medicine and Science in Sport and Exercise, vol 44*(5-S), May, 2012

Boutagy, N. **Aquino, M.**, Whitmer, C., Isom, S., Peters, A., Wenzel, M.,Otto, R.M., Wygand, J.W., The Metabolic and Cardiovascular Responses of Tae Kwon Do Training.  *Medicine and Science in Sport and Exercise, vol 44*(5-S), May, 2012

Isom, S., Wenzel, M., Whitmer, C., **Aquino**, **M.**, Peralta, R., Boutagy, N.,Wygand, J.W., Otto, R.M., The Metabolic Cost of Walking and Running while Wearing Standard Military Gear or Running Shoes, *Medicine and Science in Sport and Exercise, vol 44*(5-S), May, 2012

Curley, K., Wenzel, M., Whitmer, C., **Aquino,** **M.**, Peralta, R., Isom, S., Zierman, K., Wygand, J., Otto, R.M., The Effect of Serial Acupuncture Treatment on Hamstring Muscle Flexibility and Strength, *Medicine and Science in Sport and Exercise, vol 44*(5-S), May, 2012

Otto, R.M., **Aquino**, **M.,** Isom, S., Wenzel, M., Whitmer, C., Peralta, R., The Effect of Stride Frequency on Running Economy, *Medicine and Science in Sport and Exercise, vol 44*(5-S), May, 2012

WORKS IN PROGRESS FOR PEER REVIEWED PUBLICATION:

**Aquino, M.**, Dimenna, F., Petrizzo, J., Otto, R. M., Wygand, J.W.,. The Relationship between Power Production and Fall Risk (Data Collection is currently taking place).

Koppel J, Petrizzo J, Christen E, Koppel I, **Aquino M**, Wygand J, Otto R. M., Feinstein Institute for Medical Research, Manhasset, NY; Adelphi University Human Performance Lab, Garden City, NY, Feinstein Institute for Medical Research, Manhasset, NY (Data Collection is currently taking place)

**Aquino, M.** 2018- Review of the importance of proprioception and cortical function in Rehabilitation following ACL reconstruction.

COLLABORATIVE PRESENTATIONS:

2019 - **College of Education and Health Sciences Research Brown Bag Series,**

*Aging, Aging-related disorders, and Psychiatric distress*

**HONORS AND AWARDS:**

The Alpha Eta Society June 2016

The National Scholastic Honor Society for Allied Health Professions; Stony Brook University

Graduate Honor Award June 2016

Awarded to the Student with a 4.0 GPA throughout their doctoral studies

Dean’s recognition award of Excellence in Human Performance Sciences Spring 2011

FAR (Faculty Athletic Representative) Award winner Spring 2011

Student athlete award for individuals with a GPA of 3.7 or above

**ACADEMIC AND PROFESSIONAL SOCIETIES:**

2018 - Current, BTS Motion Society Member

<http://btsmotionsociety.org/properties/adelphi-university-2/>

2012 – Current, Member of the American College of Sports Medicine (ACSM)

2016 – Current, Member of the American Physical Therapy Association (APTA)

2016 – Current, Member of APTA’s Orthopedic Section

2016 – Current, Member of APTA’s Neurological Section

2016 – Current, Member of APTA’s Research Physical Therapy Chapter

2016 – Current, Member of New York’s APTA Chapter

**SERVICE:**

UNIVERSITY SERVICE:

UNIVERSITY PROFESSIONAL:

2018- Current: Provided Pro Bono Physical Therapy Treatment to Adelphi University student with Cerebral Palsy

2018: AIESEP Scientific committee conference abstract reviewer

NON- UNIVERSITY PROFESSIONAL:

2019 - International Journal of Sports Physical Therapy Manuscript Reviewer

2019 - Journal of Bodyworks and Movement Therapies Manuscript Reviewer

2014 - Current, Fit Kids for Life Program, Ward Melville High School

2014 – 2018, ING New York City Marathon, Medical Volunteer at NYC Marathon

2015 – 2018, Amputee Soccer Clinic, Assisted in running the clinic.

UNIVERSITY COMMITTEES:

SCHOOL OF EDUCATION SERVICE:

2018, School of Education Technology Committee

DEPARTMENTAL COMMITTEES

2018, Co-Chair of Exercise Science Committee

2018, Co- Chair of Exercise Science Annual Research Symposium Committee 2018, Exercise Science Advisory Board, Chair John Wygand

NON- UNIVERSITY COMMITTEES:

2016 - Current: Stony Brook University Doctor of Physical Therapy Program Candidate Interview Committee and Advisory Board

**WORKLOAD:**

TEACHING WORKLOAD:

|  |  |  |  |
| --- | --- | --- | --- |
| SEMESTER | COURSES | STUDENTS | CREDIT HOURS |
| SPRING 2019 | Undergraduate0854-463 Physiology of Exercise (Lecture) | 12 Students | 3.0 |
|  | 0854-463 Physiology of Exercise (Lab) | 12 Students | 0.0 |
|  | Undergraduate0853-224 Personal Fitness | 31 Students | 2.0 |
|  | Undergraduate0854-104 Introduction to Exercise Science | 11 Students | 3.0 |
|  | Undergraduate0854-463 Kinesiology | 19 Students | 3.0 |
| FALL 2018 | Undergraduate0854-463 Physiology of Exercise (Lecture) | 12 Students | 3.0 |
|  | Undergraduate0854-463 Physiology of Exercise (Lab) | 12 Students | 0.0 |
|  | Graduate0854-560 Clinical Aspects of Work Physiology | 10 Students | 3.0 |
|  | Release Time |  | 3.0 |

NON – TEACHING WORKLOAD

|  |  |
| --- | --- |
| SEMESTER | NUMBER OF ADVISEES |
| FALL 2018 | 20 |
| SPRING 2019 | 25 |